



JUDO
VICTORIA

METRO KATA



LOADING
Please Wait

Sunday 21 July 2019
10:30 - 5:00pm

Caulfield Judo Club

Rear 1147 Glenhuntly Road Glenhuntly

michelle.ann.matthews@gmail.com



Kata: Refined

Kata Seminar at Caulfield Judo Club
Rear, 1147 Glenhuntly Road, Glenhuntly
Off Glenhuntly Railway Station car park.
Sunday, 21st July, 2019
Wear a White Gi

**Instructors: Rod Cox (5th Dan) &
Michelle Matthews (6th Dan)**
Qualified NCAS Coaches & Kata Judges

- Do you need to **improve** your Nage-No-Kata skills for a higher grade?
- Do you wish to **learn** how to **judge** Nage no Kata?

This seminar will provide the above and more. You will discover why the role of Uke is as important as Tori in order to present properly and where and why the transfer of initiative occurs.

As a student, you will leave with an understanding of what level of competence you will need to work to and a greater appreciation for the importance of Kata as part of your personal development.

If you are a Judo coach, you will be able to coach Kata in a way that your students will enjoy and be happy to be involved in.

You will also learn how to judge Nage no Kata. By doing so you will get a much deeper insight into the kata.



There are no pre-requisites to attend.

Time: 10:30 – 5pm Nage no Kata, Nage no Kata Judge Training
Introduction to Kime no Kata (Wooden swords
and Daggers supplied)

Cost: \$50 (day)

Lunch & Morning Tea provided

Online Entry closes midnight on Wednesday 17th July
Wear a White Gi

If you have any queries, please send an email to
michelle.ann.matthews@gmail.com