



JVI Regional Kata Seminar & Eastern Regional Championships



Location: **Lilydale Judo Club**
Lilydale Community Youth Club: Market St, Lilydale

Sat 26th Oct: **Kata Seminar 10am – 4:30pm.** Wear a white gi.
Cost: \$50 Cash on the day (Lunch and Morning Tea provided)

Come and have a taste of all five competitive Katas:
Nage no Kata, Katame no Kata, Kime no Kata, Ju no Kata and Goshin Jutsu.

Plan to go out for dinner at Sofia in Croydon.

Sun 27th Oct: **Competition starts at 10am**
Kata Competition starts at 11am
Cost: \$20 Cash on the day (\$10 for extra div), \$20 per Kata Pair
Weigh-In: U9s: 9:00 – 9:15
U12s: 9:15 – 9:30
U15s: 10:00 – 10:15
Cadets, Seniors & Veterans: 11:00 – 11:15.
Games Session and Warm Up: 9:30 – 10am
Referee Briefing: 9:30am.

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