

Saturday, October 21 – 10 am to 4 pm

KATA WORKSHOP

Nage-no-Kata & Ju-no-Kata

(Kata created by Dr Jigoro Kano and recommended by the Kodokan)

Instruction by:

Judo Victoria Kata sub-Committee:

Michelle Matthews 6th Dan

Janet Lambert 6th Dan

Rodney Cox 5th Dan

Hunter Richardson 3rd Dan

\$50 per person

Wear a WHITE Judogi. Morning Tea & Lunch provided at workshop.
Attendees may enter Kata Competition at the workshop at no extra cost.

Sunday, October 22 ~ 11 am to 12 pm (approx)

See Gippsland Championships' schedule

KATA COMPETITION

All 5 IJF Kata and Junior (u16) Nage-no-Kata

\$23 per person. Additional division \$18. Earlybird less \$5.

late entry \$5 extra. Workshop attendees free.

BOTH AT THE SAME VENUE:

Bellbird Park Indoor Centre

270 Settlement Road, Drouin

Register with  SMOOTHCOMP

Be sure to indicate if you are attending the Workshop, Kata Competition or both.

All Kata registrations close: 11.59 pm, Wednesday, October 18, 2023.