



## Gonosen No Kata & Katame No Kata Course

Saturday 24<sup>th</sup> April 2010

Samurai Judo Club, Lisle Avenue, Kidderminster, Worcs. DY11 7DE

THIS EVENT IS SUITABLE FOR COACHES LOOKING TO FULFILL THEIR ANNUAL REVALIDATION REQUIREMENTS.

### Book-In

9:00am to 9:30am.

There will be a lunch break from 1pm to 2pm and the course will finish around 4.30pm

The first part of the course will cover the gonosen no kata. This will be the revised version produced by the National Kata Working Party and we will also look briefly at the slow motion element. It is expected that most players will be familiar with most of the throws involved and therefore the course is not likely to be difficult, though hopefully it will be interesting from both kata and competitive angles.

The second part of the course will cover the katame no kata. It will be suitable for novices who have not previously done the kata, however the course will be run in such a way that experienced kata players will be able to extend their knowledge.

It would be advisable, although not essential, to come in pairs. Players coming solo may be able to pair up if there are other individuals available.

### Brian Roberts Kata Championships

The annual Brian Roberts Kata Championships takes place on July 12<sup>th</sup> at Samurai. Those wishing to really improve their kata are strongly advised and invited to enter. It would be possible to do a technical dan grade exam in either kata at the Championships, as long as we know on the day.

### Entry

Simply telephone or email Ben Newbury (contact details below) to book a place.

All players wishing to take Kata Certificate examinations MUST register TWO WEEKS IN ADVANCE with Ben.

Course fee: £15 (pay on the day). Cheques payable to Samurai Judo Club.

### Examinations

In general, exams for technical dan grade theory or Club / County Level Kata Certificates (there are currently no kata certificates for Gonosen, these are for Katame only) should not be done on the same day as the course, as candidates need to practice what they have learnt before being examined. However, in very exceptional cases, where a candidate has considerable knowledge and ability in the kata before starting the course and only required 'brushing up' and advice on improvement, the senior coach may at his discretion conduct an exam. His decision on whether a candidate is ready is final. County Level kata certificate holders do not need to take exams for technical dan grade in those katas.

Any Club or County Level Kata Certificate exam fees, which are payable to the BJA, can be paid on the day.

### General Enquiries & Registering for Exams

Telephone: Ben Newbury 01386 421088, e-mail: [samurajudoclub@yahoo.co.uk](mailto:samurajudoclub@yahoo.co.uk), website: [www.samurai.org.uk](http://www.samurai.org.uk)

Technical Enquiries: Phone: Andrew Haffner 01886 821087, 07761 122977 or e-mail: [andrew@haffner.org.uk](mailto:andrew@haffner.org.uk)