

## **Kata Saturdays - A course in Nage no Kata and Kodokan Goshinjutsu at the University of Alberta**

Are you getting ready for grading? Are you a club Sensei that wants to be able to teach Kata to your members? Or are you just interested in learning more about the principles of throwing techniques and self defense Judo? The University of Alberta Campus Recreation Program is offering a new Kata course on select Saturdays in 2012. Taught by Gord Okamura and Kelly Palmer, this course will cover the first three sets of Nage no Kata (hand, hip and leg throws), and all of Goshinjutsu (defenses to attacks from the front and rear, strikes and kicks; weapons such as knife, stick and gun; and includes wristlocks and atemi waza (Judo striking techniques)). Participants who are Ikkyu and higher can obtain points towards their next grading by attending all sessions.

Gord and Kelly have developed new drills, practice techniques and approaches to help you learn the principles of each Kata, and to assist you in later teaching them in your club. Detailed handouts will be provided.

This course is open to all ranks (knowledge of ukemi is required), 17 years and older – you do not have to be a Black Belt or a University student. The dates and times are:

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
January 21 – March 24	Sat 11:05-12:55	W-07, Van Vliet Centre U of A	U of A Student \$53
No Classes Feb 18, 25 and March 10	(Seven Saturdays total)		Non-Student \$65

Registration and payment is done through the University – you can register starting November 30 at:

<http://www.activityreg.ualberta.ca/Start/Start.asp?SCheck=623048314&SDT=40269.6871248032>

(click on the "Activities" tab on top, then "Martial Arts" and on the left hand side, and then Judo)

or by phone at the Campus Rec Activity Zone at 780-492-2231.

Please contact either Gord ([gokamura@telus.net](mailto:gokamura@telus.net)) or Kelly ([kellypal@telusplanet.net](mailto:kellypal@telusplanet.net)) with any questions.