



The Edmonton International Judo Championships will be hosting a Kata competition on Friday March 30th in the Ice Palace at West Edmonton Mall. This is becoming one of the most popular Kata competitions in Western Canada, and we want you to participate!

Nage-no Kata, Ju-no-Kata, Katame-no-Kata and Kodokan Goshinjutsu are all being offered. You don't have to enter them ALL!! Even if you or someone you know are just starting to practice a Kata, come out and compete – the atmosphere and experience can't be beat!

After the successful Kata competition at the 2012 Saskatchewan Open, let's grow on the momentum. Encourage others to attend. While entry fees are only \$25 per Kata per team, the friendship and camaraderie that is developed among the Kata participants is priceless. Those who want to judge are needed and welcome as well!

Any questions, ideas, or thoughts? Please email Gord Okamura at gokamura@telus.net or Kelly Palmer at kellypal@telusplanet.net

