

## NATIONAL KATA JUDGING SEMINAR

JAN. 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> 2011

Blair & I were very fortunate to have been allowed the opportunity to attend the National Kata judging seminar & kata clinic that was held in Vancouver at the Steveston Dojo on the above dated weekend.

Canada's National Grading Board & Judo BC sponsored this event with the intension of upgrading kata performance in both areas of competitive & grading demonstration, and brought in two Kodokan clinicians, Mr. Tadashi Sato 8<sup>th</sup> dan & Ms. Taeko Nagai 7<sup>th</sup> dan, both of whom are IJF licensed kata judges. (these two individuals along with the National Grading Board chair will travel on to Ontario & Quebec later next week in order to hold similar sessions for Eastern Canada)

The clinic covered five of the modern seven kata. Nage no Kata, Katame no Kata , Ju no Kata, Goshinjutsu & Kimi no kata and was attended by approximately 60 individuals including representatives from BC, Alberta, Manitoba, the NWT & ourselves.

The format of the sessions was set up around demonstrations of each kata by individuals who were then critiqued, corrected & fine tuned by the Japanese sensei's. We were then expected to put into practice what we had been taught & observed.

One of the most strongly emphasized points put forward by the sensei's was the need for consistent positioning on the mats during the practice & performance of any kata. The use of the 6 meter, 4 meter & center positions as well as the standard engagement positions of close, near, semi far & far were continually brought forward and enforced. Attention to fine detail such as body

positioning, specific methods of gripping & foot movements were always in the forefront for all the kata covered.

The highly technical nature of the clinic made it a very worthwhile experience and showed us that we are on the right track in the teaching methods that we are incorporating for our own clinics here in the province. The emphasis put forth by the Japanese on the need to practice the kata in a consistent manner regardless of whether your intension is to compete, grade or demonstrate the forms was very strongly portrayed. Individuals present that had been studying kata, and showed an understanding of the Kodokan methods, were called upon regularly to assist in demonstrations.

With the support being shown by Kojima Sensei, leading the National Board, we hope to see an approach to more standardized and consistent judging methods throughout Canada over the next while.

“You must know & practice the kata in order to evaluate it”

Taeko Nagai Jan. 28/11

Thanks to the Judo Sask. Executive for sponsoring us at this event. We hope to be able to pass on the knowledge gained to our members who have a desire to learn, practice & or demonstrate the kata.

Pat & Blair.