

WELCOME MAT OPEN 2010 KATA CLINIC INFORMATION SHEET

The Clinician

In the beginning of Judo, Dr. Kano`s students only practiced techniques that are now known as kata. **Sensei Eiko Shepherd** reinforces that Kata is an important part of Judo with benefits to both fitness and competitive shiai.

Sensei Shepherd brings to Kata the view of a shiai champion. As a 7th Dan born into a judo family, Sensei Shepherd continues to study several times a year with the Kodokan in Tokyo and Fukuda Sensei, age 96, in San Francisco. Fukuda Sensei is the last living direct student of Dr. Jigoro Kano (founder of Judo) and the grandfather of Fukuda Sensei taught Dr. Kano Jujitsu, which formed the basis for Judo. Fukuda Sensei still actively practices and teaches Kata at her Soko Joshi Judo Club in San Francisco proving that Kata is for all ages.

Sensei Shepherd is Chief Instructor of the Kitokan Judo Club in St. Louis, MO as well as the Chairperson USJF Kata Development and Certification Committee, a USJI Class A Judge, World Master Kata Chairperson and member of Chicago Judo Black Belt Association (CJBBA).

We are grateful for Sensei Shepherd`s continued dedication to Judo.

Kata Demonstration/Clinic (Saturday, April 17, 2010)

Sensei Shepherd will conduct a demonstration and explanation of Nage-no-kata immediately following the Kata competition. She will walk a team through the Kata with short explanations of each technique and its relevance. If time permits, judoka may try the techniques demonstrated.

Kata Clinic (Sunday, April 18, 2010)

Sensei Shepherd will conduct a clinic covering aspects of Nage-no-kata, Katame-no-kata and/or Ju-no-kata. This clinic will help attendees to gain a deeper understanding of judo techniques and how Kata can strengthen their randori and shiai. It will be tailored to the needs of the attendees and would be appropriate for both beginning and advanced Kata practitioners.

Date & Time	Location	Subject
Sunday, April 18 9:00pm – 12:00pm	St. Pat`s Gym, 26 E. Arndt St. Fond du Lac	Nage-no-kata, Katame-no-kata and/or Ju-no-kata

Pricing: \$25.00 per person or \$15.00 for Registered Shiai Participants. Fees collected day of clinic.

Note: For planning purposes, we would appreciate everyone registering or notifying us of your intention to attend the Sunday clinic prior to April 11th. MAIL REGISTRATIONS TO: Welcome Mat Open c/o Michael Blakeslee / 94 Bryn Mawr Circle / Fond du Lac, WI 54935 If not pre-registered, but desire to attend, notify Michael Blakeslee via email mcbreply@mcb-us.com or phone at (920)960-7344. Since there is no pre-payment benefit, please pay at the clinic site.

