

KIZUNA YOUTH KATA

TECHNICAL PACKAGE

Event Site: Kizuna Judo Club

101-12195 Harris Road, Pitt Meadows, BC V3Y 2E9

Time: Sunday, September 14 from 1:00 - 4:00 PM

Purpose -

To provide an introductory competitive kata experience for youth judoka and to increase kata competition interest for the 2026 BC Winter Games. The focus of this clinic and fun shiai will be Nage No Kata (sets 1-3).

Entry Fee -

\$30.00 (regular deadline), \$35.00 (late deadline)

Capping -

24 participants.

Eligibility -

All participants must be in good standing with Judo BC before the event deadline of September 7th, 2025, at 11:59 pm.

Participants must have a familiarity with Nage no Kata before the clinic start date. Participants **MUST** watch the following informative videos (NOTE: We will only go up to UCHIMATA. Techniques afterward in videos are just for fun, this will only take about 30 minutes of your time).

- Whole video - Nage no Kata All Techniques (from the All Japan Kata Championships in May 2025): https://www.youtube.com/watch?v=URH_OKRN9bs
- Only the first 5 minutes - Nage no Kata All Japan Championships 2025: <https://www.youtube.com/watch?v=xUQWeJg3bdI>
- First 20 minutes - Kodokan Nage no Kata (English Version): <https://www.youtube.com/watch?v=bkhBZzE2HpM>

Contest Rules -

A fun shiai will follow the clinic that parents/spectators are invited to watch. All participants will be awarded prizes, but points will be given and places will be announced for development purposes.

Volunteering -

Coaches are encouraged to come and learn about kata judging!

Enquiries -

Direct all enquiries to Ashley Nobeashi at info@kizunajudo.ca

Entries must be received by 11:59 pm on Sunday, September 7th, so we can accurately make an event schedule.



Tentative Schedule

- 12:45-1:00 pm: Check-in.
- 1:00-3:00 pm: Youth Nage no Kata Clinic (sets 1-3).
- 3:15 - 4:00 pm: Competition & Awards.