

2025 Hirotaka Kato Seminar Technical Package (Revision 2)

- Known in Japan as the “Giant Killer”
- All Japan Judo Champion (open weight) 2012, Semi-finalist 2018, Finalist 2019
- Main technical coach for Natsumi Tsunoda (Paris 2024 +48kg Gold Medalist), especially for Tomoe nage

Seminar Fee:

- \$78 for x 1 Session
- \$129 for all 3 sessions

Seminar Registration: <https://registration.judocanada.org/event/kato-seminar/1003299/>

- Minimum Rank & Age: 12-18 years old green belt & Adults yellow belt
- *Note: Parking @ Kensington Judo Club: There are 2 shared building parking lots in the back alley. Must place “JUDO” decal in front windshield and register at the bottom of the stairs in the Dojo. DO NOT PARK IN THE SIGNED PARKING SPOTS*

Oct 17, Friday

6:00-9:00 pm

New Westminster Judo Club

Address: 65 E Sixth Ave, New Westminster, BC V3L 3G8

Tachi Waza: Tomoe Nage & Yoko Wakare

Technical practice & best ways to train for these techniques

Newaza: Transitions from Tomoe Nage & Yoko Wakare attempts

Newaza: Kato-gaeshi

Technical practice & best ways to train for these techniques

Oct 18, Saturday (Possible Bonus Saturday Afternoon TBD)

8:30-11:00 am

Kensington Judo Club

Address: 187 E 11th Ave, Vancouver, BC V5T 2C1

Tachi Waza: Seoi Nage, Kata Guruma & Ko-uchi Makikomi

Technical practice & best ways to train for these techniques

Newaza: Transitions from Seoi Nage, Kata Guruma & Ko-uchi Makikomi attempts

Technical practice & best ways to train for these techniques

Sunday Changed:

Oct 19, Sunday

1:30 – 3:30 pm

Van Isle Brazilian Jiu Jitsu (c/o Victoria Judo Club)

Address: 941 Ellery Street, Esquimalt, BC V9A 4R3

Tachi Waza: Tomoe Nage & Ura-Nage

Technical practice & best ways to train for these techniques

Newaza: Transitions from Tomoe Nage & Ura-Nage attempts

Newaza: Kato-gaeshi

Technical practice & best ways to train for these techniques