



Shufu Judo Yudanshakai Advanced Nage No Kata Clinic

Sanctioned by: United States Judo Federation Sanction number:
Date: Saturday, August 8, 2009
Site: Beltsville Community Center, 3900 Sellman Road, Beltsville MD
Clinicians: Peggy Whilden, Godan, Level A Kata Judge, Kata instructor certified
Karen Whilden, Godan, Level A Kata Judge, Kata instructor certified
Charles Medani, Rokudan
Fran Vall, Rokudan
Schedule: 9:00 am - 4:00 pm
Fee: \$ 25.00

Note: USJF/USJA/USJI Cards must be presented at registration. Waivers must be signed before entering the mat.

The Nage no Kata was developed in 1884 and 1885 at the Kodokan. This kata consists of 5 sets of three throws, each performed on both the left and right sides. In each case, the uke attempts an attack on tori. There is a progression of attack styles here, demonstrating how tori must adjust to these differing attacks. Uke then changes his attacks based on the previous adjustments made by tori

Nage no Kata was created to develop the understanding of the theory of throwing techniques and for the practice of throwing techniques with a partner. *Nage waza* is composed of *Te-waza*, *Koshi-waza*, *Ashi-waza*, *Masutemi-waza* and *Yokosutemi-waza*. Three representative techniques were selected from each category. Each technique is to be performed on both the right and left side.

Note : This clinic is being used to build upon judoka knowledge of the basics of Nage no Kata. We are going to focus on the last two sets, which are listed above. Our hope is to teach any judoka the kata needed for examination and to prepare them for competition and demonstration.

Judoka will have opportunities to compete in Nage no Kata at upcoming Shufu Yudanshakai events – Faye Allen (8-22-09), Eastern Open(9-5-09), Ken Tamai Memorial (10-17-09) and Maryland States (11-7-09).

Visit our web site at <http://www.huiojudo.com>

For more information contact Kevin Tamai 703-622-6861

Nage-No-Kata (forms of throws)

Nage No Kata is a set form of highly formalized throwing techniques. It consists of five sets of three throws. Each throw is performed both left and right side.

Te Waza - Hand Techniques

- Uki Otoshi - floating drop
- Ippon Seio Nage - one arm shoulder throw
- Kata Guruma - shoulder wheel

Koshi Waza - Hip Techniques

- Uki Goshi - floating hip
- Harai Goshi – hip sweep
- Tsurikomi Goshi - lifting pulling hip

Ashi Waza - Ankle Techniques

- Okuri Ashi Barai – sliding foot sweep
- Sasae Tsuru Komi Ashi - forward lift pulling ankle
- Uchi Mata - inner thigh

Ma Sutemi Waza - Sacrifice Techniques

- Tomoe Nage - stomach throw
- Ura Nage - back throw
- Sumi Gaeshi - corner twist throw

Yoko Sutemi Waza - Side sacrifice Techniques

- Yoko Gake - side hook
- Yoko Guruma - side wheel
- Uki Waza – side drop

Shufu Yudanshakai Entry Form for
Nage No Kata Clinic

Cash/ check # _____

Amount: _____

Sanctioned by: United States Judo Federation sanction #:

Event Director: Kevin Tamai

Date: 8 August 2009

Name: _____

Home Address: _____

Phone Number: (H) _____ (W) _____

Email address (optional) _____

Club Name: _____

UJSI/USJF/USJA Number(Circle One): _____ Expiration Date: _____

Only verified, current members will participate!

***New and Renewal applications will be taken on site ***

Rank: _____ Sex: M F

Age: _____ Date of birth: _____

Check Verification: Name and address matches entry form and check: Yes No

Name and address match driver license: Yes No

Driver License State _____ Driver License Number _____ Expiration date: _____

Please mail the completed entry form liability waiver and payment to:

**Beltsville Community Center
3900 Sellman Road
Beltsville, Maryland 20705
Attn: Judo Clinic – Kevin Tamai**

Payment may be made by CHECK, MONEY ORDER to M-NCPPC (Maryland National Capital Park and Planning Commission): Enclosed is a Check or Money Order for \$ _____.

**You MUST read and sign waiver on back of this form!!
Entries will not be accepted without a completed & signed waiver!!**

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the **United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, and the Hui-O-Judo Beltsville Judo Club**, I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
5. Release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, and the Hui-O-Judo Beltsville Judo Club**, together with their affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant

Participant's Signature

Date

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Guardian

Parent/Guardian's Signature

Date