



EASTERN CANADA OPEN KATA CHAMPIONSHIP

SANCTIONED by: Judo Canada and Judo Québec

**A SEMINAR WILL BE HELD ON FRIDAY MARCH 25TH, 2022 OPEN TO ALL.
DETAILS ARE INDICATED AT THE END OF THE PACKAGE.**

DATE: Saturday March 26, 2022
Sunday March 27, 2022

VENUE: Complexe Sportif Vivacité
CLUB DE JUDO DU HAUT-RICHELIEU
275 av. du Parc
Saint-Jean-sur-Richelieu (Québec) J2W 1N1

Tel.: 450-529-1146

TOURNAMENT DIRECTOR: Gérald P. Poirier geraldpoirier2311@gmail.com
Cellular 514-686-0129

HEAD JUDGE: Mohamad Hassani mohdia@sympatico.ca

ELIGIBILITY: Members in good standing with Judo Québec / Judo Canada or an organisation recognised by the IJF.

DIVISIONS:

Senior	Born in 1999 or prior
U23	Born in 2000 to 2006
U16	Born in 2007 to 2010

Tori:

Senior:	Brown belt (Ikkyu) minimum
U23:	Green belt (Sankyu) minimum
U16:	Yellow belt (Gokyu) minimum

Uke:

Senior:	Blue belt (Nikyu) minimum
U23:	Green belt (Sankyu) minimum
U16:	Yellow belt (Gokyu) minimum

KATA:

SENIOR: Nage no kata – 3 series (Tori brown belt maximum)
Nage no kata – 5 series
Katame no kata
Kodokan Goshin-Jutsu
Kime no kata
Ju no kata

U23: Nage no kata – 3 series (Tori brown belt maximum)
Nage no kata – 5 series
Katame no kata
Kodokan Goshin-Jutsu
Kime no kata
Ju no kata

U16: Nage no kata – 3 series (Tori brown belt maximum)
Nage no kata – 5 series
Kodokan Goshin-Jutsu
Ju no kata

NOTE: The age division will be determined by the oldest partner.

A U16 participant could compete in the U23 division and a U23 participant could compete in the Senior division but not the reverse.

A maximum of two (2) katas per division as Tori and/or Uke.

A minimum of three (3) couples is required per kata to hold a kata division in a category

COST:

1) For the tournament:

- 50 \$ CDN per participant for one (1) or two (2) katas.
- 90 \$ CDN per participant for three (3) or four (4) katas.
- If you change partners, you become another team
- There will be no reimbursement unless the tournament is cancelled.

REGISTRATION: All participants must register on line at :
<https://judo-quebec.qc.ca/wp-admin/post.php?post=13978&action=edit>
Registration ends on: Friday, March 18th, 2022 à 23 :59 EST

TOURNAMENT: Saturday (morning):

- Start: 09 h 30
- Kata: Nage no kata 3 series

Saturday (afternoon):

- Start: 13 h 30
- Kata: Nage no kata 5 series

Sunday (morning):

- Start: 09 h 30
- Kata: Katame no kata
Kodokan Goshin-Jutsu

Dimanche (après-midi)

- Start: 13 h 30
- Kata: Kime no kata
Ju no kata

NOTE:

Should the number of registrations require it, the Tournament Director may make changes in the order of the kata and inform the participants of the change ahead of time.

RULES AND REGULATIONS:

The tournament will follow Judo Canada and the 2022 IJF rules and regulations in judging this tournament.

Judo Canada judogis rules must be followed.

Female participants must wear under their judogi a white T-Shirt with short sleeves with a round collar (no V necks) and long enough to tuck into the judogi pants.

The judogi must be white. No judogi of any other colour will be accepted.

No musical katas are accepted.

There are no gender divisions in the tournament. The female, male and mixt couples are accepted.

SURFACES:

There are two (2) surfaces of competition of eight (8) meters by eight (8) meters with a four (4) meter security between them.

A white strip of tape, 50 cm long, will be fixed at six (6) meters at the center of the competition area to indicate the starting positions for Tori and Uke. There will also be a tape indicating the center of the competition area.

INJURIES:

If Tori and Uke are not able to pursue for reasons of an injury, sickness, or an accident in the during the execution of the kata, the pair will be eliminated from the tournament.

In case of Minor injury like bloody wound, broken nail or a problem with contact lenses, according to the decision of the judges, the Kata execution will be stopped, and the athlete will be assisted by a Sport Therapist out of the competition area. The competition will continue, and the pair will repeat entirely the Kata soon after the last called pair.

In case a new Minor injury happens to the same athlete during the second execution of Kata, the pair will be considered out of competition.

In the case that Minor injury happens after a forgotten technique, the pair will be considered out of competition.

SANITARY RULES

- 1. The mask will be always worn in the building except for when practicing at designated areas or when competing.**
- 2. Proof of vaccination is required.**
- 3. Follow all sanitary measures in force at the time.**

LODGING:

We have not made any arrangements with the local hotels but here are the coordinates of the main ones in the area:

QUALITY HOTEL CENTRES DE CONGRÈS

725 Boulevard du Séminaire N.
Saint-Jean-sur-Richelieu (Québec)
J3B 8H1

Telephone: (450) 348-7376

HOLIDAY INN EXPRESS

700 Rue Gadbois.
Saint-Jean-sur-Richelieu (Québec)
J3A 1V1

Telephone: (450) 359-4466

AUBERGE HARRIS

576 Rue Champlain
Saint-Jean-sur-Richelieu (Québec)
J3B 6X1

Telephone: (450) 348-3821

KATA SEMINAR

DATE: Friday, March 25th, 2022

VENUE: Complexe Sportif Vivacité
CLUB DE JUDO DU HAUT-RICHELIEU
275 av. du Parc
Saint-Jean-sur-Richelieu (Québec) J2W 1N1

Tel.: 450-529-1146

TIME: 9 h 30 à 12 h 00 (noon)
Lunch
13 h 00 15 h 30

A meeting of the Kata judges that will be judging at the tournament, will be their tablets, will be held from:

15 h 45 to 17 h 30

**SEMINAR
DIRECTOR:** Gord Okumura – National Coach



- Multiple Kata medalist in 5 different kata
- Competed in 11 IJF World Kata Championships
- Attended Kata seminars in Japan, Canada, Europe and USA
- Certified National Kata Judge in 5 kata
- Conducted kata clinics in multiple kata

PARTICIPATION: The seminar is open to all participants, coaches, Club Technical Directors (Dojo Shu) and the Judo public at large members of Judo Quebec / Judo Canada and IJF.

OBLIGATORY: All judges that are requested to judge at the tournament must attend the complete seminar.

COST: 50\$ par participant
Free for those that are judging at the tournament.

REGISTRATION: You must register at the following address with Interac Transfer.
gerald.poirier@clubjudohautrichelieu.com

SCHEDULE: TOPICS:

1. Reasons to Study Kata: basic training method, improve mental control, preserve traditions of judo, stay involved in judo community.
2. Kata Principles: Seiryoku Zenyo / Jita kyoei / Rei / Kuzushi / etc.
3. Types of Kata: Nage / Katame / Ju / Kime / Goshin / etc.
4. Evolution of Kata and the Need to be Current: Video examples of changes made in kata.
5. Training Ideas: Develop a training plan with your kata partner. Study and know the order of each technique. Watch kata videos or read kata teaching manuals. Attend kata clinics and kata tournaments. Repeat each movement to build up muscle memory. Video tape your kata.
6. Key Principles of each Kata: Eg. Nage=Kuzushi / Tsukuri / Kake; Action/Reaction; Distancing and Positioning; etc
7. Kata preparation drills: Examples from Wolfgang. Etc
8. Demonstrations and Feedback: Volunteers demo a kata and get feedback.
9. Other? "Judo Show"?