

## KATA EVENINGS

Due to the growing importance of kata, not only in the promotion exams of the British Judo Association, but in national and international competition, it has been decided to run kata training evenings at Fort Purbrook Judo Club.

These sessions will start on Monday 6<sup>th</sup> October 2008, from 7.00p.m. until 9.00p.m. Sessions are open to both juniors and seniors. Participants can stay the full two hours, but juniors will not be expected to stay for the full time if they do not wish to.

The fees are £2.50 for juniors and £3.50 for seniors.

The katas covered are those which are required in the new BJA promotion syllabus, plus those included in National and European Championships:

- Nage-no-kata
- Katame-no-kata
- Ju-no-kata
- Kime-no-kata
- Kodokan Goshin-jutsu
- Gonosen-no-kata.

Prior knowledge of kata is not necessary, the classes will be aimed at all levels of ability, including coaches, examiners and any grade junior or senior.

Classes will be taught by:

Dennis Penfold - 7<sup>th</sup> Dan, National and European Kata Judge

Tina Penfold - 5<sup>th</sup> Dan, National and European Kata Judge

Venue: Peter Ashley Activity Centre, FORT PURBROOK, Peter Ashley Lane, Porstdown Hill Road, Cosham, Portsmouth PO6 1BJ.

For any enquiries telephone 023 9237 3041