



**judo
alberta**
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association
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Katame no Kata and Nage no Kata Clinic February 29 – March 1, 2020

The Judo Alberta Grading Board is pleased to announce that Gord Okamura and Kelly Palmer, who have competed at IJF World Kata Championships in Katame no Kata will be hosting a kata clinic.

Time: February 29, 2020 1 pm to 7 pm Katame no Kata
March 1, 2020 9 am to Noon Nage no Kata (first 3 sets)

Location: Lethbridge Kyodokan Judo Club 2775 28 Ave S, Lethbridge, AB T1K 7L6
These Kata are designed to improve both your ground techniques and your throws – they are not just for Black Belts!

Registration: \$25.00 at door.

If you have any questions, please contact Kelly Palmer at kellypal@telusplanet.net or Gord Okamura at gyokamura@gmail.com

