

**MEMORANDUM**

**To:** All Judo Alberta members

**From:** Alberta Kata Committee

**RE:** Goals and Plans for 2024/25 Season

The Provincial Kata Committee consists of Kelly Palmer (Chair), Gord Okamura, Wesley Enns and Jennifer Parker. The overall goals of the Committee are to increase the awareness and practice of Kata in Alberta, and to provide education and support for Sensei and athletes. This is an ongoing, multi year target. However, to assist in this we have an opportunity to attain concrete results due to Nationals being in Calgary for the next three years.

Calgary Nationals 2025-27 – the Committee’s main 2024/25 goal is to prepare new U16/U23 teams for Kata Nationals in Calgary and to show Kata, for those who do not enjoy shiai, as an alternative to compete.

In particular, Kata Nationals is expected (not confirmed yet) to have both U16 and U23 divisions:

<b>Age</b>	<b>Kata offered</b>	<b>Belt minimum</b>
U16	Nage (3 & 5 set) / Ju no / Goshin	Orange
U23	Nage/ Katame/ Ju / Kime / Goshin	Green
Senior	Nage/ Katame/ Ju / Kime / Goshin	Brown

We believe we should focus our efforts to best take advantage of this opportunity, and so will concentrate on assisting the development of U16 and U23 Nage no Kata teams. However other teams will continue to be assisted.

To achieve the above goal, we have a number of initiatives:

Make Contact –

- i. A Kata section is being developed on the Judo Alberta website to fully describe our services
- ii. We ask all club Sensei to identify any students who would make a good kata team by notifying Gord Okamura at [gyokamura@gmail.com](mailto:gyokamura@gmail.com). We would support them by informing them of kata resources and of training opportunities and possible subsidy for travel to exposure tournaments
- iii. Offer support to clubs who don’t offer kata instruction or don’t have the expertise by holding a kata sessions that will be accessible in person or via zoom e.g. Kata Tuesdays (first session will be four weeks of Kodokan Goshin Jutsu starting October 8 in Edmonton)

Clinics –

- iv. Offer at least two formal in person clinics (first will be a Nage and Katame no kata on October 19&20 in Calgary)
- v. Hold practice tournaments such as at end of each monthly EYJS tournament where judges can practice as well (first will be November 02, 2024);
- vi. Hold kata training clinics in conjunction with provincial training camps (April 13, 2025 Fort Saskatchewan – Nage no kata)