**Renraku no Kata Clinic**

Topic:  We will present and practice all 14 techniques of the Renraku no Kata (Forms of Combination Techniques.) This Danish kata is a contemporary form developed in 1989. It consists of two sets of seven combinations totaling 14 pairs of throws. Each pair of throws consists of a throw attempt by tori, an evasive action by uke, and a follow-up throw by tori.

Clinician: Ken Durand – National Kata Grand Champion

 “A” level certified in numerous kata

                                        Shichidan

Host: UNH Judo Club

Jake Freedman - Coach

jjfreedman@comcast.net

(603) 867-1028

When: **Saturday, September 14, 2019**

Registration: 9:30-10:00am

Clinic: 10:00am – 12:45pm

Where: UNH Judo Club

UNH

Hamel Rec Center,

Studio 2

5 Edgewood Road, Durham, NH

Cost: $10:00

Sanction: This is a sanctioned clinic and is open to all Judoka registered with USJF, USA Judo or USJA.

**DIRECTIONS:**

From Route 95 N/S:

Take exit 4 (on 95 North) or 5 (on 95 South) onto Route 16 North, Spaulding Turnpike. Take exit 6W (Route 4 West) heading toward Concord. After passing the exit for Route 108, there will be a traffic light at Madbury Rd. Take a left onto Madbury Rd, then right onto Edgewood Road. On the corner of Edgewood and Main St is the Whittemore Center/Hamel Rec Center.

From Route 101:

Take exit 7 onto Route 125 and head north. Take the first right onto Route 4 East at the traffic circle in Lee. At the traffic light, take a right onto Madbury Rd, then another right onto Edgewood Road. On the corner of Edgewood and Main St. is the Whittemore Center/Hamel Rec Center.

From Route 4 East:

Go halfway around the traffic circle in Lee, staying on Route 4 east, then follow directions above for Rt. 101.

 From Route 4 West:

Follow last part of directions for Route 95

**There is free parking only in the rear half of lot H. The front part requires payment at the kiosk. The Elliott Alumni Lot behind the Rec Center is a fine alternative.**