**Kime No Kata Clinic**

Topic: We will cover the Kime no Kata. This kata is the older "Forms of Self Defense” and utilizes kneeling techniques, standing techniques, and includes several techniques with knife and sword.

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: Sunday, February 23, 2020

Registration: 9:30am - 10am

Clinic: 10:00am – 12:45pm

Where: UNH Judo Club

UNH

Hamel Rec Center,

Studio 2

5 Edgewood Road, Durham, NH

Bring: Judogi, wooden sword, wooden or rubber knife. **No real weapons (including edged weapons) will be allowed at this clinic.**

We will have some extra weapons available to use for the day.

Cost: $10:00
Sanction: This is a sanctioned clinic and is open to all Judoka registered with USAJudo, USJF, and USJA. Judoka may join any of these organizations at the clinic.

**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.**

For more information, contact Ken Durand at 603-313-8872 or kdurand603@g[mail.com](http://mail.com/)

**Save the date:** We will be having our annual Kata Festival on Saturday April 25. Participants can demonstrate all or part of a kata in a supportive environment. Last year we had about 10 different demonstrations. More info to come.