

Ju No Kata Clinic

Topic: We will cover the Ju no Kata. There are no weapons used for this kata.

Clinician: Ken Durand – National Kata Grand Champion
“A” level certified in numerous kata
Shichidan

Host: UNH Judo Club
Jake Freedman - Coach

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(603) 867-1028

When: Sunday, January 28, 2024
Registration: 9:00am - 9:30am
Clinic: 9:30am – 1:30pm

Where: UNH Judo Club
UNH
Hamel Rec Center,
Studio 2
5 Edgewood Road, Durham, NH

Bring: Judogi and a snack/sandwich. We will take a break at around 11:30 to snack and watch a video of the kata.

Cost: \$10:00

Sanction: This is a USJA sanctioned clinic. Judoka may join the appropriate organization at the clinic. This includes the option for a limited time membership if needed.

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

The rear half of lot H which has free parking is currently under construction. The front part requires payment at the kiosk. The Elliott Alumni Lot behind the Rec Center is free and is a fine alternative.

For more information, contact Ken Durand at 603-313-8872
or kdurand603@gmail.com