

## **Katame no Kata Clinic**

Topic: We will cover the Katame no Kata which is a kata (form) of grappling techniques. Included are 15 techniques representing hold downs, chokes and joint locks.

Clinician: Ken Durand – Shichidan - National Kata Grand Champion  
Certified “A” level (National) in numerous kata

Host: UNH Judo Club  
Jake Freedman - Coach  
[jjfreedman@comcast.net](mailto:jjfreedman@comcast.net)  
(603) 867-1028

When: Sunday, February 2, 2025  
Registration: 10:00am – 10:30am  
Clinic: 10:30am – 1:30pm

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

Cost: \$10:00

We will have a short break at around noon for a “working lunch” in which we will discuss the kata/watch video while eating. Please bring food with you if desired since this will only be a short break with no time to purchase food.

Sanction: This is a sanctioned clinic and is open to all Judoka registered with USJF and USJA. Judoka may join either of these organizations at the clinic. There will be a short term \$10.00 membership available if desired.

### **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@gmail.com](mailto:kdurand603@gmail.com)

**Save the date:** We will be having our annual Kata Festival on Saturday May 3. Participants can demonstrate all or part of a kata in a supportive environment. Last Festival we had about 10 different demonstrations. More info to come.