Itsutsu no Kata and Go no Kata Clinic

Topic: We will cover the Itsutsu no kata (Forms of Five) and Go no Kata (Forms of the Correct Use of Force.) Itsutsu no Kata consists of five techniques and is said to depict attack and defense concepts and possibly forces of nature through judo techniques. The Go no Kata may be thought of as a companion to Ju no Kata and was not often seen in the past. It consists of ten techniques and is being practiced more frequently in recent years.

Clinician: Ken Durand – Hachidan - National Kata Grand Champion
Certified "A" level (National) in numerous kata

Host: UNH Judo Club
Jake Freedman - Coach
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(603) 867-1028

When: Sunday, December 6, 2026
Registration/Warm up: 10:00-10:30am
Clinic: 10:30am-2:30pm

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

Cost: $20:00

Bring: Judogi

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 available in the Elliott Alumni Lot behind the Rec Center.

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