

**# 1**

**Pacific Southwest Yudanshakai**

**USJF Kata Clinic in San Diego**

**Submitted by Bill Caldwell, San Shi Judo Club**

## USJF Grant Lifts Kata in San Diego

Submitted by Bill Caldwell, San Shi Judo Club

The study of judo consists of Randori (free practice), Kata (form), Mondo (questions and answers) and Kogi (lectures).

For the past seventeen years the Pacific Southwest Judo Association has instructed kata for promotions as well as practicing as an enjoyable activity in itself. Co-members of are informal group belong to other local yudanshakai, for example Makoto and Nanka.



Photo Credit Jerry Hays

The program has included weekly open practice dedicated to kata, quarterly clinics to teach those required for upcoming promotions, and annual clinics by Ms. Eiko Shepherd of Kitokan Judo Club, chair of the USJF Kata Development and Certification Committee.



Photo Credit Jerry Hays

The USJF has annually extended grants to allow Ms. Shepherd to share her insights. At those events, instructors were certified so that they can now assist others to learn these movements while improving their own form.



Photo Credit Jerry Hays

Our judoka have in turn participated in state, national, and international kata events. We strongly support the Fukuda International Kata Competition. Not only that, but a few have been selected for international shiai competition.



Photo Credit Jerry Hays

Two of our number have completed the summer training at the Kodokan ... is it four or



five times now? But who is counting? The important part is the relationship we have been able to build between our little lower-left corner of the USA and the broader world of judo through the study of judo kata.

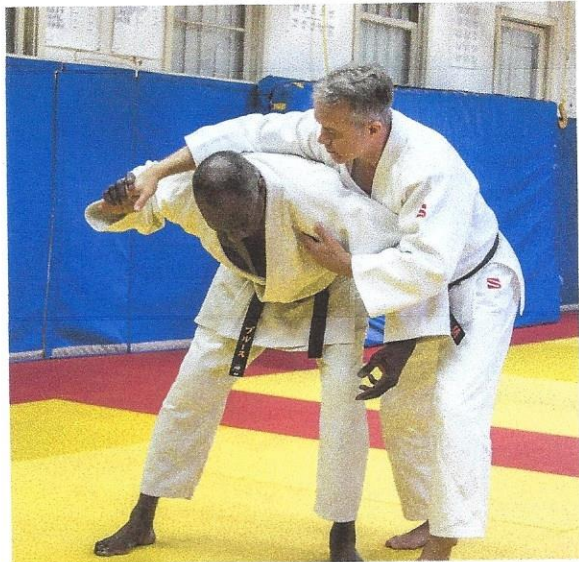


Photo Credit Jerry Hays

Benefitting from this tiny boost receive from the USJF, the San Diego Kata Study Group has attracted assistance from notable instructors and visiting judoka from all over California, from across the USA, and even occasionally from Japan. So much from so little. We feel this has been a wise investment and urge the USJF to continue to support this continually active component of judo learning.

2020 Note: While the dojo is closed, our group has been holding “Buki at the Beach.” Social distancing enforced by the length of each masked person’s jo. It’s all kata.