

# Kata Practice Guide

## Weekly Kata Class

Kodokan conducts Kata classes from 5 PM to 7 PM on Tuesdays and Thursdays. The class is open to anyone who is interested in Kata, or who wants to practice Kata, or who wants to learn Kata for the test of Dan promotion as well as who wants to brush up his/her skills for a contest. We look forward to your active participation.

### Overview of Kata Classes (twice a week)

**\*Since April 2023, the schedule has been changed to Tuesdays and Thursdays**

Day	Time	Place	Instructors
Tuesday	17:00-19:00	International Dojo (6F)	Motonari SAMESHIMA 8 <sup>th</sup> Dan Yoshihisa DOBA 8 <sup>th</sup> Dan
<b>Thursday</b>	17:00-19:00	International Dojo (6F)	Toshihiro UTSUGI 8 <sup>th</sup> Dan Yoshiaki SO 8 <sup>th</sup> Dan

### How to participate (for trainees from overseas)

#### 1) Application for practice at the Dojo Reception

Please fill in an application for practice at the Dojo reception on the fourth floor of the dojo building. If you practice only a few times, please pay the daily training fee of 880 JPY every time. If you practice regularly, please apply for Kodokan membership (8000 JPY) and pay 5,500 JPY a month.

When you practice Kime-no-Kata or Kodokan Goshin-jutsu and need to borrow weapons, please ask the receptionist. (Please write the date, your name and the kind of weapons in a notebook. When you finish practice, the weapons shall be returned immediately.)

#### 2) After changing into Judogi, go to a dojo

Male trainees need to wear white judo-gi with no T-shirt. Female trainees need to wear white judo-gi with a white plain T-shirt.

Sometimes the class is held at another dojo. Please confirm the dojo at the reception on the 4<sup>th</sup> floor.

#### 3) Notebook in the dojo

Please write your name and the kind of Kata in a notebook on a bench near the dojo entrance.

#### 4) Outline of practice

- At 5 PM, participants will line up and bow.
- Do a warm-up respectively
- You can join in the class in the middle.

- Please leave plenty of room around you during practice to avoid hitting other trainees.
- Participants can practice freely until an instructor call out “Seiretsu (line up)”
- If you attend the class without a Kata partner, ask a trainee to practice with.
- If you cannot find a training partner, ask an instructor.
- At 7 PM, participants will line up and bow, then the class will end.
- Do a cool-down respectively.

#### 5) **Tips for practice**

- These are not lecture-style classes to teach the whole members together.
- If you have any questions or need instruction, please ask an instructor.
- Instructors are wearing jackets that have a Kodokan instructor’s mark (see the photo below) on the chest and wearing red-and-white belts.



Monthly Kata class that is held on a Saturday in a month (@ main dojo, 15:30-17:00) is also available. You can check the schedule on Kodokan website.

If you have any questions, please contact us by email:  
[shido@kodokan.org](mailto:shido@kodokan.org)