

OJUKAN KATA CLINIC

Nage No Kata

Saturday, February 10 2024 (Sanction # 24-02-06)

9:00AM - 4:00PM

Ojukan Judo Dojo

5749 NW Cornelius Pass Road, Hillsboro OR 97124 (+acumed business park)

Nage-no-kata (*Japanese*: 投の形, "forms of throwing") is one of the two *randori-no-kata* (乱取りの形, free practice forms) of *Kodokan Judo*. It is intended as an illustration of the various concepts of nage-waza (投げ技, throwing techniques) that exist in judo, and is used both as a training method and as a demonstration of understanding.

All ranks *and juniors* are welcome. Juniors should plan to attend with another student approximately their same size to ensure availability of a kata training partner. Please note that space is limited and there will not be any areas available for off-mat seating or downtime; everyone will be expected to be on mat and practicing during the morning and afternoon sessions. Attendees will be required to have USJF or USJA membership.

There are 2 mat areas, and the plan is that students will be split between *beginner* and *experienced* on the 2 mats.

Instructors: sensei Karen Nagai *Rokudan* and sensei Blane Bellerud *Godan*.

Cost: \$30/student. Payment will be collected on-site 8:00AM-9:00AM. Cash or credit card welcome.

Schedule: morning session 9:00AM to 12:00 noon, lunch break 12:00-1:00, afternoon session 1:00PM-4:00PM.

Everyone is expected to be on the mat and ready for the opening ceremony/bow-in at 9:00AM. Please arrive early enough to sign-in and change. There is 1 unisex bathroom on site. Plan accordingly.

There isn't space available for dining at the dojo; maps and recommended locations for eating will be printed and available at the dojo. Lunch and snacks will be the responsibility of students/attendees.

Online Form: <https://ojukanjudo.org/kata-clinic/>

Please RSVP immediately to: flugenblar@gmail.com



Ojukan Kata Clinic Entry Form

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PARTICIPANTS MUST BE CURRENT MEMBER OF USJF OR USJA

Be prepared to present membership card/info upon check-in

- Cost: \$30/attendee. Payable on arrival.
- Meals: bring your own snacks and lunch, lunch will *not* be provided but there are numerous choices for local dining.

NOTE: There is one (1) bathroom if privacy is needed for changing. Please arrive early enough in case there is a queue. There will be staff present by 8:00AM.

Please RSVP immediately to: flugenblar@gmail.com

Name	Address	Membership Org (e.g., USJF)	Membership Nbr	Expiration Date

Please indicate if you plan to attend the beginner's session or if you plan to attend the experienced session when you RSVP.

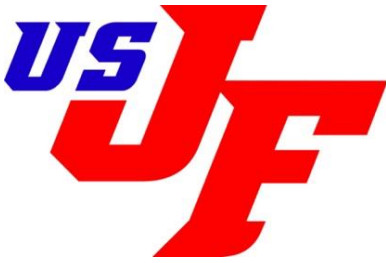
The experienced section will be good for students who have practiced the kata before, or have a working knowledge of the 5 sets of techniques. You will not be expected to have perfect knowledge or have competition experience.

If assistance/accommodation is needed check off appropriate area

Vision

Hearing

Type of assistance/accommodation requested or name of person assisting: _____



UNITED STATES JUDO FEDERATION

Medical Committee

Mailing Address: Telephone: FAX: Internet:

PO Box 338 (541) 889-8753 (541) 889-5836 www.usjf.com Ontario, OR 97914-0338

USJF Medical Committee - COVID Update 10/2022

Effective immediately, the following shall apply to all USJF Dojos and all USJF events, local and national:

Testing:

1. USJF events will follow jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities
2. COVID testing is not a requirement from the USJF national office
3. Testing *may* be required at the discretion of the event medical director, depending on local conditions
4. International competitors from outside the United States will need to follow COVID-19 Testing and other protocols as required by the US State Department/CDC.

Vaccinations:

1. There is no COVID-19 vaccine requirement for athletes, referees, staff, vendors, or spectators. However, COVID-19 vaccines are highly encouraged.

Masking:

1. Masking should follow local/state health department guidelines
2. There is no masking requirement from the USJF national office

Symptom Screening:

1. Symptoms screening, visitor logs, or temperature checks are not required
2. Symptom screening *may* be performed at the discretion of the head sensei, or event medical director
3. Individuals actively experiencing symptoms including fever, cough, sore throat, and fatigue should not practice/participate

Hygiene:

1. Continue to sanitize/wash hands frequently
2. Clean mats and equipment regularly

Returning to Activity after COVID Infection:

1. Members who were asymptomatic or had mild symptoms may return to activity on a gradual basis after an appropriate period of isolation. Please visit the CDC website for isolation guidelines:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html> [cdc.gov]
2. Members who require hospitalization or experience new or prolonged cardiopulmonary symptoms should consult with their personal physician BEFORE returning to activity
3. If you have any questions or concerns, please consult your personal physician

