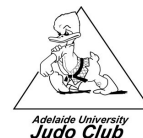




Judo Kata Course



Conducted by

Astrid Machulik (Roku Dan)

Astrid Machulik is a Kata specialist who has visited and trained at the Kodokan for many years. Astrid is the only German judoka to hold diplomas from the Kodokan in all 7 kata: *Nage no Kata*, *Katame no Kata*, *Kodokan Goshin Jutsu*, *Kime no Kata*, *Ju no Kata*, *Itsutsu no Kata* and *Koshiki no Kata*. She regularly organises Kata courses in Berlin and takes groups of Judoka to the Kodokan in Japan. Astrid also competes in Kata and Shiai internationally. Astrid has volunteered to assist our Judoka to expand their knowledge and practice of Kata in 2022, for her 6th Kata Course in Adelaide hosted by AUJC!

2022 Seminar Schedule

Sunday 18 Dec	12 pm – 6 pm	Ju-no-Kata
Monday 19 Dec	9 am – 12 pm	Katame-no-Kata
	1 pm – 5 pm	Kodokan Goshin jutsu
Tuesday 20 Dec	10 am – 5 pm	Nage-no-Kata
Wednesday 21 Dec	10 am – 5 pm	Kime-no-Kata

(Special requests for alternative kata for Sunday will be considered)

Venue Adelaide University Judo Club
Thebarton Sports Centre, Building 5, Winwood Street, Thebarton
White Judogi – a must!

Lunch and refreshments will be provided.

Dinner with Astrid Sunday night *(TBC - cost for dinner not included below)*

Cost

JudoSA and JA members - \$60/person per day OR \$200/person for Course
Non-JudoSA member - \$80/person per day OR \$240/person for Course
Judoka under 18yrs are half price.

Payment by Monday 5th Dec *(please include your "surname" & "Kata" for EFT)*
Bank transfer: BSB: 105-900 (Bank SA) Account: 954110440
Or cash on the day.

*To register your attendance and interest in dinner, contact
Chris Hustig on cjhustig@gmail.com or 0417 854 171*