

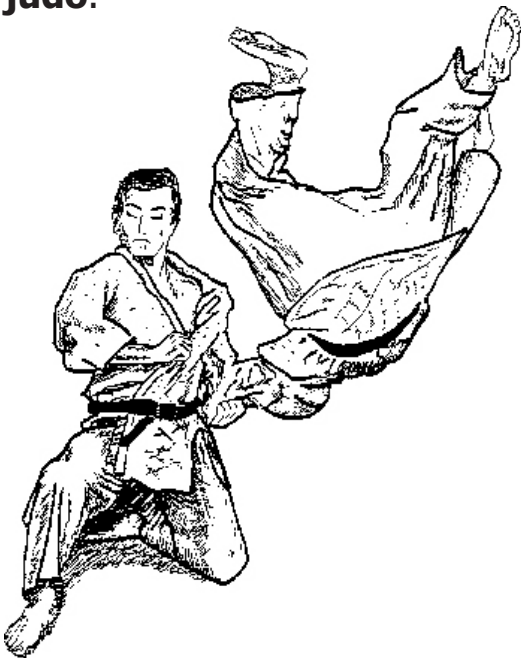
NAGE NO KATA FOR REAL JUDO

ALL PROCEEDS GO TO SENSEI OS MILLAN TO HELP
REBUILD HIS FLOODED MADISON DOJO

Ever spent anguished time learning kata so you could do a promotion test?
Ever been forced to do kata because it's "part of judo and you have to learn it"?

This practical judo clinic presents the first three sets of **NAGE NO KATA** in a way that will show you how to apply it for **better judo practice, randori and shiai**. This is what Jigoro Kano meant it to do. He did **not** intend it to be some fussily detailed, shodan minimum required, kata contest activity.

Yes, there are important details to be applied; because they **make judo work, as judo**.



Presented by Sensei Tom Crone (7th dan)
December 2nd 2018
12:00 PM - 2:30 PM
DOCS Gym
3115 Penn Ave N, Minneapolis, MN 55411

\$20 entry