

Fourth Annual
 Lincoln Martial Arts Center Kata Clinic
 with Eiko Shepherd
 Sponsored by Sho Rei Shobu Kan Judo Club & CJBBA



USJF Sanction #: 26-03-01

Date:	March 6 - 8, 2026
Location:	Lincoln Martial Arts Center, 4815 S. 14 th St, Suite D, Lincoln NE 68512

Eligibility: Open to all ages and levels interested in improving their judo skills. Participants must belong to either USJF, USJA or USA Judo to participate. Short term memberships are available for most organizations. Juniors are welcome to participate, but must be focused and accompanied by an adult.

Clinician: Eiko Shepherd was the first woman to compete with men at the Kodokan in Japan. She is a USA Judo certified international coach, master level judo teacher, National Class A kata judge, the IJF Kata Chairperson and the Vice Chairperson of USJF kata committee. She has been the National Youth Kata coordinator since 1997. Shepherd Sensei also acted as the women's head coach for the 1993 US Olympic festival.

Demonstrators: Jim Sternick and Joe Schultz, two-time National Champions and World Kata Competitors, will be our demonstrators for the Kime no Kata.

Objective: To discover how Ju no Kata can improve your shiai and overall judo as well as to be introduced to Kime no Kata.

*** Sensei Shepherd a limited supply of high-quality weapon sets for \$200. These sets have all the weapons needed to perform the different judo katas. ***

Schedule: Breaks at Sensei's discretion

<p><u>Friday</u> 5 pm Registration 6:00 – 9:00 pm Instruction</p>	<p><u>Saturday</u> 8:30 am Registration 9:00 – 1:00 pm Instruction 1:00 – 2:00 pm Lunch* 2:30 – 6:00 pm Instruction 7:00 pm - Dinner Celebration *</p>
<p><u>Sunday</u> 8:00 – 12:00 pm Instructor Testing / Free Practice* • practice time will happen after testing and be dependent on testing time needed • Instructor certification requirements: - demonstrate both Tori and Uke part - written test</p>	

* - Food included for both Lunch and Dinner on Saturday

Clinic Registration Fee:	Postmarked By February 9*			After February 9		
	Fri only	Sat only	Full Clinic	Fri only	Sat only	Full Clinic
Single	\$40	\$70	\$90	\$60	\$90	\$120
Youth (-15 yrs.)	\$30	\$55	\$70	\$40	\$70	\$100
2 Person Team	\$70	\$130	\$170	\$110	\$170	\$230

* If emailing registration send to Mortimer_Snerd_1@yahoo.com

Testing Fees – **paid at the clinic** in either Cash or Check (payable to CJBBA)

USJF Testing Fee - \$20 Certification Fee – Class A \$30, Class B \$25, Class C \$20

For further information about the clinic, dojo and location:

Clinic Organizer: John Bailey Mortimer_Snerd_1@yahoo.com		Dojo Website: www.lincolnmartialartscenter.com	
Dojo Phone Number: (402) 474-5425	Dojo Facebook Page: 	SRSBK Judo Club Facebook Page: 	

Lincoln Martial Arts Center Registration Form

USJF Sanction #: 26-03-01

Name: _____ Phone: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Club: _____ Sensei: _____

Sex: _____ Age: _____ Birth Date: _____ Rank: _____

E-mail Address: _____

*****Kata Instructor Certification &/or Weapons Set: (separate fees) notify John Bailey what Kata(s) &/or if you would like a weapons set by Feb.13 (Mortiner_Snerd_1@yahoo.com)*****

Membership, Attendance and Payment			
Membership & Payment	CARD NO. # USJF USJA USA Judo	Membership Expiration Date (Please Show card at check-in)	
Days Attending: _____ Friday only _____ Saturday only _____ Full Clinic		FEE	
		CASH	\$ _____
		CREDIT	\$ _____
		CHECK	\$ _____

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- Make checks payable to : Lincoln Martial Arts Center
memo: Judo Clinic
- Please send checks to: Lincoln Martial Arts Center
4815 S. 14th St, Suite D,
Lincoln NE 68512
- &- If emailing registration send to Mortimer_Snerd_1@yahoo.com

Medical

If assistance/accommodation is needed check off appropriate area Vision Hearing
Type of assistance/accommodation requested or name of person assisting: _____

Medical Issues/Injuries? _____

Emergency Contact _____

Phone Number _____

Name of Partner (if signing up as a team): _____

Please include your partner's information with your registration (separate registration required)



UNITED STATES JUDO FEDERATION

Medical Committee

Mailing Address: PO Box 338
Ontario, OR 97914-0338

Telephone: (541) 889-8753

FAX: (541) 889-5836

Internet: www.usjf.com

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