

# Second Annual Lincoln Martial Arts Center Kata Clinic for Shiai Competitors with Eiko Shepherd



<b>Purpose:</b>	1. To teach the fundamentals of <u>Nage-no Kata</u> and <u>Katame-no-Kata</u> - prior knowledge is good, but not necessary 2. To help competitors improve shiai skills through an understanding of kata.
<b>Date:</b>	March 1 - 2, 2024
<b>Location:</b>	Lincoln Martial Arts Center, 4815 S. 14 <sup>th</sup> St, Suite D, Lincoln NE 68512

**Eligibility:** Open to all ages and levels interested in improving their judo skills. Participants must belong to USJF or USJA to participate. Short term USJF memberships are available starting at \$25. 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 and National Class A kata judge as well as the Vice Chairperson of Kata. She is also the Chairperson of USJF kata committee and a USJF CLASS A kata instructor. 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.

**Objective:** To improve kata skills and discover how those skills can be used to improve shiai.