

2021 Judo NSW Kata Team Camp

Fri 30 April – Sun 2 May

Training Camp Overview

Three-day mandatory Kata camp for Judo NSW Kata team members. All potential team members are expected to make time in their schedule to attend the full camp. Team members not attending the camp may not be nominated for the 2021 team. Team members requiring an exception to part of or whole camp must make their situation known to the Team coaches (Dale Keogh and Ernie Wakamatsu) immediately. Exceptions may include the following:

- School commitments
- Work commitments

The camp is also open to Kata enthusiasts and interstate Kata competitors. The cost of the camp for non-team members is \$150. There is no cost for team members, but they must register online for the camp.

[click here to register](#)

Things to Bring

The following is a list of things each Judoka to the camp are expected to bring:

- Judo gi: white is preferred, but not mandatory
- Video recorder, including tripod and mobile device carrier
- Kata weapons: a limited number of wooden weapons are available, but teams should try to bring their own
- Water bottle; bubbler is not available
- Lunch: BYO or use nearby cafes
- Pen and paper for Saturday morning discussion

Training Schedule

30 Apr, Fri

- 10am -5pm, Judo NSW Martial Arts Dojo, Newington
- Focus on fitness and initial attack

1 May, Sat

- 10am-12n; park bench across from Zenbu, Silverwater
- Discussion on preparing for the Nationals
- 1-5pm; Zenbu
- Focus on initial attack and counterattack
- Dinner

2 May, Sun

- 10am-4pm: Kata practice; Zenbu
- Continue Kata study (morning)
- Demonstration and feedback (afternoon)