

## Kime No Kata Clinic – Part One – Idori (Kneeling)

Topic: We will cover the first set of Kime no Kata. Called “Idori”, this consists of 8 techniques done from a kneeling position. This kata is the older "Forms of Self Defense" and utilizes kneeling techniques, standing techniques, and includes several techniques with knife and sword. We will schedule a second session to study the standing techniques. If you have knees that will not allow much kneeling, you can practice these techniques from a standing position.

Clinician: Ken Durand – National Kata Grand Champion  
“A” level certified in numerous kata  
Shichidan

Host: UNH Judo Club  
Jake Freedman - Coach  
[jjfreedman@comcast.net](mailto:jjfreedman@comcast.net)  
(603) 867-1028

When: Saturday, January 28, 2023  
Registration: 10:00am – 10:30am  
Clinic: 10:30am – 12:30pm

Where: UNH Judo Club, UNH  
Hamel Rec Center, Studio 2  
5 Edgewood Road, Durham, NH

Bring: Judogi, wooden sword, wooden or rubber knife. **No real weapons (including edged weapons) will be allowed at this clinic.** We will have some extra weapons available to use for the day.

Cost: \$10:00

Sanction: This is a sanctioned clinic and is open to all Judoka registered with USAJudo, USJF, and USJA. Judoka may join any of these organizations at the clinic.

### **DIRECTIONS:**

#### From Route 95 N/S:

Take exit 4 (on 95 North) or 5 (on 95 South) onto Route 16 North, Spaulding Turnpike. Take exit 6W (Route 4 West) heading toward Concord. After passing the exit for Route 108, there will be a traffic light at Madbury Rd. Take a left onto Madbury Rd, then right onto Edgewood Road. On the corner of Edgewood and Main St is the Whittemore Center/Hamel Rec Center.

#### From Route 101:

Take exit 7 onto Route 125 and head north. Take the first right onto Route 4 East at the traffic circle in Lee. At the traffic light, take a right onto Madbury Rd, then another right onto Edgewood Road. On the corner of Edgewood and Main St. is the Whittemore Center/Hamel Rec Center.

#### From Route 4 East:

Go halfway around the traffic circle in Lee, staying on Route 4 east, then follow directions above for Rt. 101.

#### From Route 4 West:

Follow last part of directions for Route 95

**There is free parking only in the rear half of lot H. The front part requires payment at the kiosk. The Elliott Alumni Lot behind the Rec Center is a fine alternative.**

For more information, contact Ken Durand at 603-313-8872 or [kdurand603@gmail.com](mailto:kdurand603@gmail.com)

**Save the date:** We will be having our annual Kata Festival on Saturday April 22. Participants can demonstrate all or part of a kata in a supportive environment. Last Festival we had about 10 different demonstrations. More info to come.