



## Fight like a Samurai Koshiki-no-kata Clinic



featuring David McFall  
August 12 – 13, 2023 at Sport Judo

Location: Sport Judo, 5405 Port Royal Rd., Springfield, VA, 22151

Sanctioned by: United States Judo Federation

Clinician: David McFall, Godan

Event Director: Diane Jackson Email: [JudoDTJackson@gmail.com](mailto:JudoDTJackson@gmail.com)

Clinic times: Saturday Evening: 3:00pm – 6:30pm. Sunday 9:00am – 4:00pm (estimated)

Registration times: 2:30 – 3:00 pm (Saturday), 8:30 – 9:00 am (Sunday)

Clinic fee: \$ 80.00. Payment options: Cash, Check to 'Shufu Judo', or Venmo payment to @JudoDTJackson (add \$2.00).

There will be a break for lunch on your own. A refrigerator is available. Bring a water bottle.

Registration by google form: [On-line form](#) or on-site. Waivers and membership confirmation will be on-site. **Participation Eligibility: USJF and USJA members.** Membership cards must be presented to participate on the mat. Be prepared to follow CDC, State or County guidance for local COVID conditions. No recordings.

About the clinician: **In January 2023, David McFall and his partner won First Place in Koshiki no kata in the Japan International Veterans Competition. Also, he was recently appointed as a Kata Official of the Yokohama Judo Federation in Japan – the first non-Japanese to be awarded this kind of appointment.** He is one of only four non-Japanese who has been awarded (jyukutatsu) "Mastery of the technique" grading for Koshiki no Kata. McFall sensei moved to Japan in 2006 and since then has trained primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei's study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately join the Kudenkai. Practicing twice a week for over ten years, he performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. He also attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. McFall sensei first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei.



Koshiki no Kata (*Form of the antique things*) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor. Links to videos: [Koshiki no kata performed by N. Murata in 2013 on YouTube](#), [Koshiki no kata performed by M. Yamashita on YouTube](#); [Jigoro Kano Kito Ryu no Kata koshiki omote on YouTube](#). English description of [Koshiki No Kata by N. Saito at Shufu Judo](#)

# Fight like a Samurai – Koshiki no Kata Clinic featuring David McFall

August 12 - 13, 2023 at Sport Judo

USJF Sanction #: 23 -pending

Registration Form or [on-line Registration form](#)



Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Club \_\_\_\_\_

Rank: \_\_\_\_\_ Sex: M F O Age: \_\_\_\_\_

USJF or USJA (Circle One) Number # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Paper forms for National organization membership registration or renewal will not be available on-site.

Do you require special assistance/accommodation? \_\_\_\_\_ (e.g., Low Vision /Blindness, Hearing loss/Deafness). Will you be bringing the needed assistance? \_\_\_\_\_ We will work to accommodate any special needs.

Payment may be made by cash; check payable to 'Shufu Judo'; or Venmo (add \$2.00) to @JudoDTJackson. Waivers and membership verification will be completed on-site. Participants under the age of 18 on the day of the clinic, please contact event director and must bring a copy of the waiver signed by a parent or legal guardian.

Travel: Washington area airports: Reagan National (DCA), Baltimore-Washington International (BWI), Dulles International (IAD). Hotels: [Expedia](#) link for hotels with venue address.

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FOR REGISTRATION / CHECK-IN STAFF:

Registration Amount: \_\_\_\_\_ Payment method: Venmo / Check # \_\_\_\_\_ / Cash

Verification on site: Membership card: \_\_\_\_\_ Waiver: \_\_\_\_\_