



Nage-no-kata Clinic

Sunday, February 5, 2023, 9:30am – 3:30pm

Location: Sport Judo, 5405 Port Royal Rd., Springfield, VA, 22151
Sanction: USJF 23-02-02

Clinicians: Karen Whilden (Rokudan) and Diane Tamai Jackson (Rokudan)
Event Director: Diane Jackson, JudoDTJackson@gmail.com
Venue Host: Sport Judo, POC: Steve Berliner (and special thanks to Sensei Maurice Allen) Clinic date/times: Sunday, February 5, 2023, Registration: 9:00 am – 9:30 am; On the mat: 9:30am – 12:00pm and 1:00pm – 3:30pm. There will be a break for lunch on your own. A refrigerator is available if you bring a lunch. Personal water bottles are encouraged. You do not need to bring a partner to participate.

Clinic fee: \$ 20.00. Payment options: Cash or Check to Shufu Judo, or Venmo (Venmo payment with +\$2.00 to @JudoDTJackson). Registration onsite and/or intent to participate by email is requested at JudoDTJackson@gmail.com. If you want to be evaluated for kata judge – we can do that - contact Diane in advance. If you want to be evaluated for any kata for promotion – we can do that - contact Diane in advance. To speed registration, (please) bring your completed registration form. Waivers and membership confirmation will be verified/signed on-site.

Participation Eligibility: USJF, USJA and USA Judo members. Membership cards must be presented on the day of the event to participate on the mat. Be prepared to follow USJF, CDC, State and/or County guidance for COVID conditions. See USJF COVID protocol.

About the clinicians: Karen Whilden and Diane Tamai Jackson started to work as a kata team shortly after Karen moved to the east coast in 2000. They traveled the USA and the world competing in kata. Together, they are USA Senior Nationals female team champions in multiple years in Nage no Kata, Katame no kata, Ju no Kata, Kime no Kata and/or Kodokan Goshin Jutsu, including being awarded Best All-around female team. They represented the USA and took first place for several years at the PJC in Nage no Kata, Katame no kata and/or Ju no kata. They medaled at the World Masters Open Championships in multiple years in Nage no Kata, Katame no Kata, and Goshin jutsu. They medaled at the Fukuda International Kata Invitation in multiple katas, including Itsutsu no kata. In 2005, they were the USJF kata team of the year. In 2008, they took first place at the Cuban Olympics in Nage no Kata. They represented the USA at the 2007 Kodokan Invitational in Katame no Katame and at the first IJF World Judo Kata Championship in Ju no Kata in 2009. Both Karen and Diane served as the Shufu Kata Committee chair. They are both Pan American Confederation (PJC)-level kata judges in all five IJF-competed katas. Separately and together, they coordinated and taught many clinics in multiple katas to support judokas to expand their judo knowledge through the katas.

Karen Whilden, Rokudan, assistant instructor at DC Judo Club. Karen sensei started judo in 1970 while in college at the University of Idaho. In addition to being a judge in all five IJF-competed katas, she is a national-level judge in Koshiki no Kata. Even before moving to the east coast, Karen was a multi-time national champion in Nage no Kata, Katame no Kata, and Ju no Kata with various team members. She also represented the USA in the second PJU Championships (various katas, 2001, 2002, and 2004) with other team members.

Diane Tamai Jackson, Rokudan, assistant instructor at Hui-o Judo club. Diane sensei started judo around 1976 at Hui-o Judo. In addition to being a judge in all five IJF-competed katas, she is a national-level referee and national-level judge in Koshiki no Kata. In addition to teaming with Karen, Diane was a USA Team member at multiple IJF World Kata Championships (2013–19,

Nage or Ju) and PJU Championships (2013–19, Nage, Katame and/or Ju) with other team members.



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Registration at 9:00am. Clinic 9:30 – 3:30 with lunch break

Ways to register or provide intent: 1) Print hard copy, scan and send to JudoDTJackson@gmail.com or 2) email JudoDTJackson@gmail.com that you intend to attend; and/or 3) PRINT and bring on-site; and/or 4) show up and register on site

COVID – Be prepared to follow county, state, and USJF COVID guidelines. #1 if you do not feel well, please do not attend. #2 a negative test is NOT required. #3 masking is not required currently (1/10/2023). Masking is always an option for consideration for yourself, people you have routine contact with, or from others. You do not need a partner to participate.

Name: _____

Home Address: _____

Contact Phone Number: _____ Email: _____

Club: _____

Rank: _____ Sex Orientation: M F O Age: _____

USJF, USA Judo, 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? _____. If assistance if needed, please indicate the type: ___ low or loss of hearing ___ low or no vision ___ other. Indicate if another type of assistance or provide the name of person providing assistance _____. We will do our best to work with you to accommodate a specified need.

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.

Check-in Information:

Registration Amount: ___\$ 20.00 ___ Payment method: Venmo / Check # _____ / Cash

Membership card: _____ Waiver signed: _____