



Shizentai Kata Tournament 2025

Sunday 20th July 2025

09.30am Registration • 10.00am Start

The Dojo, Batchwood Golf Course & Sports Centre,
Batchwood Drive, St Albans,
Hertfordshire, AL3 5XA



Conditions of Entry

1. This event is open to BJC, BJA, AJA and international entrants. Entrant's must produce a current, valid Judo licence properly completed with their details including photograph and date of birth upon booking in at the event.
2. Entry is £15 per person plus £5 per person for each additional Kata. As this is a development event, entry into more than 1 kata is encouraged.
3. All entries must be received by the end of Thursday 17th July 2025.
4. Categories are detailed below – Adaptive Kata categories are suitable for Judoka with a Learning or Physical disability, please contact Lisa Clevely on shizentaijudoclub@hotmail.co.uk to discuss entries.
5. We reserve the right to restrict/merge any category(s).
6. Individual entrants, their parents (if under 18) and their coaches should satisfy themselves that the entrant is in a physical condition to participate in this event. Any doubts should be raised at least one week before the tournament (or the Tournament Director, on the day, if something has arisen immediately prior to the event). The Tournament Director is Ricky Clevely, 5th Dan.
7. There may be ongoing medical issues which, whilst not precluding entry are none the less, issues of which the judges on the mat should be aware. It is a requirement that such issues are detailed on the entry form.
8. Entrants should enter the category for the oldest member of the pair or for Seniors, the highest grade of the pair.
9. Kata pairs may be made of single or mixed gender but can only enter a category once.
10. On the day, Registration is open at 9.30am for a prompt start at 10:00am. Mat will be open from 9am for training/practice.

Tournament Regulations

1. Judogi must be white, Females must additionally wear a plain white high neck T-shirt, Zori only to be worn to the side of the mat.
2. For reason of safety drink containers or refreshments are not allowed mat side.
3. Gold, Silver and Bronze medals will be available in all categories.
4. Only wooden weapons are permitted & guns must have no trigger guard.
5. Payment needs to be made prior to confirmation of entry.
6. Photographs and video will be taken at this event. If you do not wish for you/your child to be photographed, please speak to the Tournament director prior to your child demonstrating, who will use their best endeavours to prevent your child being videoed or photographed.



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Categories

Older Primary and Junior Entrants (age 8-15 years):

Nage No Kata – First two sets
Katame No Kata – First set only
Ju No Kata – First set only (5 techniques)

Adaptive Kata (age 8+ years):

Nage No Kata – First three sets inclusive
Katame No Kata – First set only

Senior Entrants (age 16+ years):

Nage No Kata – 6th- 3rd Kyu – First three sets
2nd Kyu and above – Full Kata

Katame No Kata – 6th- 3rd Kyu - First set only
2nd Kyu and above – Full Kata

Ju No Kata – 6th- 3rd Kyu - First set only (5 techniques)
2nd Kyu and above – Full Kata

Kime No Kata – Full Kata (all grades)

Kodokan Goshin Jutsu – Full Kata (all grades)

Itsutsu No Kata – Full Kata (all grades)

Tournament and Seminar entry forms to be sent to Shizentai Judo Club
shizentaijudoclub@hotmail.co.uk

To pay – Name: Shizentai Judo ACC number: Sort Code: