

This past weekend the Bridgewater Judo Club was host to a combined Nage No Kata and Goshin Jutsu No Kata clinic. This great event was attended by Judoka from all over the province and representing all belt levels.

The morning started off with Kata demos and expert instruction from Bill Anderson, Dave Anderson, Tsubaki Onishi, and Corey Rogers. Everyone had a great time and learned a lot about the formal Kata techniques

After lunch was the Goshin Jutstu No Kata demonstration and instruction. With atemi waza, sticks, knives and guns it is always a fun Kata to practise.

Special thanks goes out to Corey Rogers and Tsubaki Onishi for all the great demos (and taking the falls!). And thanks to Dave Anderson and Bill Anderson for the expert instruction, and of course Bridgewater Judo Club for hosting us!

Sensei Mike Lavoie

