



# Konan Nage no Kata Clinic

USJF Sanction Number: 23-11-04

**Date:** November 5, 2023 (Part 1 – 1<sup>st</sup> 3 sets)  
November 19, 2023 (Part 2 – last 2 sets and certification for those who wish to pursue)

**Time:** Times are the same for each day:  
Registration: 12:00 – 12:30 PM  
Workshop: 12:30 pm – 4:30 pm

**Where:** Shojin Judo  
29305 Southfield  
Southfield, MI 48076  
(248) 358-0121

## Workshop Goal:

Learn the fundamental principles of judo through kata for demonstration, promotions, and competition.

## Clinician: Frances Glaze, Shichidan

IJF-Judge, USA Judo “A” Judge, USJF “A” Teacher (in all 7 Katas); Chair, Konan Board of Examiners; USJF A Level Kata Instructor, USA Judo National Kata Judge in all 7 kata,); former National and International Kata competitor; World Masters Champion, National Champion in several kata, and Pan American Champion

**ELIGIBILITY:** All contestants must **present** a valid U.S.J.I., U.S.J.F. or U.S.J.A card at the workshop site. If you cannot produce a card, in order to participate, you will need to purchase a membership on site. Foreign contestants must have the proper ID from their home country.

## FEES:

### Registration Entry Fees:

**One Day Please circle which day? November 5 or November 19**

USJF Member \$25.00    Non-USJF Member \$35.00

**Both Days**

USJF Member \$45.00    Non-USJF Member \$65.00

**Certification –only available on November 19<sup>th</sup> for USJF Members only**

**FEES:** (non-refundable) Make check payable to United States Judo Federation

**TESTING FEE:** \$10.00 per Kata

CLASS: A    \$20.00 Certification fee

CLASS: B    \$15.00

CLASS: C    \$10.00

Complete the APPLICATION FORM and enclose appropriate payment.

**Clinic information:** Please contact Neil Simon via email [NJSimon@aol.com](mailto:NJSimon@aol.com) or phone (248-358-0121)



# Konan Nage no Kata Clinic

USJF Sanction Number: 23-11-04

Sunday November 5<sup>th</sup>  Sunday November 19<sup>th</sup>

Shojin dojo  
29223 Southfield Rd.  
Southfield, MI, 48086

NAME:

ADDRESS:

CITY:

STATE:

ZIP:

PHONE:

BIRTH DATE:

CLUB:

RANK:

AGE: GENDER: PRIMARY USJI, USJF, USJA (circle one) #

/Exp. Date:

JUDO CANADA PASSPORT #

If assistance/accommodation is needed (check off appropriate box)

Vision Loss/Blindness  Hearing loss/Deafness  Other

\_\_\_\_\_  
Type of assistance/accommodation requested or name of person assisting

**WARNING!**  
**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., Konan Judo Association, Inc., Judo Affiliates of Michigan, Inc., Shojin Judo Club, Frances Glaze**, and the officers, employees, volunteers, and agents, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., Konan Judo Association, Inc., Judo Affiliates of Michigan, Inc., Shojin Judo Club, Frances Glaze**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date 507, V7.0.0, 210312.docX



**UNITED STATES JUDO FEDERATION  
KATA INSTRUCTOR CERTIFICATION APPLICATION FORM**



UNITED STATES JUDO FEDERATION  
KATA INSTRUCTOR CERTIFICATION APPLICATION FORM

Print): \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Telephone no: \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) Rank: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ USJF NO; \_\_\_\_\_

EDUCATION: \_\_\_\_\_ (Grade completed or degrees) OCCUPATION: \_\_\_\_\_

NAME OF DOJO: \_\_\_\_\_

NAME OF INTRUCTOR: \_\_\_\_\_

\_\_\_\_\_ Nage No Kata      \_\_\_\_\_ Kime No Kata      \_\_\_\_\_ Koshiki No Kata  
 \_\_\_\_\_ Katame No Kata      \_\_\_\_\_ Goshinjutsu      \_\_\_\_\_ Ju No Kata  
 \_\_\_\_\_ Itsutsu No Kata      TOTAL FEES PAID: \_\_\_\_\_

**1. KATA TEACHING EXPERIENCE (continue on reverse side or attach list):**

To	Capacities(duties)	Dojo/Clinic	City/State
.....			
.....			

**2. KATA COMPETITION RECORD & RESULT(continue on reverse side or attach list):**

From	To	Capacities(duties)	Dojo/Clinic	City/State
.....				
.....				

**3. NATIONAL/REGIONAL KATA CLINIC ATTENDED/CONDUCTED(continue on reverse side or attach list):**

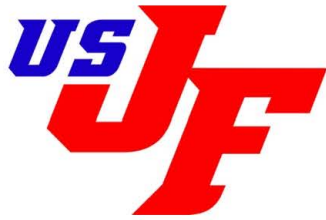
To	Capacities(duties)	Dojo/Clinic	City/State
.....			

FEES: (non-refundable) Make check payable to United States Judo Federation

- TESTING FEE: \$20.00 per Kata
- CLASS: A      \$30.00 Certification fee
- CLASS: B      \$25.00
- CLASS: C      \$20.00

Complete the APPLICATION FORM and enclose appropriate payment. Send to Sensei Eiko Shepherd 34 Susanne Ct. Caseville, IL 62232

\_\_\_\_\_  
SIGUTURE OF APPLICANT DATE



# UNITED STATES JUDO FEDERATION

## Medical Committee

**Mailing Address:** PO Box 338  
Ontario, OR 97914-0338

**Telephone:** (541) 889-8753

**FAX:** (541) 889-5836

**Internet:** [www.usjf.com](http://www.usjf.com)

## USJF Medical Committee - COVID Update 10/2022

Effective immediately, the following shall apply to all USJF Dojos and all USJF events, local and national:

### **Testing:**

1. USJF events will follow jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities
2. COVID testing is not a requirement from the USJF national office
3. Testing *may* be required at the discretion of the event medical director, depending on local conditions
4. International competitors from outside the United States will need to follow COVID-19 Testing and other protocols as required by the US State Department/CDC.

### **Vaccinations:**

1. There is no COVID-19 vaccine requirement for athletes, referees, staff, vendors, or spectators. However, COVID-19 vaccines are highly encouraged.

### **Masking:**

1. Masking should follow local/state health department guidelines
2. There is no masking requirement from the USJF national office

### **Symptom Screening:**

1. Symptoms screening, visitor logs, or temperature checks are not required
2. Symptom screening *may* be performed at the discretion of the head sensei, or event medical director
3. Individuals actively experiencing symptoms including fever, cough, sore throat, and fatigue should not practice/participate

### **Hygiene:**

1. Continue to sanitize/wash hands frequently
2. Clean mats and equipment regularly

### **Returning to Activity after COVID Infection:**

1. Members who were asymptomatic or had mild symptoms may return to activity on a gradual basis after an appropriate period of isolation. Please visit the CDC website for isolation guidelines:  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html> [cdc.gov]
2. Members who require hospitalization or experience new or prolonged cardiopulmonary symptoms should consult with their personal physician BEFORE returning to activity
3. If you have any questions or concerns, please consult your personal physician