



KATA AHLETE'S HANDBOOK 2022

April 1, 2022

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INTRODUCTION

Purpose

The purpose of Kata athletes' handbook is to keep kata athletes and coaches informed about Judo Canada's kata programs, activities and policies. It is the responsibility of athletes, instructors and coaches to read and understand the content in this handbook. If you are unclear on a certain policy, please contact the kata committee chair for further explanation.

Limitations

Certain policies may be changed from time to time. A policy change is considered effective upon its date of publication by Judo Canada or when emailed to the provincial associations. Policy changes will also be posted on Judo Canada's website, and we encourage you to visit it regularly.

Feedback

If you have specific recommendations with respect to policies contained within this manual, please direct them in writing to the kata committee chair. Written feedback is the only way to ensure full circulation of your ideas.

Athletes Covered by the Handbook

Policies specified in this handbook apply to all kata athletes and those identified as members of the national kata team, as well as other judokas selected by the National Kata Committee (NKC) to participate in events identified in this publication. The NKC is responsible for all kata competitors who wish to be part of the national kata team and those who would like to compete at the international and world level; this includes U23, as well as senior kata athletes.

International Competition Access

Judo Canada does not have the resources to send athletes to all the international events that Canada may be invited to. A list of events that are open to the provinces and/or country will be published on Judo Canada's website, along with the selection criteria, and application deadlines. It is the responsibility of kata athletes and/or provincial associations to apply to the NKC for selection to qualification restricted events (see Policy 6) by the indicated deadlines.

Athletes' Contact Information

To ensure that they receive national kata team and kata athlete correspondence, athletes are responsible for providing the NKC with their email address and phone number. In addition, keep Judo Canada's national office updated on any changes to your contact information.

POLICY 1 – NATIONAL KATA COMMITTEE (NKC)

Purpose

To develop and nurture an environment where all Judo Canada members have access to competitive International Judo Federation (IJF) kata.

Mandate

The NKC is a standing committee of Judo Canada and its chair is appointed by the CEO of Judo Canada. It shall assist Judo Canada in developing a cohort of competitive kata athletes to represent Canada at the international level and in achieving best-ever performances.

Key Duties

In fulfilling its mandate, the NKC will perform the following key tasks:

- Develop judo kata at the grassroots level, in partnership with the provinces and territories, across Canada.
- Develop kata judges, increase participation as well as ongoing education through clinics, seminars, and access to resources.
- Develop a competitive national kata team to represent Judo Canada at international events and the IJF World Kata Championships.
- Report to Judo Canada through reports, the annual general meeting, and regular updates on activities, funding requirements, and progress.
- Appoint the Judo Canada national kata coach based on the posted job description.

Authority

The NKC is not entitled to contract on behalf of or bind Judo Canada. The NKC provides advice and information to CEO of Judo Canada in accordance with its mandate and key duties.

Composition

The NKC shall consist of five members (the chair, plus four additional individuals).

The chair is appointed by the CEO of Judo Canada and will remain in their position for four years/an Olympic cycle. After four years, the CEO will determine to either reappoint or nominate a new qualified judoka who will lead the NKC. The maximum length of term for a chair is 9 years.

Other members of the NKC are appointed by the chair and are approved by the CEO of Judo Canada. They will also remain in their position for a period of four years, unless otherwise specified.

All members of the NKC must be in good standing with Judo Canada and their provincial/territorial judo body. They must have a good understanding of all the katas, have competed in kata, and/or be currently certified kata judges at the national level or higher.

Order of Succession

Should any member of the NKC be unable to complete their term, for whatever reason, the chair of the NKC will nominate a replacement that will need to be approved by a majority of the NKC. If a new chair is needed, the CEO of Judo Canada will appoint a new chair.

Meetings

The NKC will meet by video conferences or in person regularly. Meetings will be as called by the chair of the NKC. Minutes shall be taken at all official meetings and submitted to the CEO of Judo Canada. Four of the members of the NKC must be in attendance to achieve quorum for voting purposes. The national kata coach will attend each meeting as requested by the NKC.

Reporting

The NKC will report to the CEO, in writing, at the request of the CEO, but not less than once per calendar year. The NKC will report to the members at the annual general meeting in the form of a written report.

Review

The CEO of Judo Canada will review these terms of reference minimally every four years.

POLICY 2 – DEFINITION OF A KATA COMPETITOR

The Kata Athletes' Handbook defines a kata competitor as any judoka who competes in one or more judo kata regardless of age, gender, or level of competition. There are currently two age categories for kata competitors: U23 and Senior (age groups are subject to the changes made at the IJF level). There are no gender designated kata divisions nationally or internationally and therefore all combinations of gender are allowed.

POLICY 3 – DEFINITION OF KATA COMPETITION

As described by Jigoro Kano Shihan, the founder of judo, there are essentially two ways of practising judo: randori (with its variant in competition) and kata. Kata literally means "form". Kata is practised according to a pre-established system of codified movements, while randori is practised freely. The goal of kata is therefore to learn and practise the fundamentals of techniques as established by the founder of judo and the Kodokan.

A kata competition is where judo athletes perform a kata in a competition setting, with five presiding judges, against other judoka who performs the same kata. All kata competitions are evaluated according to the *IJF Kata Competition – Criteria for the Evaluation*. Typically, kata competitors compete in one or more of the following kata – depending on the type of competition:

- Nage-no-kata – forms of throwing
- Katame-no-kata – forms of grappling or holding
- Ju-no-kata – forms of gentleness and flexibility
- Kodokan Goshin-jutsu – forms of Kodokan self-defence
- Kime-no-kata – forms of decisive techniques
- Koshiki-no-kata – forms of classics (conducted at a limited number of international events)
- Itsutsu-no-kata – form of five (currently not competed)
- Kodomo-no-kata – kata for the teaching of basics to young children (not competed)

At the Open National Kata Championships, there are five kata events (1-5 listed above) and each of the categories features a senior and U23 division (subject to change based on IJF guidelines based on tori's age). Events within Canada from the local to national level are conducted according to IJF rules using IJF kata and judging criteria.

POLICY 4 – DEFINITION OF A NATIONAL TEAM COMPETITOR

National kata team competitors are any pair of athletes who have qualified according to Policies 5 and 6 and have been selected by the NKC in accordance with this handbook. National kata team competitors have both the rights and responsibilities outlined in this handbook and according to Judo Canada policies and the National Kata Team Training Commitment (Policy 12).

POLICY 5 – CLASSIFICATION OF NATIONAL AND INTERNATIONAL EVENTS

The following table classifies provincial, national, and international kata events and is used for the determination of qualifications to attend higher-level tournaments (see Policy 6) as well as for selection to the National A and B Kata Team (see Policy 7).

Classification of Tournament	Tournament	Gold	Silver	Bronze	Finals From two pools	Ranked Participation 4 th -6 th	Unranked
Int A	World Kata Championships	2000	1400	1000	720	100	50
Int B	EJU Louvain-la-Neuve, Belgium	1000	700	500	360	50	20
Int B	EJU Pordenone, Italy	1000	700	500	360	50	20
Int B	EJU Lambersart, France	1000	700	500	360	50	20

Unranked Participation

Int Seminar	International Seminar	N/A				50
Int C	Pan American Championships	200	140	100	N/A	15
Int C	US Tournaments approved by Kata Committee	100	70	50	N/A	15
Level A	Open National Kata Championships	100	70	50	N/A	15
Level A	Western Canada Kata Championships	100	70	50	N/A	15
Level A	Championnat ouvert de Kata de l'est du Canada	100	70	50	N/A	15
Level A Seminar	National Seminar	N/A				25

The NKC will publish a list of competitive opportunities on the Judo Canada website where selection is required and invite kata teams to apply online. The application must be submitted as per current Judo Canada's procedures. Provincial and national level events allow for individuals to register online through Trackie. All international events must be approved and registered by the NKC. For international tournaments not listed above, qualification, participation, and points are at the discretion of the NKC. Please contact the chair of the NKC in advance of international registration for approval and guidelines.

In cases, such as the World Kata Championship and Pan American Championships, where arrangements must be made by the NKC for athletes/delegation members, the following procedures will apply:

- Participants must apply online via Judo Canada's registration portal;
- Judo Canada will make the arrangements as specified by the organizers of the event;

- A deposit of \$1,000 is required when the online registration is filed; and
- Judo Canada will invoice all participants for the expenses incurred.

POLICY 6 – MINIMUM SELECTION STANDARDS

The following standards represent the minimum performance standards needed to take part in each classified event at the provincial, national, and international levels. All standards and selections are at the discretion of the NKC, even those stated in a specific selection policy. The goal is to have athletes demonstrate their commitment and progression while having them compete at the proper level to ensure a beneficial and valuable competitive experience for their development.

Level A Tournaments

Members in good standing with Judo Canada and their respective provincial/territorial associations are eligible to participate in level A tournaments. This level of tournament is open to specified kata competitors – please see individual competition's technical packages for details. Level A tournaments have rank and age requirements that must be met since they are qualifying tournaments for international competitions. The NKC encourages qualified judoka to participate in as many level A tournaments as possible and in as many kata as possible to gain both experience and points that can be used to qualify them for international tournaments and the Canadian National Kata Team.

Level A Seminars

Members in good standing with Judo Canada and their respective provincial/territorial associations are eligible to participate in level A seminars. This level of seminar is open to those who are qualified to attend level A tournaments (unless otherwise specified). The NKC encourages all qualified judoka to participate in as many level A clinics as possible and in as many kata as possible to gain both experience and points that can be used to qualify them for international tournaments and the Canadian National Kata Team.

International C Tournament

Only members in good standing with Judo Canada and their respective provincial/territorial associations are eligible to represent Canada at international judo events. To ensure that international competitions provide a beneficial and valuable developmental opportunity, all athletes must have demonstrated their readiness to compete at an international C tournament by meeting the minimum performance standards. National kata team members are automatically qualified for international C tournaments. For international C tournaments, non-national kata team members must have competed provincially within the last year, nationally within the last two years, and accumulated at least 125 points from level A tournaments.

International B Tournaments

Only members in good standing with Judo Canada and their respective provincial/territorial associations are eligible to represent Canada at international judo events. To ensure that international competitions provide a beneficial and valuable developmental opportunity, all athletes must have demonstrated their readiness to compete at international B tournaments by meeting the minimum performance standards. National kata team members are automatically qualified for international B tournaments. For international B tournaments, non-national kata team members must have competed provincially within

the last year, at two national level competitions within the last two years and accumulated at least 225 points from the above-listed tournaments.

International A Tournament

Only national kata team members in good standing with Judo Canada and their respective provincial/territorial associations are eligible to represent Canada at the IJF World Kata Championships. All athletes selected for this event will have either qualified for the national kata team based on Policy 7 or have been selected by the NKC as a National Kata Team B member for this event. For the IJF World Kata Championships, national kata team members must have competed at two national level competitions within the last year, as well as at least one international event, and accumulated at least 585 points from the above-listed tournaments. Final selection will be at the discretion of the NKC based on participation history, points, and determined ability to bring home best results ever.

International Seminars

All selected participants who attend international A and B tournaments are eligible and encouraged to participate in the international seminars (unless otherwise specified) held before or after the international event. The NKC encourages all selected judoka to participate in as many international A and B seminars as possible to gain both experience and points that can be used to qualify them for international tournaments and the Canadian National Kata Team.

U23 Minimum Selection Standards

U23 competitors will also be subject to the above-listed qualification system. At the time of publication, only Nage-no-kata, Katame-no-kata, and Juno-kata have U23 categories internationally and at the World Kata Championships. Therefore, all teams who qualify in these divisions will be considered. For all other katas, the NKC will determine eligibility and select athletes according to their determination. If U23 competitors in Kodokan Goshin-jutsu and Kime-no-kata wish to compete internationally, they will have to qualify and compete in the senior categories but may or may not have to reach the minimum point scale – to be determined by the NKC.

Other Considerations for International Tournaments

Judo Canada's NKC may invite non-national kata team athletes to apply to represent Canada at certain international events on a case-by-case basis.

Judo Canada's NKC approval is required for all attendance at international kata tournaments and clinics. All kata participants competing, and training abroad must adhere to the code of discipline established by Judo Canada regardless of the source of financial support.

POLICY 7 – DETERMINATION OF NATIONAL TEAM STANDARDS

Eligibility

- Kata athletes (both Tori and Uke) must have Canadian citizenship (or permanent residency) and be a member in good standing with Judo Canada to be eligible for selection.
- Kata athletes with a minimum of 250 points from below stated tournaments will be eligible for selection.
- NKC yearly training camp is mandatory unless exception granted (see Policy 11).

Selection Procedure

National kata team members are selected yearly based on participation and performance of Policy 5 and at the discretion of the NKC in consultation with the national kata coach.

The Canadian National Kata Team has two ranks – A and B. A team members are fully qualified (quota permitting) who have demonstrated outstanding commitment to training and competing at the national and international level. They must have achieved at least 1080 points from international A and B tournaments to be eligible for selection by the NKC. B Team members have demonstrated a high level of commitment to training and improving their standing at the national and international Level. They must have achieved at least 250 points from international A, B and C Tournaments and shown a level of improvement with concurrence from the national kata coach to be elusively for selection (quota permitting) by the NKC.

An athlete's eligibility is determined by their Minimum Selection Standards (Policy 6), which is in turn determined by the performance of the past two seasons (Policies 5 & 6). All participants to represent Canadian judo fall under the jurisdiction of Judo Canada and must abide by the Code of Conduct and Ethics of Judo Canada.

National Kata Team Point Ranking

The national kata team point ranking will be established using the points that are earned according to Policy 5. The sum of six best performances (highest points scored) over the last 24 months will be considered.

For all competitions, where the team representing Canada is restricted, the NKC's selection will be based on results achieved in the following priority order:

- IJF World Kata Championships;
- EJU Kata Cup circuit (Belgium, Italy, and/or France);
- Pan American Championship, A Canadian Kata Events (Western Canada Kata Championships, or Championnat ouvert de Kata de l'est du Canada medalist - *only if there were more than four pair in that category will the tournament be used as a qualifier*);
- Result in the most recent edition of the Open National Kata Championships.

POLICY 8 – DETERMINATION OF TIES

In the unlikely event of national kata team members who have tied for points within the same kata, the team with the highest previous results, in the last competitive year, at the following competitions will be selected by the National Kata Commission:

Tournament	Attendance	Out of pool	Top three
World Kata Championships	50 points	100 points	200 points
EJU Circuit Tournament	50 points	70 points	150 points
Pan-American Championships	10 points	N/A	25 points
Canadian Nationals Championships	10 points	N/A	25 points
A Canadian Kata Events (Western Canada Kata Championships; Championnat ouvert de Kata de l'est du Canada)	5 points	N/A	20 points

POLICY 9 – SELECTION NOTICE

For each international event selection, the NKC will communicate a selection notice to the successful candidates outlining the following:

- Kata event technical package;
- Kata the team is selected to compete;
- Approximate cost of travel and accommodations (if applicable);
- Dates of travel, passport / visa requirements;
- Training camp or clinic dates (if applicable); and
- Confirmation deadline and deposit amount (if applicable)

The NKC is responsible for registration on behalf of the athlete on JudoBase.

POLICY 10 – EXEMPTION REQUEST PROCEDURE

Exemptions from participation in a selection tournament can be requested in exceptional circumstances, and will be dealt with by the NKC Chair on a case-by-case basis as follows:

- A request must be made as soon as the problem or issue is known.
- The request must be made in writing, stating the circumstances with supporting evidence emailed to the chair of the NKC. Injury requests must include a medical certificate that indicates the type of injury, severity, and estimated recovery time.

The NKC will evaluate all requests and deliver recommendation in writing to the CEO.

POLICY 11 – NATIONAL KATA TEAM TRAINING COMMITMENT

Once selected to the Canadian National Kata Team, each team member has access to the national kata coach for support in developing an annual self-directed training plan. The annual self-directed training plan should include, but not be limited to, the following details:

- Personal fitness regimen;
- Kata training plan;
- Incremental move by move improvement training goals;
- Planned tournament attendance; and
- Training camp participation goals.

Meeting the requirements of the preparation program is a condition of selection. Failure to live up to the preparation program, as determined by the national kata coach, will result in withdrawal of selection. Such a recommendation must be supported by the NKC and approved by the CEO.

POLICY 12 – MEDICAL INDEMNITY AND INSURANCE

For each Judo Canada sanctioned event, kata athletes must complete and sign a medical summary form and sign a release, indemnity, warranty, and assumption of risk form before participation in the event is permitted. Kata competitors who compete in events abroad must ensure that they have an adequate out of country medical insurance and liability insurance. Details and proof of insurance should be provided to Judo Canada or the NKC upon request.

POLICY 13 – UNIFORM AND WEAPONS

For all kata competitions, athletes are required to wear a clean fitted IJF approved white judogi. U23 competitors are allowed to wear a coloured belt unless specified that shodan and above is required. Senior athletes must wear an IJF approved black belt, as red and white belts are not permitted. Embroidery on judogi or belt must meet IJF standards of size, location, and colour. IJF back patches are required at all IJF events and must meet IJF standards for naming convention, size, and stitching.

For kata competitors who compete in kata that require replica weapons, these replicas must meet IJF standards for size, colour, materials, and engraving. All replicas must be carried in a protective covering while being transported. Please note, most airlines do not allow the transport of replica weapons onboard flights and therefore accommodation must be made to check your equipment as luggage. This may incur an extra cost that the athlete must anticipate and provide for.

POLICY 14 – ATHLETE SPONSORSHIP

Any athlete or team seeking sponsorship including goods, services, must first advise the CEO of Judo Canada and provide copies of documentation to be used. The athletes or team must not imply that any solicitation or sponsorship request is being made on behalf of Judo Canada.

OTHER DOCUMENTS

Canadian Anti-Doping Policy

<https://cces.ca/canadian-anti-doping-program>

Coaching Code of Ethics

<https://thecanadiancoach.ca/code-ethics/>

Judo Canada Policies

<https://judocanada.org/policies-and-fees/>