



**JUDO KATA
ALLIANCE**



Co-funded by
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INVITATION

Seminar ERASMUS+ PROJECT JudoKataAlliance »Kata and Self-Defense«

Date: 14., 15. March 2026

Place: Dojo Budokai Liestal, Rosenstraße 21a, 4410 Liestal / CH

Agenda

Saturday, March 14, 2026

10.00 – 10.15 Registration and information

10.15 – 11.00 Introduction to self-defense

Principle and proportionality

Coffee break

11.00 – 12.30 Practical application for non-judoka (especially women)

Introduction to basic principles (falls, throws, strikes, etc.)

Lunch break

14.00 – 15.00 Application of kata in self-defense

Theory

15.30 – 17.30 Practical application of kata in self-defense

PROJECT PARTNERS





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Saturday, March 15, 2026

9.30 – 10.30

Partner meeting

10.30 – 11.15

The Development of Jujutsu Teaching

Definition and Application

Coffee Break

11.30 – 14.30

Practical Application of “Kata nokori” (SJV Kata Course)

Mr. Kazuhiro Mikami

14.30 – 15.00

Final Discussion of the Project Partners

Departure

Contact:

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PROJECT PARTNERS

