

2022 AJJF National Kata Contest

Welcome to the AJJF National Kata Contest to be held at the 74th Annual National Convention, hosted completely online! **The contest is for the men and women of the AJJF Yonkyu and up (green belt and up).** The contest will be held on Sunday, March 20th. AJJF REGISTRATION IS REQUIRED TO PARTICIPATE. AJJF AND ATJA REGISTRATION CARDS ARE ACCEPTED. PREREGISTRATION IS REQUIRED TO PARTICIPATE.

ARE YOU SCARED...ARE YOU AFRAID OF WHAT PEOPLE MIGHT THINK... ARE YOU AFRAID YOU WON'T DO WELL.... Well just get that out of your mind. I know I was scared the first time I entered a contest. I know a lot of people that were frightened. But please trust me when I say the contest format makes it easy for anyone to enter of any experience. It is safe and most of all- everyone will help you and are there for you. Remember Jujitsu is about enhancing your character and life. Think of this contest as a way to survive out of your comfort zone....

Why Should You Enter The Contest:

1. Kata Tournaments are a great way to **enhance your jujitsu training.** It allows you to focus on improving specific arts, which in turn will improve the rest of your Jujitsu. The combative portion allows you to express yourself creatively in a Jujitsu setting.
2. Kata Tournaments are the **closest thing you can get to a rank examination** before you actually have to test! This will help prepare you for your future exams, so that you can be more confident, and know what to expect.
3. It's a **fun** event. As you may or may not know, convention is a great place to socialize with your extended family that you may only see a few times a year at our events. If you are new to our convention you will find that you meet new friends from around the world that you would normally not have a chance to meet. You continue to see these new friends a couple times each year at our events and they become an extended family. Even in an online format, it is a wonderful way to connect with friends, both new and old!

It's Very Simple To Participate:

1. All participants must be an AJJF member and have attained Yonkyu (Green Belt) or above.
2. All participants must pre-register here <https://www.ajjf.org/convention-registration/contest/>.
3. Participants must have a prepared space in which they can safely perform their Jujitsu. They must be supervised by a qualified AJJF Dan rank who is First Aid and CPR certified. Appropriate first aid materials and personnel must be available during the event. SETTING UP IN A DOJO IS HIGHLY RECCOMENDED WHERE POSSIBLE.
4. Participants should have a steady and reliable internet connection and a zoom account.
5. Participants may enter with a partner or solo.
6. Posted will be a list of five techniques which they must perform.
7. Participants will choose an additional three techniques to perform.
8. Participants will choreograph a combative sequence that utilizes at least 2 of the required arts.
 - a) Solo participants must perform all eight techniques, and perform a combative sequence with their partner.
 - b) The Uke for a solo participant may not be more than two ranks higher than Tori.

WE CANNOT WAIT TO SEE YOU THERE!