



MaxOut Sports
Presents

Katame no kata Clinic

2023

Learn the 15 techniques of katame
no kata grouped in the three
categories of:

Osaekomi-waza (holding or
pinning techniques)

Shime-waza (strangulation
techniques)

Kansetsu-waza (joint lock
techniques)

Frances Glaze

Shichidan

USJF A Level Kata Instructor, USA
National Kata Judge in all 7 kata, IJF
Kata Judge, World Masters Champion,
National Champion in several kata, and
Pan American Champion.



Diane Tamai Jackson

Rokudan

USA team member for 8 World Kata
Championships, Pan-American and
National Champion in multiple kata,
Pan-American Kata Judge, and
National Referee.



Sunday, February 26, 2023

10:30 am – 3:30 pm

\$35.00 fee



www.MaxOutSports.com



info@maxoutsports.com



MaxOut Sports
23860 Miles Rd.
Bedford Heights, OH 44128