

Judo Kata Clinic

Kodokan Goshin Jutsu (Judo Self Defense Kata)

Saturday, October 24, 2026

Eugene, Oregon

**Presented by Sensei Mike Purcell (8 dan), DeLynn Purcell (6 dan),
Mikey Sjerven (6 Dan), & Dave Jackson (3 Dan)**



Join us for a day of training devoted to studying judo's newest kata!
Developed in 1956, Kodokan Goshin Jutsu includes 21 techniques to defend against
“modern day” attacks - such as grabs, strikes, knife, stick, and pistol.

- Open to current members of the USJA, USJF, or USA Judo. Must present current membership card.
- Clinic Fee - \$50 (Lunch included)
- ALL skill levels welcome, ages 12 - adult
- Register at the event
- Registration opens at 9:30 am / Clinic - 10:00 - 5:00 /Lunch @ 1:00
- Potluck dinner at 6:00



Sanctioned by the United States Judo Federation - Sanction #26-10-01

Hosted by Best Martial Arts Institute

Clinic Location - 795 Almaden Street, Eugene, OR 97402

More info: senseibest@gmail.com 541-345-0684 www.bmai.org

Kodokan Goshin Jutsu Clinic

with

Instructors from Columbia Judo Dojo in Kennewick, WA

Sensei Mike Purcell (8 dan), Delynn Purcell (6 dan),

Mikey Sjerven (6 dan), & Dave Jackson (3 dan)

Saturday, October 24, 2026

10:00 a.m - 5:00 p.m.

Best Martial Arts Institute - 795 Almaden Street, Eugene, OR

Registration Form

Name _____ Email _____

Address _____ City _____

State _____ ZIP _____ Phone # _____ Dojo _____

Judo Organization (check one):

USJA _____ USJF _____ USA Judo _____ Membership # _____

Membership Expiration Date _____ Judo Rank _____

If assistance/accommodation is needed (check off appropriate box): ☐ Vision Loss/Blindness ☐ Hearing Loss/Deafness

Type of assistance/accommodation requested or name of person assisting: _____

Please list any dietary restrictions or food allergies:

Clinic fee - \$50 (This includes lunch at the dojo.)

Cash, checks, or Venmo accepted. Make checks payable to BMAI

Membership in a national judo organization is required to participate.

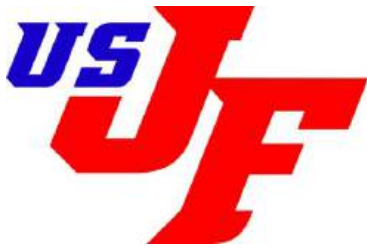
If you are not a current member, you can register now
(or renew your membership) through the organization's website:

United State Judo Association (www.usja.net) - \$75 per year

United States Judo Federation (www.usjf.com) - \$80 per year

USA Judo (usajudo.com) - \$100 per year

This event is sanctioned by the United States Judo Federation - Sanction #26-10-01



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

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