



**EUROPEAN JUDO UNION**

# **KODOKAN&EJU Kata SEMINAR**

## **Riga 2025**

Latvia

28/30 May 2025



**OUTLINES**



## WORDS OF WELCOME



Dr. László Tóth  
President  
European Judo Union

Dear Judo Family, Friends, and Honoured Guests,

Let me welcome all of you to our next stop, the European Judo Championships Kata 2025, in Riga, Latvia – one of the most beautiful capitals of the Baltic region. This prestigious event highlights the beauty and precision of Kata, a discipline that embodies the essence of judo's technical mastery, and deep-rooted traditions.

Kata holds a unique place in our sport, requiring not only individual excellence but also perfect synchronization between partners. It is a testament to discipline, control, and the never-ending pursuit of perfection. As we continue to promote Kata across all generations and nations, we see a bright future, ensuring that these traditions thrive for many years to come.

We are more than proud to host this year's Kodokan Kata Seminar in Latvia as well, providing an excellent opportunity for participants to learn from the most esteemed experts. We truly believe that these days will be a unique and valuable experience for everyone.

We are grateful to the Latvian Judo Federation for their dedication and commitment to hosting this event. I am confident we will witness incredible performances, showcasing the judokas' diligence and all the effort put into refining every single movement.

To all participants, coaches, officials, and supporters, your dedication to Kata is a reflection of judo's highest values. May this championship inspire new generations, strengthen our community, and deepen our appreciation for the refined practice of Kata.

Yours in judo,



Vsevolods ZELONIJS  
President Latvia  
Judo Federation

Dear Judo Friends,

On behalf of the Latvian Judo Federation, I would like to extend a warm welcome to all participants, coaches, referees, and guests to the European Judo Championships Kata Riga 2025.

Kata is the essence of judo — a refined expression of technique, precision, and tradition. It represents not only the foundation of our sport but also the values we hold dear: respect, discipline, and continuous self-improvement. Hosting this championship is a great honor for Latvia, and we are proud to provide a stage where the depth and beauty of judo can be demonstrated through Kata.

We hope you enjoy your stay in Riga, a city rich in history, culture, and hospitality. May this event be filled with inspiring performances, new friendships, and unforgettable memories.

Wishing you all a successful and meaningful competition.



# Kodokan and EJU Kata Seminar

**Location:** International Exhibition Centre BT 1

**Organizer:** European Judo Union and Latvia Judo Federation

**Teachers of the Seminar:** Kodokan Experts coming from Tokyo and EJU Experts

**Date:** May 28- 30, 2025

**Deadline for inscriptions:** May 22<sup>th</sup>, 2025

**Contact information** for the inscriptions: [info@judo.org.lv](mailto:info@judo.org.lv)

**Accreditation** will take place in Bellevue Hotel Park Hotel

**Participation Conditions:**

- Minimum grade = 1<sup>st</sup> Dan (Koshiki-no-Kata, Itsutsu-no-Kata)
- Minimum grade = 3<sup>rd</sup> Kyu (Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, Kodokan Goshin-Jutsu)

**The inscription fee is** 100 € for each participant.

Only inscriptions through National Federations will be accepted. There is no limit to the number of participants that each National Federation can enter. The inscription Form is attached.

**Hotel:** please, book hotels from the outlines of Kata EC

**Programme:**

- **Tuesday, May 27<sup>th</sup>**  
18:00 – 19:00 - Accreditation
- **Wednesday, May 28<sup>th</sup>**  
Koshiki-no-Kata, Itsutsu-no-Kata, Nage-no-Kata, Katame-no-Kata  
09:00 – 12:00  
15:00 – 18:00
- **Thursday, May 29<sup>th</sup>**  
Koshiki-no-Kata, Ju-no-Kata, Kodokan Goshin-Jutsu  
09:00 – 12:00  
15:00 – 18:00
- **Friday, May 30<sup>th</sup>**  
Koshiki-no-Kata, Itsutsu-no-Kata, Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, Kodokan Goshin-Jutsu  
09:00 – Kata demonstration

Participation in the Kodokan Seminar and possibly the examination in Koshiki-no-Kata and Itsutsu-no-Kata for certification is strongly recommended for EJU Kata Judges who wish to become qualified in this Kata.

## Contact Information

**Host Federation:**

Latvia Judo Federation

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**Organising Committee:**

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