



International Kata Clinic in Hamburg

12th and 13th September 2026



Program:

Saturday, 12th September 2026:

1. **Kime no kata** (Sander Stammers)
2. **Kodokan goshin jutsu** (Jenny Frey)
3. **Nage no kata** (Sebastian Frey)

Sunday, 13th September 2026:

1. **Ju no kata** (Sander Stammers)
2. **Katame no kata** (Sebastian und Jenny Frey)
3. **Itsutsu no kata** (Sönke Schillig, Johannes Kröger)

Instructors:

Sander Stammers (6th Dan), Coach of the Dutch national kata team since 2017, European champion 2014 and 2015, won 3rd place of the European championships 2013 and 2016, multiple winner of the Dutch championships in Kime no kata, multiple winner of the Dutch championships in Ju no kata and two-time Dutch champion in Kodokan goshin jutsu

Jenny Frey (6th Dan), Kata world champion 2018, won 3rd place at the World championships 2024, multiple German kata champion in Kodokan goshin jutsu, multiple winner of the German Kata Open, and multiple German kata champion in Katame no kata

Sebastian Frey (6th Dan), Kata commissioner of German judo federation, IJF kata referee, vice World champion 2012, European champion 2011 & 2012, and multiple German kata champion in Katame no kata

Sönke Schillig (6th Dan), Kata and education commissioner of "Hamburger Judo-Verband", winner of the German Kata Open 2014 in Kodokan goshin jutsu **and Johannes Kröger (2nd Dan)**, vice European champion 2017 in Nage no kata (3G), as kata-team they won 3rd place of the European championships 2023, winner of the German Kata Open 2025 and multiple German champion in Kime no kata, winner of the European championships 2025 in Itsutsu no kata

Host & Organiser:

Hamburger Judo-Verband e.V.

Sönke Schillig (Phone: +49 176 57776707, e-mail: soenke.schillig@hamburg-judo.de)

Venue:

Landes-Leistungszentrum (LLZ), Eulenkamp 75, 22049 Hamburg, Germany

Schedule:

Saturday 10 a.m. – 5 p.m. (arrival until 9:45 a.m.)

Sunday 9:30 a.m. – 3:30 p.m. (arrival until 9:15 a.m.)

Registration:

Deadline: 5th September 2026

Registration and payment are only available through our online booking tool.

Please follow this link: <https://www.hamburg-judo.de/ausbildung>

WARNING: There is a limited number of participant spots available, and they will be allocated on a first-come, first-served basis.

Participation fee:

Participation one day:

- Saturday: 32 €
- Sunday: 28 €

Both days:

- Saturday and Sunday: 54 €

Please note:

Insurance: Each athlete is responsible for his or her insurance against "injury and third part risk (public liability)" during the period of the event. The Hamburger Judo-Verband e.V. and the organiser decline all responsibility.

Furthermore all participants agree that pictures taken during the event might be published online and in print.

There is no catering in the sports hall (Landes-Leistungszentrum), so please self-catering.