

SHUFU MEDICAL COMMITTEE 2017 FALL SHUFU YUDANSHAKAI MEETING

The Shufu Medical Committee has moved forward, accomplishing three tasks. First, the committee required participation and inclusion of a member or members who possess not only credentials in judo but who also have education, training and experience in an aspect of medicine/health. With these dual skill sets, the committee may have the ability to communicate and translate medical/health information or “talk-judo” on issues of medicine/health to the various Shufu constituencies. Second, the committee required an initial area of focus that may enhance the safe practice of judo in Shufu and perhaps, provide a service and avenue into the members’ respective communities. Third, propose a call-for-topics of interest or what else can a Shufu Medical Committee do, regarding the medical/health education of the Shufu Yudanshakai in the safe practice of judo?

The accomplished tasks:

1. The committee recruited Ms. Miki Takemori. Below is a brief judo and medical/health bio of Ms. Takemori.

Ms. Miki Takemori has broad experience in judo as a national competitor in shiai and kata, as a head judo instructor for 3 decades, and as an IJF-B level referee, refereeing in local and international competitions. Ms. Takemori has provided judo leadership through prior participation as a PACE instructor (Program for Athletic Coaches Education - through Michigan State University, past participation on the Medical Committee in USA Judo and service as a manager of several US junior teams that competed internationally in the 1990s. She has further enhanced her judo credentials by completion of the USJF Master course for Teacher's Certification. In September 2017, she participated in the teacher’s certification course. Her medical background includes education in physical therapy from the University of Maryland-Baltimore and experiences in her profession in hospitals, nursing homes, long-term pulmonary rehabilitation units, and outpatient facilities. In addition, she has professional experiences in care and management of traumatic brain injuries and spinal cord injuries.

2. The initial topic of focus: **USES & ABUSES OF HADAKA-JIME**

Uses & abuses of hadaka-jime in police work usually come to the public's attention after a bad outcome. In general, shime-waza safety and its hazards may be an important topic because of the recent press concerning mishaps with hadaka-jime, involving law enforcement. Dan-grade judoka and judo instructors may be the resource on safe application of this technique.

Attached is an interesting article from the 1980s written by law enforcement, which describes the applications and positions of hadaka-jime, the anatomy of the blood choke (carotid artery compression) versus the air choke (tracheal compression), and the consequences of improper application. This article may be appropriate for Dan-grade judoka and judo instructors in the initial instruction and strict supervision of judo beginners and in the continuing judo education of advanced students in the dojo. Also, when called upon, the article may serve as a resource for discussions in the local communities with law enforcement about the application of uses & abuses of hadaka-jime. See attachment.

3. **Future topics** of interest include: 1) medical contradictions for starting judo that instructors may need to know in order to assess new beginners, i.e., when to send new beginners to their private doctors for medical clearance prior to starting judo; and 2) concussion and head trauma. These are preliminary ideas at this point of time and represent practical problems in the dojo or current popular topics in the media. Importantly, the Committee will benefit from input from the broad judo expertise and experience in the Shufu Yudanshakai. With the support of the Yudanshakai, the Shufu Medical Committee may begin to address and satisfy known or unknown unmet needs in the practice of judo. Again, with regard to known and/or unknown unmet needs in the practice of judo, the committee will appreciate input from the Shufu Yudanshakai. Ideally, communications and proposals should be forwarded in the form of e-mail or other written documentation. Because of the various and broad backgrounds in judo in this yudanshakai, it is believed that interesting and practical topics can be generated for future discussions.

Robert White (The NIH Judo Club)
Shufu Medical Committee