

Shufu Kata – November 2023

Shufu kata clinics

- Nage no kata
- Katame no kata
- Koshiki no kata

April 2023 – Garden State Classic – two Shufu kata judges – Karen Whilden and Diane Jackson

May 2023 – Senior Nationals, Washington State – Shufu members: Judges: Karen Whilden, Diane Jackson, Theo Schwalm, Lisa Capriotti, Rob Gouthro

September 2023 -PJC Pan American Championship, Guadalajara, Mexico

Shufu members: Judges: Diane Jackson, Theo Schwalm. Judge candidate: Robert Gouthro (passed all 5 IJF-competed katas). On-site coach: Lisa Capriotti

October 2023 - IJF World Championship, Abu Dhabi, UAE – Judge candidate – Diane Jackson (passed all 5 IJF-competed katas). Team manager: Theo Schwalm