



# *Shufu Judo Yudanshakai* *Shufu Shimbun*

(in memory of Malcom Hodges, Shufu's original editor of Shufu Shimbun)

## September 2025



### Upcoming Events:

<b>Sept 1</b>	<b>2 months prior to Shufu Promotions – open to receive documents</b>
<b>Sept 7</b>	<b>North American Judo Championships – Wayne, NJ</b>
<b>?? Sept 13</b>	<b>Veterans Open – Chicago (USA Judo Point event)</b>
<b>Sept 21</b>	<b>Liberty Bell Classic – Philadelphia PA</b>
<b>Sept 27</b>	<b>Suncoast Warrior – Port St Lucia, FL (USA Judo Point event)</b>
<b>Oct 2</b>	<b>30 day hard deadline for Form 20 paperwork to be submitted</b>
<b>Oct 3-5</b>	<b>San Jose Open- San Jose CA (USA Judo Point event)</b>
<b>Sun., Oct 12</b>	<b>Morris Cup – Scotia, NY</b>
<b>Sat., Oct 18</b>	<b>14 day hard deadline for all promotion paperwork to be submitted</b>
<b>Sun., Oct 19</b>	<b>Samurai Judo Championships - Ridgefield, NJ</b>
<b>Sat., Oct 25</b>	<b>Judo Kai Fall Shiai – Fairfield, NJ</b>
<b>Sat., Nov 1</b>	<b>Shufu Promotions, BOE and BOD meetings – Beltsville MD</b>

### Follow Shufu Judo Yudanshakai

Instagram: <https://www.instagram.com/shufujudo>

Facebook: <https://www.facebook.com/ShufuJudoYudanshakai>

Twitter/X: <https://twitter.com/ShufuJudo>



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport which caused overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. In 2021 our membership had dropped to 248. As of Sept 1, 2025, we have 29 registered dojos comprised of 548 members, of which 142 are dan ranked judoka, 185 are senior judoka and 363 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., DC Judo in Washington DC, Kuma Judo in Florence MA and College Park Judo in College Park MD

College Park Judo and Hui-O-Judo Beltsville, in cooperation with Maryland National Capital Park and Planning Commission, hosted the 2025 United States Judo Federation Eastern Kata Championships at the Lakeland College Park Community Center on Saturday August 16<sup>th</sup>. The event director was Diane Tamai Jackson. The event was sanctioned by the USJF.

Forty four teams competed in various levels of different katas. Competitors ranged in age from 7 to 67 years young. New categories were created to encourage younger judoka and beginning judoka to participate. Special category "create your own kata" was also encouraged for creativity. Kata teams were from across the eastern half of the US and Canada including : Taifu (Toronto Canada), Bushido Kai (New York), Okuri Judo (Texas), Battlefield (Pennsylvania), El Idrissi Academy (Pennsylvania), Kokushi Midwest Judo (Illinois). Toshi Budokai (Massachusetts), Shinzan (Massachusetts) University of New Hampshire (New Hampshire) , Capital MMA (Maryland), Hui-O-Judo Beltsville (Maryland), Budokan (Maryland),



Special guest was Kuniko Takeuchi, 9<sup>th</sup> dan. After receiving her bachelor's degree in physical and health education from Nippon University of Physical Education in Tokyo, Kuniko Takeuchi began teaching judo and physical education in the early 1960s. Later, her career as a judo and P.E. instructor led her abroad, and eventually to the Okubo Judo Club in Sacramento, Calif., where she currently teaches a couple of times per week. She taught at the Sacramento Judo Club and the Kodokan West Judo Club. In the late 1960s, she taught P.E. at Martin Luther King Jr. High School in Sacramento, Calif. until she retired from teaching P.E. in 1999. Having dedicated much of her life to judo, in 2020, Takeuchi received a kunsho from the Japanese government. She was

inducted in 2019 into the United States Judo Federation Hall of Fame. She has served in many roles throughout her judo career. Now 85 years young, she has passed the PJC Kata Commissioner role on to Diane Tamai Jackson to continue to grow kata around the world.

Among the judges at the 2025 Eastern Kata Championships were Frances Glaze (OH), Karen Whilden (VA/DC), Karen Nagai (WA), Barb Shimizu (WA), Eric Spears (MD), Stephen Berliner (VA), Karl Tamai (VA/MD), Theodore Schwalm (TX), Diane Jackson (MD), Carla Martin (TX),



A special award for demonstrating kata performance excellence and kata competency was presented to the Goshin Jutsu Team of Kristen El Idrissi and Christine Levine (El Idrissi Academy). They are from the Philadelphia area and are members of the USA Judo Kata world team.



## Results from the Eastern Kata Championships

### Youth 12 and under – exhibition kata

1. H.Fineran and A.Katuria (Hui-O-Judo)

1. J.Kivel and L.Graham (Bushido Kai)
2. B.Finneran and L. Fisher (Hui-O-Judo)

### Youth - Under 15 y.o. - Ju No Kata Advanced

1. D. Pugh and Z.Chen (Kokushi Midwest)

### Senior - Katame no kata Intermediate

1. W.Vicerra and D.Barrett (Battlefield)
2. A. Winiarski and B. Finneran (Hui-O-Judo)
3. M.Pugh and G. Talusan (Kokushi Midwest)

### Youth 17 and under exhibition kata

1. Z. Tehan Pacheco and C. Tehan Pacheco (Hui-O-Judo)

### Senior - Katame no kata advanced.

1. H.Gentile and W. Pietroniro (Shinzan)
2. G.Hossler and M. Sauter ( Bushido Kai)
3. D. Oudovikine and A.Oudovikine (Taifu Toronto Canada)

### Youth - Under 22y.o. Nage no Kata Advanced

1. S.Shin and I.Palij (Bushido Kai)
2. D. Hammer and N.Mesa (Oburi Judo)
3. D. Oudovikine and K.Oudovikine (Taifu Toronto Canada)

### Senior - Ju No kata – Intermediate

1. B.Fineran and M.Pugh (Kokusho Midwest)
2. S.Harris and M.Woods ( Budokan- MD)
3. P.Fleury and A.Perry (Shinzan)

### Youth under 22 y.o. Ju No Kata Advanced

1. E.Legg and A. Chafin (Budokan MD)

### Senior – Ju No Kata Advanced

1. L.Latimer and C.Levine – (El Idrissi Acad.)
2. G.Hossler and M. Sauter – (Bushido Kai)
3. B.Fineran and M.Kettl (Hui-O-Judo)

### Senior Nage No Kata Novice

1. A.Schwarzkopf and T. Schmidt (Hui-O-Judo)
2. B.Knowlton and G. Tehan (Hui-O-Judo)

### Senior – Kime No Kata – Advanced

1. W.Pietroniro and H.Gentile (Shinzan Judo)

### Senior – Nage no Kata Intermediate

1. J.Kivel and L.Graham (Bushido Kai)
2. S.Shin and I.Palij (Bushido Kai)
3. D.Metcalf and B. Li (Bushido Kai)

### Senior Goshin Jutsu – Intermediate

1. J.Phillips and H.Nagai (DC Judo)

### Senior - Nage no kata Advanced



2. J.Berl and N. Phelps (Bushido Kai)
3. P.Ross and N. Phelps(Bushido Kai)

#### Itsutsu no kata.

1. B. Finneran and M.Kettl ( Hui-O-Judo)
2. H.Wiley and T.Buchingham (Bushido Kai)

#### Senior Goshin Jutsu – Advanced

1. K. Eldrissi and C. Levine (El Idrissi Academy)
2. J.Berl and N. Phelps (Bushido Kai)
3. P.Ross and N. Phelps(Bushido Kai)



### Koshiki No Kata clinic with David McFall



College Park Judo Club and Hui-O-Judo Beltsville, in cooperation with Maryland National Capital Planning and Planning Commission Department of Parks and Recreation, was pleased to host the 2025 Koshiki No Kata clinic featuring David McFall at the Lakeland College Park Community Center on Saturday August 17. The clinic was organized by Diane Tamai Jackson. It was sanctioned and supported by the United States Judo Federation.



Judoka from across the country came to participate in this clinic. Mushin Judo (ID) , Renshinkan Judo (AZ), Okuri Judo (TX) , Mikawa Judo (OR), DC Judo (DC), Hui-O-Judo Beltsville (MD), College Park Judo (MD)

Koshiki no Kata (Form of the antique things) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor.



About the clinician: In January 2023, David McFall and his partner won First Place in Koshiki no kata in the Japan International Veterans Competition. Also, he was recently appointed as a Kata Official of the Yokohama Judo Federation in Japan – the first non-Japanese to be awarded this kind of appointment. He is one of only four non-Japanese who has been awarded (jyukutatsu) “Mastery of the technique” grading for Koshiki no Kata. McFall sensei moved to Japan in 2006 and since then has trained primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei’s study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately join the Kudenkai. Practicing twice a week for over ten years, he performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. He also attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. McFall sensei first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei.





Shufu Judo Yudanshakai  
presents the

# Fall 2025 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, November 1, 2025

Beltsville Community Center

3900 Sellman Road, Beltsville, MD

United States Judo Federation Sanction # Pending



**This event is Preregistration Only. There is no onsite registration.**

## Eligibility to register for promotion

1. All judoka must be a current member of the USJF (or USJA)
2. For Shodan – current year plus one year prior membership in USJF
3. For Nidan and above – current year plus three years prior membership in USJF

## Promotion Requirements being used

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2025 Shufu Fall Promotional will follow the “**2021 USJF Senior Rank Recommendations**”, available on the Shufu website under **Promotions**. **All ranks within Shufu’s promotion authority are required to do the physical testing, i.e. all ranks through and including Godan.** Rokudan and above are not required to do physical testing; Kata requirements still apply as required for rank sought.

### Key Deadlines - These are HARD deadlines - no exceptions

September 1 – First date to accept applications.

October 2 – First deadline for Dan paperwork (initial submission of Form 20)

October 18 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

November 1 – Promotion day, BOE meeting, BOD meeting

## Event Schedule

9:00 AM	Check-in and testing begins
9:30 – 11:30 AM	promotional candidate written tests and practical evaluations
11:30AM-1:15 PM	Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
1:15 -1:30 PM	Awarding of promotions
1:30-3:00 PM	Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: <a href="mailto:shufupresident.miki@gmail.com">shufupresident.miki@gmail.com</a> )

***Please Note: There will be NO COMPETITION at this promotional event.***

## Registration and Fees

1. **Registration Deadline** (These are HARD deadlines.)
    - October 18, 2025: All promotion candidates (juniors, senior kyu, and dan ranks)
  2. **All registration is online – no onsite registration**
    - Registration Fee (all examinees): \$50
    - Additional Fees for Black Belt Ranks only:
      - Shufu Promotion Fee: \$15 (paid online with registration fee)
      - Note: **After** the promotion: USJF Promotional Fees: \$125 for Shodan, \$180 for Nidan, \$230 for Sandan, \$250 for Yodan, \$280 for Godan, \$300 for Rokudan, \$350 for Shichidan, and \$400 for Hachidan; Life Members: \$0.
- (Instructions for how to pay USJF Promotional Fees will be provided after the promotional.)**
- Waiver (forthcoming online) must be electronically signed or scanned and sent to Kevin Tamai, Chair of the Board of Examiners at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com). Waivers will also be available on site.

**All Registration is ONLINE** *To register and pay online, click **HERE***

## Accommodations

If you require an accommodation for visual or hearing impairment or other reason, please let us know on the registration form.

### Documentation to submit by **senseis** and candidates

1. **September 1, 2025 - Documentation first accepted (electronic submission only)**
2. **October 2, 2025**
  - **Black Belts only: Editable Form 20 (electronic submission only):**
    - Submit to Karen Whilden, Rank Registration Chair, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com).
    - The Rank Registration Team will work with candidate to identify and cure any problems with the Form 20, with that process to be completed at least 14 days before the promotional, i.e. October 18, 2025
    - If a Form 20 has not been submitted by Thursday, October 2, 2025, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **October 18, 2025**
  - **Senseis - Recommending Students for Promotion**

Examinees MUST be recommended for promotion by their instructor. Examinees should be listed on the **JUDOKA RECOMMENDED FOR PROMOTION** form that is submitted by the head instructor from each club to facilitate the smooth running of the event. Submit to Kevin Tamai, Chair of the Board of Examiners, at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com)
  - - **All Black Belt Rank candidates must have an additional, written recommendation from their instructor submitted by email to Kevin Tamai, Chair of the Board of Examiners by Saturday, October 18, 2025.**  
**shufuboechairman.kevin@gmail.com**
  - **Junior and Senior Kyu Documentation (electronic submission only):**
    - Submit scans of documents below to Kevin Tamai, Chair of the Board of Examiners, at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com)
    - Membership card
    - Competition results
    - Kata Scores (as required to the rank sought)
      - ❖ Contact Rank Registration Chair, Karen Whilden, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com) for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
      - ❖ Kata must be judged by a member of the BOE, or a National level or higher certified kata judge or kata instructor in the kata to be tested.
    - Certificates (as required by the rank sought)
  - **Black Belt Rank Documentation Link**  
**Essential detailed information including deadlines, requirements, and materials you will need for applying for your Black Belt rank**  
**(electronic submission only)**

***No documentation will be accepted after Saturday, October 18, 2025.***

### **Shufu Board of Directors**

Please submit agenda items for the Shufu Board of Directors meeting by October 18, 2025 to Shufu Secretary Diane Tamai Jackson, at [shufuyudanshakai@gmail.com](mailto:shufuyudanshakai@gmail.com).

The Shufu Judo Yudanshakai Board of Directors meeting will begin at 1:30 PM. This meeting is for registered members of Shufu Judo Yudanshakai who hold the current rank of Shodan (1<sup>st</sup> Degree Black Belt) or higher. Please try to be on time for the start of the meeting.

A zoom connection will be supplied by contacting: [shufupresident.miki@gmail.com](mailto:shufupresident.miki@gmail.com)

**Committee Reports, Agendas, Financials posted [HERE](#)**



## **USJF Scholarship opportunities**

[Scholarships Resources | United States Judo Federation](#)

**Academic Honors** - The USJF through the Academic Honors Society Committee would like to recognize students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship. Please download a form to learn more about applying for recognition.

- [Elementary-Grade School Application](#)
- [Middle School-Junior High-High School](#)

**Athlete Scholar of the Year** - On behalf of the USJF Athlete-Scholar of the Year Committee (ASOY), thank you for continuing your educational opportunities and creating options for yourselves. It is a sincere desire of United States Judo Federation that you continue to open doors to opportunities and to be life-long learners and Champions of Character. It is USJF pleasure to award this financial assistance as a token of appreciate for your hard work and dedication.

### **Academic honors** - [Academic Honors Society](#)

Recognizing students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship.

### **George Balch Scholarship**- [George C. Balch Scholarship Fund](#)

To honor George Balch, donations flowed in to the USJF scholarship account in his name. This program has become one of the largest scholarship funding sources in USJF.

### **Elizabeth Lee Scholarship** - [Elizabeth Lee Scholarship](#)

The Elizabeth Lee Scholarship was established by by Mrs. Ernie Nishi and Mr. Noboru Saito to encourage female judoka to attend Joshi Judo Camp and/or to further their training and development in Judo.

### **Hayward Nishioka Scholarship** - [Hayward Nishioka Scholarship](#)

The Hayward Nishioka College to Career Scholarship was established in 2016 by Nancy Washburn to honor Sensei Nishioka's desire for encouraging judoka college students to promote judo in the future in their chosen career.

### **John Osako Referee Fund** - [John Osako Referee Fund](#)

The John Osako Referee Fund was established to provide financial aid to aspiring PJU Regional, IJF Continental, and IJF International level referees.

### **Keiko Fukuda Scholarship** - [Fukuda Scholarship](#)

The Keiko Fukuda Judo Scholarship was established by Professor Fukuda to encourage female judoka to continue their formal education and/or to further their training in Judo.

### **Tamo Kitaura Referee Development grant** - [Tamo Kitaura Referee Development Grant](#)

The grant has been established to provide financial assistance in support of the development and growth of USJF referees.

### **Noboru Saito judo Development Grant** - [Noboru Saito Judo Development Grant](#)

The purpose of the grant is to provide funding and support for worthwhile judo developmental projects which may impact a judo participant's personal development onwards to include an indirect activity which may impact judo's growth in North America.



### **Joseph Fitzsimmons Scholarship Fund - [Joseph J. Fitzsimmons Scholarship Fund](#)**

This Scholarship is named after Joseph J. Fitzsimmons, M.D. in honor of the years of service he has provided overseeing USJF events.

#### **How can I support any of the Scholarship Funds?**

You can make a donation of any amount with your annual membership registration. See the membership form. You can contact Executive Director Robert Fukuda at the USJF National Office to make a gift by check at any time.

- U.S. Mail: United State Judo Federation  
P.O. Box 338  
Ontario, OR 97914
- Telephone: 541-889-8753
- Make checks payable to: United States Judo Federation
- Make a note in the memo field indicating “donation” and “the name of the scholarship”

You can check whether your employer matches charitable gifts, and if so, see whether your gift to USJF can be matched within your company’s guidelines. (This may involve sending some paperwork from your company’s giving program to the National Office, where the staff will be happy to process it.)

#### **Is my donation tax deductible?**

The United States Judo Federation is a registered 501(c)(3) nonprofit organization, and donations are tax deductible to the full extent of the law.

#### **How are the funds managed?**

The scholarship funds are held as part of the USJF Endowment Funds, which means that your gift will not be spent out, but will generate interest that will help to fund scholarships year after year – making a lasting contribution to judo.

Contact: [✉ Robert Fukuda](#)  
for further information

### **New USJF Membership Benefit!**



Avis Car Rentals has granted USJF members an exclusive discount code to assist with our judo, personal, and business travel!

Simply provide Avis with the USJF code D027600 when you reserve your rental car online or via phone.

Enroll in Avis Preferred for even more convenient benefits like skipping the counter and going straight to your car.

Thank you to Avis Car Rentals.

Are you receiving the USJF newsletter? Find more information on events, tournaments, and other exclusive USJF member benefits. Visit [USJF.com](#) and scroll to the footer to subscribe.

FY 2026 USJF Fee Increases

MEMORANDUM

**TO:** Individual Members, Member Dojos, Yudanshakais, USJF BOD, USJF BOE, USJF Committees, USJF Exco

**FROM:** Robert Fukuda, Executive Director

**RE: FY 2026 USJF Fee Increases \*\* Effective 09/01/2025 \*\***

We hope that this announcement finds everyone in great health and enjoying the remains of the summer as we approach fall. After much discussion at multiple Board of Directors Meetings, *new fee increases have been approved and are effective starting on September 1, 2025*. Please note the fee increase table below:

<i>Description</i>	<i>New Fee</i>
Annual Individual Membership Fee	\$80.00 (up \$10.00 annually/\$0.83 monthly)
Booster Membership Fee	\$25.00 (up \$10.00 annually/\$0.83 monthly)
<a href="#">Yudansha Promotion Fee</a>	Varies (rank dependent, see link)
<a href="#">Sanction Fee</a>	Varies (time dependent, see link)

Please find updated versions of the updated Annual Individual Membership Form, Booster Membership Form, and Yudansha Rank Promotion & Sanction Fees on the [USJF Website](#).

\*\*\*\*\* **PLEASE DISCARD ALL PREVIOUS VERSIONS OF THESE FORMS** \*\*\*\*\*

Please be sure to use the new form and include the correct fee. Use of obsolete/incorrect form(s) and/or submission of incorrect/insufficient fee(s) may result in delayed processing of memberships.

Thank you very much for your support of Judo, your dojo, yudanshakai, & USJF!



The Metro Washington Association of Blind Athletes (MWABA) is a 501(c)(3) organization (EIN: 474118946) of blind athletes and their sighted peers who believe that recreational and competitive sports opportunities should be open to everyone, regardless of their ability to see. We hold programs for blind and visually impaired youth and adults from Washington, D.C., Maryland and Virginia to discover new sports or practice familiar ones in an open and welcoming environment. Our mission also includes teaching blind athletes the physical techniques and body movements that they may not have had a chance to learn through physical education classes. We also share the best way to teach athletic

and kinesthetic skills to the blind and visually impaired population with educators in our area.

MWABA events are all about trying new things, meeting new friends, staying or becoming fit, and having fun!

We support one another in achieving a fit and active lifestyle.

Please consider making a donation to support our community! [Donate here!](#)

Our mission is to connect visually impaired individuals in D.C., Maryland and Virginia to activities that will help them live healthy, active and balanced lifestyles!

[OUR ACTIVITIES](#)  
[everyone!](#)

[Metro Washington Association of Blind Athletes – Sports and fun for](#)

**Metro Washington Association of Blind Athletes -**

**For more information on MWABA visit - [Facebook](#)**

Thanks and see you out there!

Metro Washington Association of Blind Athletes (MWABA) Sports and fun for everyone! <https://gomwaba.org>



We recommend that any minor athlete of USA Judo take a **free Youth Athlete or Kids Training** offered by the U.S. Center for SafeSport. These resources include courses for children of preschool age to high school and are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, where misconduct like bullying or abuse is less likely to happen, and to know where to report abuse, should it occur.

Each course is hosted on [athletesafety.org](https://athletesafety.org) and requires parental consent in order to complete registration. Parents are asked to register on behalf of their child by creating an account.

#### **All youth modules can be accessed at no cost.**



We also recommend that **any parent of a USA Judo athlete** take the free Parent's Guide to Misconduct in Sport offered by the U.S. Center for SafeSport. This free 30-minute online course is designed for parents of athletes of all ages. The course explains the issues of misconduct in sport and helps parents ensure their children have a positive and safe sport experience.

Please note that this course is an additional resource provided to parents and does not serve as a replacement for the required SafeSport training for those who USA Judo mandates it for.

Let's focus on Continuous Learning and Improvement for a moment. Often referred to as "Kaizen," lies at the heart of Judo's philosophy. It embodies the idea that growth is a never-ending journey, and there is always room for enhancement and improvement on the side of the athlete, coaches, and referees. In Judo, we understand that mastery is an elusive goal, and the path to improvement is paved with dedication, practice, and a willingness to learn from both successes and failures. This principle extends beyond the dojo, encouraging practitioners to apply the same mindset of perpetual improvement to all aspects of life. Kaizen teaches us that even the smallest positive changes, consistently applied, can lead to remarkable progress over time. It's a reminder that in our pursuit of excellence, the journey itself is as valuable as the destination, and the process of self-improvement is a lifelong endeavor. It's up to us as Coaches in Judo to practice Kaizen and continuously learn for the betterment of our dojos.



<https://amzn.to/3LewOme> AMAZON.COM

**[Gemba Kaizen: A Commonsense Approach to a Continuous Improvement Strategy, Second Edition](#)**



**USJF – Learning portal** - Please visit the USJF for great teacher and educational resources [Teaching Resources | USJF Education Portal](#)

Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education](#)

[Portal](#)



## [Contest Rules and Referee Education | USJF Education Portal](#)

### **CONTEST RULES AND REFEREE EDUCATION**

The USJF Contest Rules and Referee Education is presented in five modules. Module 1 is for parents, Modules 1- 2 for coaches and referees, Modules 1-2 3; local referees, in addition to Modules 1-2-3, 4 and 5 increase in detail and complexity for judokas, coaches, and regional referees. At the conclusion of the Modules 4 and 5, you will have formulate a solid foundation of the contest rules.

### **Event wrap up**

Thank you 50th State Judo Yudanshakai making Summer Nationals a Success!

800 competitors from around the world came to Honolulu for the 2025 Hawaii Summer Nationals held across 6 mats over 2 days. Thank you to all of the Volunteers, Competitors, Senseis and Families that helped us put on a great tournament experience. Shufu was represented by Miki Takemori (Shufu President) referee, John Floyd as a greeter, and Lance Mershang as a veteran competitor.



## **Shufu Yudanshakai Kata Corner**

Are you introducing and teaching your junior judoka kata? We are introducing a new junior nage no kata with just 3 throws – uki otoshi, uki goshi and okuri ashi barai. We are encouraging all junior judoka enhance their judo experience by learning and competing in kata. As they develop, they can move to the first three sets and continue to develop. Shiai is not for all judoka. Kata is an excellent opportunity to grow.



*Photo Courtesy of Chuck Medani*

### **Event summary:**

**Start training now - 2026 Senior Nationals:** starting at 14 years old – Nage, Katame, Ju Under 20 year, Intermediate and Open divisions

### **Save the KATA dates:**

- November 8-9 – IJF World Judo Kata, Paris, FRN (USA team qualifies at Sr, Nationals)
- November 21 – Pan-American Judo Kata Championship – Mexico (USA team qualifies at Sr. Nationals or maybe from Eastern US Kata Championships)

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There are two principal ways of practicing Judo: Kata and Randori. Kata, which literally means "form" is practiced following a formal system of prearranged exercise, while Randori, meaning "free practice" is practiced freely. Through Kata practice, trainees learn the principles of techniques.

In the Kodokan, the following nine Katas are mainly adopted;

#### **1. Nage-no-Kata (Forms of Throwing)**

Three representative techniques are chosen from each of five Nage-wazas: Te-waza, Koshi-waza, Ashi-waza, Ma-sutemi-waza and Yoko-sutemi-waza.

#### **2. Katame-no-Kata (Forms of Grappling or Holding)**

Five model techniques are chosen from each of three Katame-wazas: Osaekomi-waza, Shime-waza and Kansetsu-waza.

#### **3. Kime-no-Kata (Forms of Decisive techniques)**

This is to learn the techniques for serious combative fight. It consists of the techniques in a kneeling position (Idori, 8 techniques) and in a standing position (Tachiai, 12 techniques).

#### **4. Ju-no-Kata (Forms of Gentleness & Flexibility)**

This is an expressive, gymnastic composition of the methods of attack and defense in a series of slow and moderate actions. It consists of three components, Dai-ikkyo (Set 1), Dai-nikyo (Set 2) and Dai-sankyo (Set 3), each of them has five techniques.

#### **5. Kodokan Goshin-jutsu (Forms of Kodokan Self-Defense)**

This consists of an "Unarmed section" and a "Weapons section". The "Unarmed section" consists of twelve techniques while the "Weapons section" consists of nine techniques.

#### **6. Itsutsu-no-Kata (Forms of "Five")**

These forms express the mechanism of attack and defense in an elevated way. It consists of five sequences of movements that artistically express the power of nature.

#### **7. Koshiki-no-Kata (Forms of Classics)**

Kano Shihan highly evaluated the forms of Kito-ryu Jujutsu as they represent the essence of attack and defense. Therefore, he left the forms as Kodokan Koshiki-no-Kata, with little changes. It consists of 14 Omote (front) techniques and 7 Ura (back) techniques.



## 8. Seiryoku-Zenyo-Kokumin-Taiiku (Forms of Maximum- Efficiency National physical education)

It contains both aspects of physical education and martial arts and has forms of attack and defense. It consists of 8 movements of Tandoku-renshu (Solo practice) and 9 movements of Sotai-renshu (Duo practice).

## 9. Kodomo-no-Kata

### »Kodokan KATA Textbook

If you want to practice Kata at the Kodokan, please refer to the followings:

- General Guidance (please refer to “Kata class”)
- Kata Practice Guide (how to participate in the class)

**How can you help Shufu Yudanshakai and the USJF?** Each person in judo has something to offer to help judo to grow. Judo is founded on Jita kyoei- mutual welfare and benefit. What talents, skills, resources or time do you have? How can you help judo to grow in your area? Is there an opportunity to start a new club in your community or school?

**Koka Kids** - For judo coaches, you can find supporting visual teaching material over at the Koka Kids Coaching Library. Here's the link to see everything so far.

<https://kokakids.substack.com>



Each week, they are adding new content, and already there are over 50 judo throws, holds, combinations, drills and fun games to download.

<https://kokakids.substack.com>

How it works, is you will need to sign up. you can choose either the free account or paid account. The paid account is, as these things generally are ... better!

The paid subscription allows you to download everything in the archives, and every week you will receive by email a new technique with visuals you can download and print and use at your dojo.



## **SHAPE America**

The USJF Development committee has align its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.

We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program. Visit our USJF “Koka Kids” page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.



at

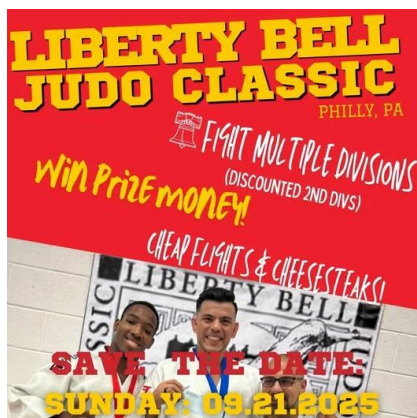
For decades, judo has been teaching us several of these important life values. These values are present in each judo lesson all around the world, where we learn and teach our judo community about **Courage, Respect, Modesty, Friendship, Honor, Sincerity, Self-control and Politeness**. Let the values of our sport inspire you to stay strong and positive!

- **Courage:** Doing what is right

- **Respect:** Respect the people around you and the community we live in.
- **Sincerity:** To seek the truth and express honestly - Be honest with yourself and with others.
- **Self-control:** To have power over yourself and your greatest challenges- Keep calm and think before you act.
- **Politeness:** Our greatness comes from how we treat others
- **Friendship:** It's the purest human feeling. We are all learning together. We are all different, from different countries, have different cultures and different backgrounds. We are all equal. We help each other as much as we can and treat everybody as you would treat yourself and as you would love to be.
- **Modesty:** We are more than ourselves - Each one of us is a champion. Together we are strong. Each person on this planet contributes to a better future for all of us. Stop and think about all these people around you who are contributing to a better world. Take a moment to thank them for all of their hard work and dedication.
- **Honor:** Be true to your word and your principles - Even in adversity, we must stick to our values. We It continue our lives with strong and healthy spirits.

Always remember, that the strongest mottos of judo are: 'Mutual aid and benefit' and 'Maximum efficiency'. We need to apply these principles every day. Only then will we find our 'DO' (way) in these difficult moments. Let's work together and bring our values to life. Our Judo values will help keep us strong, while helping us to grow and develop.

## UPCOMING EVENTS:



### Liberty Bell Judo Classic

Be sure to save the date- Sept 21, 2025 - the Liberty Bell Judo Classic. Join us in Philly to find out why after 37 years, we continue with the reputation of being well run, putting competitors first, and always looking to improve our event.

New venue.

Prize money. More people = more money.

Fight multiple divisions.

Kata.

Large novice divisions.

Save the date and come find out why cheesesteaks are just part of the great weekend! Register at Smoothcomp, <https://smoothcomp.com/en/event/22977>.



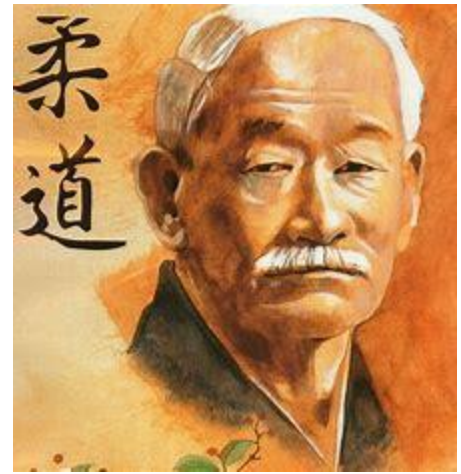
**Save the Date** May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, 8th dan,

## **Understanding the Philosophy of Judo: Harmony and Mutual Benefit**

### **The Principles of Judo**

#### **Jita Kyoei: Mutual Benefit**

Jita Kyoei, which translates to "mutual benefit," is one of the fundamental principles that underpin the philosophy of Judo. It emphasizes the importance of cooperation and harmony in all aspects of life. In Judo, practitioners learn not only self-defense techniques but also the value of helping others and working. Mutual benefit in Judo goes beyond the physical realm. It promotes the idea of mutual respect, understanding, and empathy towards others. By practicing Jita Kyoei, individuals learn to develop a strong sense of community, fostering positive relationships and contributing to the greater good. In the context of Judo training, Jita Kyoei is exemplified through the practice of Randori, which involves free-style sparring with a partner. During Randori, both participants aim to improve their skills while also ensuring the safety and well-being of their training partner. This principle encourages practitioners to focus on benefiting themselves while simultaneously helping their partners grow and progress.



#### **Seiryoku Zenyo: Maximum Efficiency**

Seiryoku Zenyo, meaning "maximum efficiency," is another crucial principle in Judo. It emphasizes the use of minimal effort and energy to achieve the desired outcome. Judo practitioners learn to exploit their opponent's weaknesses and use their own strengths effectively, rather than relying solely on brute force. By understanding the principle of Seiryoku Zenyo, practitioners develop the ability to analyze situations quickly and make strategic decisions. They learn to conserve energy and use their opponent's force to their advantage. This principle not only applies to physical techniques but also to mental and emotional aspects of life. It teaches practitioners to stay calm and composed, utilizing their resources efficiently to achieve their goals. The principle of Seiryoku Zenyo is particularly relevant in self-defense situations, where individuals may face stronger or larger opponents. By applying this principle, Judo practitioners can defend themselves effectively, even against seemingly insurmountable odds.

#### **Ju No Ri: The Principle of Gentleness**

Ju No Ri, often known as the principle of gentleness, is a core tenet of Judo. It teaches individuals to approach conflicts and challenges with a calm and non-aggressive mindset. Contrary to popular belief, gentleness in Judo does not imply weakness but rather a strategic approach to overcome obstacles. This principle emphasizes the importance of flexibility, adaptability, and resilience. Judo practitioners learn to yield to their opponent's force, redirecting it to gain an advantageous position. By practicing Ju No Ri, individuals develop mental and emotional strength, enabling them to remain composed in difficult situations. In everyday life, the principle of Ju No Ri encourages individuals to seek peaceful resolutions and avoid unnecessary conflicts. It promotes empathy, understanding, and the ability to find common ground with others. By embodying gentleness, Judo practitioners inspire and promote a harmonious and cooperative society.

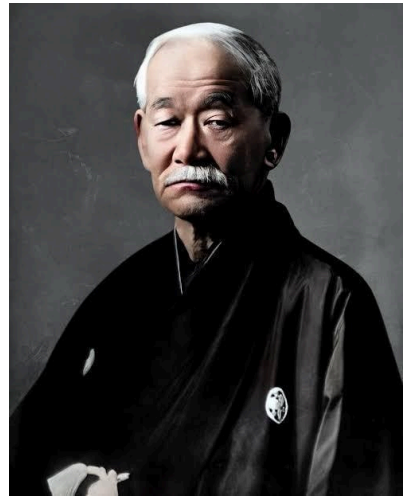
In conclusion, the principles of Judo, including Jita Kyoei (mutual benefit), Seiryoku Zenyo (maximum efficiency), and Ju No Ri (the principle of gentleness), not only guide the practice of this martial art but also provide valuable insights for personal growth and interactions with others. Understanding and embracing these principles can lead to a more harmonious and fulfilling life both on and off the Judo mat.

## **The Philosophy of Judo**

Judo, a Japanese martial art created by Jigoro Kano, is not just a physical combat sport but also a way of life. It encompasses a profound philosophy rooted in the principles of harmony and mutual benefit. Understanding the philosophy of Judo is crucial for practitioners to fully grasp the essence of this martial art.

### **Harmony with Others**

Central to the philosophy of Judo is the concept of harmony with others. Judo emphasizes the importance of cooperation and mutual respect both on and off the mat. In Judo, the objective is not to defeat or overpower the opponent but to use their energy and strength against them. This principle of harmony encourages practitioners to seek peaceful resolutions, to understand and empathize with others, and to find common ground even in the face of conflict. By practicing Judo, individuals learn to cultivate harmonious relationships, not only in the context of martial arts but also in their daily interactions. The philosophy of harmony with others extends beyond the physical techniques, teaching practitioners valuable life skills such as effective communication, teamwork, and conflict resolution.



### **Harmony with Nature**

Another core aspect of the philosophy of Judo is the pursuit of harmony with nature. Judo recognizes the interdependence between human beings and the natural world. Practitioners are encouraged to respect and understand the natural laws and cycles that govern life. In Judo, this harmony with nature is reflected in the fluidity and adaptability of techniques. Like water flowing around obstacles, Judo practitioners learn to adapt their movements to the circumstances and take advantage of their opponent's weaknesses. This understanding of nature's principles teaches practitioners to be flexible, patient, and to embrace change rather than resist it. By fostering harmony with nature, Judo practitioners gain a deeper appreciation for the world around them and develop a sense of responsibility towards the environment. They learn to live in harmony with the natural world, promoting sustainability and ecological awareness.

### **Harmony with Oneself**

The philosophy of Judo also emphasizes the importance of harmony with oneself. Judo practitioners strive to develop physical, mental, and emotional balance. Through rigorous training, they learn to understand their own strengths and limitations, and to overcome personal challenges. Judo encourages self-reflection and self-improvement. By cultivating a harmonious relationship with oneself, practitioners develop self-confidence, discipline, and a positive mindset. This inner harmony allows them to face adversity with resilience, to stay focused and composed under pressure, and to maintain a sense of inner peace. Ultimately, the philosophy of Judo teaches individuals to strive for balance in all aspects of life. By harmonizing with others, nature, and oneself, practitioners of Judo not only become skilled martial artists but also develop into well-rounded individuals who contribute positively to their communities and society as a whole.

In conclusion, the philosophy of Judo is rooted in the principles of harmony and mutual benefit. By emphasizing the importance of balance, respect, and cooperation, Judo practitioners strive to achieve not only physical strength but also emotional and mental well-being. Through the practice of Judo, individuals learn valuable life lessons that go beyond the confines of the dojo. They develop a deep understanding of the interconnectedness of all things and the power of unity. Ultimately, the philosophy of Judo inspires individuals to seek harmony and mutual benefit in all aspects of their lives, fostering a sense of personal growth and positive impact on the world around them.

## **Is judo the right sport for kids??** (Article from the path of martial arts.com)

Are you thinking about enrolling your child in martial arts but aren't sure which style to pick? Judo is an excellent choice for kids, offering a perfect balance of physical activity, discipline, and character development. This article will explore how Judo measures up to the most important qualities parents look for in a martial art. From discipline and life skills to safety and fitness benefits, we'll cover everything you need to know about Judo for kids. Whether you're new to martial arts or comparing different styles, this article will help you make an informed decision about whether Judo is the right fit for your child's development and your family's goals. Judo is a Japanese martial art that excels in standing takedowns and throws. It is famously said that judoka hit their opponents with the planet instead of their fists. Judo is a fantastic choice for kids' martial arts training, excelling in key areas that are highly valued by parents. This style earns an "A" tier rating for its strong focus on discipline, respect, and self-defense, all in a safe and supportive setting. As one of the most widely practiced martial arts in the world, Judo helps children build confidence, improve focus, and develop lifelong values. With its emphasis on balance, control, and mutual respect, Judo is much more than just throws—it's a foundation for personal growth. Judo is a great martial art for kids, giving them a strong base in self-defense that can be built on with grappling, striking, or weapons training later.

Judo provides a strong foundation for children to develop discipline, life skills, and values.

### **The values of Judo are actively practiced and taught to young students:**

- **Courage:** Doing what is right
- **Courtesy:** Showing respect for others
- **Friendship:** Considered the purest human emotion
- **Honor:** Being true to one's word
- **Modesty:** Speaking of oneself without pride
- **Respect:** Essential for building trust
- **Self-control:** Remaining calm, especially when angry
- **Sincerity:** Expressing oneself honestly

These values are upheld by strict etiquette, such as showing respect to instructors, classmates, and bowing when entering class. Judo teaches kids to handle conflict resolution with controlled actions and problem-solving, not aggression. Students learn to set goals as they work towards higher belt ranks. They develop perseverance by putting in consistent effort over time.

### **Judo is a full-contact martial art, but safety measures, falling techniques, and separating kids' classes from advanced training make it quite safe.**

In kids' Judo programs, more intense Judo moves like joint locks and choke holds are restricted and only used at higher levels. Children in Judo learn basic moves under close supervision and practice their throws on impact-absorbing mats. Unlike many martial arts, Judo doesn't use strikes. It focuses on using an opponent's energy against them, which lowers injury risk. Kids will also learn breakfalls, which reduce injury risks from Judo throws and teach valuable safety skills to prevent fall injuries in everyday life. At advanced and competitive levels, Judo is a full-contact grappling sport with powerful throws that can sometimes lead to injuries. Studies show that high-intensity Judo competitions have an overall 3.6% injury rate (excluding scratches), with over 80% affecting the upper body. Even at this level, most Judo injuries are treated on-site, letting athletes keep competing. Overall, Judo is a safe martial art and sport for all skill levels.

### **Judo classes for kids are usually led by experienced instructors who understand how to communicate effectively with children.**

The atmosphere is often supportive and inclusive, with a focus on personal growth and mutual respect. Since instructor and class culture varies between Judo dojos, parents should inspect a dojo and see if the environment is a good fit for their kids.

### **Tips for Parents Evaluating Dojo Culture:**

- **Observe a Class:** Parents should watch how instructors interact with students and handle challenges.



- **Meet the Instructors:** Discuss their teaching philosophy and approach to working with children.
- **Inspect for Safety:** Ensure the Judo program has a 'safety first' policy, enough instructors for supervision, and high-quality mats.
- **Check the Dojo's Policies:** Look for clear rules about discipline, safety, and student progress.
- **Talk to Other Parents:** Getting feedback from those whose children are already enrolled can provide insights into the dojo's culture.

Judo is a very popular martial art for kids, known for teaching good values, being widely available, and offering a competitive sport aspect. Judo grew in popularity after joining the 1964 Olympics, and the International Judo Federation has helped spread national federations across the world. Kids find Judo "cool" because it teaches lots of throws and grappling. As an Olympic sport with a competitive scene, it can also appeal to kids. Judo is widely available, with many dojos worldwide and the IJF's "Judo in Schools" program introducing it to kids aged 7-19 in schools. Most judo instructors know how to train kids and structure their classes to suit young students. They often mix fun with learning to make the classes engaging. Judo is great at takedowns and teaches some grappling, but it has gaps in striking and weapons. Judo excels at controlling fights through opponent manipulation, combining strong standing defense with powerful throws and takedowns. Judo also teaches a few grappling techniques, chokes and joint locks, making judoka versatile fighters in any situation. Judo is a solid choice for kids to build a foundation in fighting and self-defense.

**Many studies show Judo has numerous fitness and health benefits for kids. Here are some findings:**

- Judo training helps kids keep a healthy weight by maintaining or reducing body fat and building muscle.
- Regular Judo practice improves heart and lung function in children.
- Judo has been shown to boost mental health, helping kids feel more confident, have a better body image, and enjoy a higher quality of life.
- Judo training strengthens bones, which is especially important for children as they grow.

**Judo strengthens the whole body, especially the upper body for throwing opponents. It also improves flexibility and increases range of motion.** The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity per week. Three weekly Judo classes meet that goal. Judo classes are typically affordable and widely available, with flexible schedules that can accommodate busy families. On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week. Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.

**Planning ahead for the third quarter of 2025: Please Save the dates**

Oct 3-5	San Jose Open- San Jose CA (USA Judo Point event)
Sun., Oct 12	Morris Cup – Scotia, NY
Sun., Oct 19	Samurai Judo Championships - Ridgely, NJ
Sat. Oct 25	Judo Kai Fall Shiai – Fairfield, NJ
<b>Nov 1</b>	<b>Shufu Fall BOD/BOE/Promotion – Beltsville, MD</b>
Nov 22	Dallas Open – Irving, TX (USA Judo Point event)
Nov 23	USA Judo Presidents Cup. – Irving TX (USA Judo Point event)
Dec 5-7	Winter Nationals – Asuza, CA (USA Judo Point event)

SAVE THE DATE- The next Takemori Clinic clinician will be Kashiwazaki Katsuhio sensei. The clinic will be in early May of 2026. More information to follow.

**WE NEED YOU!**



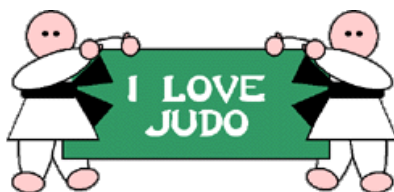
We need you!! –Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo? What can you do to make a difference in your dojo or in the judo community? What do you love about judo, your club, the experience? How has judo impacted your life? Please share your thoughts, feelings, and suggestions with us.



### **Club Updates from Shufu Judo Yudanshakai –**

- Has your dojo started back to live in-person practices? Send us a write up about your club.
- **Please Share news about your club with us. Send us news, photos, and events.**

Develop Yourself to Your Fullest Potential So That You and Others May Live Harmoniously



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