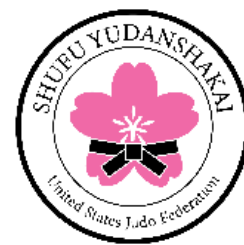




Shufu Judo Yudanshakai Shufu Shimbun

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



June 2025



Upcoming Events:

June 1	Kosen judo clinic at Harrisburg BJJ with Nick Delpopolo
June 7	Arlington Development Spring shiai – Arlington VA
June 19-21	Greatest Camp on Earth – Charlotte, NC
June 20-22	USA Judo Junior Olympics – Bedford Park, IL (USA Judo Point event)
June 28	USJF Kata conference – Bosie, Idaho
July 5	Spartan Judo Tournament – Virginia Beach VA
July 5-7	America Cup – Honolulu, HI (USA Judo Point event)
July 10-15	Royal Caribbean Cruise – NY to Bermuda
July 13-19	Kodokan Summer Kata courses – Kodokan - Tokyo Japan
July 19-20	USJF Summer Nationals – Honolulu, HI
July 23-30	US Open Judo – Ft Lauderdale, FL (USA Judo Point event)
August 16	First Eastern US Judo Kata Championship, College Park, MD
August 17	Koshiki-no-Kata clinic, College Park, MD

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 June 1, 2025, we have 28 registered dojos comprised of 556 members, of which 141 are dan ranked judoka, 190 are senior judoka and 366 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., College Park Judo in College Park MD, DC Judo in Washington DC. And Dale City Judo in Dale City VA

Congratulations to Sharon Landstreet from Arlington Judo club for being honored with the John Osako Award. Shufu Yudanshakai's own Sharon Landstreet was selected by the U.S. Referee Commission as the recipient of the 2025 John Osako Award. It was presented to her on May 2025 during the opening ceremony at this year's Senior Nationals by the members of the referee commission. The Osako award is "In recognition excellence and outstanding contributions to judo as a referee." For Sharon Landstreet refereeing always felt natural because of her experience as a certified high school softball umpire. After taking up refereeing in Judo she progressed up the referee ladder to National, then Pan American Confederation, and then IJF Continental. After Sharon earned IJF Continental (IJF-B) she knew she needed to gain valuable experience, so in the years to come she refereed in approximately two dozen international tournaments throughout North America, Central America, South America and Europe.



24,
of

In 2015 she passed her IJF International referee examination in Bolivia. Her big break came in 2017 when she was selected to referee the high level elite IJF tournaments. Her first was in March 2017 at the Tbilisi Grand Prix in Georgia immediately followed by the Antalya Grand Prix in Turkey. In June Sharon was sent to the Cancun Grand Prix in Mexico. During the tournament a fellow referee came over and congratulated her. Sharon asked

"For what?" and was informed she was selected by the IJF Commission to referee the 2017 Senior World Championships in Budapest, Hungary August 28- September 3, 2017. Sharon was pleasantly surprised by this honor. As such she refereed the best of the best. This was an experience she will never forget.



Landstreet refereeing World and Olympic Champion Teddy Riner at 2017 World Championships in Budapest, Hungary

The IJF Commission is an extremely well organized to the smallest detail and very professional. World referees must be the same way. Sharon has

bonded and made supportive friendships with several of her fellow referees from other countries on the circuit.

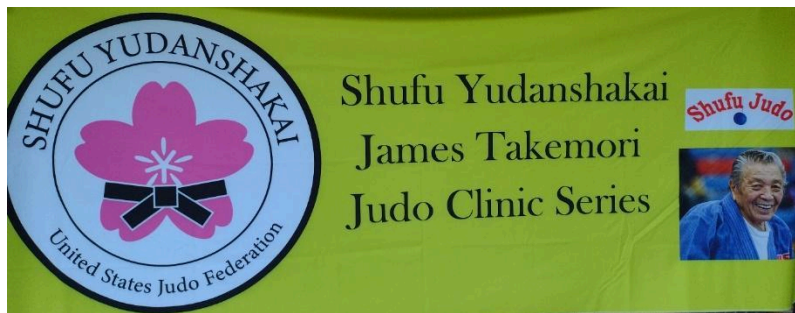
Sharon Landstreet refereeing at 2017 World Championships, Budapest

So what's next for Sharon? In January she was approved to attend the IJF Rules Seminar in Austria sponsored by the EJU then will immediately fly to Tunisia to referee the Tunis Grand Prix. Sharon plans to also attend the IJF Rules Seminar hosted by the PJC in Nicaragua. At the end of February Sharon will referee the Dusseldorf Grand Slam in Germany. Sharon's key mentors in Shufu have been Dick Hugh, Jimmy Takemori, Roy Englert, Jr., and Dr. Gary Berliner. Sharon's one regret is that Jimmy Takemori was not around when she passed her IJF International referee examination and her selection to referee the 2017 Senior World Championships. Personally I believe he was looking down smiling.



Sharon Landstreet refereeing Team Category at the 2017 World Championships, Budapest

Shufu Judo Yudanshakai was honored to have legendary judoka, Hamada-Sensei for our 2025 Takemori clinic. In his day, Hamada sensei won gold at the 1981 Asian Games and then represented Japan in the 1984 Olympics. He coached the great, Ryoko Tani who medaled at 3 Olympics (2 gold and 1 bronze) and the rest of the Japan women's team. Hamada-Sensei has taught at the Kodokan, the National Institute of Sports and Fitness, and is the technical director of the Tre Torri Judo Camp in Italy.



The James Takemori Clinic was held on May 4th at Sport Judo in Springfield VA. This was a very rare opportunity to study with one of the most important judo coaches. Judoka from Navy Judo in Annapolis MD, Toshi Budokai in Boston MA, College Park Judo in MD, Arlington Judo in VA, High Noon in Alexandria VA, Kokushi Midwest in Chicago, Virginia Commonwealth University in Richmond VA, Kogiaon Academy in Alexandria, DC Judo in Wash DC, and Sport Judo in Springfield VA.

During his visit to the Washington Dc area, he attended a kids class at Arlington Judo club, spend the day on a DC tour bus visiting many different museums and monuments, rode on the DC Metro subway system, Visit the Washington National Baseball stadium, the MGM Grand casino and enjoyed good American Apple pie ala mode for the first time.

SANCTION # 25-04-03

HATSUYUKI HAMADA

USA TOUR 2025

- ◆ Matsuyama University Judo General Director
- ◆ Cambodia National Judo Team Head Coach
- ◆ Japan National Coach - Women's Team 1993 - 1996.
- ◆ Coach to Ryoko Tani (TAMURA)
- ◆ Kodokan 8th Dan

REGISTER NOW!

KOKUSHI MIDWEST JUDO
CHAMPAIGN, ILLINOIS
April 26 - 27, 2025

JAMES TAKEMORI CLINIC SERIES
SPORT JUDO
SPRINGFIELD, VA
May 4, 2025

REGISTER NOW! www.KokushiMidwest.com

SAVE THE DATE- The next Takemori Clinic clinician will be Kashiwazaki Katsuhio. The clinic will be in early May of 2026. More information to follow.
Thank you to all who participated in the 2025 Takemori Clinic. Miki Takemori, Clinic Coordinator



Planning ahead for 2025: Please Save the dates

June 1	Kozen clinic at Harrisburg BJJ with Nick Depopolo
June 7	Arlington Judo Spring Shiai
June 19-21	Greatest Camp on Earth – Charlotte, NC
June 20-22	USA Judo Junior Olympics – Bedford Park, IL (USA Judo Point event)
June 28	USJF Kata conference – Bosie Idaho
July 5	Spartan Judo Tournament – Virginia Beach VA
July 5-7	America Cup – Honolulu, HI (USA Judo Point event)
July 12-13	Andre Parente Kata clinic – New York EVENT CANCELLED DUE TO SCHEDULE CONFLICT
July 10-15	Royal Caribbean Cruise – NY to Bermuda
July 13-19	Kodokan Summer Kata courses – Kodokan - Tokyo Japan
July 19-20	USJF Summer Nationals – Honolulu, HI
July 23-30	US Open Judo – Ft Lauderdale, FL (USA Judo Point event)
Aug 9	New York Veteran Open Championships – New York NY
Aug 9	New York Open Judo Championships – New York NY
Aug 16	First annual Eastern US Judo Kata Championships – College Park, Maryland
Aug 17	Koshiki-no-kata clinic with David McFall kata clinic – College Park, Maryland
Aug 23	Veterans Open, Charleston SC
Sept 7	North American Judo Championships – Wayne, NJ
?? Sept 13	Veterans Open – Chicago (USA Judo Point event)
Sept 21	Liberty Bell Classic – Philadelphia PA
Sept 27	Suncoast Warrior – Port St Lucia, FL (USA Judo Point event)
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 - Ridgefield, NJ
Sat. Oct 25	Judo Kai Fall Shiai – Fairfield, NJ
Nov 8	Shufu Fall BOD/BOE/Promotion – Beltsville, MD
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.



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



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 - We had a wonderful time participating in Birdability's first



national blind birding event on Sunday May 18! Eleven blind participants plus volunteers from MWABA and the DC Bird Alliance enjoyed a beautiful morning in Brookside Gardens where we saw and heard 28 bird species! Thanks so much to the DC Bird Alliance for joining us and teaching us about birds! Also thanks to the Washington Post for joining us and writing a great article about blind birding!

<https://www.washingtonpost.com/.../blind-birders-bird-a-.../>

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

Come join us for an event like tadem bike rides, goal-ball, blind cricket, hiking, beep kickball, running, dragon boat racing and so much more. Join us for goalball, the youth goalball tournament, tandem biking, hiking with Achilles in Catoctin, and more!

Goalball

· Come to Goalball on May 24th from 10 AM to 1 PM at 1480 Girard St. NW, DC.

· Youth Goalball: There is still time to sign up for our first ever Youth Goalball Tournament that is scheduled for Saturday, June 7, from 10:00-1:00 at the Columbia Heights Community Center in Washington, DC. It is open to blind and visually impaired youth ages 9-18 in DC, MD, and VA. Please find more information at the sign-up link below. **Sign-up here by May 23:** <https://forms.gle/to5TdYuTkFtzCnTH8>

Tandem Biking = · Sign up by Tuesday at 8 p.m. for our Thursday night ride from Eastern Market and our Friday night ride from Bethesda: <https://forms.gle/a3fC438hzv9aH8m89> Note that we aren't riding on May 29th or 30th. · Tandem Demonstration on June 14th: The National Federation of the Blind (NFB) Greater Alexandria chapter is seeking tandem captains for a demonstration for Project RISE students on June 14th from 1 to 3 p.m. at the Lyon Village Community House in Arlington. If you're interested, please email: mwaba.inc.

Catoctin Hike · MWABA and Achilles are doing a joint hike on Sunday, June 29th at Catoctin Mountain Park, which is about an hour from DC. We'll meet at 8:30 a.m. at the Medical Center metro. We plan to do an out-and-back hike (about 3.5-4 miles) to Chimney Rock, which is a fairly strenuous hike, but we can offer easier options for those who prefer that. Sign up by contacting kevin.andrews94

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 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.

Summer Nationals in Honolulu Hawaii



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.



2025 Senior Nationals in Birmingham, AL - **SHUFU RESULTS:**

Photo Courtesy of Chuck Medani

Shufu and Hui-o congratulates:

- 2nd place in Nage-no-kata Open: Leah Fisher (tori) and Billy Fineran (uke)
- 3rd place in Kodokan Goshin-jutsu: Leah Fisher (tori) and Margie Kettl (uke)
- 4th place – Ju-no-Kata: Billy Fineran(tori) and Margie Kettl (uke)

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

August 16, 2025 – practice NOW and reach out for coaching for the first US Eastern Judo kata Championship, College Park, MD

Kata Categories by age:

1. Exhibition with achievement medal
 - Kata Kids – 15 and under - any 3 techniques from a kata with bow in and out
 - Child or Teen with Adult partner – any kata
 - Create-a-Kata – All ages
2. 12 and under (Beginner – 1st set) – Nage, Katame, and Ju
3. 15 and under (Beginner 1st set) – Nage, Katame, and Ju
4. 15 years old and under (Advanced – full kata) – Nage, Katame, and Ju

5. 22 years old and under (Advanced – full kata) – Nage, Katame, Ju and Itsutsu
6. All Ages / Seniors (Novice – 3 sets)- Nage
7. All Ages / Seniors (Intermediate – full kata) – Nage, Katame, and Ju
8. All Ages / Seniors (Advanced – full kata) – Nage, Katame, Ju, Kime, Kodokan Goshin Jutsu, Koshiki and Itsutsu

Athlete's age by year	First Kata Early/ Normal/Late	2 nd – 4 th Kata for each Kata Early/ Normal/Late
22 years and under (Junior)	\$30 / \$30 / \$40	+\$15 / \$15 / \$30
23 years and over (Senior)	\$40 / \$50 / \$60	+\$25 / \$25 / \$40

Clinic and Evaluation fees:	Fee
Koshiki-no-Kata clinic only	\$80.00
Clinic fee for Eastern Participants (e.g., athletes, judges)	\$50.00
Candidate for Kata Instructor or Kata Judge (1 – 2 katas) testing fee	\$30.00

Save the KATA dates:

- June 26-28 – USJF Kata Conference – 3 days of kata - Bosie, ID [register: Smoothcomp](https://usjf.smoothcomp.com/en/event/24699)
- July 13-19 – Kodokan Summer kata course – 7-days of kata - Tokyo, Japan
- **Aug 16 – East Coast Judo Kata Championships – College Park, MD coming soon:**
<https://usjf.smoothcomp.com/en/event/24699>
- **Aug 17 – David McFall's Koshiki-no-kata clinic – College Park, MD**
- 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)

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, 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
skills

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.

Completed events:

USA Judo Senior Nationals - USA Judo hosted the 2025 Senior National Championships in Birmingham, Ala., on May 24-25. The shiai competition was held on Saturday, May 24 with the Kata Nationals on Sunday, May 25. The tournament drew more than 600 participants.

Birmingham was excited to have been selected as host for the USA Judo Senior National Championships. They welcomed the judo community to this wonderful city. In 2024, Birmingham was ranked No. 3 in the nation for sporting events, among cities without a “Big Five” professional team, by the Sports Business Journal. The city has hosted international and national events like the 2017 National Senior Games, the 2022 World Games and the 2024 Transplant Games of America, and will

host the 2025 World Police and Fire Games and the 2029 National Senior Games. “In addition to the hosting of Senior Nationals, USA Judo looks forward to expanding our partnerships in the Birmingham area by collaborating with the Lakeshore Foundation, an Olympic and Paralympic Training Site, to assist with USA Judo’s Paralympic pipeline, creating Judo in Schools & Communities programs in the Birmingham area, and establishing a USA Judo P3 Police Training Program in concert with the upcoming 2025 Police & Fire Games being hosted in Birmingham.” Additional details regarding hotels, registration and tickets will be shared in the coming months on the USA Judo website and social media channels.

UPCOMING EVENTS:

Building Tomorrow's Heroes!

Brian Olson 4X Olympian, Bronze Medalist 1997 World Judo Championships, 2X Pan American Games Camp

Lynn Roethke 1988 Olympic Silver Medalist, 1992 Olympian, Pan-Am Gold Medalist, Black Belt Hall of Fame

Ryan Reser, 2008 Olympian & PanAm Champion

*** Adult /Youth Classes:** Judo, BJJ, kata, coaching, refereeing & more.

***Children's Classes:** techniques, drills, games, snow, snacks, superhero party, ninja challenge & pool party.

HEROES everyday people changing the world with:

Discipline	Integrity
Respect	Self-esteem
Self-control	Compassion

Kata World Champions: Jeff Giunta & Heiko Rommelmann, Jr.

International Referee: Mike Takata

Plus many national instructors listed on GreatestCamp.com

June 19, 20 & 21 2025

Wingate, NC, in the greater Charlotte area

Register today!

Greatest Camp on Earth!!! www.GreatestCamp.com

Embark on the Ultimate Judo Cruise Experience Aboard Royal Caribbean's Liberty of the Seas – July 10-15, 2025

Judo fans and enthusiasts, get ready for the adventure of a lifetime as Royal Caribbean's Liberty of the Seas sets sail from New York to Bermuda from July 10 to 15, 2025, for an extraordinary Judo training and vacation experience like no other. This 5-day immersive journey combines world-class judo instruction with the luxury and excitement of a premier cruise experience, offering travelers a unique opportunity to train with Olympic judo instructors, gain insights from nutritionists, and work with peak performance mindset experts – all while soaking in the scenic beauty and vibrant culture of Bermuda.

World-Class Judo Instruction at Sea

Participants of all levels will have access to high-caliber judo training led by Olympian instructors renowned for their expertise and experience on the global stage. Multiple sessions will be held throughout the cruise, giving judo enthusiasts a rare chance to refine their skills, deepen their understanding, and train in a unique, engaging environment. With sessions tailored



for various skill levels, each guest can enjoy personalized instruction and witness firsthand the transformative impact of training alongside judo's elite.

Enhance Your Mind, Body, and Spirit

To support overall wellness and performance, guests will benefit from onboard experts, including nutritionists and peak performance mindset coaches. This holistic approach ensures participants leave the cruise with not only enhanced judo skills but also valuable knowledge in nutrition, self-care, and mental resilience – essential tools for high-level athletes and everyday fitness alike.

Luxury Amenities and Fine Dining

The Liberty of the Seas offers a variety of fine dining options, vibrant bars, and exciting entertainment, giving passengers the perfect blend of relaxation and activity. Savor delicious cuisine from world-class restaurants and unwind with amenities such as pools, spas, fitness centers, and more. From catching a Broadway-style show to relaxing by the pool, the ship provides plenty of opportunities to relax and connect with other judo enthusiasts in an unforgettable setting.

Discover Bermuda's Charm

The cruise will dock in Bermuda, where participants can explore the stunning beaches, crystal-clear waters, and welcoming local culture. Passengers will have time to enjoy Bermuda's world-famous beaches, warm sunshine, and friendly people, adding a unique cultural experience to this one-of-a-kind training adventure. There will also be ample opportunities to network, make new friends, and create memories with fellow travelers who share a passion for judo and adventure.

An Experience for Everyone

Whether you're an advanced judo athlete or new to the sport, this judo cruise offers an inclusive, engaging experience for all. With a rich itinerary of training sessions, workshops, and recreational activities, it promises to be a transformative and unforgettable journey, merging the thrill of high-level instruction with the relaxation and luxury of a Royal Caribbean cruise.

Booking Information

Space is limited for this exceptional judo cruise experience. Secure your place today and prepare for an adventure filled with world-class training, luxurious amenities, and the breathtaking sights of Bermuda.

For more information and to reserve your spot, please email us at: Info@mindcoachsystem.com

Join us for this rare opportunity to train, relax, and explore – all aboard the Liberty of the Seas from July 10-15, 2025. Don't miss out on the ultimate judo experience!

For press inquiries, please contact:

Adam Kripke & David Loshelder

Judo Cruise - Event Organizers

Phone: +1 (412) 407-7112 | Email: info@judocruise.com | Website: www.judocruise.com



Eastern U.S. Kata Championship
August 16, 2025
Koshiki no Kata clinic: August 17, 2025



The regional U.S. Kata Championships are developmental tournaments for athletes and judges to foster a more complete knowledge and practice of judo as designed and intended by Dr. Jigoro Kano.

August 16: Eastern U.S. Kata Championship <https://usjf.smoothcomp.com/en/event/24699>

August 17: Koshiki-no-Kata Clinic with David McFall, student of Kodokan Daigo sensei

Sanction: United States Judo Federation: 25-xx-xx pending

Competition and Clinic Venue: College Park Community Center, [5051 Pierce Ave, College Park, MD 20740](#)

Eligibility: Open to members with current membership in either USJF, USJA or USA Judo.

Tournament Directors:

- Head Tournament Director: Diane Jackson,
 - Contact email: JudoDTJackson@gmail.com
- Assistant Tournament Director: Karen Whilden

Head Kata Judges:

- Dr. Kuniko Takeuchi
- Assistant Head Kata Judge: Frances Glaze

Venue Hosts:

- Kurt Tamai, College Park Judo
- Kevin Tamai, Hui-o Judo

Registration fees:

- Registration fee is for only ONE athlete. Both partners need to register.
- You will be requested to identify your kata(s), your role per kata, and your partner's name per kata.
- Kata Kids, Child/Teen and Adult, Create-a-Kata (any Exhibition): \$20.00 each kata
- Early Bird, One Kata Category: \$40.00 (until August 2, 2025)
- One Kata Category: \$50.00
- Two Kata Categories: +\$20.00 (or \$70.00 total)
- Three Kata Categories: +\$20.00 (\$90.00 total)
- Four Kata Categories: +\$20.00 (\$110.00 total)
- Five Kata Categories: +\$20.00 (\$130.00 total)

Kata Categories and Divisions:

Teams can be the same gender or mixed gender. All teams (male, female and mixed) will compete together. Divisions with 1 or 2 two teams may be combined at the discretion of the Tournament Committee.

- An athlete can be the same role in the same division with a different partner
- Two athletes can enter the same division twice, if they switch roles

Kata Categories:

9. Kata Kids – Exhibition with achievement medal
10. Create-a-Beginner – reduced sets)

11. 15 years old and under (Open)
12. 20 years old and under (Beginner – reduced sets)
13. 20 years old and under (Open)
14. Open / Adult (Beginner – no black belts – reduced sets)
15. Open / Adult (Novice)
16. Open / Adult

Kata Divisions:

1. **Kata Kids (any age – Exhibition with achievement medal)**
 - A. Modified Nage-no-Kata (3 – 5 throws: one throw from each set)
 - B. Modified Katame-no-Kata (3 holds from set)
 - C. Modified Ju-no-Kata (3 techniques: one from each set)
2. **Create-a-Kata (any age – Exhibition with achievement medal)**
 - Create your own kata, Demonstrate a non-competed kata, and/or Modify or mix any kata(s)
3. **Child or teen with Adult partner (any ages or ranks – Exhibition with achievement medal)**
 - A. Any kata or modified kata with one adult and one child or teen. Works great for many katas: especially Itsutsu-no-Kata. Great for Parent-Child teams or any adult with a young judoka.
4. **12 years old and under (Beginner)**
 - A. Nage-no-Kata (First 3 sets)
5. **15 years old and under (Beginner)**
 - A. Nage-no-Kata (First 3 sets)
 - B. Katame-no-Kata (First 2 sets)
 - C. Ju-no-Kata (First 2 sets)

15 years old and under (Open)

- A. Nage-no-Kata (Full Kata)
- B. Katame-no-Kata (Full Kata)
- C. Ju-no-Kata (Full Kata)

20 years old and under (Beginner)

- A. Nage-no-Kata (First 3 Sets)
- B. Katame-no-Kata (First 2 sets)
- C. Ju-no-Kata (First 2 sets)

20 years old and under (Open)

- A. Nage-no-Kata (Full Kata)
- B. Katame-no-Kata (Full Kata)
- C. Ju-no-Kata (Full Kata)

Open / Adult (Beginner – no black belts)

- A. Nage-no-kata (First 3 Sets)

Open / Adult (Novice)

- A. Nage-no-Kata (Full Kata)
- B. Katame-no-kata (Full Kata)
- C. Ju-no-kata (Full Kata)

Open / Adult

- A. Nage-no-Kata (Full Kata)
- B. Katame-no-Kata (Full Kata)
- C. Ju-no-Kata (Full Kata)
- D. Kodokan Goshin Jutsu (Full Kata)
- E. Kime-no-Kata (Full Kata)
- F. Koshiki-no-Kata (Full Kata)
- G. Itsutsu-no-Kata (Full Kata)

Schedule (tentative) – August 15 – 17, 2025:

- Friday early evening, August 15, 2025 (location TBD)
 - Judges meeting
 - Written test for candidate judges and/or instructors
- Saturday, August 16, 2025 (College Park Community Center)
 - 9:00 am: Facility opens & mats set out
 - 8:30 am: Judges meeting (short)
 - 10:00 am: Opening ceremony
 - 10:20 am: Competition starts
 - After competition: Judge Feedback & Awards
 - After Awards: Open mat and Demonstrations for judge and/or instructor evaluation, as needed
 - No-host dinner arrangements
- Sunday, August 17, 2025 (College Park Community Center)
 - 9:00am – 12:00pm: Part 1: Koshiki no kata clinic with David McFall, student of Kodokan Diago Sensei
 - 12:00pm – 1:00pm: Lunch break, & time if evaluating for judge and/or instructor
 - 1:00pm – 5:00pm: Part 2: Koshiki no kata clinic with David McFall, student of Kodokan Diago Sensei
 - 5:00pm – Complete judge and/or instructor evaluations, if needed

Nearby Hotels:

- Best Western Plus, 8419 Baltimore Avenue, College Park, MD, 20740 (with breakfast)
- Cambria Hotel, 8321 Baltimore Avenue College Park, MD 20740
- Kata Judge accommodations provided

Nearby Airports:

- Ronald Reagan National Airport (DCA) Metro to College Park metro and then uber/lyft/taxi
- Baltimore-Washington International Airport (BWI)
- Dulles International Airport (IAD). Metro to College Park and then uber/lyft/taxi

Awards:

- Gold (1st), Silver (2nd) and Bronze (3rd) place medals will be awarded in each division.
- Achievement medals will be awarded to all exhibition divisions
- A Spirit of Judo award will be awarded to one team

- Keiko Fukuda Scholarships will be available for Champion team to eligible divisions. Division must have 2+ teams. (see Scholarship information for further USJF scholarship requirements)

Competition Rules:

- 2025 IJF Kata Evaluation Criteria
 - with specific rule adjustments for Eastern US Championship

Rule Adjustments for 2025 Eastern US Kata Championship from 2025 IJF Kata Rules:

- For Beginner and Novice divisions
 - Re-start, gestures, or talking within a technique will be given a Big mistake (-5 points) rather than Major (0 points)
 - Sizing of judogi will not be penalized
 - Hair on the collar will not be penalized, unless it interferes with the performance
- All divisions
 - White judogi only.
 - IJF-label judogi and backpatch are not required. Club patches allowed.
 - Upon request, males can wear short-sleeved, plain white, rounded neck tee-shirt or rash guard. No markings can be visible when the judogi is properly arranged.

Judogi Requirements:

- IJF Sport and Organisation (SOR) Rules
 - Athletes, coaches and parents are encouraged to review the requirements
- Open divisions: IJF SOR judogi requirements regarding sizing will be enforced
- Female athletes wear a plain white, short-sleeved, rounded-neck tee-shirt, rash guard, or leotard, that is sufficiently long to be secured inside the trousers.

Competition Areas:

- Two tatami areas with safety borders

Keiko Fukuda USJF Scholarship Award:

The Keiko Fukuda Scholarship award is available based on the results of this event for eligible participants.

Scholarship Eligibility:

- Winners must be a USJF member for at least 3 months prior to the event.
 - Winners of a division (combined divisions are allowed) with at least 2 teams who meet the USJF membership criteria are eligible.
 - Winners will submit a Fukuda Scholarship Form after the event to Eiko Shepherd. A link will be provided at the event.
 - Once the winner's USJF membership eligibility and the scholarship form have been processed, checks will be mailed to winners.
 - Each winner may only win one award, even if they qualify for multiple divisions.
 - Note: it is possible that one member of a winning kata team is eligible and the other member is not.
-

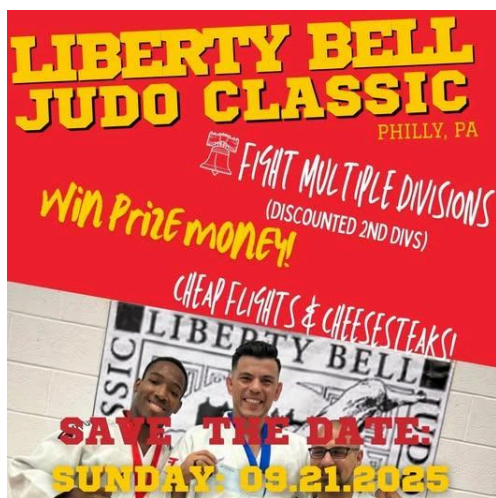


Veterans Judo Open - Charleston, SC

August 23, 2025

We start by 9AM and Finish by 3PM. Plenty of time to enjoy beautiful South Carolina.

Registration Coming Soon.



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.

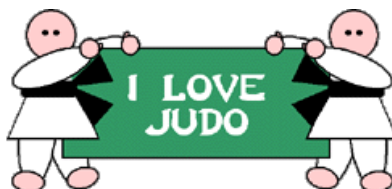
Save the date and come find out why cheesesteaks are just part of the great weekend! Smoothcomp details coming this spring.



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



For more information contact :

Shufu President, Miki Takemori, ShufuPresident.Miki@gmail.com

Shufu Vice-President, Michael Landstreet

Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-6861, Email
–shufuboechairman.kevin@gmail.com

Visit the website at <http://www.shufujudo.org>

