



Shufu Judo Yudanshakai Shufu Shimbun

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

April 2024



Upcoming Events:

**Important notice - April 3-7, 2024 – USJF Spring meetings at Hyatt in Dulles VA.

** USJF Hall of Fame and Lifetime Achievement Dinner at Hyatt in Dulles, VA 630-10pm

April 13 – Dale City Junior Development Shiai – Woodbridge, VA

** Notice – Date change - Liberty Bell has moved from April to September 2

** Notice - Date change – NY Open that was 3-16-24 is moved to 4-13-24

****Important date- April 20, 2024 Shufu Board of Directors**

meeting, Shufu Board of Examiners meeting, Shufu rank examinations and promotions - Location: Beltsville Community Center, Beltsville, MD

Shufu North Date- April 27, 2024 – Shufu North Promotion – Location TBD

SAVE THE DATE July 5-7 USJF Summer National Championships – Location TBD

SAVE THE DATE Aug 9-11 US National Kata Conference – University of San Diego



*** Important Dates for upcoming Shufu Judo Yudanshakai Promotions.

April 6 - last date for paperwork turn-in

April 20 – promotional testing and examination at Beltsville Community Center in Beltsville MD

April 20 – Shufu Board of Examiners meeting

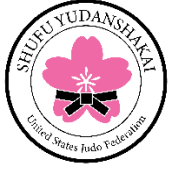


Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport. Overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. In 2021 our membership had dropped to 248 and in 2022 we were at 341. As of February 2024, we have 25 registered dojos comprised of 517 members, of which 130 are dan ranked judoka, 208 are senior judoka and 309 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., and Dale City Judo in Woodbridge VA

WE NEED YOU!



Are you a member of Shufu Judo Yudanshakai? Has your membership lapsed. Please check your membership status. Encourage others in your judo community to join as members. Please stay current with your membership. If you are a life member, you still have to submit a new waiver every year to stay current. Is your club a member of Shufu Judo Yudanshakai? Please verify with your sensei that your club current and active with us.



Shufu Judo Yudanshakai, in cooperation with Hui-O-Judo Beltsville and the
Maryland National Capital Park and Planning Commission,
presents the



Spring 2024 Shufu Judo Yudanshakai



Junior and Senior Promotional Examination

Saturday, April 20, 2024

At

Beltsville Community Center
3900 Sellman Road, Beltsville, MD 20705
United States Judo Federation Sanction # 24-04-01

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

Key Deadlines - These are HARD deadlines - no exceptions

February 20 – First date to accept applications.

March 21 – First deadline for Dan paperwork (initial submission of Form 20)

April 6 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

April 20 – Promotion day, BOE meeting, BOD meeting

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

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 by March 15 to facilitate the smooth running of the event. Submit to Kevin Tamai, Chair of the Board of Examiners – shufuboechairman.kevin@gmail.com

Promotion Requirements being used

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2024 Shufu Spring Promotional will follow the “2021 Final Handbook Revision with Added Techniques”, 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.

Event Schedule

9:00 AM – 11:00 AM Promotional candidate written test and physical demonstration testing
9:30 – 11:00 AM Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: shufupresident.miki@gmail.com)
11:30 AM – 1:00 PM Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
Following BOE Meeting: Announcement of Results

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

Registration and Fees

1. **Registration Deadlines** (These are HARD deadlines.)
 - April 6, 2024 All completed and final paperwork due
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 plus \$25 for each rank step above Shodan, plus an additional \$25 for Shichidan and Hachidan. (Instructions for how to pay to USJF Promotional Fees will be provided after the promotional) Life Members: \$0]

- Waiver (online) must be electronically signed or scanned and sent to Kevin Tamai, Chairman of the Board of Examiners at shufuboechairman.kevin@gmail.com

Accommodations

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

Documentation

1. **Documentation first accepted on Friday, February 20, 2024 (electronic submission only)**
2. **Documentation Due by March 21, 2024**
 - **Black Belts only: Editable Form 20 (electronic submission only):**
 - Submit to Karen Whilden, Rank Registration Chair, at 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. Saturday, April 6, 2024
 - If a Form 20 has not been submitted by Saturday, March 21, 2024 the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **Documentation Due by Saturday, April 6, 2024**
 - **Junior and Senior Kyu Documentation (electronic submission only):**
 - Submit scans of documents below to Kevin Tamai, Chairman of the Board of Examiners at shufuboechairman.kevin@gmail.com
 - Membership card
 - Competition results
 - Kata Scores (as required to the rank sought)
 - ❖ Contact Rank Registration Chair 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 Documentation Requirements (electronic submission only):**
(See Shufu website under Promotions for how to submit each document.)
 - Submit all documentation to Karen Whilden, Rank Registration Chair, at shufurankreg@gmail.com
 - Form 20 – in final, complete, and editable format
 - Membership card
 - Indicate status of a USJF background check (for judoka 18 years of age and older)
 - a) Hold a current USJF background check
 - b) Have recently applied of one
 - Promotion certificate for current rank
 - Kata Scores (as required for the rank sought)
 - ❖ Contact Rank Registration Chair 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 national level or higher certified kata judge or kata instructor in the kata to be tested.
 - Safe Sport certificate (for judoka 18 years of age and older)
 - CDC Heads Up certificate or NFHS (National Federation of High School – National Federation of State High School Association) Concussion Training
(Note: For dan candidates that need to also satisfy USA Judo – CDC Heads Up is accepted but not NFHS.)
 - For Nidan and above: CPR and First Aid certificate(s)
 - Other certificates (as required to decrease Time-in-Grade by the rank sought for non-competitors)

- If the Form 20 has not been updated to cure all identified problems, and resubmitted by Saturday, April 6, 2024, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, April 6, 2024.

Shufu Board of Directors

Please submit agenda items for the Shufu Board of Directors meeting by March 21, 2024 to Shufu Secretary Diane Tamai Jackson, at shufuyudanshakai@gmail.com.

The Shufu Judo Yudanshakai Board of Directors meeting will begin at 9:30 AM. This meeting is for registered members of Shufu Judo Yudanshakai who hold the current rank of Shodan (1st 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

UNITED STATES JUDO FEDERATION Medical Committee

USJF Medical Committee - COVID Update 10/2022

Effective immediately, the following shall apply to all USJF Dojos and all USJF events, local and national:

Testing:

1. USJF events will follow jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities
2. COVID testing is not a requirement from the USJF national office
3. Testing may be required at the discretion of the event medical director, depending on local conditions
4. International competitors from outside the United States will need to follow COVID-19 Testing and other protocols as required by the US State Department/CDC.

Vaccinations:

1. There is no COVID-19 vaccine requirement for athletes, referees, staff, vendors, or spectators. However, COVID-19 vaccines are highly encouraged.

Masking:

1. Masking should follow local/state health department guidelines
2. There is no masking requirement from the USJF national office

Symptom Screening:

1. Symptoms screening, visitor logs, or temperature checks are not required
2. Symptom screening may be performed at the discretion of the head sensei, or event medical director
3. Individuals actively experiencing symptoms including fever, cough, sore throat, and fatigue should not practice/participate

Hygiene:

1. Continue to sanitize/wash hands frequently
2. Clean mats and equipment regularly

Returning to Activity after COVID Infection:

1. Members who were asymptomatic or had mild symptoms may return to activity on a gradual basis after an appropriate period of isolation. Please visit the CDC website for isolation guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html> [cdc.gov]
2. Members who require hospitalization or experience new or prolonged cardiopulmonary symptoms should consult with their personal physician BEFORE returning to activity
3. If you have any questions or concerns, please consult your personal physician



Junior Shia
Development
Tournament,
Saturday, 13 April 2024
Registration 9am
Competition 10am-1pm
at
St Francis of Assisi School
18825 Fuller Heights Rd,
Triangle, VA 22172



<https://smoothcomp.com/en/event/<TBD>> for Registration

Cost:
\$35 for USJF Members

All competitors must be current USJF members. Modified IJF rules will govern this tournament. No shime waza (chokes) are allowed for juniors age 12 and under. No kansetsu waza (armbars) allowed in Junior competition.

Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

4/ 14 /2024 – Garden State Classic (kata and shiai), Wayne, NJ

5/ 24 – 27 /2024 – USAJudo Senior Nationals (kata and shiai), CA - smoothcomp for details and registration

9/ 08/ 2024 – North American Championship, Wayne, NY -smoothcomp for details and registration

9/28 – 29 / 2024 – PJC kata championships (must compete at nationals), Columbia

In judo, kata is more than just a choreographed performance for demonstrations or a requirement for promotions. Let me shed some light on its significance:

1. Teaching Tool: Kata serves as a teaching tool, allowing practitioners to delve deeper into the intricacies of judo techniques. It provides a structured framework for learning and understanding fundamental principles.
2. Learning Tool: By practicing kata, judoka gain insights into historical aspects of judo that are preserved only within these prearranged sequences. Some of these elements involve techniques that are no longer allowed in competitive judo due to safety concerns.
3. Demonstration Tool: Kata showcases the essence of judo. It emphasizes safety, precision, and control. When performed well, it demonstrates the artistry and mastery of techniques.
4. Tradition and Heritage: Kata helps maintain the rich tradition of judo. It connects practitioners to the roots of the martial art, ensuring that valuable knowledge is passed down through generations.
5. Innovation and Ideas: Kata isn't static; it evolves. It serves as a platform for developing new techniques and exploring creative variations.

Remember, practicing kata is as essential as randori (free practice) or competing in tournaments. It deepens your understanding of judo beyond what books, articles, or videos can provide. So, embrace kata—it's more than just a duty; it's an opportunity to enhance your judo journey

2024 Joshi Judo Camp - We are proud to announce that Jefferson City Judo Club in Jefferson City , MO will be hosting the Joshi Judo Camp this year at their school and facility June 7-9, 2024. They are donating the facility use so that all proceeds can go to the foundation. Please support this great all women's Judo Camp. We need more ladies on the mat!! Stay tuned for more details and registration soon to come!



“Be Strong, Gentle and Beautiful in Mind, Body and Spirit” is Sensei's motto. At Joshi Judo Camp, participants get instruction and practice to develop as women judoka. It is a great weekend to refocus back on the principles of judo and of being a woman. A place for women judoka. The first joshi judo camp took place in 1974 with an instructor staff of Keiko Fukuda Sensei, Michiyo Kitaoka Sensei and Elizabeth Lee Sensei. Joshi judo camp became for many students something to look forward to every year. It is so rare for women who practice judo to get the opportunity to practice with women. For some it is also a rare opportunity to develop their kata skills and their randori skills. Fukuda Sensei wishes for joshi camp to continue as her legacy and to continue to develop great joshi judoka.

Kata event recap:



Referee Corner by Sharon Landstreet

Hope all is well with everyone.

I wanted to share some referee information and upcoming tournaments with all of you.

The Liberty Bell tournament has been held Spring in the past but this year it will be held in September - September 22, 2024 is the date that I have been provided with. If everything works out - it will be a National Referee Testing Event.

On Sunday, April 14, 2024, Ramon Hernandez will host a 6 mat USA Judo Point Tournament in Wayne, New Jersey - The Garden State Judo Classic

<https://allthingsjudo.smoothcomp.com/en/event/13458>

USA Judo Point Tournament



Photo By Charles Medani

We are also working on a date for the FY24 Virginia Open Championship - once I have the dates and information for this event - I will share it with everyone.

Below is a link to a google drive I created with the slides and other documents related to judo rules.

Link to Referee Videos from the FY24 IJF Referee and Coach Seminar that is occurring this weekend.

[Referee seminar Győr 2024 \(ijf.org\)](#)

I also included other links below that you may find helpful.

We also are looking into having another Rules Clinic in the Fall. Will keep you posted.

Thanks,
Sharon Landstreet

Link to FY24 Shufu Rules Clinic Google Drive

https://drive.google.com/drive/folders/1H7oBSQN7wE7vB4Z6x5zHdsAd8laf6voS?usp=drive_link

Link to Detailed Explanation of the IJF Judo Refereeing Rules Update March 25, 2023

<https://rules.ijf.org>

This contains the videos I showed at the clinic and others that I did not show that you may find helpful.

On the tab for Decision 5 on Counter Attacks - the 2nd video was not show during the clinic since the decision on this video has been updated.

The majority of the information is current but there may be a few items that have been updated with new information during FY23

The IJF is having a Rules clinic held in Budapest Hungary the weekend of Jan 21st.

After the clinic - they will publish materials that will show the clarifications to the Judo Rules since FY23 and the rules to be used in the upcoming Olympics.

This video is from 2018 but a majority of the material is still valid.

Clarification on newaza vs tachiwaza video

https://drive.google.com/file/d/1SHqgfC3Ke09j-nhtt2slqfmUpl6uqlyc/view?usp=drive_link

Below are more links that will help with information and links to websites for IJF, PJC, ISBA and the USA Judo Referee page.

(78) [IMPORTANT: new judo referee gestures for shido \(penalties\) 2022-2024 - YouTube](#)

(78) [2022 - 2024 IJF Judo Rules Information - YouTube](#)

(78) [IJF Judogi Rules - Explained - YouTube](#)



40 Judo Techniques in 5 min with the Superstars

<https://www.youtube.com/watch?v=t82RQveezhs&feature=youtu.be>

IJF Website <http://ijf.org/>

ISBA Website [Home - IBSA Judo](#)

PJC Website [CPJ \(panamjudo.org\)](http://panamjudo.org)

USA Referee Page [USA Judo | USA Judo Referees](#)



USA Judo Referees
www.usajudo.com

On Monday March 9, DC judo was privileged to host Gonoji Rina sensei for our class on International Women's Day. This week, Gonoji sensei was awarded the Secretary of States's International Women of Courage award for leading a public campaign in Japan against sexual harassment. Gonoji sensei is a tremendously accomplished judoka and has studied since the age of four. She not only helped teach us some of her favorite techniques, but also spoke about how the art of judo is not just about learning throws but learning to fall and get back up, a lesson that is clearly applicable far beyond the judo mats. Congratulations to Gonoji sensei. Judo Saikou (Judo is the best!)

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](#)

[Portal](#)

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 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.



to

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 at 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.



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.

Event recaps-

First aid/CPR/AED training at Navy Judo -

Several of the Naval Academy Yudansha award an Ippon to judoka Alicia Rausch, a familiar face at the shiai medical table for providing "in dojo" training in CPR/AED/FIRST AID on Saturday March 2 at Navy Judo. If you are interested in having training for your dojo, please contact Alicia Rausch.



Sport Judo hosted Robert Eriksson Clinics

SportJudo hosted a clinic at SportJudo, featuring Robert Eriksson. Coach Eriksson is the new head of the National Resident Training Center Program, at the US Performance Center in Charlotte, NC. He was previously head coach of the Swedish National Judo Team, including multiple Swedish Olympic teams (2008, 2012, 2016, and 2020 Olympics). Coach Eriksson is also a top international competitor, and eight time Swedish National Champion. This clinic was FREE to all current USAJudo members, and SportJudo students, cadets and seniors. The dates were Saturday, March 9, 2024 11:45am - 1:15pm (during the SportJudo seniors class), and Sunday, March 10, 2024 9:00am - 12:00pm (open to all USAJudo Cadets and Seniors) .Almost 70 people on the mat! Thank you to Robert Eriksson, the National Resident Training Center Head Coach, for sharing his



2024 USA Judo Regional Training Camp DC
Hosted by Sport Judo

- Session 1 - Saturday, 9 March 11:45am - 1:15pm
- Session 2 - Sunday, 10 March 9:00am - 12:00pm
- Registration - No Registration needed
- Must be born 2009 or older

This is a USA Judo Regional Training Camp run by Robert Eriksson, who is in charge of running the USA Judo National Resident Training Center Program at the US Performance Center in Charlotte, NC.

Contact: Robert Eriksson - robert.eriksson@usajudo.us 719-866-3686
Contact: Maurice Allan 703-407-1691
Sport Judo - 5405 Port Royal Rd, Springfield, VA, 22151

knowledge and running a great camp so far. He is a former Swedish Olympic coach and ten-time National Champion. We are very lucky to have him!



USA JUDO largest Junior Nationals in Atlanta - With 675 registered competitors, USA Judo Youth National Championships was the largest edition of the tournament in the event's history, smashing the previous record of 588 set in Colorado Springs in 2019. Competition was held on Saturday March 23 and Sunday March 24 at the Georgia International Convention Center, 2000 Convention Center Concourse in College Park. This event featured the nation's best judo

athletes ranging from ages 5-20 years old, the tournament draws athletes from 107 clubs from 30 states. Nearly 40 athletes from throughout Georgia will be competing at Youth Nationals, representing six clubs: Atlanta Judo Midtown, Black Ice Judo, CMAC – Judo, Supermaster Kim Martial Arts Academy, Ippon Judo & Jujitsu and West Georgia Judo Club.



The Youth Nationals will serve as the Trials for the 2024 Junior and Cadet Pan American / Oceania Championships which will be held from April 22-24 in Rio de Janeiro, Brazil. The winner of each of the IJF-Junior and Cadet competitions in Atlanta will earn direct qualification berths to the Championships.

Among the weekend's competitors to are numerous past Senior, Junior and Cadet World Team members

We congratulate Elsa Clark, from Sport Judo, who won bronze at the International Thuringia Cup in Germany where she had a 43 person bracket, including some of the toughest -52kg Cadet Under 18 judoka from Germany, Azerbaijan, Uzbekistan, The Netherlands, Sweden, Switzerland,



Great Britain, Belgium, Denmark, and Czech Republic. After losing her first match, she worked her way back up, winning six matches in a row to secure the bronze medal. She is now the first American to ever medal at this prestigious tournament where many World Champions and Olympians have competed, such as Uta Abe! We're so incredibly proud of all the work this girl puts into her judo and everything she has accomplished at the young age of fifteen. Well done!

Congratulations to Eloise Painter from High Noon Judo in Alexandria, VA who earned 2nd place 🥈 at her first USA Judo Youth Nationals this weekend. Incredibly proud is an understatement of how I feel about her. After 7 fights this weekend, one of the first things she said was, "Dad, I'm so happy, but I'm going to work on the stuff you mentioned and be even better next time." This kid showed me the depths of grit and determination she has and will continue to develop.



Upcoming events:

Note: This is NOT a USJF sanctioned event. Provided for information only.

El Idrissi Judo USA is at El Idrissi Judo USA.

· Philadelphia, PA ·

⚡ JASON MORRIS JUDO SEMINAR ⚡

👤 Come learn from a 4X Olympian! 🐘

Jason Morris was in 1992 Olympic finalist U78kg in Barcelona. Morris won bronze at the 1993 World Championships in Hamilton and was fifth twice in 1987 and 1989. He competed at four Olympics (1988-2000) and was Pan American Games winner in 1987 and 1991. He also became US Judo head Coach at 2008 Olympics.

📅 DATE: SAT 4/6/2024

🕒 TIME: 12-3 pm

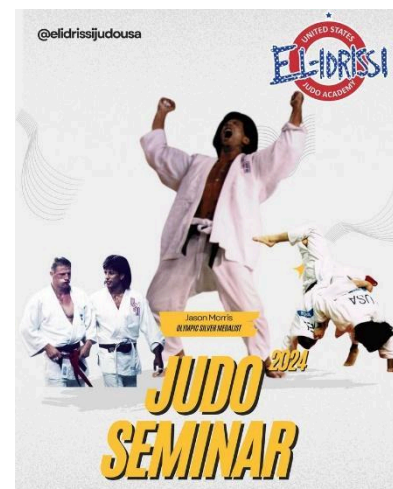
📍 LOCATION: Headquarters - 7153 Sprague St, Philadelphia PA 19119

✅ AGE: adults and youths (7+) are welcome to attend

💰 COST: \$75

👕 WEAR: please wear a white gi if available

There will be a maximum number of students allowed on the mat, so please register early. Link In Our Bio in the Link-tree.





JEWISH JUDO ATHLETES

JOIN THE USA DELEGATION:

MACCABIAH 2025
ISRAEL, JULY 8-22, 2025*



Age Divisions

U16: 2009-2010 (M&F)

U18: 2007-2008 (M&F)

Open: 2006 or before
(M&F)

Masters 35+: 1990 or
before (M&F)



Questions? Contact
Scott Gelb,
scottgelb@yahoo.com
or **Lou Moyerman,**
lmoyerman@aol.com

Scan Me!



*All U16, U18 & Open Athletes must participate in a week-long pre-Games program in Israel

8-22
JULY
2025




MACCABI USA



@MACCABIUSA



Note: This is NOT a USJF sanctioned event. Provided for information only.




Neil Adams, MBE
Is coming to SportJudo

9th dan
World Champion
5X European Champion
2X Olympic Silver medalist
Official voice of International Judo Federation

Sunday, April 7, 2024 at SportJudo
11:00am-1:30 pm, cadets and seniors only
SportJudo members \$25.00
Guests \$50.00

Space is limited. Register and pay online at Venmo (@Yamasaki-Academy) or at the front desk at SportJudo, cash or credit card.

Note: This is NOT a USJF sanctioned event. Provided for information only.






**2024 National Collegiate
Judo Association
College and High School
Championships**

Tentative Schedule. More Information coming soon.

| | |
|--------|---|
| 000000 | April 5 - College Weigh in |
| 000000 | April 6 - College Championships, High School Weigh In |
| 000000 | April 7 - High School Championships |

Smoothcomp registration coming soon.

Host - Texas A&M University Judo
Location - College Station, Texas
www.aggiejudo.com
aggiejudo@tamu.edu





GARDEN STATE JUDO CLASSIC – April 14

USA JUDO POINT EVENT Juniors, Seniors, Veterans

PRESENTED BY: North Jersey Judo

TOURNAMENT DIR: Ramon Hernandez, Head Instructor @ NJJ | 201-206-2705

ramon@northjerseyjudo.com

CHIEF REFEREE: Saro Balagezyan - IJF A Referee balagezyan@gmail.com

WHEN: Sunday, April 14, 2024

WHERE: Wayne PAL, 1 PAL Drive, Wayne, NJ 07470

REGISTRATION: Online Registration at smoothcomp.com

ENTRY FEE: Early Bird: \$85.00 Normal: \$90.00 Late: \$95.00

REGISTRATION DEADLINE: Early Bird: Sunday, March 31, 2024, 11:59PM ET

Normal: Sunday, April 7, 2024, 11:59PM ET

Late: Thursday, April 11, 2024, 11:59PM ET

ELIGIBILITY: US COMPETITORS: Must be a current member of USJI, or ATJA

NON-US COMPETITORS: All categories will be open to both U.S. citizens and non-U.S. citizens.

Non-U.S. citizens will not be eligible for points on the USA Judo National Roster and must provide a written approval from their National Federation and/or present a current Federation Card of their own country and contact USA Judo Directly as far in advance of the event as possible.

WEIGH-INS: Saturday, April 13, 2024, 12P – 4p @ North Jersey Judo, 246 Wanaque Avenue, Pompton Lakes, NJ

More details and registration can be found on Smoothcomp.

Contact information for the 2024 Garden State Judo Classic:

Ramon Hernandez | 201-206-2705 | ramon@northjerseyjudo.com

Note: This is NOT a USJF sanctioned event. Provided for information only.



East Coast Elite Training camp here in the DC area - Getting ready for Senior Nationals or the Junior Circuit? Maybe you are just looking to improve your knowledge? We have a training camp for you! MASTERS and High Noon judo are putting on our spring national training camp from April 22 to April 27! There will be two training session per day. We hope to see you there! High Noon Judo, located at 85 S Bragg Street in Alexandria VA is very excited to announce that we will be hosting multi-time world team member Alaa El Idrissi (@elidrissialaa) and his wife, multi-time National Medalist and Collegiate Wrestling All American Kristin El Idrissi (@judochops85) as part of our spring training camp! Along with 2021

Olympian Nefeli Pappadakis (@nef.papadakis), we will have a great group of guest instructors. For more information, contact Chris Round at 978-654-8310.

Note: This is NOT a USJF sanctioned event. Provided for information only.



USA Judo is pleased to announce that the 2024 Senior National Championships will be held in Ontario, CA from May 24-25.

The Kata Nationals will be held on Friday, May 24 with shiai competition on Saturday, May 25. The tournament is expected to draw more than 600 participants in the final senior competition to be held in the United States before the Paris Olympic Games.

“The 2024 Senior Nationals will be the first time this tournament has been held in California in 15 years and

we couldn’t be more excited to bring the top judoka in the nation to Ontario,” said USA Judo CEO **Keith Bryant**. “Partnering with the Golden State Open also will give athletes multiple competition opportunities throughout an exciting holiday weekend of judo action.”

For the first time, the tournament will be held in partnership with the Golden State Open – a USA Judo Point Tournament and one of the longest-running major judo competitions in the nations with the 32nd edition scheduled for 2024. Competition for the Golden State Open will be held from May 26-27.

“We are pleased to be partnering with USA judo and bringing the senior nationals back to the Los Angeles area. Our focus is to impact the judo community in a positive way and we feel that this collaboration will do just that leading into LA 2028,” said Golden State Open Tournament Director **Eric Sanchez**.

Competition will take place at the Ontario Convention Center which is just a mile away from the Ontario International Airport which services 12 airlines with direct service to 22 cities, including New York, Denver, Chicago, Dallas, Atlanta, Houston, Salt Lake City and more.

The tournament also is within an hour drive to Los Angeles International Airport and situated within easy reach of major Southern California attractions, including Pacific Coast beaches, Big Bear Mountain resorts, Disneyland, Hollywood and more.

“With a deep-rooted passion for sports and community, we're excited to host USA Judo in Ontario. We look forward to forging a strong, lasting partnership with the national judo community as we work together to cultivate and amplify the growth of this extraordinary sport, especially with the 2028 Olympics coming to Southern California,” said Michael Krouse, CEO of Greater Ontario California.

Discounted hotel rooms are available at the lowest guaranteed rate through USA Judo’s official tournament housing provider, Team Travel Source.

Note: This is NOT a USJF sanctioned event. Provided for information only.

2024 Junior Olympic Championships to be Held in Pittsburgh

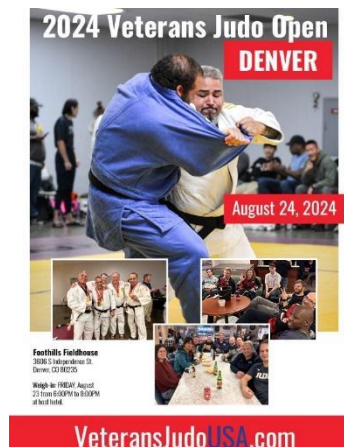
(Colorado Springs, CO) – USA Judo is pleased to announce the Junior Olympic Championships will return to the Northeast for the first time in many years when the event is held in Pittsburgh, PA from June 21-23, 2024. The Junior Olympic National Championships will be held from June 21-22 with the International Championships to take place on June 23 with nearly 1,000 athletes ages 5-20 expected to fight for gold.

Pittsburgh is a premier sports destination with the best of football, baseball, hockey and more. Beyond bleeding black and gold, Pittsburgh hosts a wide array of other notable sporting events throughout the year, including The DICK'S Sporting Goods Pittsburgh Marathon, the 2023 National Senior Games, Atlantic 10 Men's Basketball Championships, USGA Men's and Women's US Open, NCAA Frozen Four, NCAA Division I Men's Basketball Championships and USA Gymnastics Championships. These competitions offer a great opportunity for Pittsburghers and travelers alike to come out to cheer on participating athletes and get inspired by their stories, strength, determination, commitment and spirit.

"We're excited to host the USA Judo Junior Olympic Championships in Pittsburgh in 2024," said Sports PITTSBURGH Executive Director Jennifer Hawkins. "Unique events like this one continue to develop the city's rich history as the City of Champions, and we look forward to introducing the national judo community to all Pittsburgh has to offer." "It is exciting to bring the Junior Olympics back to the Northeast and fitting to be in the City of Champions just before the 2024 Olympic & Paralympic Games. We are looking forward to partnering with USA Weightlifting to see future Olympic hopefuls in action as we look ahead not just to the Paris Games, but to LA 2028 as well," said USA Judo CEO Keith Bryant. Entry packet and additional registration details will be released in early 2024. Discounted hotel rooms are available now through Team Travel Source, USA Judo's official tournament housing provider.

Note: This is NOT a USJF sanctioned event. Provided for information only.

Veterans Judo Only Tournament
AUGUST 24TH 2024
Novice & Advanced Divisions
Open To International Players
*****USA Judo Veterans Points*****
<https://usajudo.smoothcomp.com/en/event/16424>
www.VeteransJudoUSA.com



Note: This is NOT a USJF sanctioned event. Provided for information only.



Dear Judo Family, We are proud and happy to inform you officially that the World Veterans' Judo and Kata Championships 2024 will take place in Las Vegas, USA. We estimate that the date will be between November 4th and November 11th, 2024, starting with the Veterans followed by the Kata event. The outlines are expected to be published by the end of February. Please save the dates and I hope to see you there.

Viva Las Vegas! Kind regards, Denis Weisser, Chair of the IJF Veterans' Commission

Kaizen Methodology: The Art of Continuous Improvement — Japanese Habits Unveiled

In a world constantly demanding more from us, the pursuit of self-improvement has become a universal goal. Everyone wants to be better, to achieve more, and to live a fulfilling life. But, have you ever wondered how the Japanese have mastered the art of continuous self-improvement through the Kaizen methodology?

In this article, we'll explore the fascinating world of Kaizen and how Japanese habits have paved the way for personal development and success.

Understanding the Essence of Kaizen

- What is Kaizen? *Kaizen, a Japanese term, translates to "change for better" or "continuous improvement." It's a philosophy that encourages small, incremental changes in various aspects of life to achieve significant long-term improvements. The Kaizen methodology originated in Japan but has gained global recognition and application in both personal and professional settings.*

The Origins of Kaizen - Kaizen's roots can be traced back to post-World War II Japan when the country was in ruins and needed to rebuild its economy. Figures like Dr. W. Edwards Deming and Joseph M. Juran significantly influenced the development and spread of Kaizen principles. Japan's remarkable transformation into an economic powerhouse is often attributed to the widespread adoption of Kaizen.

Key Principles of Kaizen

Continuous Improvement: The core principle of Kaizen is making small, manageable changes regularly. This approach emphasizes progress over perfection.

Standardization: Kaizen relies on standardized processes and procedures. This ensures that improvements are consistent and can be easily replicated.

Eliminating Waste: Another fundamental concept in Kaizen is the elimination of waste in all forms, including time, resources, and effort.

Employee Involvement: Kaizen encourages the active participation of all employees in identifying and implementing improvements.

Kaizen in Everyday Life

Kaizen isn't limited to the workplace. Japanese individuals have integrated Kaizen principles into their daily routines, promoting personal development and well-being. From health and fitness to relationships and [personal goals](#), the Kaizen approach can be applied to all areas of life.

Japanese Habits that Embrace Kaizen

1. The Art of Kaizen in Daily Rituals

Morning Routine - Japanese individuals start their day with purpose. They practice mindfulness, gratitude, and visualization to set a positive tone for the day ahead.

Time Management - Punctuality is highly valued in Japanese culture. Efficient use of time is a fundamental aspect of Kaizen, and it's deeply ingrained in the Japanese work ethic.

2. Continuous Learning

Mastery of Skills - Japanese individuals are dedicated to perfecting their skills, whether it's in martial arts, tea ceremonies, or calligraphy. They follow the Kaizen principle of continuous improvement to reach new levels of expertise.

Lifelong Learning - Japanese society encourages lifelong learning. People of all ages are encouraged to explore new subjects and gain knowledge continually.

3. Mindful Consumption

Minimalism - The concept of minimalism is deeply rooted in Japanese culture. By living with less, individuals can focus on what truly matters and avoid the clutter that can distract from personal growth.

Healthy Eating - Japanese cuisine is renowned for its health benefits. The emphasis on fresh, seasonal ingredients and balanced meals aligns with the Kaizen approach to improving one's health over time.

Applying Kaizen Methodology to Self-Improvement

Kaizen Methodology: The Art of Continuous Improvement — Japanese Habits Unveiled

1. Setting SMART Goals- In the realm of personal development, setting Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals is crucial. Japanese individuals use this framework to create actionable plans for their self-improvement journey.

2. Kaizen in Fitness and Health - Japanese habits in fitness and health are aligned with Kaizen principles. They emphasize consistency over intensity, making small, sustainable changes in diet and exercise routines to achieve lasting results.

3. Kaizen in Relationships - Building and maintaining meaningful relationships is an essential part of personal growth. Japanese individuals apply Kaizen principles to communication, empathy, and conflict resolution to strengthen their bonds with others.

4. Kaizen in Career Development - Career success in Japan is often attributed to dedication and a commitment to lifelong learning. Kaizen principles, such as continuous improvement and employee involvement, are evident in the Japanese approach to work.

The Global Influence of Kaizen

Kaizen Beyond Japan

The impact of Kaizen extends far beyond Japan's borders. Businesses worldwide have adopted Kaizen methodologies to enhance efficiency and productivity. Additionally, the principles of continuous improvement have found applications in various industries, including healthcare, manufacturing, and technology.

Personal Development Movements - The global personal development movement has also embraced Kaizen. Individuals worldwide are discovering the power of small, consistent improvements in their lives, applying Kaizen principles to achieve their goals.

Business and Productivity - In the corporate world, Kaizen has been widely adopted to enhance productivity and efficiency. Companies like Toyota have successfully implemented Kaizen principles in their production processes, leading to significant cost savings and quality improvements.

Health and Well-being - Kaizen can also be applied to health and well-being. Japanese habits like "Hara Hachi Bu" (eating until you're 80% full) and "Shinrin-Yoku" (forest bathing) promote gradual, sustainable improvements in one's physical and mental health.

Tools and Techniques

To implement Kaizen effectively, various tools and techniques can be employed:

PDCA Cycle: The Plan-Do-Check-Act (PDCA) cycle is a structured approach to problem-solving and continuous improvement. It involves planning, executing, evaluating, and adjusting processes to achieve desired results.

Whys Analysis: This technique involves asking "why" five times in succession to identify the root cause of a problem. By addressing the root cause, organizations can prevent recurring issues.

Gemba Walks: Gemba, a Japanese term for "the real place," encourages managers and leaders to go to the workplace to observe and engage with employees directly. This fosters a deeper understanding of processes and provides

opportunities for improvement.

Cultivating a Kaizen Mindset

Cultivating a Kaizen mindset requires a shift in perspective and the development of certain habits:

Embrace Change: Be open to change and view it as an opportunity for growth, not a threat.

Set Clear Goals: Establish specific, measurable, achievable, relevant, and time-bound (SMART) goals to guide your improvement efforts.

Reflect and Adapt: Regularly assess your progress, learn from your experiences, and adapt your strategies accordingly. Overcoming Challenges

Implementing Kaizen may encounter resistance and challenges, including:

Resistance to Change: People often resist change due to fear of the unknown. Effective communication and leadership are essential to overcome this resistance.

Lack of Resources: Limited resources can hinder the implementation of Kaizen. However, creativity and innovation can help find cost-effective solutions.

Conclusion The Japanese way of self-improvement through the Kaizen methodology and associated habits offers valuable insights for anyone seeking personal growth. By embracing continuous improvement, standardization, waste elimination, and employee involvement, individuals can unlock their potential in various aspects of life. Whether it's health, relationships, career, or personal development, the principles of Kaizen transcend borders and have the potential to change lives worldwide.

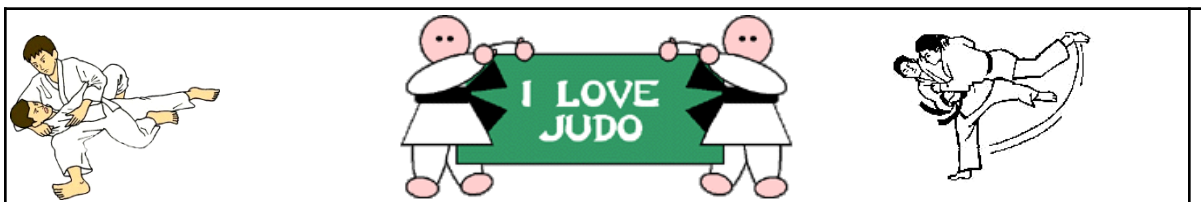
Incorporate these Japanese habits and Kaizen principles into your daily routine, and you'll find yourself on a path of continuous self-improvement, steadily moving towards the best version of yourself. Embrace the power of Kaizen and experience the transformative effects it can have on your life.



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

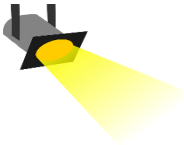


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–shufuboechairman.kevin@gmail.com

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





Judoka Spotlight

MICHAEL T. NALLS, ESQUIRE

JUDO CONTRIBUTIONS

Coach, Assistant Instructor and Instructor at Georgetown University, 1967 to the present. (Approximately 70 students per semester, beginners and advanced levels, numerous students promoted to the Brown Belt and Black Belt ranks.) Master, Class A Judo Instructor, United States Judo, Inc.; Kodokan (IJF) Godan (5th Degree); IJF "B" International Referee; Class A, International Coach, USA Judo 2007. Original incorporator of Maryland State Judo Incorporated. Vice President, Maryland State Judo, Inc., 1981 through 1987. Chairman, Publicity Committee, Maryland State Judo, Inc., 1981 through 1987. Legal Advisor, Shufu Judo Yudanshakai and United States Judo, Inc. Chairman, Eligibility Committee, United States Judo, Inc., 1981 to 1996. Member Law and Legislation Committee, United States Judo, Inc., 1981 through 1984. Chairman, Law and Legislation Committee, United States Judo, Inc., 1984 to 2006. Member USJF Law and Legislation 2007. Chairman, Ad Hoc Committee, United States Judo, Inc., 1982-1983, for investigation of allegations of one of its members Member, Ad Hoc Committee, United States Judo, Inc., 1981, to resolve disputed representation within two States. Member, Executive Committee, United States Judo, Inc., (USA Judo) 1984-2006. Regional Vice President for Eastern Collegiate Judo Association for several years. Elected President, Eastern Collegiate Judo Association, 1983-1984. (Resigned this position on 8/22/83 to accept Chairmanship of National Collegiate Development.) As an attorney, represented the interests of United States Judo, Inc., and others in regard to lawsuits or threatened lawsuits in various jurisdictions in the United States, 1984 to 2006. Lecturer, Shufu Judo Institute, regarding liability in Judo, National Referee, 1984 to 1994. Referee in Senior National Championships and/or U.S. Open (formerly U.S. International Invitationals), 1980 to present. (Also Women's World Festival; 1988, 1992 and 1996 and 2004 Olympic Trails; Numerous Eastern National Collegiate Championships and 1996 Olympics.) Nominated for Coach of the Year, Eastern Collegiate Judo Association, 1982. Participate as Coach and Referee in approximately twelve (12) regional or local tournament a year and transport competitors from Georgetown University to those tournaments, 1968 to present. Participant, Eastern Collegiate Judo Championships, 1969 – Third Place; 1970 – Second Place; 1971 – Second Place. Participant, U.S. Senior National Masters Championships, 1982 – Second Place; 1983 – Second Place; 1986 – First Place; 1987 – Second Place; 1988 – First Place; 1989 – Third Place. Appointed Chairman, National Collegiate Development Committee 1983 to 1986. Current Judo Rank, Godan. Date of Rank: December 1998; Kodokan Date of Rank September 1999. Organizer and Instructor, Georgetown University Judo Clinics, 1986 and 1987; 2000, 2003, 2004,





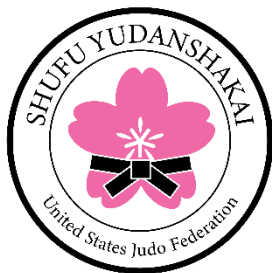
2008. Instructor, Army-Navy Judo Clinic, 1988. Manager (Assistant Coach), United States Team (Men), World University Games, 1985, Kobe, Japan. Teacher, Class A, United States Judo Federation, Certificate # 136. United States Judo, Inc., Master Teacher Class A, #0014. USA Judo International Coach 2007. Chairman, Ad Hoc Committee on Membership, Registration and Insurance, United States Judo, Inc., 1987-1988. Currently a member of United States Judo., Inc. (LM34) and United States Judo Federation (#9999). Instructor of Judo, Landon Middle School, Bethesda, Maryland, 1985 – 1988. (Approximately 25 students in a Winter Sports Program, beginners level, ages 12 to 15 years.) PJU – “C” Referee 1994-1998. IJF “B” Referee 1998 – present. Coordinator and

Technical Official for 1996 Olympics, Atlanta, Georgia, Judo Competition. Responsible for verifying the accuracy and reliability of clocks, computers, and scoreboards in pre-Olympic events and tests for 1996 Olympics. Coordinated the training and teams of scoreboard operations for 1996 Olympics. Ran scoreboards for 1996 Olympics and oversaw scoring operations.

Created Olympic Training Center Subcommittee for United States Judo., Inc, 1988. Chairman, United States Judo, Inc., Olympic Training Center Subcommittee, 1991 to termination of program, 2005. Created Insurance Subcommittee of United States Judo, Inc., 1988.

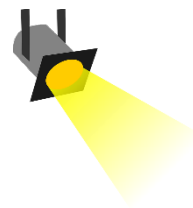
Instructor – U.S. Judo, Inc., Teachers Institute 2001. Co-Counsel in defense of Thompson vs. United States Judo, Inc., Washington State, 1988 – fractured neck in Judo resulting in paralysis. Validity of waiver and release of liability sustained in favor of Defense. Co-Counsel in defense of Akiyama vs. United States Judo., Inc., Washington State, 1997 to 2002.- Plaintiff objected to bowing in the Sport of Judo alleging an objection on a religious basis and sought an accommodation from both State and Federal courts. Verdict in favor of United States Judo at all trials and arbitrations sustaining that the bow (Rei) is part of the Sport of Judo, is not a religious practice and no religious accommodations are required in the sport. Supervising Counsel in defense of Kowalski vs. United States Judo, Inc., New York State, 1997 to 2002 – fractured neck in Judo resulting in paralysis, and death four years later. A black belt Plaintiff violated the rules of the sport of Judo by head diving while performing a technique in competition. A minimal confidential settlement resulted which was very favorable to the defense. Assisted in restructuring USA Judo to comply with new United States Olympics Committee (USOC) guidelines for Olympics sports, 2006. Received Medal of Honor USA Judo, April 2006. Organizer and Director, Yamashita Clinic, Georgetown University, 2003. Organizer and Director, Sato Clinic, Georgetown University, 2004. Organizer and Director, Agemizu Clinic, Georgetown University, 2005. Organizer and Director, Yamashita Clinic, Georgetown University, 2008. Created USA Judo Coach and Instructor Screening Program to comply with insurance requirements, 2004. Worked with USJF to coordinate USJF program with the same insurers.





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[Yudanshakai Dojo Spotlight](#)



Official Host for: The VILLANOVA UNIVERSITY JUDO CLUB and The VALLEY FORGE MILITARY ACADEMY JUDO CLUB

Complete & Competitive Judo for Teens and Adults in Main Line Philadelphia

Open to all men and women in the Villanova University community. Members range from beginners to those with 10+ years of experience - great for former high school athletes
Every Year VU Judo participates in numerous tournaments/clinics with countless victories

2023/2024 Practices: Tuesday/Thursday nights 8.00-10.00pm & Sunday afternoons: 2.00-4.00pm

Practices Hosted by YAMA ARASHI JUDO In Downtown Wayne. Vans leave 15 min before practice from the lot by the Basketball Courts behind Stanford

Contact a member via info@vujudo.com for more info