

Shufu Judo Yudanshakai Shufu Shimbun August 2023



Upcoming Events:

Junior Development Shiai and Local Referee Certification on Saturday, August 5th at Arlington Dojo. Contact Mike Landstreet at Email: mwljudo@msn.com or sbojudo@msn.com
https://smoothcomp.com/en/event/12817

Koshiki no kata clinic with David McFall on **August 12-13** at Sport Judo in Springfield VA. Contact Diane Jackson at JudoDTJackson@gmail.com.

See the flyer and registration information in this Newsletter and on the Shufu Website calendar at shufujudo.org

Save the Date – **August 26, 2023** - Virginia State Championships – Barcroft Community Center in Arlington VA - more information to follow – Contact will be Michael Landstreet - Email: mwljudo@msn.com or sbojudo@msn.com. We will need to have mat crews, referees, technical officials and tournament officials.

https://smoothcomp.com/en/event/12820



Save the date - Shufu Judo Yudanshakai – Fall promotions – **Saturday November 4**th at the Compound in Silver Spring, MD. Dan ranks make certain all paperwork (completed), certifications are updated and pre-evaluations are completed early.

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. You can also do dual membership with your USA Judo membership. 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? Register your club with us.

** REMINDER – USJF Dojo memberships expire on August 31. Please make sure you renew your club membership and have all certifications turned in prior to that date. Do NOT wait until the last minute to renew.



Special Invitation to ALL USA JUDO members to join USJF.

In order to make an easier transition for participants, USJF is offering USA Judo members the opportunity to become members of USJF at a discounted price for a limited time. This membership is \$35, discounted from the regular price of \$70. Renewals on this membership will be at the normal rate. This is a regular

1-year membership. This discount is available until August 31, 2023. This discount is only available to CURRENT, ACTIVE members of USA Judo. Discount is not available for members with primary USJF membership. If you have Primary membership in USA Judo and secondary membership in USJF, you can use this discount. You will be required to provide your USA Judo Membership ID Number and expiration date. (The expiration date on this is July 31st but you maybe able to get the discount) Contact phone # 541-889-8753 for USJF National Office.



MEMORANDUM

TO: All USJF Yudanshakais, Dojos, & Individual Members

FROM: Robert Fukuda, Executive Director

RE: USA Judo "Your Choice" Participation/Membership Plan with No Insurance Participation Waiver

As previously announced, the longstanding American Judo Alliance Agreement (AJAA) which had been in place for decades among USA Judo, USJA and USJF has expired. USJA & USJF have entered into a new cooperative partnership agreement very similar to the expired AJAA. With the continuation of the cooperative agreement between USJA and USJF, all USJA & USJF sanctioned events (including are tournaments, dojo workouts, practices and related activities) are open to current USJA & USJF members in good standing and the USJA and/or USJF insurance benefits will continue to apply in the same manner as historically.

In response to USA Judo's withdrawal from the AJAA and USA Judo's recent announcement about a "Your Choice" Participation/Membership Plan with a No Insurance Participation Waiver (NIPW), USJF has prepared the following information for the knowledge and benefit of USJF members. USJF recommends against USJF members participating in the USA Judo Your Choice plan with a No Insurance Participation Waiver (NIPW) for the following reasons:

- 1. USJF's Participant Accident insurance benefits will NOT apply while USJF members are participating in USA Judo events (due to USA Judo's withdrawal from the American Judo Alliance Agreement). USJF's members who participate in USA Judo's "No Insurance Participation Waiver" program do so "at their own risk" with only your personal medical/health insurance coverage available, if any.
- 2. USJF's General Liability insurance will NOT apply for USJF certified coaches, teachers, and referees while participating in any such capacity at USA Judo events. USJF certified coaches, teachers, and referees who choose to participate will be doing so "at their own risk" without the benefit of USJF liability protection. USJFStatementOnUSAJudoYourChoice 230706.4.docx Page 2 of 2
- 3. Based upon the "No Insurance Participation Waiver" that USA Judo is requiring USJF members to sign as a requirement for participating in USA Judo events, it appears that USJF members won't have the benefit of USA Judo insurance while participating in USA Judo events. For USA Judo insurance to be in place at USA Judo dojos and events, you must purchase USA Judo membership.

In summary, USJF insurance coverage (General Liability and Participant Accident) will NOT apply while USJF members are participating in any USA Judo events (including any tournaments, dojo practice, workout, etc.). If you choose to do so, it is "at your own risk". The renewed cooperative agreement between USJA and USJF keeps USJA sanctioned events open to participation by USJF members and USJF sanctioned events open to participation by USJA members. Please support grassroots judo and development by participating and supporting these programs. We hope this information is helpful to USJF's members regarding the USA Judo "Your Choice" program.

Thank you very much for your continued support, membership and participation in USJF programs

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?

<u>Koka Kids</u> - 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 aligned its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for Physical Education that defines what a student should know and be able to do each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity. We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program. Visit our USJF "Koka Kids" page, https://www.usjf.com/koka-kids/ and enjoy interaction.



K-12 at

the

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

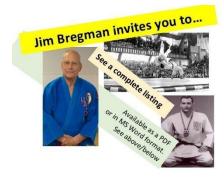
After a brief hiatus, the 'Jim Bregman Invites You To...' series is preparing for our next round of presentations!

We are just finalizing plans for forthcoming presentations. We will post information about them shortly. We are currently scheduling presentations regarding the greatest camp on earth, the tour of the Jason Morris judo center, and a perspective over his judo career by Sensei Bregman. We are planning on others but do not yet have a commitment for any of those.

An overview and listing of past presentations by the 'Jim Bregman Invite You To...' program is available

at: https://web.media.mit.edu/~reilly/BregmanUpdate.docx

SAME DOCUMENT different format ALSO AT



https://web.media.mit.edu/~reilly/BregmanUpdate.pd

Shufu News:

<u>Athletes:</u> Both David Terao of Sport Judo and Yasmin Alamin of Dale City Judo have been busy in the 2023 PanAmerican Judo Tour Events.



David Terao - Columbia in March-No place Cuba in April - GOLD Santiago, Chile in June - Bronze Cordoba, ARG in June - Bronze Guayaquil, ECU in July - No place Lima, Peru in July - Silver

(picture to the left is from Lima, Peru)

Yasmin Alamin - Santiago, Chile in June - Bronze Cordoba, ARG in June - Bronze Guayaquil ECU in July - No place Lima, Peru in July - Silver US Open, Ft.Lauderdale, FL - GOLD

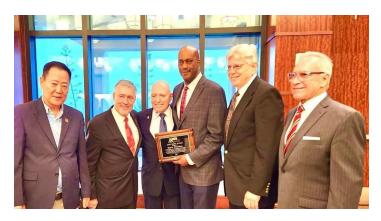
(Picture to the right is from Lima, Peru)



(If you have a Shufu Athlete that deserves recognition for this newsletter, please contact mtakemori@aol.com or huiosensei@gmail.com.)

Congratulations:

Shufu's own **Bobby Donaldson** was presented with the **John Osako Award** for contributions to USA Judo Refereeing at the Referee Meeting prior to the US Open Judo Championships in Ft. Lauderdale, FL on July 27th. Osako Sensei was a member of the Michigan Judo Hall of Fame, was the respected head sensei at Detroit Judo Club, and one of American judo's true pioneers. He left an indelible stamp on the sport of international judo and his mark on anybody that encountered him as a coach, sensei, or referee. He is survived by an enduring legacy and inheritance that continues to enrich us and this fund will help ensure his dreams to promote quality officiating survive. His goal was to develop the well-rounded judoka, emphasizing a critical balance between competitive judo, kata, refereeing, and teaching. As background, he took great pride in developing the caliber of brown belt referees and sponsored many tournaments. Read more about John Osako at Johnny Osako | United States Judo Federation (usif.com).



Appeal for Gerard Cadet, Compound Sensei

July 15, 2023



On behalf of the team at The Compound in Silver Spring, MD, we are reaching out for our Judo Sensei, Gerard Cadet.

Upon returning from an International Judo tournament in El Salvador in late-June, Sensei Gerard experienced several severe illnesses. Fortunately, Sensei Gerard was able to recognize the signs of these conditions and his wife immediately sought help. Doctors at the hospital

credit Gerard for his quick thinking which enabled them to confirm that he was in need of immediate medical attention.

While Sensei Gerard was able to get the help he needed, he is currently without full use of his body. Needless to say, he is currently enrolled in a Rehabilitation Program to get back to 100%. We know that as an active and dedicated Judoka, he will be fighting with all of his strength to get back to the mats.

The challenge that Sensei Gerard is facing is that he is without any financial help at the moment. His disability paperwork has yet to come in so that he can start receiving some financial assistance while he is out of work. Even then, the systems and processes could take weeks, if not months, to start providing financial aid.

We are asking that the martial arts community, fellow fathers, and otherwise anyone else that can – please help Sensei Gerard, his wife Rebecca, and his son Maxwell focus on health by alleviating the mental and emotional stress of finances while he is in recovery.

Click HERE to assist Sensei Gerard Cadet and his family during his recovery.

At a date to be determined soon (as of July 12, 2023), The Compound will be hosting a day of Judo Clinics, taking donations from the Judo Community that he has dedicated his life toward serving and

promoting. This clinic will be Judo-politics free. The only thing that matters is coming together as one community to help one of our own Judokas recover.

v/r,

Pow J. Srikachorn (mobile)

i: www.thecompoundsilverspring.com

p: 202-735-4249

2023 Joshi Judo Camp

(Article by Wendy Pietroniro, a Nidan from Shinzan Dojo, Sanbornton, NH. Wendy is also a national kata and veteran competitor.)



The 2023 Keiko Fukuda Joshi Judo Camp was held July 14th-16th in Denver, CO.

Approximately 50 female judoka from around the country attended the well organized event. It was hosted by Tracy Crawford of NorthGlenn Judo Club. Her sister, Pat Crawford, co-hosted and Jessica Lockfeld opened her club, Denver Judo, for one day of the event.

The talented head instructors of the event shared their passion for judo with all attendees. Sensei Eiko Shepherd (Hachidan) has been leading the camp since 1990. [Her credentials include being owner and head instructor of Kito Kan Judo in St. Louis, MO; 1995 World Bench Press Champion; 1993 Women's Head Coach for US Olympic Festival; USA Judo National A Kata Judge (all 7 katas); USA Judo International Coach; first woman to compete in Japan (against a man at the Kodokan!); and former instructor of Mastudo Police Department.] The camp Head Instructor, who taught Kime no kata, Go Shin jitsu and how these related to the Self-Defense that was taught later.





Megumi Ishikawa (Godan) instructed at the event as well. [She is an instructor at Tohkon Judo Academy in Chicago, IL; multiple time international medalist; 2016 All Japan Judo Championship silver medalist; 2016 Grand Prix silver medalist; 2013 & 2014 European Open gold medalist; 2013 Continental Championship gold medalist; 2012 IJF World Cup gold medalist; 2011 & 2013 Grand Prix bronze medalist; 2011 World University Championship gold medalist; 12x Japan National Team Member; and 3x Kodokan Cup gold

medalist.] She taught training drills, her uchi-mata, and her specialty - ne waza.



A special guest instructor, Charlee Minkin (Godan), joined the camp for one day. [She is the owner & head instructor of The Sanctuary - Judo, BJJ, & Fitness in Denver, CO; police officer, multiple time international medalist; 2004 USA Olympian; 2002, 2003, & 2004 Pan Am Games silver medalist; 2000 & 2003 US Open gold medalist; 2000 Pan Am Games gold medalist; 1998 Pan Am U20 Championship silver medalist; and 2x World Team Member.] She taught self-defense techniques.



The instructors were not only well qualified to share their knowledge and experience, but did so in a jovial manner that made all campers feel comfortable and confident in their own abilities.

(Megumi Ishikawa, Charlie Minkin and Eiko Sheppard)

It was an amazing experience to be surrounded by female judoka who share a love for judo and thirst to learn more. All the campers encouraged one another through the various drills, tachi waza, newaza, kata instruction, self-defense instruction, and physical conditioning. The three day event culminated in a team shiai where judoka got to practice all they had learned from the experienced instructors.

Not only was judo knowledge gained by the campers, but a sense of community and connection that lasts well beyond the closing date of the camp. Inspiration, camaraderie, and positivity were nurtured during the camp with the idea that the campers would spread these things to their own dojos and judo worlds.

Female judoka from ages 9 to 70+ learned from one another, worked out together, and laughed with each other. Sensei Keiko Fukuda would be happy to know that her legacy of "being strong, gentle, and beautiful in mind, body, and spirit" is being carried on by the Joshi Judo Camp. It's a true representation of the judo tenet of *jita kyoei* (mutual welfare and benefit).



Additional note from Miki Takemori (Joshi Camp attendee and President of Shufu Yudanshakai): Two additional things happened to Wendy at the Joshi Camp. She was awarded the Keiko Fukuda Scholarship. There was a raffle to raise money for continuing support of the Joshi Camp. The prizes were a Fukuda Sensei patch, a "Mrs. Judo" video, and first prize was an autographed copy of Keiko Fukuda's *Ju-no-kata* (revised and expanded from *Born for the Mat*). Wendy won the book. Amazing weekend!!!

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

2023 Veterans Judo Open in Myrtle Beach, South Carolina on August 26, 2023

Level 4 Veteran Point Event (Standard Divisions)

Presented by: USA Judo Veterans

TOURNAMENT DIR: Brad Daniels / 260-726-5045 / bradleyadaniels@gmail.com

Ray Marquez / 856-777-4223 / raymqz@gmail.com

Hector Negron / 910-884-5720 / negronpr100@hotmail.com HEAD REFEREE: Tracy Crawford / tracyjudousa@gmail.com

WHEN: Competition Date: Saturday, August 26, 2023

WHERE: Competition Venue: Carolina Forrest Recreation Center, 1561 21st Ave N, Myrtle Beach, SC 29577

HOST HOTEL: La Quinta Inn

REGISTRATION: Online Registration Only at https://smoothcomp.com/en/event/11218

ENTRY FEE: \$75.00 All Divisions

Novice competitors may also fight Standard Divisions

WEIGH-INS: Friday, August 25, 2023

host hotel from 6pm-8pm Saturday, August 26, 2023 venue from 8:30am to 10:30am

COMPETITION: 11:30 a.m.: Opening Ceremonies

Competition to follow Opening Ceremonies

REGISTRATION CLOSES: Wednesday, August 23, 2023, at 11:59 pm EST - Online Registration Only

More information can be found at www.VeteransJudoUSA.com

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



Tournament Announcement for the 2023 North American Judo Championships.

When: Tournament Sunday, September 10, 2023

Where: Wayne PAL, 1 PAL Drive, Wayne, NJ 07470 (Same Place)

Weigh-ins: North Jersey Judo Dojo, 246 Wanaque Avenue, Pompton Lakes, NJ 07442

Weigh-ins Date: Saturday, Sep 9th 12noon – 5pm

USA Judo Points: Juniors, Seniors & Veterans USA Judo Roster Point Event Judo Shaia & Kata: https://usaiudo.smoothcomp.com/en/event/9245

2023 North American Judo Championships USA Judo Roster Point Event - Smoothcomp

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







<u>Diane Jackson – Shufu Yudanshakai Kata Corner</u>

Upcoming kata events:

•8/12 and 8/13/2023 – Koshiki no Kata clinic with David McFall and judge evaluation, Washington DC area, POC: Diane Jackson



A team of 30 high dan judoka from the USA are going to the Kodokan for the summer kata camp from July 16-23 for the Summer Kodokan Kata course. The main content of "Summer Course I" is Kata which should be mastered by high dan holders and is also an important requirement for dan promotion. Therefore, this is a meaningful course for high dan holders including Judo instructors. Participants perform Kata on the last day. The course includes Nage no Kata (5 hours), Katame no Kata (5 hours), Ju no Kata (5 hours), Kime no Kata (5 hours), Kodokan Goshin-jutsu (5 hours), Koshiki no Kata (5 hours), Itsutsu no Kata (2.5 hours), including Lecture and Kappo (2.5 hours) and Kata Performance (5 hours)

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

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

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

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

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

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

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

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

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

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

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

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

6. <u>Itsutsu-no-Kata (Forms of "Five")</u>

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

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

Kano Shihan highly evaluated the forms of Kito-ryu Jujutsu as they represent the essence of attack and defense. Therefore, he

left the forms as Kodokan Koshiki-no-Kata, with little changes. It consists of 14 Omote (front) techniques and 7 Ura (back) techniques.

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

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

9. Kodomo-no-Kata

»Kodokan KATA Textbook

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

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



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.



<u>USJF – Learning portal</u> - 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



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 Président, Miki Takemori, ShufuPresident, Miki@gmail.com Shufu Vice-President, Michael Landstreet Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-686, Email -shufuboardofexaminerchairman.kevin@gmail.com

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



Fight like a Samurai Koshiki-no-kata Clinic

featuring David McFall August 12 – 13, 2023 at Sport Judo

Location: Sport Judo, 5405 Port Royal Rd.,

Springfield, VA, 22151

Sanctioned by: United States Judo Federation

Clinician: David McFall, Godan

Event Director: Diane Jackson Email:JudoDTJackson@gmail.com

Clinic times: Saturday Evening: 3:00pm - 6:30pm. Sunday 9:00am - 4:00pm

(estimated)

Registration times: 2:30 – 3:00 pm (Saturday), 8:30 – 9:00 am (Sunday)

<u>Clinic fee: \$ 80.00. Payment options:</u> Cash, Check to 'Shufu Judo', or Venmo payment to @JudoDTJackson (add \$2.00).

There will be a break for lunch on your own. A refrigerator is available. Bring a water bottle.

Registration by google form: On-line form or on-site. Waivers and membership confirmation will be on-site. **Participation Eligibility: USJF and USJA members**. Membership cards must be presented to participate on the mat. Be prepared to follow CDC, State or County guidance for local COVID conditions. No recordings.

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





Koshiki no Kata (Form of the antique things) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor. Links to videos: Koshiki no kata performed by N. Murata in 2013 on YouTube, Koshiki no kata performed by M. Yamashita on YouTube; Jigoro Kano Kito Ryu no Kata koshiki omote on YouTube. English description of Koshiki No Kata by N. Saito at Shufu Judo

Fight like a Samurai – Koshiki no Kata Clinic featuring David McFall

August 12 - 13, 2023 at Sport Judo
USJF Sanction #: 23 -pending
Registration Form or on-line

Registration form



Name:		
HomeAddress:		
Contact Phone Number:	Email:	
Club;		
	M F O	Age:
USJF or USJA (Circle One) Number #_		Expiration Date:
Paper forms for National organization will not be available on-site.	n membership re	gistration or renewal
Do you require special assistance/acco	ommodation <u>?</u>	(e.g., Low Vision
/Blindness, Hearing loss/Deafness). W	/ill you be bringing t	the needed assistance?
We will work to accommodate	any special needs.	
Payment may be made by cash; check	payable to 'Shufu .	Judo'; or Venmo (add \$2.00)
to @JudoDTJackson. Waivers and me	embership verification	on will be completed on-site.
Participants under the age of 18 on the	aday of the clinic, pl	lease contact the event
director and must bring a copy of the w	aiver signed by a p	arent or legal guardian.
Travel: Washington area airports: Read International (BWI), Dulles International address.	• ,	
FOR REGISTRATION / CHECK-IN ST	TAFF:	
Registration Amount: Payme	ent method: Venmo	o / Check # / Cash
Verification on site: Membership card:	Wai	ver:



The Arlington Judo Club in cooperation with the Arlington County Department of Parks and Recreation and Shufu Judo Yudanshakai

Presents:

2023 Arlington Junior Tournament and Local Referee Certification

USJF Sanction

Date: Saturday, August 5, 2023

Time: Check In 8:00AM – 9:00AM

PREREGISTRATION. ONLINE ONLY.

NO ONSITE REGISTRATION

Location: Dawson Terrace Community Center

2133 North Taft Street Arlington, VA 22201

Tournament Director: Michael Landstreet

Chief Referee: Sharon Landstreet, Class A International Referee

Schedule: 9:00 AM to 9:30 AM Discuss the IJF contest rules

9:30 AM to completion Junior tournament

Payment: \$30.00 registration fee online

Eligibility: Open to current members of USJF. Proof of current

membership must be presented.

2023 Arlington Junior Tournament and Local Referee Certification

USJF Sanction

Contest Rules: Modified IJF Contest Rules will govern this tournament. No chokes allowed for those under age 13. No armbars are allowed in this tournament. Violation wil result in an automatic disqualification.

Topics to be covered:

Brief discussion of the IJF Rules for 2022-2024 Olympic Cycle Scoring criteria. Penalties and procedures

Junior Divisions:

Age	Division	Age	Division
6-8	Light, Medium, Heavy	13-14	Light, Medium, Heavy
9-10	Light, Medium, Heavy	15-16	Light, Medium, Heavy
11-12	Light, Medium, Heavy	17-18	Light, Medium, Heavy

Local Referee Candidates: All Local referee candidates must alert the Chief Referee, Sharon Landstreet, of their intention to test for Local Referee beforehand, and arrange for paying the examination fee before the day of the tournament. Those being examined must wear a referee uniform or a complete proper Judo uniform.

DO NOT MAIL ANYTHING TO THE DAWSON TERRACE COMMUNITY CENTER ADDRESS!

Phone: 571-216-8992 Email: mwljudo@msn.com or sbojudo@msn.com or sbojudo@msn.com

2023 Arlington Junior Tournament and Local Referee Certification

USJF Sanction

REFEREE CLINIC ENTRY FORM

COMPLETE THE ENTIRE FORM, TYPE NEATLY

FULL NAME			
ADDRESS			
CITY		STATE	ZIP CODE
PHONE	EMAIL		
CIRCLE MEMBERSHIP	USJF USJA		
MEMBERSHIP NO	EXI	PIRATION DATE	
GENDER	AGE	_DATE OF BIRT	Н
WEIGHT	RANK		
REFEREES: CIRCLE LEV	EL NOVICE	LOCAL REGIO	NAL NATIONAL
LIST ANY ACCOMMODA	ΓIONS REQUEST	ED:	
If assistance/accommodation is needed (check off appropriate box):	☐ Vision Loss/Blindne	ess
Type of assistance/accommodation reque	ested or name of person ass	isting:	

ATTENTION ALL PARTICIPANTS:

THE WAIVER FOR THIS EVENT MUST BE READ AND SIGNED. IF THE PARTICPANT IS A MINOR, A PARENT OR GUARDIAN MUST ALSO SIGN THE WAIVER.