



Shufu Judo Yudanshakai Shufu Shimbun

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



August 2026



Upcoming Events:

AUGUST 9 – USJF Eastern Kata Championships, College Park, MD (see information on SmoothComp) Click the link here: [2026 Eastern Judo Kata Championship - Smoothcomp](#)

August 29	Veteran Open Championship	Houston, TX
September 13	North American Judo Championships	Madison NJ
September 20	Suncoast Warrior	Port St Lucia , FL
September 27	Liberty Bell	Philadelphia, PA

**** SAVE THE DATE – OCTOBER 24 Shufu Fall Promotions – Beltsville MD**

Important dates: Monday, August 24 – start accepting paperwork
Saturday, September 26 - Form 20 for dan ranks due
Saturday, October 10 – all documents complete and turned in.
Saturday, October 24 – Event day

Follow Shufu Judo Yudanshakai

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

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

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

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.



[2026 Eastern Judo Kata Championship - Smoothcomp](#)

Join us - August 9 - Eastern Judo Kata Championship and Judge Evaluations

Date: Sunday, August 9, 2026

Location: Lakeland/College Park

Community Center

Registration: coming soon to Smooth comp;
Open to all USJF & USAJudo members
Sanctioned by USJF

- USA Kata Athlete / Pair Point Roster Tournament – U13 Junior Open (full kata); U18 Junior Open (full kata); U21 Junior Open (full kata); and Senior Open (full kata)
- 1st place prize \$100 per pair in Senior Open for divisions with 3+ pairs
- Event Directors: Diane Tamai Jackson and Karen Whilden
- Pairs / Teams can be the same gender or mixed gender.



- All Pairs (both male, both female or mixed gender) compete together in each division
- Divisions with 1 or 2 two teams may be combined at the discretion of the Tournament Committee.
- Kata participants register individually
- Include your partner's name in the "Note" section when registering.
- Maximum of 4 kata per athlete
- Divisions may be combined in the best interest of a competitive tournament



U13 Beginner (12 years old and under)
Nage-no-Kata (First 3 Sets)
Katame-no-Kata (First set only)
Ju-no-Kata (First set only)
U13 Open (12 years old and under)
Nage-no-Kata (Full Kata)
Katame-no-Kata (Full Kata)
Ju-no-Kata (Full Kata)
U18 Beginner (17 years old and under)
Nage-no-Kata (First 3 Sets)
Katame-no-Kata (First 2 Sets)
Ju-no-Kata (First 2 Sets)

U18 Open (17 years old and under)
Nage-no-Kata (Full Kata)
Katame-no-Kata (Full Kata)
Ju-no-Kata (Full Kata)
U21 Open (20 years old and under)
Nage-no-Kata (Full Kata)
Katame-no-Kata (Full Kata)
Ju-no-Kata (Full Kata)
Kodokan Goshin Jutsu (Full Kata)

Senior Beginner (All ages)
Nage-no-kata (First 3 Sets)
Katame-no-kata (First 2 Sets)

Ju-no-kata (First 2 Sets)

Senior Intermediate (All ages)

Nage-no-Kata (Full Kata)

Katame-no-Kata (Full Kata)

Ju-no-Kata (Full Kata)

Senior Open (All ages)

Nage-no-Kata (Full Kata)

Katame-no-Kata (Full Kata)

Ju-no-Kata (Full Kata)

Kodokan Goshin Jutsu (Full Kata)

Kime-no-Kata (Full Kata)

Itsutsu-no-Kata (Full Kata)

Koshiki-no-Kata (Full Kata)

Exhibition Kata - Any Kata or partial Kata of choice

Para/Adaptive

Kata Kids

Awards:

- Achievement award for exhibition divisions

- 1 st , 2 nd , 3 rd place for contested divisions

Registration:

- Early registration until July 6, 2026 (reduced price):
 - \$40 - Juniors U18 (17 and under)
 - \$50 first kata; and \$30 for each additional kata - All Seniors and Junior U21
- Normal registration until July 31:
 - \$50 each for Juniors U18 (17 and under)
 - \$60 first kata and \$30 for each additional kata - All Seniors and Junior U21
- Late registration until August 4:
 - \$50 each for Juniors U18 (17 and under)
 - \$70 first kata and \$30 for each additional kata - All Seniors and Junior U21
- Judge Evaluation: \$50 for first kata, \$25 each for second and third kata



Click on the link here: [2026 Eastern Judo Kata Championship - Smoothcomp](https://smoothcomp.com/2026-eastern-judo-kata-championship)





Shufu Judo Yudanshakai
presents the

Fall 2026 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, October 24, 2026
Beltsville Community Center
3900 Sellman Road, Beltsville, MD
United States Judo Federation Sanction # 26-10-??



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

Eligibility to register for promotion

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

Promotion Requirements being used

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2026 Shufu Fall Promotional will follow the “2021 USJF Senior Rank Recommendations”, available on the Shufu website under Promotions. **All ranks within Shufu’s promotion authority are required to do the physical testing, i.e. all ranks through and including Godan.** Rokudan and above are not required to do physical testing; Kata requirements still apply as required for rank sought.

Key Deadlines - These are HARD deadlines - no exceptions

August 24 – First date to accept applications.

September 24 – First deadline for Dan paperwork (initial submission of Form 20)

October 10 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

October 24 – Promotion day, BOE meeting, BOD meeting

Event Schedule

9:00 AM	Check-in and testing begins
9:30 – 11:30 AM	promotional candidate written tests and practical evaluations
11:30AM-12:15 PM	Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
12:15 -12:30 PM	Awarding of promotions
12:30-2:00 PM	Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: Shufu President Miki Takemori at shufupresident.miki@gmail.com)

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

Registration and Fees

1. **Registration Deadline** (These are HARD deadlines.)
 - October 10, 2026: All promotion candidates (juniors, senior kyu, and dan ranks)
2. **All registration is online – no onsite registration**
 - Registration Fee (all examinees): \$25 for junior and senior kyu ranks; \$50 for all dan ranks
 - Additional Fees for Black Belt Ranks only:
 - Shufu Promotion Fee: \$15 (paid online with registration fee)
 - **After** the promotion: USJF Promotional Fees: \$125 for Shodan, \$180 for Nidan, \$230 for Sandan, \$250 for Yodan, \$280 for Godan, \$300 for Rokudan, \$350 for Shichidan and \$400 for Hachidan; Life Members: \$0.
 - **(Instructions for how to pay to USJF Promotional Fees will be provided after the promotional.)**
 - Waiver (online) must be electronically signed or scanned and sent to Kevin Tamai, Chair 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 to submit by **senseis** and candidates

1. **August 24 - Documentation first accepted (electronic submission only)**
2. **September 24**
 - **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. October 10
 - If a Form 20 has not been submitted by September 24, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **October 10**
 - **Senseis - Recommending Students for Promotion**

Examinees MUST be recommended for promotion by their instructor. Examinees should be listed on **the JUDOKA RECOMMENDED FOR PROMOTION form** that is submitted by the head instructor from each club to facilitate the smooth running of the event. Submit to Kevin Tamai, Chair of the Board of Examiners, at shufuboechairman.kevin@gmail.com
 - **Junior and Senior Kyu Documentation (electronic submission only):**
 - Submit scans of documents below to Kevin Tamai, Chair of the Board of Examiners, at shufuboechairman.kevin@gmail.com
 - Membership card
 - Competition results
 - Kata Scores (as required to the rank sought)
 - ❖ Contact Rank Registration Chair, Karen Whilden, at shufurankreg@gmail.com for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
 - ❖ Kata must be judged by a member of the BOE, or a National level or higher certified kata judge or kata instructor in the kata to be tested.
 - Certificates (as required by the rank sought)
 - **Black Belt 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 for one.
 - Promotion certificate for current rank
 - Kata Scores (as required for the rank sought)
 - ❖ Contact Rank Registration Chair, Karen Whilden, at shufurankreg@gmail.com for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
 - ❖ Kata must be judged by a 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, October 10, 2026, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, October 10, 2026.

Shufu Yudanshakai Board of Directors

Please submit agenda items for the Shufu Board of Directors meeting by October 10, 2026 to Shufu Secretary Diane Tamai Jackson, at shufuyudanshakai@gmail.com.

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

Topic: **Shufu Yudanshakai Board of Directors (ALL registered black belts)**

Time: **Saturday October 24 at 1:30pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/84647273911?pwd=VFBPRzM4b0pyWUZxeXV3WGphZlJSQT09>

Meeting ID: **846 4727 3911**

Passcode: **ShufuBOD**

One tap mobile

+19292056099,,84647273911#,,,,*53078443# US (New York)

+13017158592,,84647273911#,,,,*53078443# US (Washington DC)

Join instructions

<https://us02web.zoom.us/join/84647273911/invitations?signature=2P9-wkZwSoNeMCyXjPOKbrtJnlT73N4sC27ruKxG-M>



The 2026 US Open Judo Championships were held at the Fort Lauderdale Convention Center with over 2000 judoka competing. Friday competition featured all of the Bantam divisions and intermediate divisions. There were 96 gold medals, 84 silver medals and 103 bronze medals presented. Saturday competition featured the Juvenile and IJF Junior divisions.

There were 75 gold medals, 69 silver medals and 80 bronze medals presented. Sunday competition featured the seniors and veterans.

There were 151 gold medals, 195 silver medals and 148 bronze medals presented. Total medal count was 363 gold medals, 310 silver medals and 331 bronze medals. Fastest Ippon was in just Romani from Cohen Brothers and the second fastest was 3.5 seconds by Aiden Garcia from Grappling Arts. He lost three matches and won six matches. The top team was Cohen Brothers Dojo.



Thank you to all of the referees, tournament staff, and all of the volunteers who make the event happen. Shufu Referees - Miki Takemori (Toshi Budokai), Alberto Aguedello (Shodokan), Lisa Capriotti (SC Judo). Coaches from Shufu were Brian Lopez (Hui-O), Gerard Cadet (Compound), Eric Spears (College Park), Maurice Allen (Sport Judo), Steven Berliner (Sport Judo)

Sophie Hontz – competed in the Juvenile Female under 48kg division. She fought against May Chavez from Wall2Wall martial arts in Fredericksburg VA in a best of three division. She won her first match, lost her second match, then came back to win her last match. **Congratulations to Sophie on her GOLD medal FIRST place victory at the US Open Judo Championships**



Brian Lopez – competed in two divisions Senior Mens under 73kg and the Veterans Mens Advanced M2 under 73kgs. The Senior Mens Advanced -73 kg division is a large 32 man competition bracket. Brian won a bye in his first round, he won in the second round against Atteeb Jared from Pakistan by an ippon in 15 seconds, he lost his next match to Nathan Belfer from Pedro Judo, he unfortunately lost his next match to Jacob Riverin from Judo Canada. He placed 7th in a 32 man bracket. In the Veterans Mens Advanced MR2 -73kg division was a 16 man bracket. Brian had a bye in the first round, in the second round defeated Joseph Tamburello from Yungwirth Judo in 1:03, he lost in the third round to Gery Tena-Adovasio from Team USA Shogoshin. He worked his way out of the consolation bracket, losing his final match to

Joseph Tamburello from Yungwirth Judo, to win a fourth place of 16 man bracket. Congratulations sensei Brian.

Brian Sutton competed in the Veterans Men Novice M2 under 90kgs. This was a three man round robin division. Brian had a bye in the first round, in the second round he won by Ippon in 1.01 minutes against Ryan Dzialo from Dzialo Dojo, in the third round he won by ippon in 31 seconds against Kevin Koul from Onikusu dojo. **Contratulations to Brian on winning a GOLD medal FIRST place finish at the 2026 US Open Judo Championships**

A special shoutout as well to all of our athletes who stepped onto the mat this weekend. While not everyone came home with a medal, every match is an opportunity to learn, improve, and grow. It takes courage to compete, and we're proud of everyone who represented Shufu Judo Yudnashakai with determination and courage.



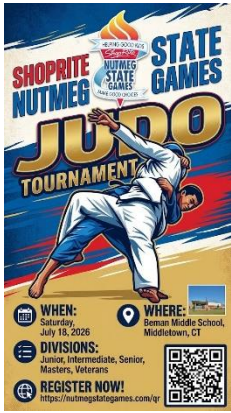
Congratulations

- Gold medal First place to Yasmin Alamin – Sport Judo, Springfield VA – Senior Women -70 kg
- Silver medal Second place to Kai Hanada – Sport Judo, Springfield VA – IJF Juniors -81 kg
- Silver medal second place to Katie Carey– Sport Judo, Springfield VA – Veterans -57 kg
- Bronze medal third place to Zaur Jalil– Sport Judo, Springfield VA – Veterans -81 kg
- Silver medal secone place to Jonathon Bolger– Sport Judo, Springfield VA – Veterans +100 kg

Congratulations to Chloe Williams from High Noon in Alexandria VA on her first place gold medal finish at the US Open in Ft Lauderdale

Congratulations to Knox Williams from High Noon Judo in Aexandria VA for his second place silver medal finish at the US Open in Ft Lauderdale.





Congratulations to sensei Pam Hinkle from Blue Dragon Judo on running another successful NutMeg Games.

There were 136 competitors from New Jersey, New York, Connecticut, New Hampshire, Massachusetts,

Congratualktoisn to Top Game who took first palce overall, and to Blue Dragon Judo who place 5th of 29 teams.

Thank you to all of the referees and tournament officials who helped to make the event a success. There were three IJF referees and World Kata Judge Diane Tamai Jackson.



SAVE THE DATE – Shufu Yudanshakai Fall 2026 promotions, BOE meeting and BOD Meeting

Please note the following important dates

August 24 – Paperworn acceptance for Fall 2026 promotions

Sept 26 – Form 20 for dan promotions DUE

October 10 – ALL documentation due to Shufu YDK

October 24 – Promotional testing, BOE Meeting and BOD Meeting

**** We encourage all judoka to be tested and evaluated at the shufu promotions, regardless of rank. We are encourage all senseis to send their kyu ranking judo to the promotions. Rank certificates and belts can be presented at the promotional testing, at the senseis approval. (Note some sensei like to presnet in their dojo)**

The Shufu YDK meeting are open meetings. All judoka and parents are welcome to attend.

Both meetings will be offerd as hybrid (live inperson and via zoom) meetings.

ALL dan ranking judoka are members of the Board of Directors for Shufu YDK. We always encourage ALL black belts to attend the bi-annual meetings and to participate in the meetings.

Any items or topics to be added to the meeting agenda should be sent, at a minimim of two weeks (October 10), prior to the meeting.

For BOD matters, send to Shufu secretary, Margie Kettl at Shufusecretary@gmail.com

For BOE matters, send to Board of Examniner Chairman Kevin Tamai at ShufuBOEchairman.kevin@gmail.com

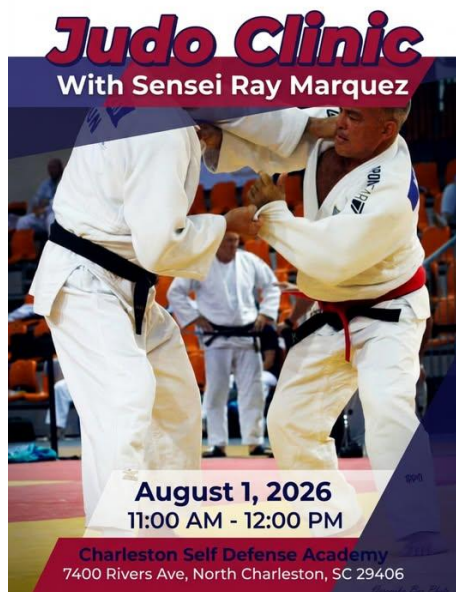
ONLY Board members have voting rights at the meetings.



Please check your USJF membership. It has come to our attention that some of you are not registered with USJF. Or you may not have put down Shufu as your yudanshakai so are just an at large member of USJF. Also you may not have listed your club so you are just an at large member of Shufu. Please also verify that your information is correct. USJF is in the process of upgrading the database information.

Planning ahead for the fourth quarter of event in 2026 events

September 27	Liberty Bell	Philadelphia, PA
September 20	Suncoast Warrior	Port St Lucia , FL
October 4-5	San Jose Open	San Jose , CA
October 11	Morris Cup	Scotia, NY
October 24	Shufu Promotions/ BOE/BOD	Beltsville, MD
November 12-14	USJF Fall meetings	Las Vegas, NV
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ



Judo Instructor needed



Based on the success and popularity of the Tamai brothers with judo at College Park and Beltsville, MNCPPC would like to expand to have more class offerings in the area. The North Brentwood Community Center, which is part of the National Capital Park and Planning Commission, is looking for a judo instructor. Class days and times will be determined through a meeting with the instructor, the program manager and the facility director. At the moment all days and times are open and available. Please contact Brentwood Community Center directly. Other MNCPPC facilities are also interested, Please contact the centers directly.

Join us for Liberty Bell Classic 2026 on Sunday September 27, 2026

38th Annual Liberty Bell Judo Classic

Liberty Bell Judo Classic was started in 1988 by Lou Moyerman and Joe Condello. Their kids, Adam & Kristin, are happy to continue the event with the goal of providing competitors with a friendly and supportive environment!

REGISTRATION & SMOOTHCOMP INFO

Call Adam with any Questions: (215) 815-2555. If you are having issues registering please contact libertybelljudo@gmail.com or text Kristin at 215.470.4169.

During the event you can follow along the event on the smoothcomp for updates as to your division, bracket and start times. Please note that changes can occur live - be sure to be at the venue at least 1 hr before your initial listed time and to keep an eye on the tournaments progressions in person.



[USJF](https://www.usjf.com) has a special relationship with Koka Kids with several free Koka Kids books on the [USJF.com](https://www.usjf.com) front page.

You can also find the Koka Kids App in the Google and Apple store. Created by Nicola Fairbrother, 8th Dan, MBE, Olympic Silver Medal, World Champion - Koka Kids provides a visual learning method to help children master judo techniques effectively.

USJF is proud to be associated with Koka Kids and other organizations that grow Judo and our Judo values : *friendship, honor, courage, self-control, humility, respect, perseverance*

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.



The Citadel Judo Team

The Citadel Judo Club is a competitive combat sport that teaches self-defense and represents The Citadel in competitions and training sessions. Founded in 1955, The Citadel Judo Club is one of the oldest collegiate judo clubs in the United States."

The Citadel Judo Club travels across the country competing in many tournaments, representing the South Carolina Corps of Cadets. Judoka gain confidence as they accomplish physical feats by applying proper technique with maximum efficiency and minimal effort, a vital principle in the art of Judo. On weekends, the cadets fight in tournaments around the country and return to the barracks with shiny hardware to display on the shelf beneath the banner.

With roots going back to 1955, Cadets organized the club as a martial training and intramural program nearly a decade before Judo's debut as an Olympic sport in 1964. By 1958, the club was already providing instructors for the Intramural Department and competing against other colleges.. Early cadet leaders such as Lenny Lippman, Don All, Charlie Leet, and Jack Spencer helped establish a foundation of discipline, skill, and camaraderie that continues today. In 1961, Cadet Ronald Allan Charles (Class of 1965) learned Judo through a Citadel physical education course and later revitalized and expanded the club's reach, becoming one of the nation's most distinguished judoka. For seventy years, The Citadel Judo Club has embodied the college's values of strength, respect, and mutual welfare and benefit, preserving a legacy that connects generations of cadets through the art of Judo.

[Give to The Citadel Judo Team](#)





The History of San Rei Dojo: A Journey of Honor, Tradition, and Evolution

The Beginning of the Path

My martial arts journey began in December of 2010 at American Judo and Jujitsu in Summerville, South Carolina. Under the instruction of Sensei Al Jacobs (4th Dan), I first stepped onto the tatami—a monumental step taken alongside my son, Jeffrey. Later that same year, I meet Dr Ronald Charles (9th Dan) at Joint Base Charleston, sparking a deep and lifelong dedication to the art of Judo. As I advanced through the belt ranks, a passion for teaching naturally emerged, leading to increased instructional roles at the Naval Base.

Growth, Mentorship, and the Black Belt

By December 2020, my dedication was formally recognized when I was named an assistant instructor for the Samurai Judo Association in Goose Creek. This era was defined by profound growth, forged under the guidance of a distinguished lineage of Black Belts. I have trained under masters including Dr. Ronald Charles (9th Dan), Albert Jacobs (4th Dan), Lorenzo Manzel (4th Dan), Eli Fletcher (3rd Dan), Lisa Capriotti (4th Dan), Rob Gouthro (3rd Dan), Ricky Herndon (2nd Dan), and John Merwin (2nd Dan).

In November 2023, I reached a major milestone, earning the rank of Shodan (1st Degree Black Belt) from the United States Judo Association (USJA) and the Samurai Judo Association. Following this achievement, I took over as the full-time Judo instructor for the Samurai Judo Association at the US Naval Base in Goose Creek.

Expanding the Impact

My influence within the Lowcountry martial arts community continued to grow. In 2024, I began teaching at Black Force MMA in Summerville, successfully integrating a Judo curriculum into their Brazilian Jiu-Jitsu (BJJ) program. The following year, in August 2025, I was honored with a request to step in and coach the Judo Club at The Citadel—a prestigious Senior Military College with rich Judo roots dating back to 1952. Which I accepted and will continue to Coach there for the 2026 and forcible future.

The Vision for San Rei Dojo

The seed for San Rei Dojo was planted in January 2026. Following a visit with Mr. Tom Ryan (9th Dan) of the Palmetto Jujitsu Academy, I and Gerald Duke - a close friend—a BJJ Brown Belt—shared a car ride home that would change our trajectory. They discussed a shared vision: a desire to create a training ground that reunited the three original grappling arts of Judo (Primary), Brazilian Jiu-Jitsu, and Traditional Jujutsu while leaving the door open to other effective training methods. The training focus on the stages of a fight: 1. Touch – Traditional Jujutsu, - Verbal Warnings until hands are placed 2. Take Down – Judo - Direct Controlled Throws to take the attacker to the ground with force 3. Control and Submission – Judo and BJJ – Control the assailant until you can safely get away or help arrives. We built the dojo's philosophy on a powerful and unifying belief: *"Learning just one style enslaves the artist."* They envisioned an academy inspired by traditional roots but fully accepting of modern styles. Above all, the focus would not be on sport or competition, but on the practical, life-saving applications of self-defense.

A Living Tribute

On April 16, 2026, that vision became a reality with the opening of San Rei Dojo. The founding date holds profound and deeply personal significance—it would have been the 23rd birthday of my son, Jeffrey Bistline.

Jeffrey and I started their Judo journey together all those years ago. Tragically, Jeffrey lost his life to suicide on June 22, 2019. Today, San Rei Dojo stands not just as a school of martial arts, but as a living tribute to his memory. Jeffrey was the driving force behind my relentless pursuit of a black belt, and he remains the guardian angel whose spirit directed the creation of my dojo—a place where tradition, family, and self-defense unite,, San Rei Dojo – The dojo of the Tree Spirits.

Mr. Shannon Scott Bistline, [1050 Register St., North Charleston, SC 29405](#) Phone: 843-729-3321



USA Judo and US Judo Federation Agree to Partnership

USA Judo and the United States Judo Federation (USJF) announced a formal partnership on Wednesday, June 10th. The news comes on the heels of initial discussions between the two national organizations at the USA Judo President's Cup in November that included USA Judo President **Dr. Ronald Tripp**, USA Judo CEO **Corinne Shigemoto**, USJF President **Mitchell Palacio** and USJF Executive Director **Robert Fukuda**.

"I was extremely happy to get the news this morning that USA Judo and the United States Judo Federation are once again linked into a working partnership equally benefiting both organizations," said Tripp. "President Palacio and I have been friends for many years, and it is always a pleasure to work with him and his leadership team."

USJF joins USA Judo and the American Traditional Jujutsu Association (ATJA) in this agreement. One of the key components of the partnership is a reciprocal membership for judo events, allowing members to compete in events of either organization.

"The United States Judo Federation extends its sincere appreciation to Dr. Ron Tripp, USA Judo CEO Corinne Shigemoto and USJF Executive Director Robert Fukuda for their collaboration in establishing this reciprocal membership agreement," Palacio stated. "This partnership reflects our shared commitment to strengthening judo in the United States by expanding opportunities, reducing barriers to participation, and fostering greater unity within our judo community. Together, we are creating a stronger foundation for the growth and success of current and future generations of judokas."

"Our common visions, goals, and commitment to our sport and our members of USA Judo and the USJF strengthen our bond as we pursue success at all levels in the years ahead," added Tripp. "This partnership was only made possible by our great leaders in our national offices, and thanks to Robert Fukuda and Corinne Shigemoto for their hard work and dedication to seeing this project to the finish line."



U.S. hosted first IJF Referee Seminar in More Than a Decade

USA Judo is pleased to announce a very successful International Judo Federation (IJF) Referee Seminar was held on **Thursday, July 23**, in Ft. Lauderdale, Fla. It marked the first IJF Referee Seminar held in the U.S. in 12 years. **Clinician:** Mr. Juan Carlos Barcos, IJF Referee Director

"This seminar was aimed to develop the knowledge and skills of referees so that decisions made during judo events will consistently follow the same rules and processes," said USA Judo Board Chair **Dr. Ron Tripp**. "Following participation in these seminars, referees will be able to transfer this knowledge to the local level. Because refereeing plays an important role in the global development of judo, the seminars will not be restricted to referees alone; coaches and athletes are encouraged to participate."

USA Judo would like to thank Mr. Marius Vizer and the IJF and PJC Referee Commissions for their support. The seminar was led by **Juan Carlos Barcos**, who headed the IJF's refereeing commission for 20 years. He currently serves as the coordinator of IJF's international refereeing seminars.

"The experience of Juan Carlos Barcos, together with his ability to share his knowledge and passion for refereeing and judo, helps advance the sport not only at the international level but also among referees, coaches, athletes and judo enthusiasts throughout the world," added USA Judo Referee Committee Chair **Hector Estevez**.



IJF Referee Committee Supervisor **Matthieu Bataille** has been selected to lead the IJF Referee Seminar on Thursday, July 23, in Fort Lauderdale, Fla. Bataille will replace Juan Carlos Barcos, who is unable to attend due to a family commitment. The seminar marks the first IJF Referee Seminar held in the U.S. in 12 years. A three-time world bronze medalist in the +100 kg division, Bataille has refereed in multiple Grand Slams, Grand Prix, IJF World Masters, IJF World Championships, and Olympic Games.







USJF Scholarship opportunities

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

Academic Hionors - 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 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



USA Judo is pleased to announce the return of its Youth National Championships to Salt Lake City, Utah, for 2027. The event was last held in Salt Lake City in 2025 and annually draws more than 600 of the nation's best athletes, aged 5-20, to vie for National Championship gold and the opportunity to represent Team USA in international competition. The 2027 event will be held March 20-21 at the Salt Palace Convention Center.

"Salt Lake City has the atmosphere of a small town with all the amenities of a big city," said USA Judo CEO **Corinne Shigemoto**. "The spacious Salt Palace Convention Center is ideal for our Youth National Championships, and we are looking forward to returning to the city that so proudly and adeptly hosted the event in 2025."

The announcement reinforces Salt Lake City's reputation as a world-class sports destination, most notably for having hosted the 2002 Olympic Winter Games and for being the soon-to-be host of the 2034 Olympic and Paralympic Winter Games.

"USA Judo has been an outstanding partner, and we are thrilled to welcome the Youth National Championships back to America's Mountain City in 2027," said **Clay Partain**, Chief Sports Officer for Sports Salt Lake. "Salt Lake offers athletes and families a safe, walkable downtown, world-class facilities, and an unmatched hospitality experience. We look forward to once again showcasing why Salt Lake is hospitality experience. We look forward to once again showcasing why Salt Lake is one of the nation's premier destinations for championship events."

Salt Lake City is America's Mountain City™, a place where the Wasatch mountain peaks frame city streets. Salt Lake is famed for our winter powder ([four legendary ski resorts](#) just 30 minutes from downtown), but that's just one season's story. Summer brings hikers [through wildflower meadows](#) before they cool off at the Natural History Museum or take in an outdoor concert at Red Butte Gardens. Autumn paints mountain canyons in gold, reds and oranges, perfect for morning strolls that end with patio dining. Spring is when you might spot baby bison on Antelope Island before heading to the Eccles Theater for a Broadway show. The soaring Wasatch Mountains rise dramatically from downtown Salt Lake, creating a place where every day offers both natural wonders and urban energy. And while sitting perfectly between the [national parks](#) with Yellowstone's geysers and Utah's red rock country, the real magic happens right here, where everyone can discover their own rhythm between mountain adventure and city life.

"The return of the USA Judo Youth National Championships reflects the confidence national governing bodies have in Utah as a key destination to host their major events," added **Jeff Robbins**, president and CEO of the Utah Sports Commission. "With world-class venues and experienced partners, The State of Sport continues to help deliver exceptional events for both athletes and their families."



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

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

MWABA events are all about trying new things, meeting new friends, staying or becoming fit, and having fun! We support one another in achieving a fit and active lifestyle.

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

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

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

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

Metro Washington Association of Blind Athletes -

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

Thanks and see you out there!

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



We recommends that any minor athlete of USA Judo to 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

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.

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?

SHAPE America

The USJF Development committee has aligned 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.



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 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 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.

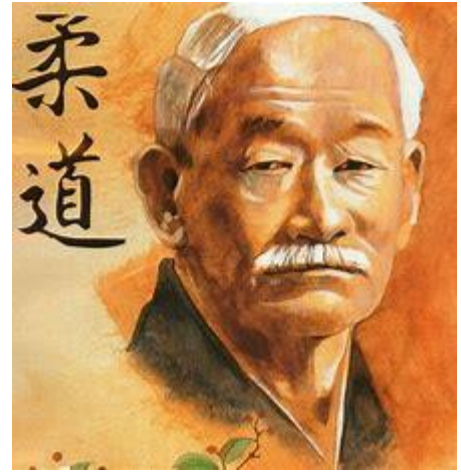


Understanding the Philosophy of Judo: Harmony and Mutual Benefit

The Principles of Judo

Jita Kyoei: Mutual Benefit

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



Seiryoku Zenyo: Maximum Efficiency

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

Ju No Ri: The Principle of Gentleness

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

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

The Philosophy of Judo

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

Harmony with Others

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

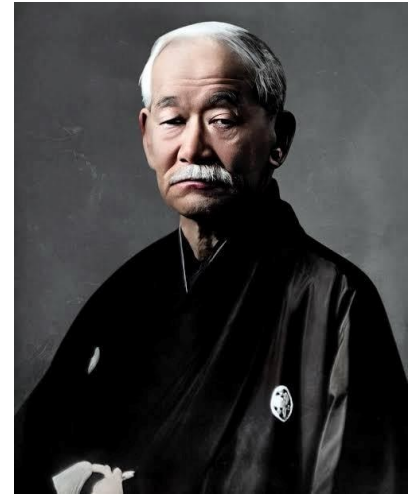
Harmony with Nature

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

Harmony with Oneself

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

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



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

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

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

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

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

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

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

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

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

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

Tips for Parents Evaluating Dojo Culture:

- **Observe a Class:** Parents should watch how instructors interact with students and handle challenges.
- **Meet the Instructors:** Discuss their teaching philosophy and approach to working with children.

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

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

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

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

Judo strengthens the whole body, especially the upper body for throwing opponents. It also improves flexibility and increases range of motion. The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity per week. Three weekly Judo classes meet that goal. Judo classes are typically affordable and widely available, with flexible schedules that can accommodate busy families.

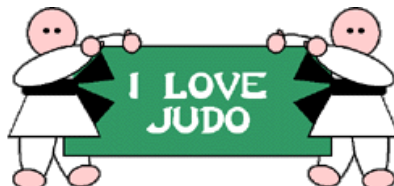
On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week. Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.



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.**

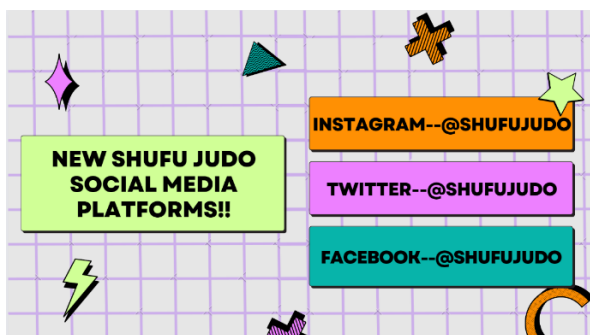
Develop Yourself to Your Fullest Potential So That You and Others May Live Harmoniously



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



JUDO IS THE WAY OF THE HIGHEST OR MOST
EFFICIENT USE OF BOTH PHYSICAL AND MENTAL ENERGY.
THROUGH TRAINING IN THE ATTACK
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THE WAY OF JUDO,
THUS THE ULTIMATE OBJECTIVE
OF JUDO DISCIPLINE IS TO BE
UTILISED AS A MEANS OF
SELF PERFECTION AND THENCEFORTH
TO MAKE A POSITIVE
CONTRIBUTION TO SOCIETY
-JIGORŌ KANŌ
1860-1938

