



Shufu Judo Yudanshakai Shufu Shimbun December 2023



Upcoming Events:

2 Dec Arlington Judo Development shiai Arlington, VA (see more info below)
16 Dec Seigneury Judo Development Shiai Baltimore, MD

SAVE THE DATE January 14, 2024 – Takemori Clinic at Sport Judo, Springfield, VA



SAVE THE DATE April 3-7, 2024 – USJF Spring meetings in Dulles VA.

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

Shufu Judo Yudanshakai is please to announce the following promotions



Charles Beard – Hui-O-Judo Beltsville – Sankyu to Nikyu
Sebastian Smith – DC Judo – Ikkyu to Shodan
Lance Murashige – DC Judo – Ikkyu to Shodan
Chris Waliser – Dale City Judo/Ft Belvior Fight Club – Ikkyu to Shodan
Will English – Shodokan - Ikkyu to Shodan
Sebastian DeVlaam – NGMA – Shodan to Nidan
Dewey Schwam – Toshi Budokai – Shodan to Nidan
Brian Lopez – Hui-O-judo Beltsville – Shodan to Nidan



Thank you to Sensei Pam Hinkle and the Blue Dragon Judo Club for hosting the Shufu North Promotions in Middletown Connecticut on Saturday November 18th. Thank you to sensei Miki Takemori and Sensei John Floyd for presenting a clinic to the judoka after the testing was completed.

Thank you to Sensei Kevin Tamai and Hui-O-Judo Beltsville for hosting the Shufu Yudanshakai Board of Directors meeting, the Board of Examiners meeting and the Shufu Central promotions at the Beltsville Community Center on November 4th in Beltsville Maryland.

Happy holidays from Shufu Judo Yudanshakai



WE NEED YOU!



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

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



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

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](#)

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

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

<https://kokakids.substack.com>



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

<https://kokakids.substack.com>

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



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



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport. Overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. In 2021 our membership had dropped to 248 and in 2022 we were at 341. As of August 30, 2023, we have 27 registered dojos comprised of 439 members, of which 118 are dan

ranked judoka, 150 are senior judoka and 282 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Dale City Judo in Woodbridge VA and Hui-O-Judo in Beltsville MD.

SHAPE America

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

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



WE NEED YOU!



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

Event recap:

Shufu Judo Yudanshakai Rank Promotion News



Shufu Judo Yudanshakai held its fall 2023 promotions at the Beltsville Community Center on November 4th. Hui-O-Judo, in cooperation with Maryland National Capital Park and Planning Commission, hosted the Shufu Yudanshakai Board of Directors meeting, the Shufu Yudanshakai Board of Examiners meeting and the Shufu Yudanshakai Fall promotional testing and evaluation. We are pleased to announce the following candidates were promoted:

Charles Beard – Hui-O-Judo – Sankyū to Nikyū

Sebastian Smith – DC Judo – Ikkyū to Shodan

Lance Murashige – DC Judo – Ikkyū to Shodan

Chris Waliser – Dale City Judo/Ft Belvoir Fight Club – Ikkyū to Shodan

Brian Lopez – Hui-O-judo Beltsville – Shodan to Nidan



Shufu Judo Yudanshakai - Honoring our Veterans:

On November 18th, College Park Judo, Maryland National Capital Park and Planning Commission and the College Park Community Center, teamed up with Mind Knit Research to host an event honoring our veterans.

Our Veterans have worked hard all year, day in and day out, to build and demonstrate new skills and strengths, and the Combat Sport of Judo. They teach others to overcome: “Invisible Injuries” Post Traumatic Stress (PTS), Traumatic Brain Injury (TBI), Stroke, Multiple Sclerosis, and to INCLUDE EVERY Mental Health and Resilience, Cognitive, Physical, Neurological, Pain, Challenges of Elders, Homelessness, and every Complex Medical challenge.

Our Veterans show their strengths for every disability, ability, and Life Chapter. Congressman John Sarbanes, Maryland & Attorney General Anthony Brown joined in honoring our Adaptive Veterans with a personal address to each and every one: To Quote Jared, our Veterans’ Artist’ on the Spectrum “Everyone is born with their flaws; each of us also bears our own gifts; all we ask is that you allow to join you and to share them.”

Special thank you to the Maryland National Capital Park and Planning Commission, College Park Judo Club, Head sensei Kurt Tamai (Rokudan – College Park Judo), Sensei Diane Tamai Jackson (Rokudan- Hui-O-Judo), Sensei Eric Spears (Rokudan - College Park Judo), Sensei Brian Lopez (Nidan- Hui-O-Judo), Mayer Max (MindKnit Adaptive Judo), Jared Max (MindKnit Adaptive Judo), for your gift of time to our veterans.

MindKnit Research Adaptive Judo program hosted a live stream Zoom to honor our Veterans from their 20s to many in their 70s to 90. During this presentation many the judoka were demonstrating how they “Fight Back, Grow Stronger, and Rise Together!” Our Veterans from every generation, our Elders, and our Veterans with Disabilities show us all - how to overcome every health challenge! They encourage every generation to grow stronger into every challenge, and to uphold us all with their wisdom, sacrifice, contributions, and grit!!



of



Shufu Judo Yudanshakai Rank Promotion News

On November 18, Sensei Pam Hinkle and the Blue Dragon Judo Club in Middleton CT hosted the **Shufu Yudanshakai North** rank promotional testing and development clinic.

Congratulations to the following judoka on their rank promotions:

Dine Wu – Blue Dragon – to Jr. White/Yellow
Sara Sfar – Blue Dragon – to Jr. Yellow/Orange
Kaylin Greenwall – Blue Dragon – to Jr. Orange
Rayyon Sfar – Blue Dragon – to Jr. Orange
Gabriel Kuhne – Blue Dragon – to Jr. Orange/Green
Adler Greenwall – Blue Dragon – to Jr. Orange/Green
Ting Ting Wu – Blue Dragon – to Gokyu
Shane Shedrick – Blue Dragon – to Yonkyu
Wen Te Wu – Blue Dragon – to Sr. Sankyu
Tim Pinnery – Blue Dragon – to Sr. Sankyu
Maria Masha Preidze – Toshi Budokai – to Sr. Sankyu
Steven Rattelsdofer – Memento Judo- to Sr. Nikyu
Matthew Coon – Toshi Budokai- to Sr. Nikyu
Zach Rivera – Blue Dragon – to Sr. Ikkyu
Kyung Tom Shin – Toshi Budokai – to Sr. Ikkyu

Will English –Shodokan - Ikkyu to Shodan
Sebastian DeVlaam – NGMA – Shodan to Nidan
Dewey Schwam – Toshi Budokai – Shodan to Nidan

Congratulations to all judoka on their rank promotions.



Upcoming events:

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

2023 Northeastern Judo Championships

American Judo & Camal Judo have teamed up to provide the best tournament experience possible. We are excited to host an E-level point tournament for advanced players as well as intermediate and novice divisions to find the perfect divisions for anyone at any skill level. For our advanced or point divisions we will follow the age, weight, and rule sets that are at the USA Judo National Championships.

USA JUDO E-LEVEL POINT TOURNAMENT FOR SENIOR, Veteran & JUNIOR DIVISIONS

TOURNAMENT DETAILS:

Tournament Director: Anthony Camal

Registrations, Brackets & Customer Service: American Judo

USA Judo Sanctioned Event (Number Coming Soon)

Date: 12/03/2023

Venue: JFK High School

Address: 61-127 Preakness Ave, Paterson, NJ 07522

Format: Modified Double Elimination or Round Robin for 5 or Less.

Age Standards: Age 4 and Up

- Competitors and coaches will need to present a valid USA Judo Membership
- Non-US Competitors must contact USA Judo for a letter of invitation
- All coaches must be USA Judo Coach Certified with updated Safesport, Heads-Up Concussion & Background Check

SPECTATOR FEE: There will be a \$5 spectator fee with coaches and children 5 and under free. Payment will be collected at the door.

QUESTIONS/NEED HELP: If you have a question regarding this event please email Riley McIlwain at events@americanjudo.com!

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



Junior judo development club shiai

Hosted by Seigneury Judo

4411 Kenwood Ave, Baltimore, MD

Date : Saturday, December 16, 2023

From 3pm to 5pm

Cost: \$10

ONSITE REGISTRATION

This is development event for new young judoka.

Contact: Mike Veader at

443-838-6672



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



Veterans Judo Open-Houston, TX

January 27, 2024

Novice & Advanced Divisions

Open To International Players

Register Today: <https://usajudo.smoothcomp.com/en/event/14086>

for information only.



Note: This is NOT a USJF sanctioned event. Provided

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



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

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

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

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

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

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

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

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

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

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

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

2024 Junior Olympic Championships to be Held in Pittsburgh

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

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

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

Diane Jackson – Shufu Yudanshakai Kata Corner

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

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

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

Judo Katas by Maxim Tzfenko (currently lives in israel, originally from Ukraine)

Judo is a martial art that originated in Japan in 1882. It is a competitive sport that focuses on takedowns and grappling techniques. Judo practitioners use these techniques to control their opponents and ultimately score points in a match. Judo also includes kata, which are pre-arranged forms that are used to practice specific techniques. In this article, we will discuss the different Judo kata and their purposes. We will also explore why kata is important in Judo training, how to perform each kata, and their role in grading and competition.

What is Judo Kata?

Kata is a Japanese word that means “form.” In Judo, kata refers to pre-arranged sequences of techniques, which are practiced repeatedly to improve a practitioner's skills. Kata serves to refine technique, improve timing, and foster correct body movement. It is essential for developing a solid foundation in Judo. There are two types of kata in Judo: Randori-no-kata and Kime-no-kata. Randori-no-kata is practiced with a partner and focuses on grappling and throwing techniques. Kime-no-kata, on the other hand, is practiced alone and focuses on striking and self-defense techniques.

The Purpose of Judo Kata

The purpose of kata in Judo is to develop a practitioner's skills in a controlled environment. Each kata has a specific purpose and focuses on a particular set of techniques. Kata allows Judo practitioners to practice techniques without the pressure and unpredictability of competition.

Kata is also important for grading in Judo. Practitioners perform kata as part of their grading requirements, and the quality of their kata performance is a significant factor in determining their rank. Additionally, kata is a component of Judo competition, where competitors perform a kata against an opponent and are judged based on their technique and execution.

The Different Judo Kata and Their Purposes

There are several Judo kata, each with a specific purpose. Let's take a closer look at each one:

a. Nage-no-kata

Nage-no-kata is the most well-known and widely practiced Judo kata. It consists of 15 throwing techniques, which are practiced in three sets of five. The kata focuses on balance, timing, and technique. It is an essential kata for developing a solid foundation in Judo and is required for grading at the lower belt levels.

b. Katame-no-kata

Katame-no-kata is a kata that focuses on grappling techniques. It consists of three sets of three techniques, which are practiced with a partner. The kata emphasizes controlling an opponent on the ground and includes pinning, joint locks, and strangulations. It is important for developing skills in ground techniques and is required for grading at the higher belt levels.

c. Kime-no-kata

Kime-no-kata is a kata that focuses on self-defense techniques. It consists of three sets of three techniques, which are practiced alone. The kata emphasizes striking techniques and includes techniques such as punches, kicks, and blocks. It is essential for developing skills in self-defense and is required for grading at all belt levels.

d. Ju-no-kata

Ju-no-kata is a kata that focuses on the principles of Judo. It consists of three sets of five techniques, which are practiced with a partner. The kata emphasizes the use of minimal force and includes techniques such as throws, joint locks, and pins. It is important for developing a deeper understanding of Judo principles and is required for grading at the higher belt levels.

e. Go-no-sen-no-kata

Go-no-sen-no-kata is a kata that focuses on counter-attacking techniques. It consists of three sets of three techniques, which are practiced with a partner. The kata emphasizes taking advantage of an opponent's mistakes and includes techniques such as throws, chokes, and joint locks. It is important for developing skills in counter-attacking and is required for grading at the higher belt levels.

f. Itsutsu-no-kata

Itsutsu-no-kata is a kata that emphasizes the five elements of Judo: earth, water, fire, wind, and void. It consists of five techniques, which are practiced with a partner. The kata emphasizes the use of minimal force and includes techniques such as throws and joint locks. It is important for developing a deeper understanding of Judo philosophy and is required for grading at the higher belt levels.

How to Perform Judo Kata

Performing Judo kata involves memorizing a specific sequence of techniques and executing them with proper form and timing. Kata is typically performed with a partner, and the sequence of techniques is pre-set. Practitioners should strive to perform each technique with precision and control. Before performing a kata, it's essential to warm up properly. Kata requires a lot of physical exertion, and warm-ups can help prevent injury and prepare the body for the activity. Once warmed up,

practitioners should focus on proper technique and execution. Practicing each technique individually can help improve form, while practicing with a partner can help improve timing and control.

Role of Judo Kata in Grading and Competition

Kata plays a significant role in grading and competition in Judo. Practitioners must perform specific kata to advance to higher belt levels. The quality of their kata performance is a significant factor in determining their rank. In competition, competitors perform a specific kata against an opponent and are judged on the quality of their technique and execution. Judges evaluate posture, balance, control, and technique to determine a winner.

Conclusion

Judo kata is an essential component of Judo training. Each kata has a specific purpose and focuses on developing a practitioner's skills in a controlled environment. Practicing kata can improve techniques, timing, and body movement. It is crucial for developing a solid foundation in Judo and advancing through the different belt levels.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

9. Kodomo-no-Kata

»Kodokan KATA Textbook

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

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

United States Judo Federation
National Point Roster Scholarship/Grant Program
An additional offering to the current array of USJF scholarships

Introduction to Point Roster Rankings

The goal of the points roster program is to identify, through competitive engagements, the exceptional USJF competitor who exemplifies a culture of excellence and demonstrates the virtues highlighted in the “Champions of Character”, and embodies the spirit of Jita Kyoei, fostering mutual prosperity for both them and others.

How to Accumulate USJF Points

The USJF will sanction three (Fall, Spring and Summer) National Championships during the fiscal year. To earn points for the USJF National roster, the athlete must be registered as a USJF member before the event commences and compete in a championship category within the fiscal year.. Additionally, to qualify for scholarships or grants the athlete must maintain USJF membership for a minimum of eleven months.

Scholarships/Grants

The USJF will award annual college (higher education) scholarships to the top three athletes (male and female) in Championship categories; Bantam(s) 4-5-6, Intermediate, Juvenile, IJF Jr., USJF Youth Referees and Jr. Kata (up to age 17 yrs. old).

The scholarship funds acquired are maintained within a fund managed by the United States Judo Federation. When the time comes, the corresponding check is issued directly to the educational institution on behalf of the athlete. For example, in Championship Bantam 4 category, USJF athlete has the opportunity to initiate their scholarship accumulation at the age of 8, ultimately resulting in a substantial scholarship fund for their higher education endeavors.

How USJF Point Roster Scholarship/Grants Funds Distributed

Scholarship funds are available to students who shows proof of registration in higher educational institutions such as postsecondary education, which is offered at institutions such as colleges, universities, business schools, community colleges, continuing educational courses, trade schools and vocational-technical schools. The recipients have until their 25th birthday to claim their scholarship money. Requests for funds after the 25th birthday must be made in writing for the balance of any funds and will be looked at on a case-by-case basis. The USJF Scholarship Committee approves the eligibility of all requests, and all decisions are final. There is a onetime exemption for those in the Military and must be applied for within one year of discharge.

USJF Point Roster Scholarship Awards

The USJF athlete with the highest overall points will be designated as the top-ranked athlete in their championship category with a scholarship award of \$100.00. The USJF athlete accruing the second highest points will be named the second-ranked athlete in their championship category with a scholarship award of \$75.00. The USJF athlete accruing the third highest points will be named the third-ranked athlete in their championship category with a scholarship award of \$50.00

The earnings generated from the USJF National Championships in both Fall and Spring are directed to fund the USJF Point Roster Scholarship Program. As additional funding becomes available, there is a strategy in place to augment the USJF Point Roster Scholarship/Grants, ultimately providing greater opportunity to our USJF athletes.

In the Senior, Veterans and Sr. Kata categories, a USJF National Championship Entryfee grant will be awarded to the top three USJF competitors.

USJF Point Accumulation

All points accrued will be tallied and accounted for by the conclusion of August 31 within the ongoing fiscal period. Subsequently, at the initiation of the subsequent fiscal year on September 1, all USJF National Points will be reset to commence anew.

Athletes will be categorized by age groups, gender, divisions and awarded points on the USJF National Roster based on their participation (Championship category) in three (Fall, Spring, Summer) USJF National Championships.

USJF Point Roster Criteria

Engaging in USJF smoothcomp-sponsored National Championships will accrue points on the USJF National Point Roster.

Athlete rosters will be checked at the beginning of each month for current USJF membership.

If the USJF athlete membership lapses and does not renew their membership within, thirty-day grace period, the any points earned/listed will **not** be counted.

Athletes must compete (Championship category) in at least **ONE** USJF sponsored (Fall, Spring, Summer) National Championships to be eligible for scholarships/grants.

Athlete must win at least one match (no byes, no walkovers) in order to obtain points.

Petition for point corrections can be made to USJF Scholarship Committee

USJF Point Categories

Points will be allocated across the following categories and gender: Championship categories; Bantam(s) 4-5-6, Intermediate, Juvenile, Cadet, IJF Junior, Senior, Veterans, and Kata (Jr./Sr.)

All tournaments participating in the Matrix will be conducted through USJF smoothcomp platform.

USJF Point Matrix

Note: Athlete must compete (Championship category), the minimum of One, USJF sponsored (Fall, Spring, Summer) National Championships to be eligible for scholarship/grants. To qualify for scholarships or grants the athlete must maintain USJF membership for a minimum of eleven months.

USJF sponsored (Fall, Spring, Summer) National Championships

- **1st Place = 25 pts.**
- **2nd Place = 18 pts**
- **3rd Place = 15 pts**
- **Participation = 3 pts**

USJF Youth (Up to 17 yrs. Old) Referee Participation In:

- **National = 7 pts**
- **Regional = 5 pts.**
- **Local = 3 pts.**

USJF Website and Social Media

The top USJF athletes will be recognized on the USJF website and social media.

Philosophy of Judo

Putting your energy to work most effectively-**Seiryoku Zenyo**

精力善用

This is the core of the philosophy of judo. Do not waste! Do not waste your mental, physical and spiritual energy on things that do not accomplish your goals. In Judo we try not to waste our energy when trying to throw someone. There is a correct timing and position to executing a throwing technique. If done correctly, the technique will work with almost no strength...like a hot knife through butter. If done incorrectly, then you will find the technique difficult to accomplish and requires a tremendous amount of energy.

Consider Fully, Act Decisively! -Many times, we practice our techniques by “toe-dipping” or “testing the waters” with our techniques. This will often result in your partner applying a counter-attack to our indecisive first attack. It is better to come in with your technique whole-heartedly. If it fails...it fails and we will learn from it. But if we never attempt it, we can never be successful.

Shin Gi Tai – Literally translates into Heart, Skill, Body. One of the goals of a judo player is to develop all three of these elements and to get them to work in harmony to create a higher level of Judo.

Dr. Kano wrote:

“The study of the application of judo ultimately led to the teaching of seiryoku zenyo, which is the principle behind competing in earnest. I have demonstrated in these pages that this principle can be applied to everyday life. With regard to our daily activities and social interaction, the teaching of seiryoku zenyo means bringing about maximum results through the use of every sort of energy. For this reason, human faults like anger, for example, violate this principle. Becoming angry consumes mental energy. How does anger benefit you or anyone else? The results of anger are invariably a depletion of mental energy and being looked down on or disliked by others. By following the principle of seiryoku zenyo, people will not be able to get angry.

Being disappointed or troubled by failures or setbacks, or harboring grievances are also ways in which mental energy is consumed. Arguments, fights -all these things are violations of seiryoku zenyo. Those who practice judo must take great care to follow this teaching. No matter what the situation, there is only one path that people must follow- in every case, the only course is to consider what is the right thing to do and proceed in that direction.

I have coined a phrase that I regularly say to people: jinsei no koro wa tada itsu aru nomi (There is only one path in life). Conducting oneself in accord with this principle on a daily basis is vitally important.

Though human beings may reach the pinnacle of success, there is only one path down which to proceed. That is to say, because complacency gives rise to the causes of failure, you must always consider things carefully until you find the most appropriate course of action and proceed that way. Even when you fail, there is only one path down which to proceed. Even if once you fail and lose heart, if you regain your courage and find your way along the highest path, circumstances will gradually improve. Because they find their own paths, those who practice judo and follow the principle of seiryoku zenyo always have a calm spirit, enjoy life, and are enterprising. The most advanced human mental life can only be achieved when people thoroughly absorb this principle.”[1]

Shinichi Oimatsu of the Kodokan describes for us the application of this principle:

...Professor Kano synthesized the three purposes of Judo and what he regarded highly was “the realization of the Way of managing human and social life.” This was especially deeply related to moral law.” That is to say, 1) cultivation of morals, 2) refinement of mental development, and 3) application of the doctrine of the challenging spirit of Judo to everyday life. Regarding the third point in particular, what is taught at the dojo (training hall) and what is learned about Judo are not where Judo training stops but where it starts. All that is taught and learned should be made a part of one’s own life as well as a part of society.

What is the Application of Seiryoku Zenyo:

- *To Be a Person of Value*
As a human being, one must set his/her goal in life and discipline his/her naturally endowed abilities. Moreover, since people “are not something that can exist apart from society” and since the fortune of today is a result of the past, everyone should develop his/her given abilities. If one contributes to society, the personality traits-even if there is a difference in achievements-can develop.
- *Determination-Judgement-Effort*
To become a person of value one should make it a purpose to believe in one’s best, one should judge the steps to achieve this purpose, and once this has been done one should gather all his/her strength and work hard.
- *Seiryoku Zenyo–Application*
The momentum of determination, judgment, and effort comes from one’s own strength. All the phenomena of the universe function on strength. In comparison of similar living beings those with much seiryoku will have a more magnificent life. ...[2]

“This teaching, one of the most important concepts in judo fighting, says, ‘If you win, do not boast of your victory; if you lose, do not be discouraged. When it is safe, do not be careless; when it is dangerous, do not fear-simply continue down the path ahead.’”[3]

Mutual Welfare and Benefit-Jita Kyoie

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The second part of Dr. Kano’s philosophy was the emphasis on the betterment of our society. While in the first part he emphasizes bettering yourself, he then believes one should use that new found development of self to then help others and to benefit society.

In Judo classes we practice this principle as well. In the beginning, others help you get better with advice and by letting you throw them so that you can get a feel for the techniques. As you improve, perhaps they help you by giving you a tougher workout. Later as you develop your judo, you will do the same for others like give advice, take falls and give your teammates a tough workout.

Footnotes

[1]Excerpt from “Mind Over Muscle-Writings from the Founder of Judo” by Jigoro Kano and compiled by Naoki Murata, published by Kodansha International, page 84-86

[2]-Excerpt from the article “The Way of Seiryoku Zenyo-Jita Kyoie and Its Instruction” by Shinichi Oimatsu (Kodokan) published in The Bulletin for the Scientific Study of Kodokan Judo Volume VI, 1984

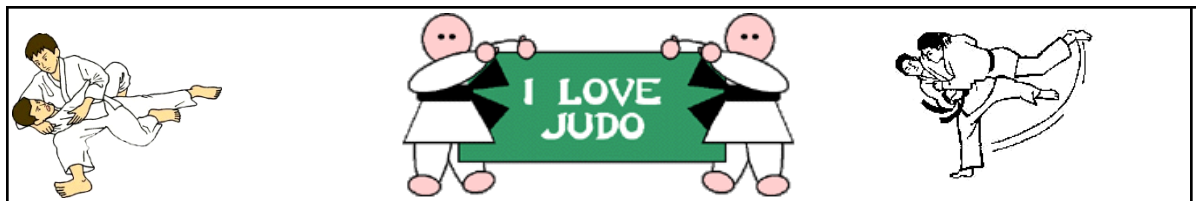
[3]Excerpt from “Mind Over Muscle-Writings from the Founder of Judo” by Jigoro Kano and compiled by Naoki Murata, published by Kodansha International, page 123



Club Updates from Shufu Judo Yudanshakai –

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

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



For more information contact :

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

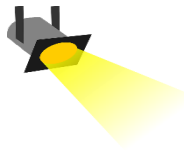
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Shufu Judoka Spotlight



Sensei Mark Smith, 61 years of age and passed away after his short battle with cancer, on September 12, 2018. He is survived by his wife, Doug Smith, Paula McGee and Kathy Linthicum.

He was born on November 29, 1956 in Boston officer. He spent most of his childhood living in many world. Eventually, his journey took him to Towson, MD in Computer science and where he met his eternal years, Michele Smith. The couple had two sons, Blake sons he dedicated his life to Judo and helping others. It was his passion. He was a long-time student and teacher at Hui-O-Judo Beltsville.



resident of Bowie, MD, surrounded by his loved two sons, and siblings,

MA, the son of a Navy different parts of the where he earned a degree best friend and wife of 34 and Tyler. While raising his

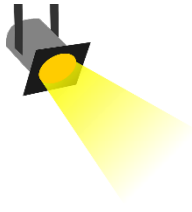
His life characterized and embodied the best of what a judoka should be, sharing is love for judo and his knowledge with others. He touched thousands of lives in a very positive way. He continually worked with others to improve himself and the world around him. As a judoka he competed in both shiai and in kata. He was always willing to be a partner, mentor and a friend. He was a nationally certified referee and an internationally certified coach for the blind low vision athletes. He was the founder and head sensei for the Department of Veteran Affairs' adaptive judo program, "Warriors Again", and The Metro Washington Association of the Blind Athletes. He coached blind athletes from the local, regional and national level, to the world championships and a Para Olympic Silver medal. He dedicated his life to helping others without ever expecting anything in return. Anyone who came in contact with Mark can tell you, he was one of the most caring, intelligent, giving, and unique people to have graced this earth.



His son, Tyler, reminded us that Mark's life can be summed up in two words – DREAM and LOVE. Tyler said his father told him to wake up every day with a new dream. Then spend the day making it a reality. Some dreams are short term and can be fulfilled that day. Other dreams will take longer but need to be worked on every day. Always have a dream, always follow your dreams and make them happen. The second word was love. You should love your life. Love the people who are in your life. Be thankful for all of the love you have in your life. If you love your professional career, you will never work a day in your life. Do everything with passion and enjoy what you do every moment.

There was a Mass to honor his life at St. John Newman Church in Annapolis. Sensei Kevin Tamai gave the eulogy. He reminded us to live our lives like Mark did and make the most of our "dash". Honor Mark's life by continuing to grow and develop the judo community. Give freely of your time and resources to help other people. We are all blessed to have known Sensei Mark Smith and to have him touch our lives. People can donate to Metro Washington Association of Blind Athletes at www.gomwaba.org. Please specify in honor of Mark Smith. Or donate to Hui-O-Judo Beltsville.





[Shufu Yudanshakai Dojo Spotlight](#)

St Mary's Judo Club

St. Mary's Judo Club at The Training Project
2507 Osborne Rd. Unit D
St. Mary's, GA.

Tele: 904.534.3754
Email: stmarysjudo@gmail.com

Class Times: Thursdays 5:00 pm Kids; 6:00 pm Adults.

We are a traditional dojo teaching Japanese Kodokan Judo. We are a United States Judo Federation (USJF) certified school that provides a welcoming and authentic training experience. All of the classes are conducted in the traditional style with an emphasis on throwing, grappling, and self-defense. Your first class is always complimentary. So, take a Wednesday evening to come and watch or participate. If you do want to participate wear loose comfortable clothing and be prepared to take your shoes off when you're on the mat. And please feel free to call, text, or email if you have questions. We are looking forward to seeing you at the Dojo!

Sensei Michael Shenkman has been a judo practitioner for 35 years having started his judo training in 1988 at the Kokushi Budo Institute in New York City under Sensei Nobuyoshi Higashi. Sensei Shenkman is a 3rd Degree Black Belt through the United States Judo Association and is an active member of USJA. Sensei Shenkman regularly competes in local, regional, and national competitions and encourages his students who are interested, to compete in tournaments as well. Sensei Shenkman is also a 3rd Degree Black Belt in Kyokushin Karate under the late Shigeru Oyama. He along with two other Kyokushin Karate Black Belts opened a dojo in Northern New Jersey in 1987 which ran successfully for seven years with an average enrollment of 75 students. Sensei Shenkman is also a Brazilian Jiu-Jitsu Brown Belt under Rolker Gracie and Victor Huber. He currently studies under Professor Darec McDaniel who recently awarded him a 3rd Stripe on his Brown Belt. Sensei Shenkman is a certified national Judo coach through the United States Judo Federation and has completed courses in Concussion Training through the National Federation of State High School Associations (NFHS) and is a recipient of the SafeSport Training Certificate through the US Center for SafeSport Training.

Date: Saturday, December 2, 2023 **Time:** Check In 9:00AM – 9:30
PREREGISTRATION ONLINE ONLY. NO ONSITE REGISTRATION
Register at Smoothcomp.com <https://smoothcomp.com/en/event/13904>

Cut off date is November 30

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: \$35.00 registration fee

Eligibility: Open to current members of USJF, USJA and USA Judo.

Proof of current membership must be presented.

Contest Rules: Modified IJF Contest Rules will govern this tournament. No chokes allowed for those under age 13 or for Novices (white or yellow belt) over 13. No armbars are allowed in any divisions. Violation will result in an automatic disqualification. Note: Based on the number of participants, the 5-6 age division MAY BE co-ed.

Mat size: 6mx6m with 3m safety.

Topics to be covered:

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

Junior Divisions: Male and Female with Light, Medium, Heavy

5-6 (may be co-ed based on registration numbers

7-8

9-10

11-12

13-14

15-16

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.

Contact her at sbojudo@msn.com.

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

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

