



Shufu Judo Yudanshakai Shufu Shimbun

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

February 2024



Upcoming Events:

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

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

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

SAVE THE DATE- April 20, 2024 Shufu Board of Directors meeting, Shufu Board of Examiners meeting, Shufu rank examinations and promotions - Location: Beltsville Community Center, Beltsville, MD

SAVE THE DATE- April 27, 2024 – Shufu North Promotion – Location TBD

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

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

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

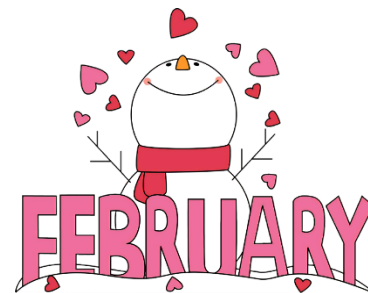
February 20 – applications and paperwork begin – initial Form 20 for dans should be submitted.

March 21 – Hard deadline for fully completed Form 20 for dan ranks are due

April 6 - last date for paperwork turn-in

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

April 20 – Shufu Board of Examiners meeting



Upcoming 2024 Events

April 5-7 - National Collegiate and High School Championships @ Texas A&M, College Station, TX – www.aggiejudo.com or aggiejudo@tamu.edu.

April 3-7 – USJF Spring meetings in Dulles VA.

April 13 - NY Open @ New York Athletic Club - see nyopenjudo.com for details.

April 14 - Garden State Judo Classic @ Ft. Wayne, NJ - ramon@northjerseyjudo.com.

April 22-27 - East Coast Elite Training Camp at High Noon Judo, see flyer later in this issue.

May 24-25 - Senior National Judo Championship in conjunction with Golden State Open (held on 5/26-27) in Ontario, CA - details to follow

June 7-9 - Joshi Judo Camp @ Jefferson City Judo Club at Jefferson City, MO - details to follow.

June 21-22 - Junior Olympics and Junior International Championship (on June 23 in Pittsburgh, PA

July 5-7 USJF Summer National Championships – Location TBD

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

Nov. 4-11 - World Veteran's Judo and Kata Championships in Las Vegas, NV - details to follow



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 January 2023, we have 24 registered dojos comprised of 470 members, of which 123 are dan ranked judoka, 179 are senior judoka and 291 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., and Dale City Judo in Woodbridge VA

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.



Thank you to Sport Judo, Maurice Allan and Steve Berliner for hosting many of our Shufu Judo Yudanshakai events. We appreciate your continued support of our judo community.

The **2023 Shufu Yudanshakai Rules Clinic** was presented in cooperation with Sport Judo. All referees, coaches and senior competitors were invited to this clinic. Understanding the rules and how they are applied affects play and makes for better competitors, referees, coaches and club instructors. The event was sanctioned by the United States Judo Federation



Photo By Charles Medani

Thank you to **Sharon Landstreet** for organizing this event and all that time and energy she gives to the judo community.

Thank you to Sport Judo, Maurice Allan and Steve Berliner for hosting the event at their dojo.

Distinguished Guest clinician was **Bukhbat “ Ben” Mashbat**, IJF International Referee, Olympic Referee and Member of the IJF Referee Commission. Clinician and event director was Sharon Landstreet, IJF International Referee Chairman, Shufu Judo Yudanshakai Referee Committee. She was assisted by Robert Donaldson, IJF International Referee Chairman, USA Judo Referee Education Committee



Photo By Charles Medani

The clinic began at 10:00 am and ran until 12:30 pm, then a lunch break from 12:30 pm to 1:30 pm, the second half was from 1:30 pm to 4:00 pm. The clinic was open to all USJF, USJA and USA Judo members. Topics that were covered included current information on rule changes and rule interpretations. This clinic was both educational and relevant for all referee levels, coaches, instructors, and competitors.





Shufu Judo Yudanshakai presented the next clinician in the **James Takemori Memorial clinic series**. For 2024 we featured Gary, Kell and Ari Berliner on Sunday, January 14, 2024 at Sport Judo in Springfield, VA. The event directors were Miki Takemori, Maurice Allan, Steve Berliner. Registration was from 9-9:30am for Juniors, 12:30- 1pm for Senior session. The

Clinic: Session 1 (focused on juniors) was 930-12 (noon), Session 2 (focused on Seniors) is 1-4pm.



Ari Berliner is a 3x Senior National Champion, 3x PanAm Team Member, 3x World Team Member, Bronze European Open, Bronze PanAm Championships, Highest World Ranking #29, Highest World Ranking #29. **Kell Berliner** is a 2x Senior National Champion, 2x World Team member, 6x Continental Open Medalists and Current World Rank #81. **Gary Berliner** - International referee Gary Berliner is IBSA Referee Commissioner. He refereed at many international events and as well four IBSA Paralympic Games. 8 IBSA World Championships. He is IBSA referee since

1999. He is a member of USA Judo Referee Commission. 8th Dan. Dr. Berliner is a board-eligible physician practicing Family Medicine and General Practice with Urgent Care, who opened Chestatee Emergent Medical Care Centre alongside his wife, Elizabeth, in Dawsonville, Georgia in May of 2002. He is a former National and International medalist.



Shufu Judo Yudanshakai focused on providing quality services to our judo community. We are always happy to host events, as a nice way to honor Takemori sensei, by providing clinics by top level judoka for all of our local and regional judoka. Shufu Judo invited all local and regional USJF, USJA and USA Judo members to join us.



The morning session was focused at the younger judoka but there was a good mix of experience at both sessions. The Berliners showed a variety of techniques both Ne waza and Nage waza as well as variations off of each one. Some of the techniques included turn overs and variations of sankaku gatame. The Berliners each spend personal time working with each and every judoka on each of the techniques that they taught. It was great one on one instruction. The session

ended with some randori time so each individual had the opportunity to work with the Berliners. There was time after the morning session for autographs and socialization. We enjoyed some pizza and drinks.



The afternoon session was focused on the adult judoka. The Berliners again demonstrated a variety of techniques from both Nage waza and ne waza.

Thank you to Sport Judo, Maurice Allan and Steve Berliner for hosting the event at their dojo.

We ended the day with a wonderful Italian dinner at Giadino Restaurant. Socialization and fellowship is a big part of our judo community.



Miki Takemori, President of Shufu Judo Yudanhsakai, stated “ Shufu Yudanshakai was happy to bring the Berliners to the Washington DC area for the Jimmy Takemori clinic series. Gary studied and competed in judo in his early years under the instruction of my dad at Washington Judo Club. Judo was my dad’s life. We honor his legacy with clinics to help bring they judo community together and to improve the quality of all judoka.”

Kevin Tamai, Chairman of the Board of Examiners for Shufu Judo Yudanhsakai stated “All three Berliners did an excellent job teaching all of us. My dad, Jimmy and all of past departed sensei are sitting together in heaven, smiling down on us, watching all of us together for judo. Having Gary, Kell and Ari here to share their judo expertise with all of us was a great honor. No matter what our age or rank, we are always learning and improving ourselves every day. I think everyone who attend took away a greater appreciation for judo.

Sensei Edwin Takemori, Jimmy’s younger brother, from the US Naval Academy Judo stated “It is good to see young judoka here working alongside very experienced international judo champions. They are getting personalized one-on-one instruction from them. Shufu Judo provides so many opportunities to come together to learn and expand your judo knowledge.”





Photo By Charles Medani

SportJudo Shufu Judoka - Maurice Allan/Club Spotlight

We are so fortunate in our Shufu community to have many interesting and talented members. One of Shufu's board of examiners, Maurice Allan (owner of SportJudo in Springfield, VA), has a very long and storied history in judo.

Starting out as a wrestler in his native Edinburgh, Scotland (freestyle and Highland Games), he came to the attention of George Kerr (10th dan) who had just returned from four years of studying judo in Japan. George started the Edinburgh Club, taking Maurice on as an employee and a student of judo. For many years, Maurice competed in both judo and wrestling, winning multiple national and international titles in both disciplines. He represented Great Britain in the Olympics in freestyle wrestling. He also represented Great Britain at the World Championships in both sports.

In 1975, Maurice became world champion in Sambo, in Minsk, Russia, becoming one of the few non-Russians to win the title. In 2023, FIAS honored Maurice as a special guest at the Sambo Championship in Yerevan, Armenia, commemorating 85 years of Sambo. The Queen of England also awarded him "Most Excellent Order of the British Empire" for his contribution to the sports of wrestling and judo in 1977.

Despite his long history in wrestling, Maurice truly loves the sport of judo. While competing in both sports, he was instrumental in developing the school curriculum for judo for the Edinburgh public schools, which continues to this day. Maurice was quite the sight, tooling about Edinburgh on his moped, with 20 or more judo suits strapped on the seat.

After emigrating to the US, he became involved in teaching judo in various clubs and venues. He was instructor at the Fairfax County Criminal Justice Academy for over 20 years, teaching recruits and police officers ground fighting, take downs, and arm bars, in the context of officer safety and affecting arrests. He also provided training for the SWAT team, special forces in the Army, FBI, and other law enforcement agencies. He taught judo at George Mason University as well.

Judo is also a family affair. His daughter, Kristen Allan, represented America on Team USA from 2004 - 2008, and holds a Sandan (3rd degree black belt). Kristen is a 2nd degree black belt in jiu jitsu and former IBJJF World Champion and Pan-American Champion.

Maurice has been at the Springfield VA location for over ten years now, sharing the space with the jiu jitsu school run by his partner Francisco Neto (Yamasaki Academy). He offers a variety of classes at all levels, from "Ankle Biters" (preschool age), kids class, and seniors. On top of his regular classes, there are classes for technique (foundation judo), specific training for higher level competitors, and open mat time. His club hosts kata clinics on Sundays, and has a great variety of special guests and clinics throughout the year. Former Olympians Neil Adams, Billy Cusack, Sarah Clark, Israel and Valerie Hernandez to name a few, have given clinics at SportJudo.

Whether novice or experienced, competitive or recreational, SportJudo has a program for everybody. In addition to Maurice, himself an 8th dan, all his staff of coaches are experienced black belts ranging up to 6th dan, with years of competition and coaching experience. This diversity and dedication has helped make judo in our area very accessible and appealing.

If interested, please feel free to contact Maurice or visit the club for a free introductory class. Visit his website, **SportJudo.org**, or visit the SportJudo Facebook or Instagram pages for more information.

I would like to thank and recognize Maurice Allan and Sport Judo for hosting the Shufu Rules Clinic and That Takemori Clinic with the Berliners. Miki Takemori, President of Shufu Judo Yudanshakai and member of the Takemori Clinic Committee.

Event Summary

Congratulations to Sport Judo Judoka competing the Scottish Open

The Scottish Open Tournament was a great success for the SportJudo team, comprised of Kosei Cuyler (SM-90kg), Yasmin Alamin (SW-70kg), and Elsa Clark (CG-52kg, JW-52kg). Kosei won bronze in an extremely packed and competitive division. Yasmin dominated and won gold, beating out many tough contenders. Elsa came away with a bronze in the Cadet division, and the gold in juniors (beating out a previous Junior world medalist). The great showing Sport Judo had at the Scottish Open in a field of over 600 competitors! We couldn't have had a better day, and couldn't be more proud of our athletes. Well done team! (Note from Maurice Allan, coach and Head Instructor of SportJudo)



Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

3/ 8-9 /2024 – Lone Star Classic (kata and shiai), Dallas, TX

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

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

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

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



Photo By Charles Medani

Kata event summary: On January 7, 2024, about 30 judoka gathered for a Nage no Kata clinic to enhance their knowledge and study of judo. The clinic was given by a Kristin El Idrissi and Christine Levine, members of the recent USA National teams for the Pan-American Kata Championship and IJF World Kata team for the USA. The clinic was held at the International Judo Center in Flushing, NY, under head sensei Saro Balagezyan. This was the first in a series of kata clinics that his club will host. Diane Jackson, Chair of the USA Judo Kata Committee, supported this inaugural clinic of the series



Nage no kata is the demonstration of nage waza (throwing techniques). It consists of three techniques from each type of waza: te (hand) waza, koshi (hip) waza, ashi (foot) waza, ma sutemi (back sacrifice) waza, and yoko sutemi (side sacrifice) waza. In total, there are 15 techniques which are performed both right-handed and left-handed. Nage no Kata, along with Katame no Kata (ne waza or mat techniques) are the considered the Randori no Kata. Dr. Kano stressed kata as an important element of judo. Kata embodies the essence of judo principles. It teaches and demonstrates a judoka's understanding of maximum efficiency and minimum effort, mutual welfare and benefit, and continuous striving for self-improvement.

Shufu Yudanshakai Nage no kata clinic at Trident Martial Arts in Woodbridge VA



A Nage no kata clinic was presented at Trident Martial Arts in Woodbridge, VA on Sunday, January 28th. The clinicians were **Sensei Karl Tamai** from College Park Judo and **Sensei Diane Jackson** from Hui-O-Judo. We were also honored to have Sensei Fran Vall, Shichidan and Sensei Karen Whilden, Rokudan, sharing their expertise and knowledge.

Photo By Charles Medani



Nage-no-kata ("forms of throwing") is one of the two randori-no-kata (free practice forms) of Kodokan Judo. It is intended as an illustration of the various concepts of nage-waza (throwing techniques) that exist in judo, and is used both as a training method and as a demonstration of understanding. The nage-no-kata was developed by Jigoro Kano as a method of illustrating principles of throwing to allow students to more effectively apply them in randori. Initially the kata consisted of ten techniques. These were subsequently appended with the addition of a further five throws. Each of these 15 techniques is performed twice in the specified order, both right and left handed. The kata is generally performed in a strictly formalized manner with clearly defined Reigi sahō (rules of etiquette).



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Special thank you to Master Pat Tray, Sensei Percy Johnson, Sensei George Antoniou and Trident Academy of Martial Arts for hosting this event. Trident Academy has been the premiere Mixed Martial Arts school since 1998 for Muay Thai, Jeet Kune Do, Filipino Martial Arts and Brazilian Jiu-Jitsu (BJJ). one of the most widely respected training opportunities in Northern Virginia / DC Metro! As a result of our experience and expert instruction, our student have the opportunity to learn practical martial arts styles and training methods, incorporating functional fitness for All Ages; Teens, Men, Women and Kids 4-12 years old.



Sensei Diane reminded all of the judoka that this was just a small taste of the



katas of Kodokan. There are many more to discover and learn. She asked them to go back to their dojos and practice what they learned today. She encouraged each one to continue to learn and study the kata to help improve and enhance their judo experience. She also reminded all of the judoka about competitions and other clinic opportunities.



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



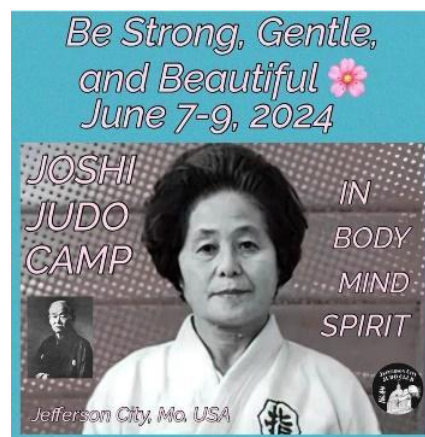
1. **Teaching Tool:** Kata serves as a teaching tool, allowing practitioners to delve deeper into the intricacies of judo techniques. It provides a structured framework for learning and understanding fundamental principles.
2. **Learning Tool:** By practicing kata, judoka gain insights into historical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

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

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



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



develop their kata skills and their randori skills. Fukuda Sensei wishes for joshi camp to continue as her legacy and to continue to develop great joshi judoka.

Goshin Jutsu Kata clinic on Saturday February 2nd at USA Stars of Salt Lake City, featuring clinicians Sensei Frances Glaze, 7th dan and Sensei Diane Jackson, 6th dan

Kōdōkan Goshin Jutsu (*Kodokan skills of self-defense*) was, before the introduction of the Kodomo-no-kata, the most recent judo kata of Kodokan. Compared to Kime no kata it is a more modern set of self-defense techniques. Instead of attacks with swords, the kata contains defenses against attacks with stick and pistol.

The 21 techniques are named after and grouped by ukes attack. The first two groups are unarmed attacks (*toshu no bu*), from close distance when uke holds tori, and from a distance when uke punches or kicks. The last three groups are attacks with weapons (*buki no bu*): with a dagger, a stick and with a pistol.

Most of the techniques tori uses for defence are considered illegal in judo competitions (*shiai*) and randori, and are therefore not known to many judoka. Beside the strikes, the wrist locks *kote-hineri* and *kote-gaeshi* belong to those techniques, which are two common known aikido techniques.

The Kodokan Goshin Jutsu was created in 1956 by a Kodokan working group to update the older kata with more modern forms of self-defense. It also shows the influence of Kenji Tomiki, one of Professor Kano's students, who also studied Aikido under the founder of Aikido. It consists of 21 techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (*toshu no bu*) and three sets with weapons (*buki no bu*). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons.



Referee Corner by Sharon Landstreet

Hope all is well with everyone.

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

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

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

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

USA Judo Point Tournament



Photo By Charles Medani

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

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

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

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

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

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

Thanks,
Sharon Landstreet

Link to FY24 Shufu Rules Clinic Google Drive

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

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

<https://rules.ijf.org>

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

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

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

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

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

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

Clarification on newaza vs tachiwaza video

https://drive.google.com/file/d/1SHqgfC3Ke09j-nhtt2slqfmUpl6uql6yc/view?usp=drive_link

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

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

(78) 2022 - 2024 IJF Judo Rules Information - YouTube

(78) IJF Judogi Rules - Explained - YouTube



40 Judo Techniques in 5 min with the Superstars

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

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

ISBA Website [Home - IBSA Judo](#)

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

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



USA Judo Referees
www.usajudo.com

Helping Veterans though judo.

To: All of our Champions, Judo and Veteran Family across the US, Japan, and the World,

This is a half hour show on the Lady Nighthawk Show on Bowie TV (a public TV channel).

This is one of 2 half hour episodes we taped.

It is entitled: "Helping Veterans Through the Art of Martial Arts."

<https://youtu.be/626zO-ID7Jk>

We shared our Veterans' amazing accomplishments, and the lessons shared from 30 years of research and protocols developed with Children on the Autism Spectrum - to help Veterans with Stroke and communications challenges. And the Veterans "shall return the help!"

"We **NEVER** give up on Children on the Autism Spectrum!!"

"We **NEVER** give up on Veterans with Mental Health, Physical Health, other Challenges - who have (NOT) been served and included by the VA Healthcare."

" We include **ALL** Mental Health, Physical Health, Cognitive Differences, Elder to Youth, Housed and Un-Housed (Living in the Woods); in Rehab Facilities, in VA Hospital Beds, in Cars, At Work, and Throughout their Lives!"

"Together we Rise Again !"

What do you think?

This is one half hour show of a 2 show series.

Warmest Wishes and Love,
Mayer with Sheila, Jared, Ryan, and Nate

Mayer Max

<http://www.mindknit.org>

mayermax1@gmail.com

443-562-2929 Cell

Director, MindKnit Research Center, Non-Profit

Director, MindKnit "Veterans National Adaptive Judo" under
VA National Veterans Sports Program, Veterans Health
for Veterans and Active Duty Members with Disabilities

Across: Maryland, Virginia, Washington, DC; Atlanta, San Francisco, Michigan, Wisconsin, Potawatami Nation,
Nationwide

(Making Veteran Sisters and Brothers, Elders, Native Elders in First Nations, and Veterans and Active Duty with
Disabilities "Connected, Healthy, and Powerful Athletes")

Partnered with:

Veterans Mental Health Advisory Council, VA Medical Center
Washington, DC; and VISN5 ;

Jewish War Veterans (JWV), Atlanta, Georgia ;

American Legion, Cook-Pinkney Post 141, Annapolis, Maryland ;

www.MindKnit.us

"Wounded Warrior Provider"

For TBI/ PTSD/ Physical/ Neurological/ Behavioral Health

& All Disabilities and Medical Challenges

to the Defense Health Agency, (DHA), Warrior Care Recovery Coordination Program,

National Resources Directory (DoD, Veterans Affairs, Department of Labor Partnership) ;

<https://www.nrd.gov/resource/detail/21080508/Moses+Max+Mindknit+Research+Center>

The Benefits of Judo by Fitpeople. Com

Just with any martial art, judo may seem an aggressive and dangerous sport. But the truth is that practicing judo can bring us many benefits, including improving our levels of creativity. Judo was officially recognized by UNESCO, as one of the most comprehensive sports for children and teenagers. There are many benefits of practicing judo, as it improves your physical and mental health. But what is judo and what are the benefits involved?

What is judo?

Judo is a Japanese martial art. The term judo means “gentle way.” It’s a weaponless combat system, where the goal is to knock down the enemy using your own strength to immobilize them. To do so, you must use techniques that involve physical, mental and emotional strength. People who practice it claim that judo is much more than just a sport, they say it’s a lifestyle. Your whole body benefits from practicing this sport, it improves your coordination, self-confidence and focus. People of any age and gender can practice it, even if they have different abilities since it encourages huge respect, not only for yourself, but also for others.

What are the benefits of doing judo?

Physical benefits

Doing judo helps to burn calories. It’s ideal for people who want to practice a comprehensive sport. It’s also a great way to lose weight and stay fit, mostly because it activates your metabolism. Doing judo includes learning poses that improve your body balance and increase your muscle elasticity and joint flexibility. All of this reduces the discomfort caused by conditions such as, arthrosis. This martial art regulates your digestive functions, facilitating your intestinal motility. It even tones up organs such as your liver and pancreas. The techniques and poses you learn have positive effects on your nervous system; they improve your memory and increase your pain resistance. Judo is obviously beneficial to tone your muscles and keep your body in harmony with your mind. However, from an emotional and mental point of view, the contribution it makes is even greater.

Mental benefits

Practicing this sport improves your psychomotor learning, promoting a physical and mental balance. This results in personal growth and development. Judo is a great way to encourage respect for yourself and others. It’s a perfect sport to overcome shyness and manage aggressiveness. Shy people can lose the fear of making contact with strangers, and they can learn to express themselves through their own body by practicing judo. It also improves the confidence in their own abilities. It’s a great way to let go of all your negative feelings. Judo can teach you to correct aggressive behaviors, by increasing your tolerance to frustration, in a constructive way.

Self esteem

Judo can help you to improve your self-esteem. Practicing it frequently can give you self-confidence, an optimistic outlook and put you in a good mood, all at the same time. Staying focused is just as important when you’re training, as it is in your daily life. People who practice this sport become used to thinking, before acting. They tend not to become carried away with their emotions during difficult times.

Judo’s a sport that benefits those who practice it in every way. With a few exceptions, it’s suitable for any person, regardless of their age or gender. You can practice this martial art to compete, although most of the time, students prefer to learn the easier techniques for recreational reasons only. But, the benefits for your health are undeniable and totally recommended by experts. Practicing judo increases the ability of each person to grow physically and mentally in a harmonious manner. This Japanese martial art is much more than just a sport. It provides the necessary tools to train your body while you develop useful skills. It shapes your character and helps you to be in balance within yourself, and with others.

Book Notes:

Let's focus on Continuous Learning and Improvement for a moment. Often referred to as "Kaizen," lies at the heart of Judo's philosophy. It embodies the idea that growth is a never-ending journey, and there is always room for enhancement and improvement on the side of the athlete, coaches, and referees. In Judo, we understand that mastery is an elusive goal, and the path to improvement is paved with dedication, practice, and a willingness to learn from both successes and failures. This principle extends beyond the dojo, encouraging practitioners to apply the same mindset of perpetual improvement to all aspects of life. Kaizen teaches us that even the smallest positive changes, consistently applied, can lead to remarkable progress over time. It's a reminder that in our pursuit of excellence, the journey itself is as valuable as the destination, and the process of self-improvement is a lifelong endeavor. It's up to us as Coaches in Judo to practice Kaizen and continuously learn for the betterment of our dojos.

<https://amzn.to/3LewOme>

AMAZON.COM

Gemba Kaizen: A Commonsense Approach to a Continuous Improvement Strategy, Second Edition



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

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

[Portal](#)

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

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

<https://kokakids.substack.com>



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

<https://kokakids.substack.com>

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

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



to

SHAPE America

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

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



WE NEED YOU!



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

Physical and mental benefits of practicing judo

From Lifestyle.fit, article written by Carol Alvarez

The practice of martial arts has been gaining its place among the Olympic sports. Judo has become a revelation for children and adults, especially thanks to its positive effects on physical and mental health. Judo classes begin with ukemi, which literally means "receiving body," and beginners are taught how to react appropriately to an attack. Through the skills necessary to respond to an attack safely, sessions of this sport can increase confidence and self-esteem. Everyone must learn to fall before learning anything else. Otherwise, you can injure yourself practicing Judo, despite not being a very harmful sport. The main pain will appear in the feet and wrists when avoiding falling forward. All of them can be worked to have a good posture and defend yourself correctly. Physical advantages of practicing Judo. Judo has many health benefits, both mental and physical, especially for children. His practice not only focuses on developing physical fitness, but also improves children's concentration, develops positive attitudes about sports in general, and increases self-esteem. Let's say that it is a discipline that shows respect for oneself and for others.

Strong muscles

Judo is a great activity for young children because it builds healthy, strong muscles early on, improves their cardio, and lowers cholesterol. Children who participate in this sport have a reduced risk of childhood obesity, heart disease and osteoporosis, even as they leave childhood and become adults. It also lays the foundation for them to become healthy, active adults who appreciate the importance of physical activity. However, starting your practice as an adult also brings numerous benefits in toning muscles and building lean mass.

Improves flexibility and balance. Judo training is an ideal form of physical exercise and serves as a great cardiovascular workout, improving stamina, overall health, and overall fitness.

Physical strength is also improved as a direct result of trying to control and dictate the opponent's movement and power is also improved. Watching a practitioner in action, it is evident that flexibility is also improved. For the same reasons, a player's balance and posture will also be improved. Physical coordination also develops significantly from training and reflexes also improve along with mental reaction time. Weight loss Like any long-term physical activity, this martial art can help you lose weight. If we do not significantly increase calorie intake, we will lose the desired kilos. In an hour of Judo training we can burn around 600 calories. Logically, this will happen if we do not increase the calorie intake. Assuming a person needs 2000 calories a day to maintain their current weight, if you did six hours of judo a week and didn't increase your intake, you would lose a little over a pound a week, give or take.

Increases defense ability

Judo is about giving kids an outlet for their boundless energy while also discouraging violent behavior, like many martial arts. Judo practitioners compare the discipline of judo to discipline in the military because it teaches you to respect those around you, pay attention to detail, and learn to present yourself. Experts say it's rare for kids who do judo to get involved in bullying or fights in the schoolyard. As it is a sport that encourages discipline and respect from others, practitioners of this sport know that engaging in aggressive behavior is not the right solution and that judo techniques are for their classes or for defense in extreme situations.

Psychological benefits of doing Judo

As a martial art, judo focuses on developing self-respect, respect for others, including opponents, and respect for the teacher. All of this enhances confidence, security, and judgment so that children can grow into well-rounded, emotionally healthy young adults.

Greater concentration

Science has shown that children's concentration increases exponentially after they start practicing judo because they get used to following very detailed and specific instructions from their teachers, along with deep concentration on their movement techniques. Studies have shown that hyperactive children or who suffer from attention deficit disorder benefit greatly from the disciplined environment of judo. Those who have attention problems will notice a big change in feeling like they really want to learn and are engaged, which pushes them to focus more. This could be almost a therapeutic and helpful side effect as they get older and need to focus at school or work.

Discipline thanks to judo

Due to the potentially dangerous nature of the sport, strict discipline is essential and great importance is placed on safety, hygiene and uniform. Security is controlled by the rules of the game, which are constantly updated to exclude harmful actions; this allows judo to be practiced vigorously without undue risk of harm or injury. Hygiene is essential due to the close physical contact between players and the Judo uniform instills respect, modesty, courtesy and general social skills in all participants.

Trust

This is an ideal sport for all ages, male or female, and appeals to many disabled groups. Confidence and self-esteem are enhanced as a player progresses through the ranks and the very nature of the ranking system ensures that the next goal is always realistic and achievable with effort. The ranking system also ensures that regardless of skill level, all Judo players can compete with players of similar skill and therefore have a reasonable chance of being victorious. In addition, it favors long-term motivation, since you can increase and progress in the colors of the belt.

Upcoming events:

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



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



East Coast Elite Training camp here in the DC area – Getting ready for Senior Nationals or the Junior Circuit? Maybe you are just looking to improve your knowledge? We have a training camp for you! MASTERS and High Noon judo are putting on our spring national training camp from April 22 to April 27! There will be two training session per day. We hope to see you there! High Noon Judo, located at 85 S Bragg Street in Alexandria VA is very excited to announce that we will be hosting multi-time world team member Alaa El Idrissi (@elidrissialaa) and his wife, multi-time National Medalist and Collegiate Wrestling All American Kristin El Idrissi (@judo chops85) as part of our spring training camp! Along with 2021 Olympian Nefeli Pappadakis (@nef.papadakis), we will have a great group of guest instructors. For more information, contact Chris Round at 978-654-8310.

information only.

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



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

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

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

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

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

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

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

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

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

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

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

2024 Junior Olympic Championships to be Held in Pittsburgh

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

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

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

details will be released in early 2024. Discounted hotel rooms are available now through Team Travel Source, USA Judo's official tournament housing provider.

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



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

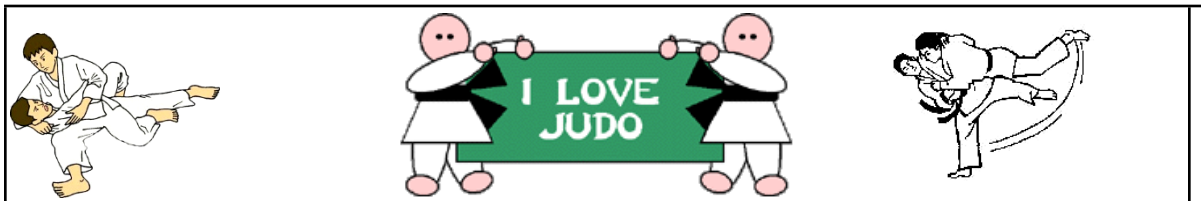
Viva Las Vegas! Kind regards, Denis Weisser, Chair of the IJF Veterans' Commission



Club Updates from Shufu Judo Yudanshakai –

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

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



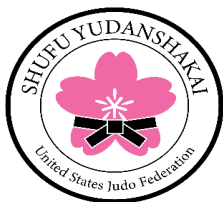
For more information contact :

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

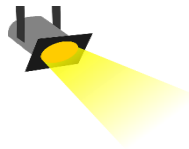
Shufu Vice-President, Michael Landstreet

Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-686, Email
–shufuboardofexaminerchairman.kevin@gmail.com

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



Shufu
Judo



Judoka Spotlight

Kayla Harrison



Kayla Harrison is an American professional mixed martial artist and Olympic and world champion judoka, currently signed to the Ultimate Fighting Championship. Harrison competed in the 78 kg weight category in judo. She won the 2010 World Judo Championships, gold medals at the 2012 and 2016 Olympics, and gold at the 2011 and 2015 Pan American Games.



The two-time Olympic judo gold medalist Kayla Harrison has signed with UFC and battle Holly Holm in a bantamweight fight at UFC 300 on April 13, 2024 in Las Vegas, stated UFC president Dana White. Harrison, 33, won gold for the United States at the 2012 Rio Olympics and 2016 Rio Summer Games before entering MMA in the Professional Fighters League. Harrison, who is 16-1 in MMA, will be competing at bantamweight for the first time. Holm, 42, is 15-6 in MMA. She also has competed in boxing and kickboxing. Holm was inducted into the International Boxing Hall of Fame in 2022. "She's fought all the nastiest women in the world in boxing and MMA, except for one," White said of Holm before introducing Harrison as her next opponent.



Kayla's story is one of perseverance, generosity, and humility. She was born on July 2, 1990 in Middletown, Ohio but now lives in Florida. Her introduction to the world of martial arts one day as a kid when she saw a karate commercial on television and soon after started running around the house energetically breaking stuff, so her mom put her in judo, a sport she practiced in college as a form of self-defense. It took her a long time to become successful in judo. In fact, she didn't win a match for her first three years. By the time she was in middle school, she was dedicated and disciplined, training twice a day, sometimes even three times a day. This focus and relentlessness helped her achieve many accolades as a youth, which culminated at the Junior World Championships in 2008. She became only the third American to win it. Building on that

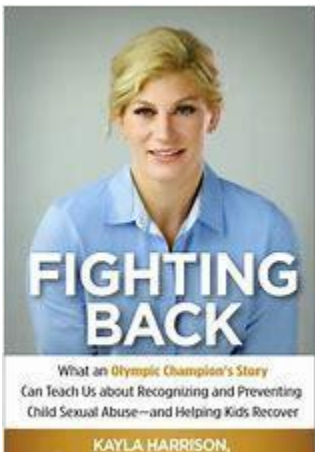


momentum, in 2010 she became the fourth American to win the Senior World Championships and it was especially noteworthy given this was only her second appearance at this highly competitive event and it was in the sport's country of origin, Japan.

During the summer of 2012 in London, Kayla became the first American to achieve the seemingly impossible. She won our country's first gold medal in judo at the Olympics, defeating hometown hero Gemma Gibbons by two yukos. Kayla was victorious again in 2016, besting Audrey Tcheuméo of France in Rio de Janeiro and earning her second

Olympic gold medal. The years spent during her Olympic career will always be some of her fondest memories. The highs, the lows, and of course all the things people don't see behind the scenes. Kayla truly grateful for these experiences because they helped her learn that the journey is the reward.

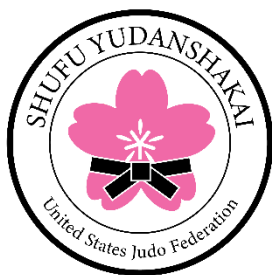
After retiring from judo, Kayla transitioned to the new yet familiar world of mixed martial arts, commonly known as MMA. She debuted with the Professional Fighters League in the 2018 season. The following year through dogged determination, she competed in and won the regular season playoffs and finals, which translates to four fights, to secure the 2019 Women's Lightweight Championship, conquering Larissa Pacheco. In 2021, Kayla journeyed a similar path, and faced and dominated Taylor Guardado in the finals of the Women's Lightweight Championship, making her a 2x PFL World Champion. In 2022, Kayla stepped into the cage again with Larissa Pacheco...and lost, but what is life without failures, disappointments, and setbacks? They've all made her stronger and more resilient.



As a survivor of sexual abuse by her former childhood judo coach, it's become her personal mission to shine a light on the darkness of this physical and psychological trauma. In 2013, she created the Fearless Foundation to enrich the lives of survivors firstly through education that empowers people who are victims to come forward and seek help and secondly through health and wellness to build both physical and emotional strength, resulting in increased self-confidence and mastery. In 2018, Kayla was inspired to author *Fighting Back* to share her story and further educate people on how to recognize and prevent child sexual abuse as well as provide resources to help abused children recover and heal.

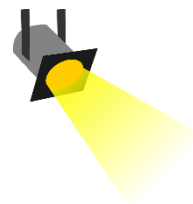
In recent years, her mental health has become of the utmost importance to her, especially as a mom. After adopting her niece Kyla and nephew Emery in 2020, her life changed forever in the best way possible. She has created a nurturing and safe environment for them to thrive, and they are surrounded by love around the clock. Kayla finds deep nourishment and fulfillment in helping and inspiring others. When she is not in training for her next fight with the American Top Team in Coconut Creek, Florida, she usually is centering herself by praying, journaling, meditating, or feeding her pet emu on her farm or being goofy with her kids role playing a Harry Potter scene or volunteering at her local church or training facility to teach judo to little humans.

Life is good, especially when it's rooted in optimism and resilience.



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[Yudanshakai Dojo Spotlight](#)



Trident Academy has been the premiere Mixed Martial Arts school since 1998 for Muay Thai, Jeet Kune Do, Filipino Martial Arts and Brazilian Jiu-Jitsu (BJJ).

Trident Academy of Martial Arts in Woodbridge, VA brings together some of the most experienced instructors from across the Northern VA and DC Metro. Most of our instructors have trained for 15 - 20 years or more, in incredibly varied areas of interest following study under internationally renowned pioneers.

Our Martial Arts Academy in Woodbridge, VA offers one of the most widely respected training opportunities in Northern Virginia / DC Metro! As a result of our experience and expert instruction, our students have the opportunity to learn **practical martial arts styles** and training methods, incorporating functional fitness for All Ages; Teens, Men, Women and Kids 4-12 years old

Trident Academy offers Kids Martial Arts Classes Woodbridge VA: the most comprehensive kids program in the Northern Virginia/DMV area. Our young students learn Thai Boxing and Brazilian Jiu-Jitsu - two arts with an active training regime and a strong emphasis on discipline. For the kids who show dedication and desire, we have a competition team that represents the academy in tournaments throughout the United States. Many parents are ready to start their children as soon as possible so they can be ready for school and have the confidence to stand up to negative peer pressure and bullying.

Trident Academy of Martial Arts is located at 3310 Noble Pond Way, Suite 104, in Woodbridge, VA. Their phone number is 703-490-2425. Visit their website at www.tridentmartialarts.com.

Judo classes are offered on Tuesday evening from 730pm to 830pm, Friday from 730pm to 9 pm, and Sunday from 11-1230pm. Please feel welcomed to come join us. Contact sensei George Antoniou or Sensei Percy Johnson

Shufu
Judo



Honoring Malcom Hodges – creator and editor of Shufu Shimbun



The original creator and editor of Shufu Judo Yudanshakai newsletter, the Shufu Shimbun, was Malcom Hodges. He was a member of the Washington Judo Club from 19662 to 2004. He was Godan. Mr Hodges passed in 2013. We honor his legacy by continuing to publish this monthly newsletter.

Here is a small glimpse of the life of Malcom Hodges:

Malcolm François Hodges (November 26, 1914 to March 1, 2013) husband of Dorothy Davis Hodges and father of Rowena, Laurie, and John Bryan Hodges, died March 1, 2013 in Lincoln (Nebraska). He is survived by his sister-in-law, Eleanor Davis Solan of San Diego, Calif. Preceded in death by his father, Harvey Enos Hodges; mother, Ruth Morin Hodges; sister, Betty Lydia Hodges, and brother, John Harvey Hodges.

Malcolm was born in Willimantic, Conn. and lived until he was 12 in Montpelier, Vt. when the family moved to St. Albans, Vt. In the late 1930's he moved to Washington, DC for additional training in electronics, receiving his degree in electrical engineering from George Washington Univ. in 1948. While attending night school, he met and married his wife of 67 years. U. S. Naval Electronics System Command (senior manager, retired 1974), U. S. Judo Federation (5th degree black belt), Washington Judo Club (1962 -2004), Northern Virginia Recorder Society.

In addition to church work, his many volunteer activities included initiating and serving as editor and treasurer for Shufu Shimbun, a judo newsletter, for many years. His greatest pleasure was music -- singing in the church choir beginning in childhood and playing instruments in small groups, from a dance band in the late 1920's and 30's to a recorder group in the 1990's.

In 2004, Malcolm and Dorothy moved from their home in Oxon Hill, Md. to Lincoln, residing at The Grand Lodge where new friends and activities further enriched their lives.

A memorial service was held from 3:30 p.m.- 4:30 p.m. on Tuesday, March 5, 2013, at The Grand Lodge at the Preserve, 4400 S. 80th Street in Lincoln. They were laid to rest in Suitland, MD in Cedar Hill Cemetery.