



Shufu Judo Yudanshakai Shufu Shimbun

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



February 2026



Upcoming Events:

February 8	Mini kata clinic – Nage no kata	Springfield, VA
February 8	Big Apple Judo Classic	New York, NY
February 15	Shufu Yudanshakai Rules clinic at Sport Judo	Springfield, VA
February 20-21	Lone Star Classic	Fort Worth, TX
February 28	Compound Classic Shiai	Silver Spring, MD
Feb 28- Mar 1	Andre Parente kata clinic	Queens, NY
March 7	Wahadachi Classic	Milwaukee, WI
March 7	Virginia State Championships	Sterling, VA
March 7	Las Vegas Judo Championships	Las Vegas, NV
March 14-15	USA Judo Youth Nationals	Wichita, KS
March 28	New York Open	New York, NY

SAVE THE DATE- The Maryland State Championships will be held on April 18 at DeMatha Catholic High School in Hyattsville MD. Please register on Smooth Comp as early as possible.

SAVE THE DATE- The next Takemori Clinic clinician will be Kashiwazaki Katsuhio sensei. The clinic will be 9-10 May of 2026. More information to follow.

Follow Shufu Judo Yudanshakai

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

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

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



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 which caused 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. As of

February 1, 2026, we have 23 registered dojos comprised of 502 members, of which 137 are dan ranked judoka, 151 are senior judoka and 351 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., DC Judo in Washington DC, College Park Judo in College Park MD and Kuma Judo in Florence MA

Planning ahead for 2026 events

April 5	Easter Sunday	
April 11	Controlled Combat Judo shiai	Gaithersburg, MD
April 12	Garden State Championships	Madison, NJ
April 18	Maryland State Championships	Hyattsville, MD
April 25	Shufu Spring BOE/Promotions/BOD meeting	Beltsville, MD
May 2	Shufu North Promotion @Shodokan	
May 3	Battle of the Square	New Rochelle, NY
May 8-9	USJF Spring meetings	Honolulu, HI
May 9-10	Takemori Clinic with Kasuhiko Kashiwazaki	Springfield, VA
May 9-10	USA Judo Senior Nationals	Albuquerque NM
May 22-24	Golden State Championship	Los Angeles, CA
June 7	Summer Slam	Patterson, NJ
June 20	Tohkon Classic	Chicago, Ill
June 19-21	USA Judo -Junior Olympics	Spokane, WA
June 27 (TBD)	USJF Summer nationals (TBD)	Baltimore, MD (TBD)
July 4	Pan American Kata Championships	Montreal, Ontario, Canada
July 23-29	USA Judo US Open	Ft Lauderdale, FL
August 22	Veteran Open Championship	Houston, TX
September ??	Liberty Bell	Philadelphia, PA
September 20	Suncoast Warrior	Port St Lucia , FL
October 4-5	San Jose Open	San Jose , CA
October 11	Morris Cup	Scotia, NY
Nov TBD	Shufu Promotions/ BOE/BOD	Beltsville, MD
Nov tbd	Fall meetings	Las Vegas, NV
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ



Shufu Judo Yudanshakai
in cooperation with Sport Judo
present:



2026 International Judo Federation (IJF) Rules Clinic

All referees, coaches and senior competitors should attend this clinic. Understanding the rules and how they are applied affects play and makes for better competitors, referees, coaches and club instructors.

Sanctioned by: United States Judo Federation Sanction number: 26-02-08

Distinguished Guest Clinician: Bukhbat Mashbat, IJF International Referee
Olympic Referee
Member of the IJF Referee Commission

Clinician and Event Director: Sharon Landstreet, IJF International Referee
Chairman, Shufu Judo Yudanshakai Referee Committee

Contact via Email: sbojudo@msn.com or call 571-216-8989

Date: Sunday, February 15, 2026
Location: On site Registration: 12:30 – 1:00 PM
Parking: Free parking

Clinic Hours: 1:00 pm to 4:00 pm.
All participants are asked to bring their judogi.

Fee: \$20.00. Pre-registration is highly encouraged.

Eligibility: USJF, USJA and USA Judo membership is required. **Proof of current membership must be presented on arrival on the day of the event when checking in.** Failure to be able to show current membership will result in not being able to participate.

Topics to be covered will include current information, rule changes and rule interpretations. This clinic is both educational and relevant for all referee levels, coaches, instructors and competitors.

Register here on SmoothComp - [2026 IJF Rules Clinic - 26-02-08 - Smoothcomp](#)

The International Judo Federation (IJF) has officially confirmed the **updated refereeing rules for the 2026 season**, introducing important clarifications on scoring, grip breaks, non-combativity, and athlete safety. With the **World Judo Tour** set to begin on **7–8 February at the Paris Grand Slam**, these rule updates arrive at a critical moment, giving athletes and coaches clarity as preparations intensify for a season that will also mark the **start of Olympic qualification for Los Angeles 2028**.

Yuko Clarified: What Counts in 2026

One of the most important updates concerns **Yuko scoring**, particularly in relation to side landings.

Yuko WILL Be Awarded When:

- The opponent lands **90° or more to the front**
- The landing occurs on:
 - The **side**
 - The **upper back**
 - The **neck**
 - The **side on the shoulder axis**
 - One **elbow or one hand**
 - One **buttock**, with or without arm or elbow contact

These clarifications aim to improve consistency in scoring and reduce confusion in marginal throwing situations.

When Yuko Will NOT Be Awarded

Yuko will **not** be given if, during a side landing of 90° or more to the front, **any of the following touch the mat first**:

- The **front of the stomach**
- The **front of both hips**
- **Both knees** to the front

This distinction reinforces the IJF's emphasis on **clean, controlled throwing mechanics**.

Grip Breaking: What Is Allowed and What Is Penalized

The 2026 rules bring sharper definitions to **grip-breaking actions**.

Allowed

- Breaking grips with **one or two hands** while keeping **at least one grip**
- Breaking a grip with **one hand**, even if no grip is maintained afterward

Not Allowed (Shido)

- Breaking the opponent's grip with **two hands without keeping any grip**

This change encourages active engagement while discouraging purely defensive grip stripping.

Wasting Time: Clearer Penalties in 2026

Time management between **Matte and Hajime** is now more strictly enforced.

Judoka may receive penalties for:

- Not standing up promptly after **ne-waza**
- Failing to return immediately to the starting position
- Adjusting:
 - Hair
 - [Judogi](#)
 - Beltfor excessive periods

Penalty Structure

- **First offense:** Warning

- **Second offense and beyond: Shido**

This update reinforces match flow and reduces unnecessary interruptions.

Safety Update: Ushiro Sankaku

Athlete safety remains a priority.

Applying **Ushiro Sankaku** in **ne-waza**, with or without Matte, **when it presents a high risk of injury to the opponent's neck or spinal vertebrae**, will be considered **Hansoku-make**.

This clarification reflects ongoing collaboration with the IJF Medical Commission.

Non-Combativity: Broader Evaluation

Referees will now consider **both tachi-waza and ne-waza activity** when assessing **non-combativity**.

This adjustment rewards athletes who actively seek progression on the ground, rather than relying solely on standing attacks to avoid penalties.

Medical Commission Update

The IJF Medical Commission has also issued updates aligned with the 2026 ruleset, reinforcing safety protocols throughout the season.

2026 Season Begins in Paris

The **Paris Grand Slam (7–8 February)** opens a packed year on the World Judo Tour, setting the tone for:

- Grand Slams in **Tashkent, Tbilisi, Dushanbe, Astana, and Ulaanbaatar**
- World Championships in **Baku, Azerbaijan (October 4–11)**
- Junior Worlds in **Amman**
- **Youth Olympic Games Dakar 2026**, marking the first Olympic event hosted on African soil

Olympic qualification officially begins in **June at the Ulaanbaatar Grand Slam**, making every contest matter.

Virginia State Championships

March 7 2026

Hoops in Sterling VA

register on Smooth Comp

Maryland State Championships

April 16 2026

DeMatha High School, Hyattsville, MD

Register on Smooth Comp

Shufu Yudanshakai Kata Corner

Are you introducing and teaching your junior judoka kata? We are introducing a new junior nage no kata with just 3 throws – uki otoshi, uki goshi and okuri ashi barai. We are encouraging all junior judoka enhance their judo experience by learning and competing in kata. As they develop, they can move to the first three sets and continue to develop. Shiai is not for all judoka. Kata is an excellent opportunity to grow.



Photo Courtesy Chuck Medani



The Kata World Series took place in Spain. Diane Tamai (MD - Shufu), Theo Schwalm (TX - Shufu) and Barb Shimizu represented the USA as judges.



Create your own kata – We are experimenting with new “create your own kata”. Showcase the things you have learned. For example, new white belts might demonstrate Ukemi, zempo Kaiten, a throw (or two) and a hold (or two). As you go up in rank, demonstrate to the level you are learning.

Shufu Mini kata clinics – Sensei Dinae Jackson will host three kata clinics on Sunday evenings. One on Nage no kata, one on Katame no Kata and one on Ju No Kata.

All judoka are encouraged to attend. It is suggested and highly recommended that you have a working knowledge of the kata prior to coming to the clinic.

Lead Clinicians: Diane Tamai Jackson, Karen Whilden, Karl Tamai

Dates: Sunday, February 8, 2026 – 4-7 p.m. (nage)

Sunday, TBD -2026 – 4-7 p.m. (katame)

Sunday, TBD, 2026 – 4-7 p.m. (ju no kata)

Location: Sport Judo Dojo, 5405 Port Royal Rd, Springfield, VA 22151

Parking: Free parking

Clinic Hours: 4:00 PM - 7:00 PM

Fee: donation to Sport Judo (see the can on the counter)

OPPORTUNITY FOR FUTURE PJCs: The junior divisions are growth areas where brown or black belt judoka ages 15-20 can compete on the USA Team. Of the three junior divisions, there were 2 Nage-no-kata teams, 2 Ju-no-kata teams, and 1 Katame-no-kata team. This is a great opportunity if you have young judoka. The qualifying tournament is the Senior Nationals, which also offered a U21 division.

Start training now - 2026 Senior Nationals: starting at 14 years old – Nage, Katame, Ju Under 20 year, Intermediate and Open division

**** Andre Parente clinic – Feb 28-Mar 1 – Queens NY – Goshin Jutsu and nage no kata.**

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

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)

[Western Judo Kata Championship Clinic 2026](#) January 31, 2026



with [Kata Judge Clinic](#) on Friday, January 30, 2026 at City College of San Francisco Wellness Center - Martial Arts Room (50 Frida Kahlo Way, San Francisco, CA 94112)

Divisions:

U13 Beginner (12 years old and under)

- Nage-no-Kata (First 3 Sets) | Katame-no-Kata (First set only) | Ju-no-Kata (First set only)

U13 Open (12 years old and under)

- Nage-no-Kata (Full Kata) | Katame-no-Kata (Full Kata) | Ju-no-Kata (Full Kata)

U17 Beginner (16 years old and under)

- Nage-no-Kata (First 3 Sets) | Katame-no-Kata (First 2 Sets) | Ju-no-Kata (First 2 Sets)

U17 Open (16 years old and under)

- Nage-no-Kata (Full Kata) | Katame-no-Kata (Full Kata) | Ju-no-Kata (Full Kata)

U21 Open (20 years old and under)

- Nage-no-Kata (Full Kata) | Katame-no-Kata (Full Kata) | Ju-no-Kata (Full Kata) | Kodokan Goshin Jutsu (Full Kata)

Senior Beginner (All ages)

- Nage-no-kata (First 3 Sets) | Katame-no-kata (First 2 Sets) | Ju-no-kata (First 2 Sets)

Senior Intermediate (All ages)

- Nage-no-Kata (Full Kata) | Katame-no-Kata (Full Kata) | Ju-no-Kata (Full Kata)

Senior Open (All ages)

- Nage-no-Kata (Full Kata) | Katame-no-Kata (Full Kata) Ju-no-Kata | (Full Kata) | Kodokan Goshin Jutsu (Full Kata) | Kime-no-Kata (Full Kata) | Itsutsu-no-Kata (Full Kata) | Koshiki-no-Kata | (Full Kata)

Para/Adaptive - Exhibition Kata

- Any Kata of choice

Three kata clinics in one weekend for Blue Dragon Judo in Middletown CT with Sensei Diane Jackson.



Sensei Diane Jackson traveled up to Middleton CT to teach three kata clinics (Nage no kata, Katame no kata and Ju No Kata) at Blue Dragon with Sensei Pam Hinkle. Diane is an excellent instructor



Congratulations to Yasmin Alamin from Sport Judo in Springfield VA for securing the bronze medal at the Moroccan cup





Are you receiving the USJF newsletter? Find more information on events, tournaments, and other exclusive USJF member benefits. Visit [USJF.com](https://usjf.com) and scroll to the footer to subscribe.



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](#)

Sport Judo at the 2026 Scottish Open 🇸🇬 🏪

Big weekend for our athletes who competed in Scotland!

- 🥈 Kosei Cuyler — Silver (Seniors)
- 🥉 Katie Carey — Bronze (Veterans)
- 🥉 Thant Aung — Bronze (Veterans)

Strong showings across the board from the rest of the team as well:

- Mitchel Huott stepped up into the regular senior division and fought hard, scoring against a black belt and gaining valuable experience.
- Connor Hendrickson weighed in lighter than the rest of his division and still pushed through every match with grit and heart.

Proud of everyone who represented the dojo this weekend!





Register NOW!!

Compound Classic Shiai

Saturday, February 28, 2026

The Compound , Pulm Orchard Court , silver Spring, MD

Weigh -in 840-930am

Competition starts at 1030am

Register at docs.google.com/forms/d/1hH60BNqqFjrk9ktG4x5-4-wjlEVU

Las Vegas Judo Championships

Saturday, March 7, 2026

<https://usjf.smoothcomp.com/en/event/29018>

Tournament Director: Chris Sakoda

[c.sakoda@yahoo.com]

Chief Referee: Dr. Robert Oishi, IJF-B

[oishichiro@aol.com]

Tournament Site: Slam Academy

Hotel Recommendations: Palace Station and

Sunset Station

LAS VEGAS JUDO CHAMPIONSHIPS



SATURDAY, MARCH 7, 2026

SMOOTHCOMP REGISTRATION: <https://usjf.smoothcomp.com/en/event/29018>
FOR MORE INFO: CHRIS SAKODA [c.sakoda@yahoo.com]



USJF Scholarship opportunities

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

Academic Honors - The USJF through the Academic Honors Society Committee would like to recognize students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship. Please download a form to learn more about applying for recognition.

- [Elementary-Grade School Application](#)
- [Middle School-Junior High-High School](#)

Athlete Scholar of the Year - On behalf of the USJF Athlete-Scholar of the Year Committee (ASOY), thank you for continuing your educational opportunities and creating options for yourselves. It is a sincere desire of United States Judo Federation that you continue to open doors to opportunities and to be life-long learners and Champions of Character. It is USJF pleasure to award this financial assistance as a token of appreciate for your hard work and dedication.

Academic honors - [Academic Honors Society](#)

Recognizing students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship.

George Balch Scholarship- [George C. Balch Scholarship Fund](#)

To honor George Balch, donations flowed in to the USJF scholarship account in his name. This program has become one of the largest scholarship funding sources in USJF.

Elizabeth Lee Scholarship - [Elizabeth Lee Scholarship](#)

The Elizabeth Lee Scholarship was established by by Mrs. Ernie Nishi and Mr. Noboru Saito to encourage female judoka to attend Joshi Judo Camp and/or to further their training and development in Judo.

Hayward Nishioka Scholarship - [Hayward Nishioka Scholarship](#)

The Hayward Nishioka College to Career Scholarship was established in 2016 by Nancy Washburn to honor Sensei Nishioka's desire for encouraging judoka college students to promote judo in the future in their chosen career.

John Osako Referee Fund - [John Osako Referee Fund](#)

The John Osako Referee Fund was established to provide financial aid to aspiring PJU Regional, IJF Continental, and IJF International level referees.

Keiko Fukuda Scholarship - [Fukuda Scholarship](#)

The Keiko Fukuda Judo Scholarship was established by Professor Fukuda to encourage female judoka to continue their formal education and/or to further their training in Judo.

Tamo Kitaura Referee Development grant - [Tamo Kitaura Referee Development Grant](#)

The grant has been established to provide financial assistance in support of the development and growth of USJF referees.

Noboru Saito judo Development Grant - [Noboru Saito Judo Development Grant](#)

The purpose of the grant is to provide funding and support for worthwhile judo developmental projects which may impact a judo participant's personal development onwards to include an indirect activity which may impact judo's growth in North America.

Joseph Fitzsimmons Scholarship Fund - [Joseph J. Fitzsimmons Scholarship Fund](#)

This Scholarship is named after Joseph J. Fitzsimmons, M.D. in honor of the years of service he has provided overseeing USJF events.

How can I support any of the Scholarship Funds?

You can make a donation of any amount with your annual membership registration. See the membership form. You can contact Executive Director Robert Fukuda at the USJF National Office to make a gift by check at any time.

- U.S. Mail: United State Judo Federation
P.O. Box 338
Ontario, OR 97914
- Telephone: 541-889-8753
- Make checks payable to: United States Judo Federation
- Make a note in the memo field indicating “donation” and “the name of the scholarship”

You can check whether your employer matches charitable gifts, and if so, see whether your gift to USJF can be matched within your company’s guidelines. (This may involve sending some paperwork from your company’s giving program to the National Office, where the staff will be happy to process it.)

Is my donation tax deductible?

The United States Judo Federation is a registered 501(c)(3) nonprofit organization, and donations are tax deductible to the full extent of the law.

How are the funds managed?

The scholarship funds are held as part of the USJF Endowment Funds, which means that your gift will not be spent out, but will generate interest that will help to fund scholarships year after year – making a lasting contribution to judo.

Contact: [✉ Robert Fukuda](#)
for further information

New USJF Membership Benefit!



Avis Car Rentals has granted USJF members an exclusive discount code to assist with our judo, personal, and business travel!

Simply provide Avis with the USJF code D027600 when you reserve your rental car online or via phone.

Enroll in Avis Preferred for even more convenient benefits like skipping the counter and going straight to your car.

Thank you to Avis Car Rentals.

Big Apple Judo Classic

When: Sunday, February 8, 2026

Where: Queens College (Fitzgerald Gym, 65-30 Kissena BLVD, Kew Gardens Hills, NY 11367

Online Registration Here:

To help ensure our future tournaments run as smoothly and efficiently as possible, we kindly ask for the cooperation of coaches, competitors, and parents in arriving at the competition area on time and becoming more familiar with the Smoothcomp platform. Tournament staff are often required to call competitors repeatedly to the mats. By utilizing Smoothcomp on your personal devices to monitor match times and mat assignments, competitors and parents can better anticipate when they are competing. We appreciate everyone's support in helping us bridge this gap. Your cooperation will allow us to operate a quieter, more streamlined event, create a more positive tournament experience for everyone, and help ensure that participants are able to conclude their day and return home quicker.

Best

Ramon Hernandez

North Jersey Judo

201-206-2705

ramon@northjerseyjudo.com

Lone Star Classic Judo Tournament
February 20 & 21, 2026

ATTENTION KATA PLAYERS!

The LSC is a 2026 Kata Point Event!

- Nage No Kata: U12 (first set), U16 (first 3 sets), U21 Novice (first 3 sets), U21, Senior Novice (first 3 sets), Senior Advanced
- Katame No Kata
- Goshin Jutsu Kata
- Kime No Kata
- Itsutsu No Kata
- Ju No Kata

Pre-Reg Deadline is 2/1
\$100 per team, 2nd div \$75

Registration Deadline is 2/8
\$135 per team, 2nd div \$110

\$250 PRIZE FOR TOP TEAM!

Register at smoothcomp.com



REGISTER NOW!

ANDRE PARENT

**GOSHIN JUTSU
NAGE NO KATA**



FEB 28th
MAR 1st

USA JUDO
IJC MARTIAL ARTS

QUEENS
NEW YORK

Register at [Kata Seminar with Andre Parent - Smoothcomp](https://smoothcomp.com)



We are honored to invite you and your students to a special Judo Seminar with Olympic Gold Medalist & IJF Hall of Famer, Ki-Young Jeon, taking place in the DMV area.

This seminar is a rare opportunity to learn directly from one of the greatest figures in international judo.

Date: Saturday, February 21, 2026

Location: Mountain Kim Martial Arts
 210 Dominion Rd NE, Vienna, VA 22180

Schedule:

Morning Session: 9:30 AM – 12:00 PM

Afternoon Session: 2:30 PM – 5:00 PM

Full Day option available

Instructor Highlights – Ki-Young Jeon:

1996 Atlanta Olympic Gold Medalist

3-Time World Champion (1993, 1995, 1997)

IJF Hall of Fame Inductee (2015)

Former IJF Head Referee Director (2018–2025)

Professor at Yong In University

Please find the official seminar poster attached for full details.

Registration link (Google Form):



https://docs.google.com/forms/d/e/1FAIpQLSc-WWNXKGDRDE-YR40X4n-WKJCSF7t_LXMG0N7FSQJ-H3G56g/viewform

For any questions, please feel free to contact us:

MarylandJudo@gmail.com

(443) 266-7048

If you have any further questions or inquiries about this seminar,
please feel free to contact us at any time.

We look forward to hearing from you.

Best regards,
Master Cho

GARDEN STATE JUDO CLASSIC



#GARDENSTATEJUDOCCLASSIC

SUNDAY, APRIL 12, 2026

JUNIORS | SENIORS | VETERANS



KATA | TEAMS | COLLEGIATE DIV



JEWISH JUDO ATHLETES

JOIN THE USA DELEGATION:

MACCABIAH 2026
ISRAEL, JUNE 29-JULY 20, 2026*



*All U17, U19 & Open Athletes must participate in a week-long post-Games program in Israel. Masters arrive for June 30.



Scan Me!



Age Divisions

U17: 2009-2010 (M&F)
 U19: 2007-2008 (M&F)
 Open: 2006 or before (M&F)
 Masters 35+: 1991 or before (M&F)



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


 MACCABI USA


 @MACCABIUSA



Save the Date May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, 8th dan, Location TBD

SAVE THE DATES

KATSUHIKO KASHIWAZAKI
SEMINAR

8TH DEGREE BLACK BELT
1981 WORLD CHAMPION
NEWAZA AND TOMOE NAGE SPECIALIST
LEADING LEGEND OF JUDO




KOKUSHI MIDWEST JUDO
CHAMPAIGN, ILLINOIS
MAY 2 - 3, 2026
GRACE@KOKUSHIMIDWEST.COM

JIMMY TAKEMORI CLINIC
WASHINGTON DC
MAY 9 - 10, 2026
SHUFUPRESIDENT.MIKI@GMAIL.COM



KOKUSHIMIDWEST.COM



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

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

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

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

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

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

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

Metro Washington Association of Blind Athletes -
For more information on MWABA visit - [Facebook](#)

Thanks and see you out there!

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



We recommends that any minor athlete of USA Judo to take a **free Youth Athlete or Kids Training** offered by the U.S. Center for SafeSport These resources include courses for children of preschool age to high school and are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, where misconduct like bullying or abuse is less likely to happen, and to know where to report abuse, should it occur.

Each course is hosted on athletesafety.org and requires parental consent in order to complete registration. Parents are asked to register on behalf of their child by creating an account.

All youth modules can be accessed at no cost.



We also recommend that **any parent of a USA Judo athlete** take the free Parent's Guide to Misconduct in Sport offered by the U.S. Center for SafeSport. This free 30-minute online course is designed for parents of athletes of all ages. The course explains the issues of misconduct in sport and helps parents ensure their children have a positive and safe sport experience.

Please note that this course is an additional resource provided to parents and does not serve as a replacement for the required SafeSport training for those who USA Judo mandates it for.

Let's focus on Continuous Learning and Improvement for a moment. Often referred to as "Kaizen," lies at the



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

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

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

Contest Rules and Referee Education | USJF Education Portal

CONTEST RULES AND REFEREE EDUCATION

The USJF Contest Rules and Referee Education is presented in five modules. Module 1 is for parents, Modules 1- 2 for coaches and referees, Modules 1-2 3; local referees, in addition to Modules 1-2-3, 4 and 5 increase in detail and complexity for judokas, coaches, and regional referees. At the conclusion of the Modules 4 and 5, you will have formulate a solid foundation of the contest rules.

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

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.



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 each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.



at

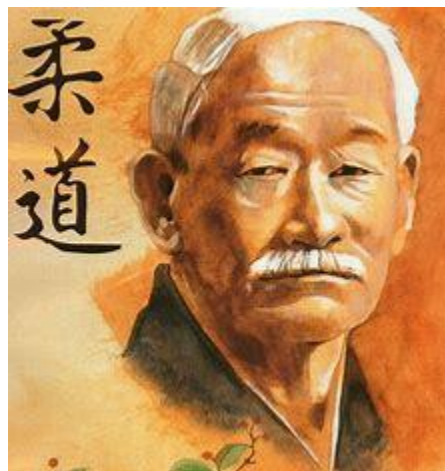
We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program.

Visit our USJF “Koka Kids” page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.

For decades, judo has been teaching us several of these important life values. These values are present in each judo lesson all around the world, where we learn and teach our judo community about **Courage, Respect, Modesty, Friendship, Honor, Sincerity, Self-control and Politeness**. Let the values of our sport inspire you to stay strong and positive!

- **Courage:** Doing what is right
- **Respect:** Respect the people around you and the community we live in.
- **Sincerity:** To seek the truth and express honestly - Be honest with yourself and with others.
- **Self-control:** To have power over yourself and your greatest challenges- Keep calm and think before you act.
- **Politeness:** Our greatness comes from how we treat others
- **Friendship:** It's the purest human feeling. We are all learning together. We are all different, from different countries, have different cultures and different backgrounds. We are all equal. We help each other as much as we can and treat everybody as you would treat yourself and as you would love to be.
- **Modesty:** We are more than ourselves - Each one of us is a champion. Together we are strong. Each person on this planet contributes to a better future for all of us. Stop and think about all these people around you who are contributing to a better world. Take a moment to thank them for all of their hard work and dedication.
- **Honor:** Be true to your word and your principles - Even in adversity, we must stick to our values. We It continue our lives with strong and healthy spirits.

Always remember, that the strongest mottos of judo are: ‘Mutual aid and benefit’ and ‘Maximum efficiency’. We need to apply these principles every day. Only then will we find our ‘DO’ (way) in these difficult moments. Let’s work together and bring our values to life. Our Judo values will help keep us strong, while helping us to grow and develop.



Understanding the Philosophy of Judo: Harmony and Mutual Benefit

The Principles of Judo

Jita Kyoei: Mutual Benefit

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

Seiryoku Zenyo: Maximum Efficiency

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

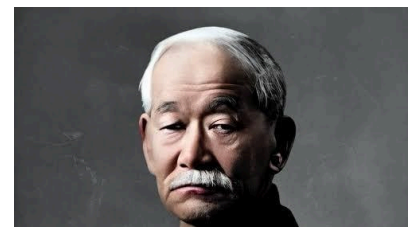
Ju No Ri: The Principle of Gentleness

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

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

The Philosophy of Judo

Judo, a Japanese martial art created by Jigoro Kano, is not just a physical combat sport but also a way of life. It encompasses a profound



philosophy rooted in the principles of harmony and mutual benefit. Understanding the philosophy of Judo is crucial for practitioners to fully grasp the essence of this martial art.

Harmony with Others

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

Harmony with Nature

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

Harmony with Oneself

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

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

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

Are you thinking about enrolling your child in martial arts but aren't sure which style to pick? Judo is an excellent choice for kids, offering a perfect balance of physical activity, discipline, and character development.

This article will explore how Judo measures up to the most important qualities parents look for in a martial art. From discipline and life skills to safety and fitness benefits, we'll cover everything you need to know about Judo for kids. Whether you're new to martial arts or comparing different styles, this article will help you make an informed decision about whether Judo is the right fit for your child's development and your family's goals. Judo is a Japanese martial art that excels in standing takedowns and throws. It is famously said that judoka hit their opponents with the planet instead of their fists. Judo is a fantastic choice for kids' martial arts training, excelling in key areas that are highly valued by parents. This style earns an "A" tier rating for its strong focus on discipline, respect, and self-defense, all in a safe and supportive setting. As one of the most widely practiced martial arts in the world, Judo helps children build confidence, improve focus, and develop lifelong values. With its emphasis on balance, control, and mutual respect, Judo is much more than just throws—it's a foundation for personal growth. Judo is a great martial art for kids, giving them a strong base in self-defense that can be built on with grappling, striking, or weapons training later.

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

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

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

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

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

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

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

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

Tips for Parents Evaluating Dojo Culture:

- **Observe a Class:** Parents should watch how instructors interact with students and handle challenges.
- **Meet the Instructors:** Discuss their teaching philosophy and approach to working with children.
- **Inspect for Safety:** Ensure the Judo program has a 'safety first' policy, enough instructors for supervision, and high-quality mats.
- **Check the Dojo's Policies:** Look for clear rules about discipline, safety, and student progress.

- **Talk to Other Parents:** Getting feedback from those whose children are already enrolled can provide insights into the dojo's culture.

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

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

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

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

On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week

Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.

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.

In memory of Neil Simon
Jan 23, 2026



Passing of Neil Simon

Past President, United States Judo Federation & Konan Yudanshakai

Neil Simon, past president of the United States Judo Federation (USJF) and Konan Yudanshakai, passed away on Friday, January 23, leaving behind a legacy of service, leadership, and deep devotion to the judo community.

Neil was more than an administrator or organizational leader. He was a steward of judo's values and a tireless advocate for its growth in the United States. During his tenure as president, he worked with quiet determination and integrity to strengthen governance, support local dojos, and promote opportunities for athletes, coaches, and officials at every level.

His leadership style reflected the very principles of judo: mutual welfare and benefit (*jita kyoeri*) and maximum efficient use of energy (*seiryoku zenyo*). He believed deeply in building systems that served people, not the other way around, and he consistently prioritized fairness, transparency, and long-term development of the sport.

Within Konan Yudanshakai, Neil was a steady presence and trusted voice, helping guide generations of judoka and leaders while preserving the traditions that form the foundation of the organization. Nationally, through the USJF, he contributed to shaping policies and programs that continue to influence American judo today.

Those who worked alongside him remember his calm demeanor, thoughtful decision-making, and unwavering commitment to doing what was right for the community, even when it required difficult choices. He led not for recognition, but out of genuine care for judo and the people who practice it. Neil Simon's impact will be felt for many years through the organizations he helped strengthen, the leaders he mentored, and the countless practitioners who benefit from his dedication. He will be deeply missed by his family, friends, colleagues, and the broader judo family across the country.

May his memory be a blessing, and may his example continue to guide us in service, humility, and respect.

Mitchell Palacio, USJF President

Neil served many years and at many levels including as an officer, director, etc.

- Elected or volunteer member USJF Member with at least 30 years continuous membership and service (at least 20 years of national level service) and
- Individual who has played a significant administrative role at the National and/or Yudanshakai level, and
- Their efforts lead to significant administrative process improvements to National and/or Yudanshakai judo systems//programs

Below is the biography for Mr. Simon. From it you will see that he has served in many administrative rolls. Among them is the USJF President (6 years), Konan President (4 years) and many more.

Neil lives by several maxims, including: helping others create their successes; taking action to create mutual welfare and benefit; and changing the world using the principle of minimum effort with

maximum effect. That's why so much of his work involves helping build skills so people can be successful.

He has worked tirelessly to help align, organize, systematize, and document many USJF and Yudanshakai functions leading to membership awareness and service improvements. Much of his work for USJF and Konan Yudanshakai involves recognizing the talents of individuals, then creating teams that use their expertise and experience to collaborate and cooperate and reach the team's goals. He sees the system and the people within the system and values both, and that has helped USJF grow and flourish.

Success and Growth in the Dojo

Neil was initially involved in Judo starting in 1966 then took a hiatus to explore other sports and the arts. With his return to Judo in 1978, he continued to progress from student, to head youth instructor and to head instructor at the Ann Arbor YMCA in Michigan. In that capacity, he fostered a community of youth, college-student and adult learners of different races, genders, body types and skill sets who helped one another.

As he continued judo, he picked up several certifications which added to his Judo acumen. Eventually he went on to form a not-for-profit judo enterprise, Shojin Judo, whose mission is to "assist children and adults in their personal development through Judo." In both judo organizations, he worked with special needs youth and adults, including working with the visually impaired and blind, hearing impaired and deaf, autistic spectrum disorders, medical disorders (working with the participants' physicians), and other special needs. Making the sport more accessible and enriching his local community as well as the Judo community.

He achieved his 1st degree blackbelt in 1989 and developed skills as a table worker, table supervisor and then referee assisting at local, regional, national and international events. He continued learning and found he excelled in the areas of teaching, refereeing, teaching and judging kata and helping further organize the "business" parts of the sport. He became involved in his Yudanshakai, Konan Judo Association, by serving in several roles eventually becoming its President and Executive Director.

He fulfilled the different roles of referee, including Chief Referee, at many local and regional events. He also participated as a kata judge helping participants develop their kata skills through his feedback. He was Tournament Director and served in several roles for many local, regional and USJF events over the years.

He was the innovator and coordinator for many years of joint workouts that involved training for judo players from multiple dojos. He facilitated training included techniques taught by the attending dojo instructors to the groups of participants, refereeing, and mock shiai that allowed the participants to learn how to perform at tournaments as well as practice refereeing. The size of the training groups ranged from 25 to 150 participants.

As part of President Palacio Sensei's first administration he designed, developed, and piloted a Dojo Management Program/Manual to be used to help establish new dojo's.

Strategic Development in the Organization

At the national level he started off as the Assistant to President Noboru Saito Sensei by fulfilling several special projects that helped develop USJF and its administration. His first major endeavor was a major marketing study of USJF Dojo's. This project helped Yudanshakai leaders understand the business and marketing side of dojo management. The study itself helped in a re-think of the USJF dojo culture, emphasizing customer service and team building.

Helping define and expand Judo's accessibility

The Chairperson of the Board of Examiners, Robert Brink Sensei, asked Neil to facilitate the Junior Development Guidelines, which expanded the number of promotion belts that could be

awarded to youth. This helped meet youth needs for additional promotions in order to retain more youth membership. He also wrote a White Paper defining the USJF concepts of Coach and Teacher.

Neil was the major organizer and developer of the USJF Self Defense Program/Manual. He worked with the Board of Examiners to develop the program and training workshops. The initial program operated under the aegis of the Board of Examiners and eventually it became a Development Sub-Committee. He became Chairperson of the USJF Self Defense Committee and continues with the development of this committee's contributions. He and his teams were involved the development of the Self Defense Video training program and the continuing education units used for certification and re-certification for Self Defense. He designed, developed, and implemented several self defense workshops locally, regionally, and nationally.

As the President of USJF he helped streamline the meeting and meeting process. He continued working with volunteer engagement and acknowledgement of those who contributed. Creating strategic organizational and financial plans

As part of his Presidential Administration he held ongoing strategic planning sessions that involved the yudanshakai in order to understand current issues and help set relevant USJF direction. Additionally, he also had Yudanshakai President Events to help bring issues to light that effected the effective and efficient operations and relationships by and between yudanshakai.

Under President Saito Sensei he facilitated development of the USJF Strategic Direction including development of a statement of USJF's vision, mission, and guiding principles. One of the special projects Neil worked on for the Board of Examiners was to help the organization at all levels develop strategies that they could use to build their business. He created a booklet called "Strategic Planning Made Simple." He also conducted workshops for some of the Yudanshakai to help develop a strategic direction for their own growth and organizational development.

As an elected member of the Endowment Committee, Neil helped facilitate a strategic investment plan to optimize its conservative investment. He was instrumental in helping the endowment committee establish policies and procedures for their awards. As the elected treasurer, he created a transparent financial management system, so the Board of Directors could understand the financial underpinnings of USJF. He also implemented many financial policies and procedures Furthering relationships, alliances, and standards

When elected USJF President, he worked with the Yudanshakai to identify organizational issues that needed attention. He worked closely with the USJF Executive Director, Robert Fukuda Sensei, to create the Joint Jr. National Tournament Contract and Guide. It is now used by USJF and United States Judo Association (USJA) to help align activities and ensure quality and consistency of events.

Another component of his administration was the development of a relationship with both USJF and USJA. He helped facilitate "grassroots judo" in a relationship with USJA which included development of a point system for those not in the elite international groups. With USJF corporate council he represented USJF for the restatement of the joint standards and ethics agreement (USJF, USJA, and USA Judo).

Neil contributed to the development of the American Judo Alliance. This was another joint effort to get the "Big 3" (USJF, USJA, and USA Judo) to align some policies for the betterment of Judo in the United States. He also was a facilitator of the American Judo Development Model whose intent was to create a joint, foundational coaching program.

After his presidency ended, he was automatically appointed to the USJF Hall of Fame Committee. He fulfilled the role of Secretary then Chair. During this term he helped formally organize and document the US Judo Hall of Fame processes.

Personal Activities

- 2000 USJF Life Member

- 2015 Rokudan

Kata

- 2003 Goshin Jitsu – Class A Instructor and Level A Judge
- 2005 Nage No Kata – Class A Kata Instructor 4/2005, Level A Judge
- 2005 Katame No Kata – USJF A Kata Instructor, Level A Judge
- 2005 Ju no Kata – Class A Kata Instructor and Level A Judge
- 2005 Itsutsu no Kata – Level A Instructor and Level A Judge
- Coaching and Teaching Certifications
- 1996 PACE Certification – Levels 1 & 2
- 1996 Teacher Certificate – Class A
- 2000 USJI Level C (National)
- 2002 USJA Level II
- 2004 Visually Impaired and Blind Senior Coach Certification
- Coaching Certificate – USJF Coach (National)
- 2010 Positive Coaching Alliance – Double Goal Coaching
- USOC Safe Sport
- CDC Heads Up
- USJF Self Defense Trainer
- 2018 to Present Referee – IJF B – refereed local, regional, state, national and international tournaments. Conducted referee training workshops. Fulfilled the role of Chief Referee at local, regional and State events.
- 2019 Foundations of Coaching Certificate

Konan Activities

- 1980 to Present Board of Governors
- 1998 to 2006 Konan Vice President
- 1999 to Present Promotion Board Committee Member
- 1999 to Present Board of Examiners
- 2001 to 2009 Konan Registrar
- 2002 to 2006 Konan President
- 2003 to Present Executive Director
- 2004 – Co-taught with Bruno Carmini workshop for teaching special need students
- 2006 to 2010 Coordinated and facilitated multi-dojo joint workouts
- 2007 Tournament Director USJF Jr. Nationals
- 2015 Referee Chairperson: putting on workshops, officiating at local, regional, national and international tournaments
- 2020 to Present Vice-Chair Board of Examiners

USJF Activities

- 2000 Special Marketing Project Lead Researcher and author
- 2001 Created and piloted a Comprehensive Dojo Management Course
- 2000 to 2003 USJF Presidential Advisor
- 2002 Developed USJF Job Description and evaluation process for paid employees
- 2003 Developed several USJF Policies and Procedures
- 2001 to 2004 Endowment Committee
- 2003 to 2006 National Treasurer; Chair of the financial planning committee
- 2004 to 2010 Member of the Standards and Screening Committees
- 2006 to 2012 National President

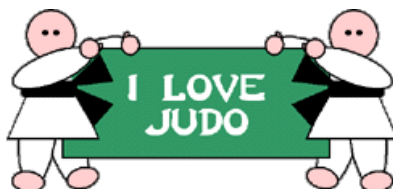
- 2007 Created process calendars for the organization. Was the USJF representative for the USA Judo, United States Judo Association and United States Judo Federation restatement of their standards and ethics agreement Board of Examiners special projects – junior development guidelines, White paper re the definitions of
- 2007 Worked with the USJF Executive Director to create the national joint tournament contract and guide
- 2008 USJF Coach and Teacher
- 2009 Facilitated a grassroots relationship with USJA Self Defense Committee organizer and Chair, facilitated development of training workshop, worked with the creation of the USJF Self Defense Manuals
- 2012 USJF Hall of Fame
 - 2013 to Present Chair USJF Self Defense Committee



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 Board of Examiner chairman - Kevin Tamai, (703) 622-6861, Email
–shufuboechairman.kevin@gmail.com

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

