



# Shufu Judo Yudanshakai Shufu Shimbun

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

## January 2024



### Upcoming Events:

Jan 7 – Shufu Yudanshakai Referee and Rules clinic – at Sport Judo in Springfield

Jan 14 – Shufu Yudanshakai Takemori Clinic at Sport Judo in Springfield (see info attached below)



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

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



Shufu Judo Yudanshakai 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 December 2023, we have 23 registered dojos comprised of 459 members, of which 122 are dan ranked judoka, 172 are senior judoka and 287 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

**WE NEED YOU!**



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





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

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

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

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

AMAZON.COM

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

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

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

<https://kokakids.substack.com>



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

<https://kokakids.substack.com>

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



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

## 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 interaction.



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## **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.

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### **Event recap:**



Thank you to Sensei Diane Jackson from Hui-O-Judo in Beltsville who traveled to Max Out Sports in Bedford, Ohio to teach a Goshin Jutsu clinic with Sensei Frances Glaze. Together they teach a kodokan kata class every other month. Thank you to both master instructors for sharing your immense knowledge of judo with others. There were about 24 participants who came to learn. Kōdōkan Goshin Jutsu or Kōdōkan goshinjutsu (講道館護身術, Kodokan skills of self-defence) was, before the introduction of the Kodomo-no-kata, the most recent judo kata of Kodokan - being established in 1956. Compared to Kime no kata it is a more modern set of self-defence techniques. Instead of attacks with swords, the kata contains defences 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.



### **2023 Fall Arlington Judo Tournament and Local Referee Certification**

On December 2, 2023 – the 2023 Fall Arlington Judo Tournament was held. The tournament was a great opportunity for Novice and Intermediate judo



players to get some competition experience. For several competitor, it was their first judo tournament. There were 61 competitors from 11 judo clubs that participated in the tournament. We used a mix of round robin and true double elimination brackets for the tournament. We had several competitors fight in more than one division. Dick Hugh and Michael Landstreet provided support to Sharon Landstreet, the Chief Referee, in overseeing matches. We had 8 referees which included 3 candidates for local referee certifications. It was a mix of National, Regional and Local Referees that officiated 103 matches in 5 ½ hours. The tournament provided an opportunity for referees to get some work and gain experience officiating matches and an opportunity to test for local referee certification. We used Smooth Comp to help create and oversee the matches and for the score board. We also had a Care System to help review matches. This provide another opportunity for referees and volunteers to get experience using these two systems. Competitors and Parents used Smooth Comp to register for the event and were able to track when their matches and results. The tournament was full of great matches, great support for the spectators and many volunteers who helped make it a successful tournament and great experience for the competitors. Thank you to everyone that came to compete and support this event. We are already looking forward to the next one. Our 3 new Local Referees are **Julie Knauth** – Dale City Woodbridge Judo, **Katelyn Knauth** – Dale City Woodbridge Judo and **Fernando Puerto** – Arlington Judo Club





## Upcoming events:

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



Veterans Judo Open-Houston, TX

January 27, 2024

Novice & Advanced Divisions

Open To International Players

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

**information only.**



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

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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 32<sup>nd</sup> edition scheduled for 2024. Competition for the Golden State Open will be held from May 26-27.

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

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

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

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

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

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

### **2024 Junior Olympic Championships to be Held in Pittsburgh**

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

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

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

## Diane Jackson – Shufu Yudanshakai Kata Corner

### Upcoming Kata Events:

1/07/2024 – Nage no kata clinic, 10 am with PJC team members: Kristin El Idrissi and Kristine Levine at International Judo Center in NYC. See [Smoothcomp](#) for details and registration.

1/28/2024 – **Nage no kata clinic with Karl Tamai and Diane Jackson at Trident Judo at Dale City, VA**

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 – USA Judo Senior Nationals (Kata and Shiai), Ontario, CA – see [Smoothcomp](#) for details and registration.

9/8/2024 – North American Judo Championships (Kata and Shiai), Wayne, NJ – see [Smoothcomp](#) for details and registration.

9/28/2024 – PJC Kata Championships (must compete at Senior Nationals), Columbia



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

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

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

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

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

### ***What is Judo Kata?***

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

## *The Purpose of Judo Kata*

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

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

## *The Different Judo Kata and Their Purposes*

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

### a. Nage-no-kata

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

### b. Katame-no-kata

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

### c. Kime-no-kata

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

### d. Ju-no-kata

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

### e. Go-no-sen-no-kata

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

### f. Itsutsu-no-kata

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

## *How to Perform Judo Kata*

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



## *Role of Judo Kata in Grading and Competition*

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

## *Conclusion*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **9. Kodomo-no-Kata**

## **»Kodokan KATA Textbook**

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

-General Guidance (please refer to "Kata class")

-Kata Practice Guide (how to participate in the class)

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

***Introduction to Point Roster Rankings***

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

***How to Accumulate USJF Points***

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

***Scholarships/Grants***

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

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

***How USJF Point Roster Scholarship/Grants Funds Distributed***

Scholarship funds are available to students who shows proof of registration in higher educational institutions such as postsecondary education, which is offered at institutions such as colleges, universities, business schools, community colleges, continuing educational courses, trade schools and vocational-technical schools.

The recipients have until their 25th birthday to claim their scholarship money. Requests for funds after the 25th birthday must be made in writing for the balance of any funds and will be looked at on a case-by-case basis. The USJF Scholarship Committee approves the eligibility of all requests, and all decisions are final. There is a onetime exemption for those in the Military and must be applied for within one year of discharge.

***USJF Point Roster Scholarship Awards***

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

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

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

***USJF Point Accumulation***

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

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

***USJF Point Roster Criteria***

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

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

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

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

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

Petition for point corrections can be made to USJF Scholarship Committee

#### *USJF Point Categories*

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

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

#### *USJF Point Matrix*

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

#### **USJF sponsored (Fall, Spring, Summer) National Championships**

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

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

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

#### ***USJF Website and Social Media***

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



## Philosophy of Judo

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

精力善用

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

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

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

Dr. Kano wrote:

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

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

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

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

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

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

## What is the Application of Seiryoku Zenyo:

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

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

## Mutual Welfare and Benefit-Jita Kyohei

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

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

### Footnotes

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

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

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

## Seven Types of Randori written by 510 judo in San Leandro CA

Randori is a Japanese term used in judo meaning sparring or free play. The literal translation is “to pick from chaos” (ran = chaos, dori = to choose or pick something). There are many different types of randori, and to develop your judo, you should regularly try all of them, rather than get stuck on one.

The basic differences have to do with intensity level and rules. Shiai or competition is the highest intensity, with the greatest risk of injury and greatest reward in terms of experience – learning what works and what doesn’t against a resisting opponent. Rarely, very rarely, should randori ever approach this level of intensity. The one exception would be if you are preparing for a competition. In that case you will need to simulate the intensity of feeling and effort that a competition brings out.

This is similar to boxing training. A recreational boxing enthusiast is not going to do hard sparring several times a week. They would probably get very badly hurt, or they might hurt someone else.

(I’m speaking here for the average recreational judoka, a child or an adult who likes judo and goes to the dojo two to three times a week, and may go to a tournament 2-3 times per year. As far as how professionals train, I have heard stories but I have no direct experience. Professional judo is a completely different ballgame, requiring full time dedication, and professional levels of strength and conditioning.)

Here are some of the different types of randori we like to practice here at 510 Judo:

“The kuzushi game.” This is a heavily restricted type of randori – you’re trying to get your partner on the ground, but you are not allowed to use any throws. No foot sweeps, no shoulder throws, no hip toss, nothing like that. Also, no grip fighting is allowed, you have to stick with a very standard sleeve and lapel grip – not even a high collar behind the neck type grip is allowed. So, what can you do? You can push, you can pull, you can spin your partner around, you can twist them, pull them up and down, and any combination of those moves. Despite all these restrictions, the kuzushi game can be a lot of fun, and very challenging. (Observant judoka will note that uki otoshi and sumi otoshi are allowed under these rules). It’s very useful in novice classes to develop the all important “feel” of judo while having a very low barrier to entry – even day one novices can grab a jacket and push someone.

Offense/defense randori. Two rounds of randori – during the first round, one partner does only offense and the other does only defense. During the next round, the roles are reversed. In this type of randori it’s very important to coach the player on defense on the proper way to defend throws without violating any rules of contest judo, and keeping things safe for themselves and their partners. A heavily bent over posture and stiff arms may prevent the other player from throwing, but at that point you’re not really doing judo. Keeping arms relaxed like chains and utilizing footwork as the primary method of defense is preferred.

Taking turns randori. During this round of randori, players alternate doing throws with movement and setups. For example Player A will throw first, so Player B will cooperate and let Player A pull or push them anywhere on the mat, until they are thrown. After each throw the roles switch, so then Player B will throw and Player A will take the fall. There should be no real defense, but the uke in each situation should strive to move realistically as if they were a resisting partner, and recognize when the throw is initiated so that they can allow the other player to complete their throw. Movement and setups are key to make this an actual round of randori rather than a round of nagekomi (throwing practice).

Standard weeknight randori. This is a sort of middle ground, where both players are allowed to use almost any throw they can think of, as well as grip fighting and mid level defense. They’re not taking turns or cooperating, just trying to throw. But the intensity is still at mid level – there is time to stop and talk about a move, people are usually smiling and having a good time. At 510 Judo, the basic rules are: no sacrifice throws for anyone below



brown belt, and moderate your intensity to an appropriate level based on the size and experience of your partner.

**King of the Hill randori.** All judoka line up against the wall. Two pairs, or however many will fit on your mat, start off using standard weeknight randori guidelines. The first person to get thrown has to bow out and go back to the wall. The thrower stays in and faces a fresh opponent. The throw can be ippon or wazari, as long as it would score in a standard contest. As long as you win, you stay in. But the longer you stay in, the more tired you get. So someone who stays in as king of the hill for several rounds will eventually get thrown, we assume, if only due to fatigue.

**Competition style randori.** Just as the name implies, we are getting ready for competition. The intensity is high, the time is set to the same amount of time as a regular match (currently four minutes for adults, three minutes for teens and veterans age 30 plus). Someone with referee experience may even be watching and weigh in about penalties and potential scores. To truly be ready for competition, transition to newaza must also be part of this randori.

**Grip fighting and entries only.** The players fight for a superior grip and make an entry for a throw but do not complete the throw. The person who gets the better grip and uses it to make an entry for a throw has “won” the encounter – both players should then release their grip and restart from a neutral position.

As you can see, there are many ways to do randori, and it’s good to cycle through them. If you’re always only doing competition style randori, it’s easy to pick up injuries due to the intensity level. Also, during competition your aim is to win, not necessarily to get better at judo, so you usually stick with a small set of heavily practiced techniques or sets of techniques. If you only do randori in this same way, your judo will stagnate and you will stop learning new techniques.

If you only ever do one of the cooperative styles of randori, that can be very useful as far as it goes, but at some point you need to encounter some real resistance and test if your technique actually works against a resisting opponent.

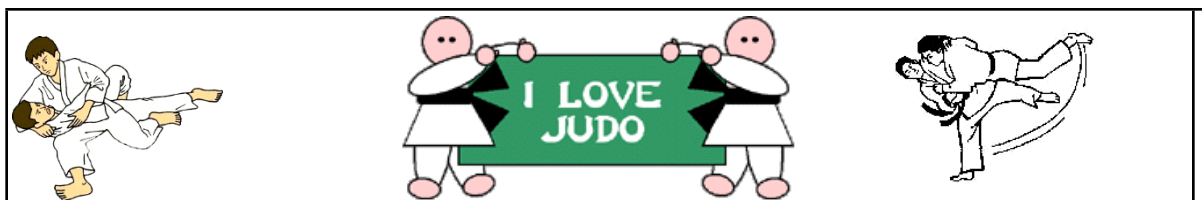
I’m sure there are many more types of randori, and I always enjoy learning about new ways to keep it fresh in the training hall. If you have another way to do judo randori you’d like to share, please let me know.



#### **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](mailto: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**

## Shufu Judoka Spotlight

### **Sharon Landstreet – Arlington Judo Club**



Mrs. Landstreet has been involved in Judo for approximately 30 years. She initially learned Judo from her parents at the Tri Valley Judo Club in Pennsylvania. Presently she is a certified IJF International Referee, Continental Coach, and an Associate Teacher. As a competitor she was the 2002 USJI National Masters Champion in her division. She is the current Chair of the Referee Committee of Shufu Judo Yudanshakai. She has also been active in Virginia Judo Inc. serving as past State Secretary and assisted in planning the 2005 USA Judo Senior National Championships. Mrs. Landstreet is involved in all aspects of the Arlington Judo Club. Sharon Landstreet of the United States became an IJF judo Referee and she officiated at the major IJF Judo World Tour events such Grand Prix level events all over the world and events in Africa.

For Sharon Landstreet refereeing always felt natural because of her experience as a certified high school softball umpire. After taking up refereeing in Judo she progressed up the referee ladder to National, then Pan American Confederation, and then IJF Continental. After Sharon earned IJF Continental (IJF-B) she knew she needed to gain valuable experience, so in the years to come she refereed in approximately two dozen international tournaments throughout North America, Central America, South America and Europe.

In 2015 she passed her IJF International referee examination in Bolivia. Her big break came in 2017 when she was selected to referee the high level elite IJF tournaments. Her first was in March 2017 at the Tbilisi Grand Prix in Georgia immediately followed by the Antalya Grand Prix in Turkey. In June of 2017, Sharon was sent to the Cancun Grand Prix in Mexico. During the tournament a fellow referee came over and congratulated her. Sharon asked “For what?” and was informed she was selected by the IJF Commission to referee the 2017

Senior World Championships in Budapest, Hungary August 28-September 3, 2017. Sharon was pleasantly surprised by this honor. As such she refereed the best of the best. This was an experience she will never forget. The IJF Commission is an extremely well organized to the smallest detail and very professional. World referees must be the same way. Sharon has bonded and made supportive friendships with several of her fellow referees from other countries on the circuit. So what’s next for Sharon? In January she was approved to attend the IJF Rules Seminar in Austria sponsored by the EJU then will immediately fly to Tunisia to referee the Tunis Grand Prix. Sharon plans to also attend the IJF Rules Seminar hosted by the PJC in Nicaragua. At the end of February Sharon will referee the Dusseldorf Grand Slam in Germany.



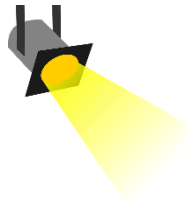
Sharon’s key mentors in Shufu have been Dick Hugh, Jimmy Takemori, Roy Englert, Jr., and Dr. Gary Berliner. Sharon’s one regret is that Jimmy Takemori was not around when she passed her IJF International referee examination and her selection to referee the 2017 Senior World Championships. Personally I believe he was looking down smiling.

Join Sharon for the 2024 Shufu Yudanshakai Rules clinic on January 7 at Sport Judo in Springfield VA. See below or visit [www.shufujudo.org](http://www.shufujudo.org) for more information

*Photos courtesy of Chuck Medani*







### [Shufu Yudanshakai Dojo Spotlight](#)

**The College Park Judo Club, Inc.** is a NON-PROFIT organization dedicated to teaching Kodokan Judo in a family and team oriented manner. Our membership includes recreational and competitive judoka (judo players) of all ages, shapes, colors and sizes. The dojo (practice facility) is conveniently located in College Park, Maryland; a mile inside the Washington beltway. College Park Judo Club, Inc. was founded by Kurt Tamai, Karl Tamai, Mary Stakem, and Anne Marie Grunberg on October 31, 2000. The founding members were



previously members of Hui-O-Judo, in Beltsville, Maryland. During that time the group discovered a similar interest in developing a Judo club defined by a team approach and a goal driven environment.

**Beginners Class:** Beginner judokas learn basic judo skills such as: how to take a fall correctly to prevent injury, how to throw an opponent safely to the mat, immobilizing techniques, and techniques to improve balance and coordination.

**Advanced Class:** Advanced judokas learn Ne Waza (grappling), Nage Waza (throwing), Kansetsu Waza (arm locks), Shime Waza (chokes) competition skills, and conditioning. A variety of drills are used to reenforce the basic fundamentals of judo and prepare judokas for competition. Chokes and arm locks are restricted to students over the age of 13.



The Club is a member of USJI, USJF, Maryland Judo Inc., and Shufu Yudanshakai. We are a recognized non-profit organization 501(c)(3). All instructors are volunteers, each with extensive experience in coaching both Judo and wrestling. All money generated is used to support club activities including practice, tournaments, and clinics. The College Park Judo Club, Inc. is a 501(c)(3) tax deductible, non-profit organization that also accepts donations directly. Below are the members of the club's Board of Directors: President: Kurt Tamai, VP: Karl Tamai, VP: Mary Hohenstein, VP: Anne Marie Grunberg. Treasurer: Mimi Lazar, Secretary: William Reardon, Fund Raiser: Wayne Stone, Director of Tournament/Clinic Registration: Annie Valenzuela, Director of National Registration: Mike Grunberg, Web Master: Carlos R. Rodriguez

### **LOCATION**

College Park Community Center, 5051 Pierce Avenue, College Park, MD 20740 (301)-441-2647



Shufu Judo Yudanshakai  
in cooperation with Sport Judo  
present:

**2024 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: XXXXXX

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

Clinician: Robert Donaldson, IJF International Referee  
Chairman, USA Judo Referee Education Committee

Contact via Email: [sbojudo@msn.com](mailto:sbojudo@msn.com) or call 571-216-8989

Date: Sunday, January 7, 2024  
Location: On site Registration: 9:00 – 10:00 AM  
Parking: Free parking

Clinic Hours: 10:00 am to 12:30 pm, (lunch break 12:30 pm to 1:30 pm) 1:30 pm to 4:00 pm.  
**All participants are asked to bring their judogi.**

Fee: \$40.00. 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.



Shufu Iudo Yudanshakai

Payment Method

Cash/ check # \_\_\_\_\_ Amount \_\_\_\_\_

**Entry Form  
USJF sanction  
number  
January 7,  
2024 Rules  
Clinic**

Sanctioned by: United States Judo Federation Sanction #:

**THIS ENTRY FORM MUST BE COMPLETELY FILLED OUT AND WAIVER SIGNED**

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Phone Number: (H) \_\_\_\_\_ Email: \_\_\_\_\_

Club \_\_\_\_\_

USJF USA Judo USJA Number (Circle One): \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**\*\*Only verified, current members will participate\*\***

Rank: \_\_\_\_\_ Sex: M F Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

If assistance/accommodation is needed (check off appropriate box):

Vision Loss/Blindness

Hearing

loss/Deafness Type of assistance/accommodation requested or name of person requesting assistance

Registration and Payment (\$40.00) to be made on Smoothcomp or on sight via completed form and paypal payment to "Shufu Yudanshakai" when registering. The email account associated with the account is [treasurer.shufu@gmail.com](mailto:treasurer.shufu@gmail.com)

**You MUST read and sign waiver. Entries will not be accepted without a completed registration and signed waiver.**

## **WARNING!**

### **WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., and Sport Judo**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., and Sport Judo**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Participant

Participant's Signature

Date

#### **FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian  
090818

Parent/Legal Guardian's Signature

Date Form 506 V6.0.0,



**Shufu Judo  
Yudanshakai**  
James Takemori  
clinic series  
Featuring Gary, Kell  
and Ari Berliner  
Sunday, January 14,  
2024  
at Sport Judo,  
Springfield, VA



Location: Sport  
Judo at 5405 Port

Royal Rd., Springfield, VA

Sanctioned by: United States Judo Federation: 24-01-06

Clinicians: Gary Berliner MD, Kell Berliner and Ari Berliner

Event Directors: Miki Takemori, Maurice Allan, Steve Berliner

Email: [Mtakemori@aol.com](mailto:Mtakemori@aol.com)

Registration: 9-9:30am for Juniors, 12:30- 1pm for Senior session

Clinic: Session 1 (focused on juniors) is 930-12 (noon),

Session 2 (focused on Seniors) is 1- 4 pm

Registration: Recommended pre-registration; onsite available 9-930 Saturday  
There will be a break for lunch on your own.

Clinic fee: \$50 for morning (Junior), \$60 for afternoon (Senior), \$100 for both.  
Shufu/USJF members get a \$10 discount.

Payment options: **Cash, Check to Shufu Judo, or credit card payments**

Shufu On-line Registration: <https://shufujudo.org/berliner>

Waivers and membership confirmation will be on-site.

Personal water bottles are encouraged.

Participation Eligibility: USJF, USJA and USA Judo members. Membership cards must be presented on the day of the event to participate on the mat.

Washington area airports: Reagan National (DCA), Baltimore-Washington (BWI), Dulles International (IAD).

Hotels: If you are coming in from out of the area, there are a variety of hotels in the area. Holiday Inn, Wyndham, Comfort Inn, Crowne Plaza and many others.



## About the clinicians:



### **Ari Berliner**

- 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**

- 2x Senior National Champion
- 2x World Team member
- 6x Continental Open Medalists
- 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. (from JudoInside post)

Gary Berliner at US Olympic Festival 1978





Shufu Judo Yudanshakai Takemori Clinic Series

featuring Gary, Kell, Ari Berliner

Sunday, January 14, 2024, at Sport Judo

United States Judo Federation Sanction: 24-01-06

Registration Form or Shufu on-line registration.

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Club: \_\_\_\_\_

Rank: \_\_\_\_\_ Sex: M F O Age: \_\_\_\_\_

USJF, USA Judo, USJA (Circle One) Number # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

You must present your membership number onsite. **Paper forms for National organization membership registration or renewal will be available on-site.**

Do you require special assistance/accommodation? \_\_\_\_\_

(e.g., Low Vision /Blindness, Hearing loss/Deafness).

Will you be bringing the needed assistance? \_\_\_\_\_

We will work to accommodate any special needs.

Check one - I am registering for:

\_\_\_\_ Morning session 930am – 12 pm

\_\_\_\_ Afternoon session 1pm-pm

\_\_\_\_ Both sessions

Payment may be made by cash; check payable to “Shufu Judo” or register on-line at

<https://shufujudo.org/berliner>. Waivers and membership verification will be completed on-site.

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1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., Shufu Judo Yudanshakai, Inc., Sport Judo**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. CONSISTENT WITH THE BY-LAWS OF USJF, THIS TOURNAMENT MAY INCLUDE CO-ED COMPETITION FOR AGES 10 AND UNDER IN COMPARABLE AGE/WEIGHT DIVISIONS WHERE THERE IS AN INSUFFICIENT NUMBER OF GIRLS FOR NON-CO-ED AGE/WEIGHT DIVISIONS. I HAVE READ AND UNDERSTAND THE TOURNAMENT ANNOUNCEMENT CONCERNING THESE SPECIAL DIVISIONS. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)

Participant

Participant's Signature

Date

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date



Shufu Judoka Spotlight  
Maurice Allan



We are so fortunate in our Shufu interesting and talented members.

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.

community to have many  
One of Shufu's board of



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.

*Photo (on left) courtesy of Chuck Medani*