



# *Shufu Judo Yudanshakai* *Shufu Shimbun*

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



## January 2026



### Upcoming Events:

Jan 4      Shufu Zoom call – see below

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 January 1, 2026, we have 23 registered dojos comprised of 504 members, of which 132 are dan ranked judoka, 156 are senior judoka and 348 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, Kuma Judo in Florence MA and College Park Judo in College Park MD



Shufu Yudansha,

Shufu Executive Committee (Kevin Tamai, Roy Englert, Diane Tamai Jackson, Gaiv Tata and Mike Landstreet) wish you a happy and prosperous New Year.

To start the year off, we are having a zoom meeting (on January 4th at 4 - 5pm) discussing developments in judo and more specifically with Shufu. The zoom information is below

The agenda is:

1. The AJA (American Judo Agreement) (see attachment) -
2. Upcoming Shufu Elections in April/May - looking for committee members for Nominating Committee as well as anyone interested in running for the offices of President, Vice President, Secretary and Treasurer (contact Pam Hinkle - [hinklep@mpsct.org](mailto:hinklep@mpsct.org) and Robert Hunt - [bh\\_921@hotmail.com](mailto:bh_921@hotmail.com))
3. Open Shufu Committee Chairs - Senior Development, Junior Development, Kata, Communication, Nomination
4. Updating Shufu Website- errors in contact information or clubs that are no longer in existence or have left Shufu. Contact information, addresses, etc.
5. USJF is continuing to adjust promotional standards - Shufu presently follows USJF Standards but there is a committee studying going back to a Shufu standard.

I look forward to seeing you.

Miki Takemori

Miki Takemori is inviting you to a scheduled Zoom meeting.

Topic: Shufu Yudansha/Sensei Zoom Meeting

Time: Jan 4, 2026 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88973822735?pwd=2gQR46AouPeJtNeUaZVtjFpzRI5Teb.1>

Meeting ID: 889 7382 2735

Passcode: ShufuJudo

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One tap mobile

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+13092053325,,88973822735#,,,,\*141402722# US

Join instructions

<https://us02web.zoom.us/join/88973822735/invitations?signature=Hl2qcbLYIDPIVx6MawX2qN8sa6quTdLv4ZZXLgu2xNM>

## Planning ahead for 2026 events

January 31	Veterans Open	New York, NY
March 7	Wahadachi Classic	Milwaukee, WI
<b>March 7</b>	<b>Virginia State Championships</b>	<b>TBD – Manassas??</b>
March 14-15	USA Judo Youth Nationals	Wichita, KS
March 28	New York Open	New York, NY
April 5	Easter Sunday	
April 12	Garden State Championships	Madison, NJ
<b>April 18</b>	<b>Maryland State Championships</b>	<b>Hyattsville, MD</b>
May 3	Battle of the Square	New Rochelle, NY
<b>May 8-9</b>	<b>USJF Spring meetings</b>	<b>Honolulu, HI</b>
<b>May 9-10</b>	<b>Takemori Clinic with Kasuhiko Kashiwazaki</b>	<b>Springfield, VA</b>
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
July 4	Pan American Kata Championships	Montrel, Ontario, Canada
<b>July 4-5 (TBD)</b>	<b>USJF Summer nationals (TBD)</b>	<b>Baltimore, MD (TBD)</b>
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
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ

## **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 of Chuck Medani*

**OPPORTUNITY FOR FUTURE PJC's:** 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

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)

## Capital Kata Festival

The inaugural Capital Kata Festival: Kata Palooza I (one), held on December 14, 2025, was a smashing success! Over thirty-five judoka gathered in the Shufu Yudanshakai region at Sport Judo dojo in Springfield, Virginia, to deepen their judo knowledge in a positive, community atmosphere. To kick off the festival, participants demonstrated their current proficiency in a kata and were given encouragement and feedback for

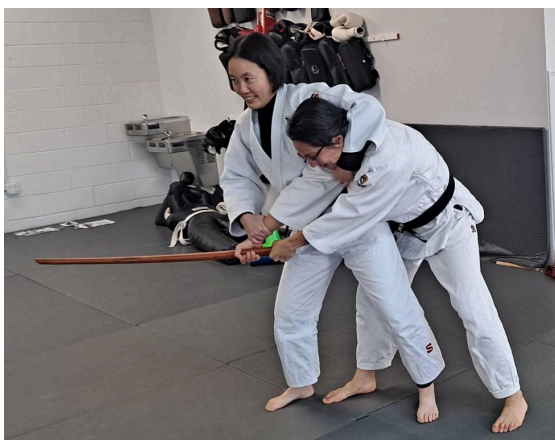
future development by kata experts. Kata demonstrations at the festival included Ju-no-Kata, Katame-no-Kata, Nage-no-Kata, Kime-no-Kata, and Itsutsu-no-Kata. For some participants, this was their first exposure to advanced katas and benefited by having the meaning of the katas explained during the demonstrations. Six individuals practiced or completed their kata performance for promotion. Additionally, five participants were evaluated and certified as kata judges and kata instructors.



After a healthy (well, mostly) group lunch and some comradery, the afternoon was spent increasing everyone's judo fundamentals and kata knowledge. Frances Glaze from Konan Yudanshakai and Diane Jackson from Hui-o Judo Beltsville (both IJF-level kata judges in all 7 IJF competed katas) were the Kime-no-Kata clinicians, while Kristin El Idrissi and Christine Levine from El Idrissi Judo Academy (current members of the USA Kata team) were Nage-no-Kata clinicians. Several other kata experts added their expertise to the festival, including Barbara Shimzu, Karen Whilden, Karl Tamai, and Lori Latimer.







All participants were encouraged to work towards competing at the US Senior National Kata Championship, which will be held on May 7 - 9, 2026, in Albuquerque, New Mexico. The US Senior Nationals is the main qualifying event for the USA Kata Team to compete at the international kata championships by the International Judo Federation and PanAmerican Judo Confederation for both Junior (under 21 years old) and Senior divisions. The Senior National Championship is a place for all kata athletes, and includes competition for intermediate skill levels, any rank, and ages from 15 years and up. Upcoming kata events were announced, including 2/29 and 3/1 Nage-no-Kata and Kodokan Goshin-Jutsu clinic with Andre Parent in New York City

and the April 2026 Garden State Classic – Kata. Registration for both events will be available on Smoothcomp.

The festival was possible from the leadership of Diane Tamai Jackson (event host), Maurice Allan (head sensei of Sport Judo), Steve Berliner (kata lead for Sport Judo), and Margie Kettl (event registration lead). It was a 'coast-to-coast' event with participants and kata experts from Washington State, Ohio, Pennsylvania, Massachusetts, New Jersey, New Hampshire, Virginia, Washington DC, and Maryland. It was wonderful to see many new faces and also to reconnect with old friends from around the country.



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



## USJF Executive Committee Meeting

### I. CALL TO ORDER (Quorum established – 10 members present)

### II. MOMENT OF SILENCE FOR THOSE WHO HAVE PASSED SINCE OUR LAST MEETING

### III. ADOPTION OF AGENDA

- A. Additions to the Agenda (none)

### IV. REPORTS

- A. President
- i. American Judo Alliance meeting in Dallas, Texas – November 22, 2025
    - Palacio, Fukuda, Shigemoto, Tripp
    - USJF Officers – USA Judo Membership
    - 2-year agreement
  - ii. Reciprocal agreement
    - Only between USJF and USA Judo.. (USJF can not speak for nor make agreements for USJA.)
  - iii. Track Member Participation – how many from other organization attend events? How do we count dual enrollment?)
  - iv. USJF Rank Verification – Reciprocal agreement to accept promotions. Approve by PC/BOE
  - v. Referee Recruitment – USJF produce minimum of 5 new local/regional referees per year
  - vi. Tournament Agreement
    - Allow to participate
    - Excluded events: USA Sr. Nationals, Presidents Cup, Youth National Championships, National Jr. Olympic (Those must be USA Judo members)
  - vii. Policy
    - USJF Summer Nationals – USA Judo Point Tournament – possible location – can anyone host?
    - Western, Midwest and Eastern Kata Tournament – USA Judo Point Tournament
    - International Tournament – Collaboration with USA Judo Team (Ed Liddie: High Performance)
      - USJF Coach Committee
        - Selection: 4 USJF players
        - Selection: 1 USJF Coach
- B. Executive Director
- i. Update

### V. UNFINISHED BUSINESS

### VI. NEW BUSINESS

- A. **Motion:** Exco authorization to engage in renewing AJA contract with some adjustments with USA Judo via Exco actions, due to the tight timeline leading up to the January 1, 2026 implementation.(Motion.2<sup>nd</sup>/ All YES)
- B. **Motion** to call a special USJF BoD meeting to discuss the above information .(Motion.2<sup>nd</sup>/ All YES)

### VII. ANNOUNCEMENTS

### VIII. ADJOURNMENT



## FY 2026 USJF Fee Increases

### M E M O R A N D U M

**TO:** Individual Members, Member Dojos, Yudanshakais, USJF BOD, USJF BOE, USJF Committees, USJF Exco

**FROM:** Robert Fukuda, Executive Director

**RE: FY 2026 USJF Fee Increases \*\* Effective 09/01/2025 \*\***

We hope that this announcement finds everyone in great health and enjoying the remains of the summer as we approach fall. After much discussion at multiple Board of Directors Meetings, ***new fee increases have been approved and are effective starting on September 1, 2025.*** Please note the fee increase table below:

<i>Description</i>	<i>New Fee</i>
Annual Individual Membership Fee	\$80.00 (up \$10.00 annually/\$0.83 monthly)
Booster Membership Fee	\$25.00 (up \$10.00 annually/\$0.83 monthly)
<a href="#">Yudansha Promotion Fee</a>	Varies (rank dependent, see link)
<a href="#">Sanction Fee</a>	Varies (time dependent, see link)

Please find updated versions of the updated Annual Individual Membership Form, Booster Membership Form, and Yudansha Rank Promotion & Sanction Fees on the [USJF Website](#).

**\*\*\*\*\* PLEASE DISCARD ALL PREVIOUS VERSIONS OF THESE FORMS \*\*\*\*\***

Please be sure to use the new form and include the correct fee. Use of obsolete/incorrect form(s) and/or submission of incorrect/insufficient fee(s) may result in delayed processing of memberships.

Thank you very much for your support of Judo, your dojo, yudanshakai, & USJF!



**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](#)





## **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 appreciation for your hard work and dedication.

### **Academic honors - Academic Honors Society**

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

### **George Balch Scholarship- George C. Balch Scholarship Fund**

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

### **Elizabeth Lee Scholarship - Elizabeth Lee Scholarship**

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

### **Hayward Nishioka Scholarship - Hayward Nishioka Scholarship**

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

### **John Osako Referee Fund - John Osako Referee Fund**

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

### **Keiko Fukuda Scholarship - Fukuda Scholarship**

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

### **Tamo Kitaura Referee Development grant - Tamo Kitaura Referee Development Grant**

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

### **Noboru Saito judo Development Grant - Noboru Saito Judo Development Grant**

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

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

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

#### **How can I support any of the Scholarship Funds?**

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

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

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

#### **Is my donation tax deductible?**

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

#### **How are the funds managed?**

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

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

### **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.

# GARDEN STATE JUDO CLASSIC



#GARDENSTATEJUDOCCLASSIC

**SUNDAY, APRIL 12, 2026**

**JUNIORS | SENIORS | VETERANS**



**KATA | TEAMS | COLLEGIATE DIV**



**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!**



**JEWISH JUDO ATHLETES**  
**JOIN THE USA DELEGATION:**

**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)

  
 ג'ודו

**Questions? Contact**  
**Scott Gelb,**  
[scottgelb@yahoo.com](mailto:scottgelb@yahoo.com)  
**or Lou Moyerman,**  
[lmoyerman@aol.com](mailto:lmoyerman@aol.com)

 **MACCABI USA**  
 **@MACCABIUSA**  


**Save the Date** May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, 8th dan, at Sport Judo in Springfield, VA

**SAVE THE DATES**

**KATSUHIKO**  
**KASHIWAZAKI**  
**SEMINAR**

8<sup>TH</sup> 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](mailto:GRACE@KOKUSHIMIDWEST.COM)

JIMMY TAKEMORI CLINIC  
 WASHINGTON DC  
 MAY 9 - 10, 2026  
[SHUFUPRESIDENT.MIKI@GMAIL.COM](mailto:SHUFUPRESIDENT.MIKI@GMAIL.COM)

  
 KOKUSHIMIDWEST.COM





**For Immediate Release**

December 16, 2025

**Contact:** Bill Kellick, ([Bill.Kellick@usajudo.us](mailto:Bill.Kellick@usajudo.us))

## **JUDO: USA Judo Returns to Spokane for 2026 Junior Olympic National Championships**

(Colorado Springs, CO) – Three years after playing host to the 2023 USA Judo Senior National Championships, Spokane, Wash., welcomes the National Governing Body back to town for the 2026 Junior Olympic National Championships. An expected 900 athletes, aged 5-20, representing the future of American judo, will compete in the three-day event at [The Podium Powered by STCU](#), June 19-21.

The prestigious USA Judo Junior Olympics will not only crown national champions in numerous divisions and weight categories but also serves as the trial event for the 2026 Cadet World Championships (for athletes age 14-17) in Guayaquil, Ecuador, Aug. 20-23, and the 2026 Junior World Championships (for athletes under the age of 21) in Amman, Jordan, Oct. 22-25.

“We are very excited to return to Spokane next year for our amazing Junior Olympic National Championships,” said USA Judo CEO **Corinne Shigemoto**. “The city of Spokane, Spokane Sports, and the fantastic venue were the perfect hosts for our Senior National Championships in 2023, and we look forward to some great competition from our young stars and for our members to experience all that Spokane has to offer.”

Spokane is one of the fastest-growing sports destinations in the Pacific Northwest, known for its hospitality, walkable downtown, and easy access to world-class venues. The city has built a strong reputation for hosting national and international competitions and delivering a top-tier athlete and visitor experience.

The Podium powered by STCU is a 135,000 square foot multi-sport complex overlooking downtown Spokane. The venue features flexible competition space, world-class amenities, and the operational capacity to host major championship events year-round. Its location steps from hotels, restaurants, and Riverfront Park makes it an ideal home for national governing bodies and large-scale youth events.

“Athletes and families bring an incredible energy to Spokane, and we are proud to welcome USA Judo back to The Podium,” added Spokane Sports’ CEO **Ashley Blake**. “This event gives young competitors the chance to shine on a national stage. Spokane is a city that shows up for sports, and we look forward to building on our partnership and creating a memorable Junior Olympic National Championships for everyone involved.”

### **ABOUT USA JUDO**

*A 501 (c) (3) non-profit organization based in Colorado Springs, USA Judo is the National Governing Body for the sport of judo in the United States. USA Judo serves more than 13,000 members annually, including athletes, coaches, referees, volunteers and supporters. A proud member organization of the International Judo Federation, the U.S. Olympic & Paralympic Committee and the International Blind Sports Association, USA Judo’s mission is to enable all U.S. athletes to achieve sustained competitive excellence in domestic and international judo competition, and the promotion and growth of the sport of judo in the United States.*

**To learn more about USA Judo, visit [usajudo.com](https://usajudo.com). For updates on everything USA Judo, follow USA Judo’s social media on [Instagram](#), [Facebook](#), [X](#), [YouTube](#) and [LinkedIn](#).**

### **ABOUT SPOKANE SPORTS**

*Spokane Sports strengthens our community through the power of sports. As a 501(c)(3) nonprofit, we create, bid on, and host impactful sporting events that drive economic growth, inspire connection, and enhance community pride. Guided by our core values of a people-first culture, innovation, authenticity, integrity, and community impact, we deliver exceptional experiences for athletes, fans, and partners. To learn more, visit [spokanesports.org](https://spokanesports.org).*



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](https://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.



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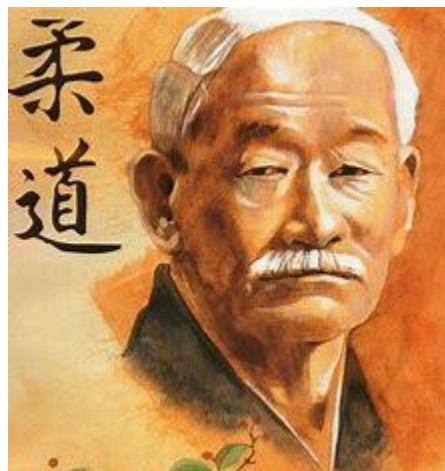
We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program.

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.

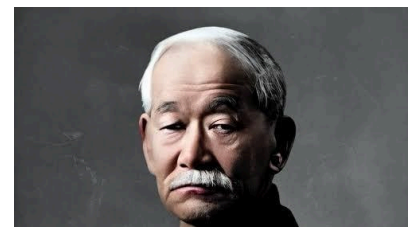
#### **Ju No Ri: The Principle of Gentleness**

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.

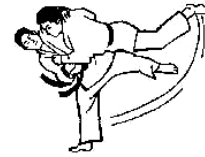
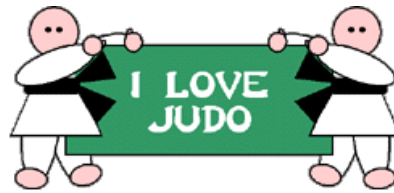


#### **Club Updates from Shufu Judo Yudanshakai –**

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

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





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