



Shufu Judo Yudanshakai

Shufu Shimbun

July 2023



Upcoming Events:

Save
the
Date

Koshiki no kata clinic with David McFall on August 12-13 at Sport Judo in Springfield VA. Contact Diane Jackson. More information to come soon.

Save
the
Date

Save the Date – August 26, 2023 - Virginia State Championships – Barcroft Community Center in Arlington VA - more information to follow – Contact will be Michael Landstreet. We will need to have mat crews, referee, technical officials and tournament officials.

Save
the
Date

Save the date - Shufu Judo Yudanshakai – Fall promotions – Saturday November 4th at the Compound in Silver Spring, MD. Dan ranks make certain all paperwork (completed), certifications are updated and pre-evaluations is completed early.

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. You can also do dual membership with your USA Judo membership. 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? Register your club with us.

**** REMINDER** – USJF Dojo memberships expire on August 31. Please make sure you renew your club membership and have all certifications turned in prior to that date. Do NOT wait until the last minute to renew.



Another value added clinic was provided by Shufu Judo Yudanshakai to its members. A successful Katame-no-kata Clinic was held on Sunday, June 25, 2023 from 9:30am – 3:30pm at Sport Judo,



5405 Port Royal Rd., Springfield, VA, 22151. The clinicians were Diane Tamai Jackson (Rokudan) and Karl Tamai (Rokudan). Katame no Kata is a form that demonstrates judo principles and techniques of ne waza (mat techniques). Participants will learn proper entry, control and execution of osaekomi waza (hold down techniques), shime (choking) waza and kansetsu (barring) waza.

Session 1 was in the morning from 9:30am – 12:00pm which covered shime and kansetsu waza, chokes and



armbars. Session 2 was in the afternoon from 1:00pm – 3:30pm which covered osaekomi waza, hold downs and escapes.



About the clinicians: Karl Tamai and Diane Tamai Jackson started to work as a kata team shortly after Diane moved back to the USA in 2013 as demonstration partners for a Nage no kata clinic. From 2013 – 2019, they traveled the USA and the world competing in kata. Together, they are USA Senior Nationals mixed team champions in multiple years in Nage no Kata, Katame no kata, Ju no Kata, including being awarded Best All-around mixed team. They represented the USA and took first place for several years at the PJC in Nage no Kata, Katame no kata and/or Ju no kata. They represented the USA at the 20013 - 2019 in the IJF World Judo Kata Championship in either Ju no Kata and Nage no Kata. Separately and together, they coordinated and taught many clinics in multiple katas to support judokas to expand their judo knowledge through the katas. Diane Tamai Jackson, Rokudan, is an assistant instructor at Hui-o Judo club.

Diane sensei started judo around 1976 at Hui-o Judo. In addition to being a judge in all five IJF-competed katas, she is a national-level referee and national-level judge in Koshiki no Kata. In addition to teaming with Karl, Diane was a USATeam member at Kodokan Cup (2007) in Katame no Kata, first IJF World Kata Championships (2009) in Ju no Kata, and multiple PJU Championships (2002 – 2009) in Nage, Katame and/or Ju) with Karen Whilden. Karl Tamai, Rokudan, is a co-founder of the College Park Judo Club. Karl sensei started judo around 1975 at Hui-o Judo. Karl is an IJF level A referee. In addition, he is also a regional and national kata judge in multiple katas. In addition to teaming with Diane, Karl was a USA Team member at the first PJU championship in 1999 and also in 2000 in Nage no Kata with his twin brother, Kurt Tamai.

Fight like a Samurai Koshiki-no-kata Clinic featuring David McFall will be held on August 12 – 13, 2023 at Sport Judo, 5405 Port Royal Rd., Springfield, VA, 22151 This event is sanctioned by the United States Judo Federation. The lead clinician will be David McFall, Godan. The event director is Diane Jackson. Email: JudoDTJackson@gmail.com Clinic times: Saturday Evening: 3:00pm – 6:30pm. Sunday 9:00am – 4:00pm (estimated) Registration times: 2:30 – 3:00 pm (Saturday), 8:30 – 9:00 am (Sunday) Clinic fee: \$ 80.00. Payment options: Cash, Check to ‘Shufu Judo’, or Venmo payment to @JudoDTJackson (add \$2.00). There will be a break for lunch on your own. A refrigerator is available. Bring a water bottle. Registration by google form: On-line form or on-site. Waivers and membership confirmation will be on-site. Participation Eligibility: USJF members. Membership cards must be presented to participate on the mat. Be prepared to follow CDC, State or County guidance for local COVID conditions. No recordings. About the clinician: In January 2023, David McFall and his partner won First Place in Koshiki no kata in the Japan International Veterans Competition. Also, he was recently appointed as a Kata Official of the Yokohama Judo Federation in Japan – the first nonJapanese to be awarded this kind of appointment. He is one of only four non-Japanese who has been awarded (jyukutatsu) “Mastery of the technique” grading for Koshiki no Kata. McFall sensei moved to Japan in 2006 and since then has trained primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei’s study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately join the Kudenkai. Practicing twice a week for over ten years, he performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. He also attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. McFall sensei first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei. Koshiki no Kata (Form of the antique things) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor.

Special Invitation to ALL USA JUDO members to join USJF.



In order to make an easier transition for participants, USJF is offering USA Judo members the opportunity to become members of USJF at a discounted price for a limited time. i. This membership is \$35, discounted from the regular price of \$70. Renewals on this membership will be at the normal rate. This is a regular 1-year membership. This discount is available until July 31, 2023. This discount is only available to CURRENT, ACTIVE members of USA Judo. Discount is not available for members with primary USJF membership. If you have Primary membership in USA Judo and secondary membership in USJF, you can use this discount. You will be required to provide your USA Judo Membership ID Number and expiration date.

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?



Shout Out to Dick Hugh

At 94 years young, sensei Dick Hugh, of Shufu Judo Yudanshakai, is still on the mat teaching, coaching, mentoring and instructing our next generation of judoka. To learn more about sensei Hugh, see our June 2022 issue of the Shufu Shimbun or visit the USJF website in the Hall of Fame section.

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.

SOME HISTORY OF THE USJF

The United States Judo Federation (USJF) is a non-profit(501 3c), tax exempt and educational corporation dedicated to the teaching and promotion judo in the United States. The USJF is the oldest U.S.



National organization of judo, and consists of regional associations called Yudanshakai, or Black Belt Holder's Association, local clubs or schools (called dojos), and individual members.

In order to understand the purpose and goals of the USJF, it is first necessary to consider the purpose and goals of judo itself. As described elsewhere, judo has many different faces – as sport, self-defense, exercise, or general activity. But the overriding goal of judo, as originally developed by Jigoro Kano, is the development of people, and of one's moral and ethical character. The practice of judo, whether as sport, self-defense, or general exercise, is only the means by which a larger goal is attained – the complete development of oneself as a person. Other organizations of sport, as well as other organizations of judo, may place primary emphasis on sport and competition. It is here that judo and the USJF distinguish themselves.

Competition and training in judo are seen as two ways of improving oneself and cultivating relations with others, as this is a principle goal of judo. If judo puts too heavy an emphasis on sport and competition, the judo becomes no different than any other sport. But, because the basic goal of judo is different, judo transcends sport to become a discipline. It is this meaning of judo that makes judo, and the practice of judo, special and different.

Not everyone can become a champion in competition. In judo, however, everyone can become a champion in a different sense – in the sense that they develop themselves and their relations with others to the fullest extent. These goals of inner development of one's character are much more important than all other materialistic goals.

This is not to say that judo does not care about sport, competition, self-defense, or general exercise and activity. These are also very important. But in the traditional view of judo, one's technical skills are seen as vehicles by which character and person are developed; they are a means to an end, rather than ends in themselves. So often we are witness to champions, in this sport and others, who act immorally or improperly. It is the goal of judo to place the development of individuals as people first, and sport and competition second.

It is the purpose of the USJF to support all regional Yudanshakais and each dojo in their efforts to develop and promulgate the goals of judo. Other national judo organizations also exist, and they are each distinguished by their implicit or explicit goals. The USJF is distinguished from other organizations in judo in its adherence to the goals of judo as described here.

The USJF aids in the regional and local development of judo by some of the following activities:

- sponsoring national tournament for juniors, intermediates, and youth;
- sponsoring clinics, seminars, and other programs to aid in the development of officiating, instructing, and other technical aspects of judo;
- sponsoring regional and local tournaments and programs for the development and promulgation of judo in the local and regional arenas;
- providing members with the ranking system of judo most highly regarded in the U.S.

What is a Yudanshakai?

Being the oldest Judo organization in the USA, the USJF was originally called the Judo Black Belt Federation (JBBF). The USJF was organized around regional/local Yudanshakai (black belt associations) that their members deal with. Many of these Yudanshakai had been operating individually for many years and have a rich legacy. The purpose of a Yudanshakai is to promote judo in its own area and run local events while the USJF focuses on the coordination and organization of grass root Judo at the national level.

The USJF as an organization has a system similar to the Electoral College. Each Yudanshakai elects its delegates who represent their interests at the national meeting.

Today, the purpose of the yudanshakai is much the same. The Yudanshakai represents its clubs and members to the national organization and promotes judo with its own members.

The structure of the yudanshakai, however, is more operational and less geographical than it used to be. There are some parts of the country where two or more yudanshakai operate in the same area and some Yudanshakai have clubs and members that are located far from their geographic location.

Charter clubs and individual members are generally members of a specific Yudanshakai.



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 June 30, 2023, we have 27 registered dojos comprised of 439 members, of which 118 are dan ranked judoka, 150 are senior judoka and 282 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Dale City Judo in Woodbridge VA and Hui-O-Judo in Beltsville MD.

SHAPE America

The USJF Development committee has align its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do at each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity. We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program. Visit our USJF "Koka Kids" page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.



Upcoming events:

JUDO JUL 7, 8, & 9 Training Camp

OnLine & Regular Registration \$25

TOP GAME

OPEN TO ALL CLUBS

OPEN TO AGES 8-UP

Lead by Skyler Cummings: Owner of Top Game Martial Arts

Friday	Saturday	Sunday
AM session 1 - 9am to 10:30 am - Ages 8 - 12	AM session 1 - 9am to 10:30 am - Ages 8 - 12	Am session 1 - 9am to 11 - ALL AGES
AM Session 2 - 11am to 1pm - Ages 13 - 18	AM Session 2 - 11am to 1pm - Ages 13 - 18	
PM Session 1 - 4pm to 6pm - Ages 8 - 12	PM Session 1 - 4pm to 6pm - Ages 8 - 12	
PM Session 2 - 6pm to 8pm - Teens and Adults	PM Session 2 - 6pm to 8pm - Teens and Adults	

3703 LAFAYETTE BLVD, FREDERICKSBURG, VA 22407
540-656-6342 / [TINYURL.COM/W2WMACAMP](https://tinyurl.com/W2WMACAMP)

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

Judo Training Camp

July 7-8-9, 2023

Wall 2 Wall Martial Arts, 3703 Lafayette Blvd, Fredericksburg, VA

Clinician – Skyler Cummings, Owner of Top Game Marital Arts

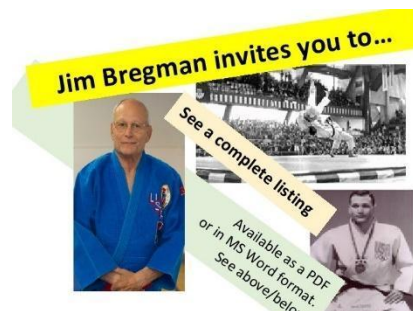
Open to all judoka from all clubs

Ages 8 and up

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

for information only

After a brief hiatus, the 'Jim Bregman Invites You To...' series is preparing for our next round of presentations! We are just finalizing plans for forthcoming presentations. We will post information about them shortly. We are currently scheduling presentations regarding the greatest camp on earth, the tour of the



Jason Morris judo center, and a perspective over his judo career by Sensei Bregman. We are planning on others but do not yet have a commitment for any of those.

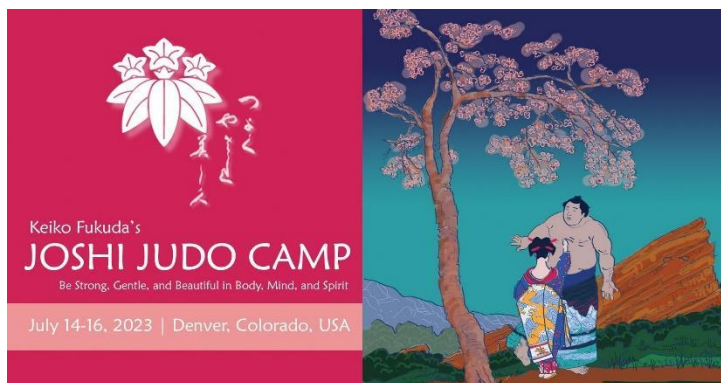
An overview and listing of past presentations by the 'Jim Bregman Invite You To...' program is available at: <https://web.media.mit.edu/~reilly/BregmanUpdate.docx>

SAME DOCUMENT different format ALSO AT
<https://web.media.mit.edu/~reilly/BregmanUpdate.pdf>

Keiko Fukuda Joshi Judo Camp

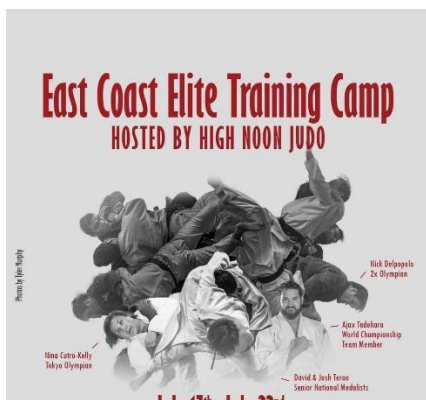
Joshi judoka. Registration is open for camp summer. We are excited to have 2 great guest instructors. Sign up now.

Megumi Ishikawa (Godan)
3x Kodokan Cup Gold Medalist
2x Japan National Team Member
2013 – Continental Championships – Gold
2016 – Grand Prix – Silver
2013 & 2011 – Grand Prix – Bronze
2013 & 2014 – European Open – Gold
2012 – IJF World Cup – Gold
2011 – World University Championships – Gold
2016 – All Japan Judo Championships – Silver
Multiple time International Medalist
Instructor – Tohkon Judo Academy, Chicago, Illinois
with Special Guest Instructor:
Charlee Minkin (Godan)
2004 Olympian – U52kg
2x World Team Member
2000 – Pan American Championships – Gold
2003 – Pan Am Games - Silver
2002, 2004 – Pan Ams – Silver
2000, 2003 – US Open – Gold
1998 – Pan Am U20 Championships - Silver
Multiple time International Medalist
Owner & Head Instructor – The Sanctuary – Judo, Brazilian JiuJitsu, & Fitness – Denver, Colorado
'Keiko Fukuda's JOSHI JUDO CAMP Be Strong, Gentle, and Beautiful in Body, Mind, and Spirit July 14-16, 2023, Denver, Colorado, USA'



this

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



This training camp with **Chris Round**, **Nina Cutro-Kelly**, **Nick Delpopolo**, **Ajax Tadehara** and others in Washington DC. If you have the means, it is going to be well worth it. Quite a few Olympians all in one location. Generations of learning. To be noted, Chris Round is an exceptional technician and has been the man behind the curtain for various Olympians and scouting avenues. Not quite sure of the last time so many Olympians will be on the mat together.

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

2023 US Open July 28-30 in Fort Lauderdale is only 2 months away and the Head Quarters hotel is sold out. We expect it to be the largest US Open, with over 1500 athletes. Visit event web site where Registration is Open on <https://usajudo.smoothcomp.com/en/event/8601>



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

2023 Veterans Judo Open in Myrtle Beach, South Carolina on August 26, 2023

Level 4 Veteran Point Event (Standard Divisions)

Presented by: USA Judo Veterans

TOURNAMENT DIR: Brad Daniels / 260-726-5045 / bradleyadaniels@gmail.com

Ray Marquez / 856-777-4223 / raymqz@gmail.com

Hector Negron / 910-884-5720 / negronpr100@hotmail.com

HEAD REFEREE: Tracy Crawford / tracyjudousa@gmail.com

WHEN: Competition Date: Saturday, August 26, 2023

WHERE: Competition Venue: Carolina Forrest Recreation Center, 1561 21st Ave N, Myrtle Beach, SC 29577

HOST HOTEL: La Quinta Inn

REGISTRATION: Online Registration Only at <https://smoothcomp.com/en/event/11218>

ENTRY FEE: \$75.00 All Divisions

Novice competitors may also fight Standard Divisions

WEIGH-INS: Friday, August 25, 2023

host hotel from 6pm-8pm

Saturday, August 26, 2023

venue from 8:30am to 10:30am

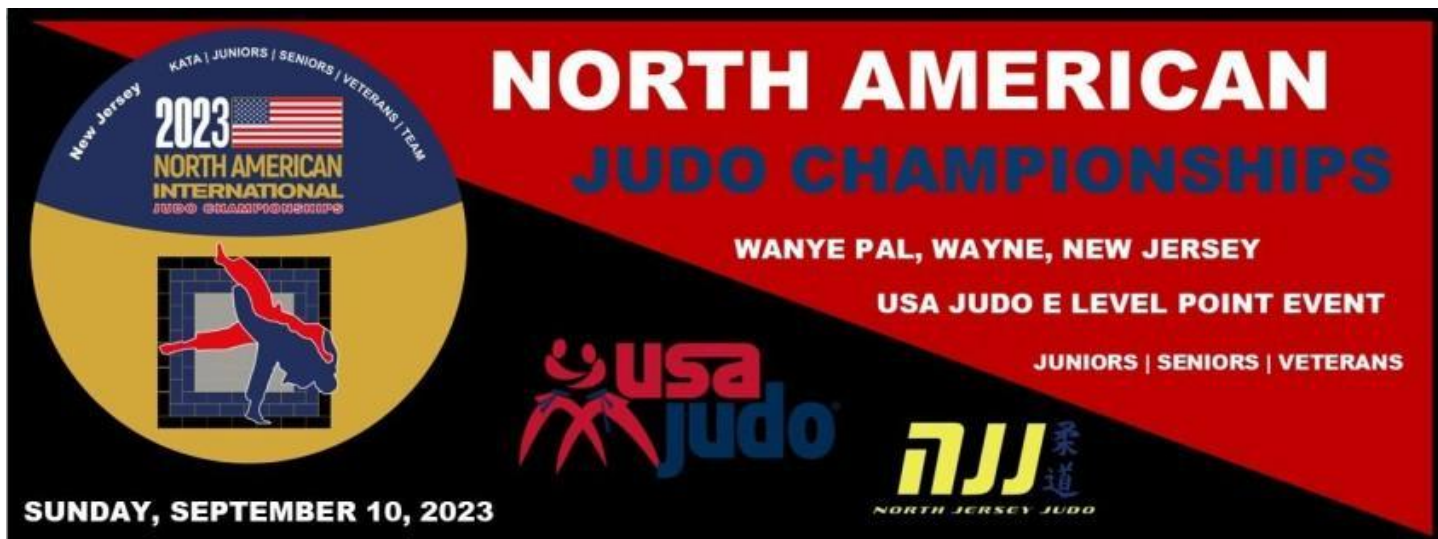
COMPETITION: 11:30 a.m.: Opening Ceremonies

Competition to follow Opening Ceremonies

REGISTRATION CLOSES: Wednesday, August 23, 2023, at 11:59 pm EST - Online Registration Only

More information can be found at www.VeteransJudoUSA.com

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



Tournament Announcement for the 2023 North American Judo Championships.

When: Tournament Sunday, September 10, 2023

Where: Wayne PAL, 1 PAL Drive, Wayne, NJ 07470 (Same Place)

Weigh-ins: North Jersey Judo Dojo, 246 Wanaque Avenue, Pompton Lakes, NJ 07442

Weigh-ins Date: Saturday, Sep 9th 12noon – 5pm

USA Judo Points: Juniors, Seniors & Veterans USA Judo Roster Point Event

Judo Shaia & Kata: <https://usajudo.smoothcomp.com/en/event/9245>

[2023 North American Judo Championships USA Judo Roster Point Event - Smoothcomp](https://usajudo.smoothcomp.com/en/event/9245)

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

Judo Challenge



BECERRA CLUB BJC

All divisions: US\$60.00

Registration: Smooth.com
Phone: (214) 906-0726
email: bertbecerra@tx.rr.com

Hotel Reservation: Fairfield by Marriot
3415 Premier Dr., Plano, TX - 75023
Phone: (972) 423-9944
(Ask for Judo Tournament Rate)

SEP.16
2023

NTX 2655 Premier Dr. Plano, TX - 75075

BlackForce MMA Judo Club presents:
Coaching Seminar – USJA Level 1
Saturday July 22, 2023, 1:00PM-5:00PM

- This is about how to teach more effectively.
- Includes classroom material and on-mat teaching exercises.
- Coach Certification is now required by insurance companies!
- Coach Certification reduces the chance of you being sued!
- USJA Coach Certification recognized at tournaments nation-wide.
- USJA Coach Certification used by USJA & AJJA.

Honors:
Lorenzo Menard, Head Judo Instructor, BlackForce MMA Judo Club
Ron Cooley, USJA Coach Certification Instructor

Clinic: \$25 (Priced low so all can attend!)
Clinic open to martial arts instructors and students age 14 and up.
Liability waiver **REQUIRED** for admission.

All who complete the seminar receive a "Certificate of Completion".

USJA certification requires:
Brown belt or above, minimum age 17, with current: Skillsport, Concussion / HeadCT, p, Background Screen, and USJA membership. (Those who are under 18 will be placed in a class to train for their interest in judo or jiu-jitsu.)

USJA Certification: \$70, valid for 4 years.

USJA membership available on site \$60 (2 or more in family, \$80 each, \$35 for siblings).

Location: **BlackForce MMA**,
113B College Park Rd. Ladson, SC 29456

Limited to 30 participants! R.S.V.P. NOW to reserve your spot!

For information, directions, or to reserve your spot contact:
Lorenzo Menard: lorenzo.menard@gmail.com
Ron Cooley: rcooley@blackforce.com

Dress: Martial Arts uniform or sweatshirt & sweatpants.
USJA Sanction: 23-040

BLACK ICE OPEN 2023



AUGUST 19 ATLANTA

GRANT PARK RECREATION CENTER
FREE TRAINING CAMP SUN, AUGUST 20
MORE INFO: WWW.BLACKICEOPEN.COM

Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

•8/12 and 8/13/2023 – Koshiki no Kata clinic with David McFall and judge evaluation, Washington DC area, POC: Diane Jackson



A team of 30 high dan judoka from the USA are going to the Kodokan for the summer kata camp from July 16-23 for the Summer Kodokan Kata course. The main content of "Summer Course I" is Kata which should be mastered by high dan holders and is also an important requirement for dan promotion. Therefore, this is a meaningful course for high dan holders including Judo instructors. Participants perform Kata on the last day. The course includes Nage no Kata (5 hours), Katame no Kata (5 hours), Ju no Kata (5 hours), Kime no Kata (5 hours), Kodokan Goshin-jutsu (5 hours), Koshiki no Kata (5 hours), Itsutsu no Kata (2.5 hours), including Lecture and Kappo (2.5 hours) and Kata Performance (5 hours)

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)

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.



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

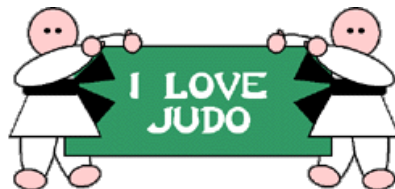
Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education Portal](#)



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



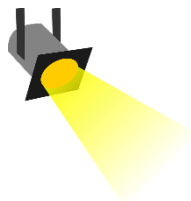
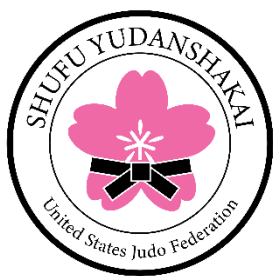
For more information contact :

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

Shufu Vice-President, Michael Landstreet

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

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



[Shufu Spotlight](#)

Shufu
Judo

[Sensei Fran Vall](#)

Sensei Fran Vall started judo in 1959 in Wilmington Delaware. She worked her professional career at the United States Department of State Foreign Service, living in places such as Japan, Afghanistan and the Sudan. She was able to learn both judo and Naginata while stationed in Tokyo Japan in the late 60's and early 70's. She was able to learn and get promoted at the Kodokan.

She has been a life long member of the Washington Judo Club in the Washington DC area throughout its different locations. Fran is a life member of the United States Judo Federation and proud member of Shufu Judo Yudanshakai. She was an active kata competitor with Karl Tamai.



She redefines aging as an honored senior sensei who lives life vibrantly, and makes contributions to the world. Fran stated "I go out into the world every day with mother nature and it gives me a chance to reflect and to think about my life"

Sensei Fran stated "As a Sensei, as you age, you adjust to life and look at things differently. Your body changes and so you do, you address the art in a different way. There's a different insight, there's a different feeling, a different way of approaching and teaching it and it's really helped me to be a better teacher and to be more insightful, just working with people who are coming up, or who are, who have also trained all their lives as well." Fran has been able to train with many different teachers and different levels of teachers. She stated "It just gives you a different feeling of understanding of how much more there is, not only a physical but a psychological level. Many senseis lives are a historical background of where judo came from, how they have amassed knowledge, skills and training, as well as how hard they had to work to get to their accomplished levels. We are all students, continuously learning and improving ourselves."

Fran is a person who approaches life positively and courageously. We all need role models. Fran really believes in making connections with people all over the world. It's a big part of who she is and her dedication to martial arts into and to living life in an engaged community-oriented way. I think she is really someone we can be inspired by.

Fran Vall holds a Shichidan 7th degree black belt in Judo and a 6th one in Naginata (Japanese sword fighting). In addition to mentoring at three martial arts clubs she still finds time to work as a ski and snowboard instructor and volunteer in her community. She is guided by her Jewish faith and quest to never stop learning.