



Shufu Judo Yudanshakai Shufu Shimbun

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

July 2024



Upcoming Events:

July 14 – Jason Morris Clinic at Sport Judo in Springfield, VA
Aug 9-11 US National Kata Conference – Univ. of San Diego
August 23 – National Veterans Open – Denver, CO



**SAVE THE DATE – Oct 5 – College Park Judo Championships-
College Park Community Center, College Park, MD**

**SAVE THE DATE- NOV 2 – SHUFU BOD/BOE/Promotions at
Hui-O-Judo Beltsville**

SAVE THE DATE – Nov 4-7 - World Veterans Championships – Las Vegas NV

SAVE THE DATE – Nov 9-10 - IJF World Kata Championships – Las Vegas, NV

SAVE THE DATE - Nov 11-12 – USJF Meetings – Las Vegas NV – All are welcome.

SAVE THE DATE – Dec 7 – Virginia Open Judo Championships – Manassas, 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.

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. 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 July 2024, we have 26 registered dojos comprised of 562 members, of which 139 are dan ranked judoka, 219 are senior judoka and 343 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., and College Park Judo in College Park MD.

**** Plan now – Shufu Fall promotions will be on Saturday November 2 at Hui-O-Judo in Beltsville MD. Exams will be from 9am to 11am, BOE meeting from 11-1230, announcement of promotions at 1230 and BOD Meeting 1-3pm**

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



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

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



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

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

[Portal](#)

The Importance of Parental Involvement in Youth Sports

Parents play a significant role in shaping their child's sports experience. Children observe and emulate the behavior demonstrated by others, with parents often being the initial introduction to sports. The level of parental involvement can directly impact whether a child enjoys the experience or not. A positive and enjoyable attitude from parents towards sports enhances a child's interest and enjoyment in the activity. It is important for parents to acquaint themselves with judo contest rules and comprehend their underlying purpose.

The USJF offers a comprehensive overview of the competition regulations, encompassing fundamental aspects of a judo contest, bowing protocols, gripping techniques, scoring for throws and mat work, referee hand signals and calls, penalties, and scoreboard interpretation.

This module serves as a valuable foundation for anyone seeking a deeper understanding of Judo contest rules, catering to individuals ranging from newcomers in the sport to parents and supporters eager to familiarize themselves with Judo. At the conclusion of Module 1, you will be able to;

- Identify contest and referee procedures.
- Recognize and identify scoring in Tachiwaza and Newaza
- Identify the penalties of Shido and Hansoku maki

Visit the USJF website to learn more - [Contest Rules and Referee Education | USJF Education Portal](#)

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.

Planning Ahead – Mark your calendar – Oct 5- College Park Judo Championships

Registration will be over SmoothComp.

We encourage early registration, we will cap the number of contestants.

We are planning for three mat/competition areas

We are planning for both junior and senior competition.

[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.



It's been an amazing few days, and I can't thank enough the IJF - International Judo Federation in collaboration with the Confederación Panamericana de Judo and Judo Perú - Federación Deportiva Peruana de Judo for the fantastic judo rules seminar held in Lima, Peru. Under the leadership of Florin Daniel Lascau and Tonino Chyurlia with the support of Gary Berliner and Joon Chi, it has been a marvelous trip.

Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

July 13-14 – Andre Parent clinic in Queens NY

Aug 9-11 – USJF Kata Conference – San Diego

Sept 8 – North American Championship, Wayne, NY -smoothcomp for details and registration

Sept 28-29 – PJC kata championships (must compete at nationals), Columbia

Nov 9-10 – IJF World Kata Championships – Las Vegas, NV



Photo Courtesy of Chuck Medani

Two “can’t miss” kata clinics this summer

Two world-level kata clinicians will be teaching the USA this summer. One on each coast. Try to make it to both for high-level European kata instructions without the expense of traveling to Europe.

July 13-14 : Nage no kata (Saturday) and Kodokan Goshin Jutsu (Sunday) at the international Judo center in Queens, NYC. Andre Parent, clinician, is a French national team Coach and previous world team Member for France.

August 9-11 : Ju no kata and Koshiki no kata at the USJF kata conference at San Diego State University in California. Wolfgang Dax-Romswinkel and Ula Loosen, clinicians, are multi-year world champions in ju no kata. Wolfgang sensei also presented analyses of several kata during COVID for the European Judo Union.

This is a great opportunity for all levels and ages of judoka - whether you are starting to learn kata, need it for a promotion, or a current competitor, everyone will increase their judoka knowledge and understanding.

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

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

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

<https://kokakids.substack.com>



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

<https://kokakids.substack.com>

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

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



to

SHAPE America

The USJF Development committee has align its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do 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.



at

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 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.

Event recaps-

Nage No kata clinic with Karl Tamai and Diane Jackson at Trident Judo

Thank you to George Antoniou and Dale City Judo for hosting a Nage No Kata clinic at Trident Martial Arts in Woodbridge, Virginia. Judoka from Gokyu to Shichidan attended the clinic and assisted with teaching. In addition to Karl and Daine, we were honored to have sensei Fran Vall, Sensei Karen Whidlen and sensei Eric Spears to help with kata judging and instruction. Kevin Tamai, Chairman of the Board of Examiners stated, " We are very appreciative of George Antoniou and Dale City Judo for hosting this event. Any opportunity we have to bring judoka together to learn and practice kata is a win for everyone. Learning the katas enhances the entire judo experience." The day started with a competition to see how well judoka could preform and for all judoka to observe. Following the competition, Karl and Diane taught the Nage no Kata to all judoka.



Nage-no-kata ("forms of throwing") is one of the two randori-no-kata (free practice forms) of Kodokan Judo. It is intended as an illustration of the various concepts of nage-waza (throwing techniques) that exist in judo, and is used both as a training method and as a demonstration of understanding. The nage-no-kata was developed by Jigoro Kano as a method of illustrating principles of throwing to allow students to more effectively apply them in randori. Initially the kata consisted of ten techniques. These were subsequently appended with the addition of a further five throws, including kata guruma and uki otoshi



A Ju No Kata clinic with clinicians Francis Glaze and Diane Jackson was held on Sunday, June 30 from 10:30am - 3:30pm at Max Out Sports, Bedford Heights, Ohio.

Ju no Kata "forms of gentleness") is a kata (a set of prearranged forms) in Judo. It is designed to teach the fundamental principles of judo, especially the principle of ju (*yielding* or *gentleness*). It consists in three sets of techniques and is performed by a pair of people one acting as an Uke and the other a Tori. The kata can be performed without wearing a judogi and, as it doesn't involve the completion of any throws, does not need to be performed in a dojo. Ju-no-Kata was created by Jigoro Kano around 1887 when the number of people studying Judo had increased to the point where he could no longer advise everyone personally during free practice (randori)

MAXOUT SPORTS PRESENTS
FRANCES GLAZE
DIANE TAMAI JACKSON
WHAT PRINCIPLES OF JUDO ARE WE ACTUALLY IMPLEMENTING IN JU NO KATA?
FEE: \$35
SUNDAY, JUNE 30, 2024 10:30 AM - 3:30 PM
440-783-3444
23860 MILES ROAD BEDFORD HEIGHTS, OH 44128
INFO@MAXOUTSPORTS.COM
WWW.MAXOUTSPORTS.COM

2024 Junior Olympic Championships to be Held in Pittsburgh

USA Judo was pleased to announce the Junior Olympic Championships returned to the Northeast for the first time in many years when the event was held in Pittsburgh, PA from June 21-23, 2024. The Junior Olympic National Championships was held from June 21-22 and the International Championships took place on June 23 with nearly 800 athletes ages 5-20 competed 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 were excited to have hosted the USA Judo Junior Olympic Championships in Pittsburgh" 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 were happy to have the national judo community see 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.

Upcoming Events:

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



Jason Morris Seminar July 14th 10:30am – 1:30 pm

SportJudo 5405 Port Royal Rd. Springfield VA.

\$45 venmo @stephen-berliner-1 or cash at the door.



JEWISH JUDO ATHLETES
JOIN THE USA DELEGATION:

MACCABIAH 2025
ISRAEL, JULY 8-22, 2025*

Age Divisions
U16: 2009-2010 (M&F)
U18: 2007-2008 (M&F)
Open: 2006 or before (M&F)
Masters 35+: 1990 or before (M&F)



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

Scan Me!



*All U16, U18 & Open Athletes must participate in a week-long pre-Games program in Israel

8-22 JULY 2025

MACCABI USA @MACCABIUSA



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

EXCLUSIVE VETERANS ONLY

NYC JUDO VETERANS OPEN 2024

SATURDAY, AUGUST 17, 2024
QUEENS, NY



usa judo
ALL THINGS JUDO
WWW.ALLTHINGSJUDO.COM

COME SEE NEW YORK



Attn: All US & Canadian Veteran Competitors,
With the IJF World Veterans Championships happening in Las Vegas in November 2024 we are hosting an Exclusive Veterans Only Tournament Saturday, August 17, 2024, to get our Northeast Veterans ready for the action in November and hang out for a weekend in NYC. This event will be sanctioned by USA Judo and registration is already open. We will post more info down the road. Get Ready!

<https://allthingsjudo.smoothcomp.com/en/event/16820>

Co Tournament Dir:

Ramon Hernandez North Jersey Judo

Saro Balagezyan IJC Martial Arts



International Judo Camp August 18-24, 2024

\$745 from 4/1/24 through 7/31/24 (Regular Price)
partial week available please email us

\$795 after 8/1/24 (as space permits)
contact us at

InternationalJudoCamp@gmail.com

Announcing our 2024 Guest Instructor:
Kostiantyn Tskhovrebashvili



Kostiantyn is an exciting Judo coach. He has trained over 100 regional and National Ukrainian Judo Champions.



Colton Brown
Competitors Instruction



Heiko Rommelmann, Jr.
Kata Instruction



Pamela Legros
Coach Instruction



Devin Cohen
Referee Instruction



For more information scan the QR code
internationaljudocamp.com



International Judo Camp August 18-24, 2024 **New for 2024**

Competitor's training track with Colton Brown

2x Olympian
Current US National Team Coach
6x US World Team Member
5x Pan Am Championships Medalist



Colton Brown is offering complete competitor's training sessions at this year's International Judo Camp.
90 minutes each day.

Coaching in both Tachi Waza (Standing Techniques) and Ne Waza (Ground Techniques)
and you'll have time to attend all the other sessions at camp.



**\$745 from 4/1/24 through 7/31/24
(Regular Price)
partial week available please contact us
\$795 after 8/1/24
(as space permits)**

**For more information contact us at
InternationalJudoCamp@gmail.com**

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

Veterans Judo Only Tournament
AUGUST 24TH 2024
Novice & Advanced Divisions
Open To International Players
*****USA Judo Veterans Points*****
<https://usajudo.smoothcomp.com/en/event/16424>
www.VeteransJudoUSA.com



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



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

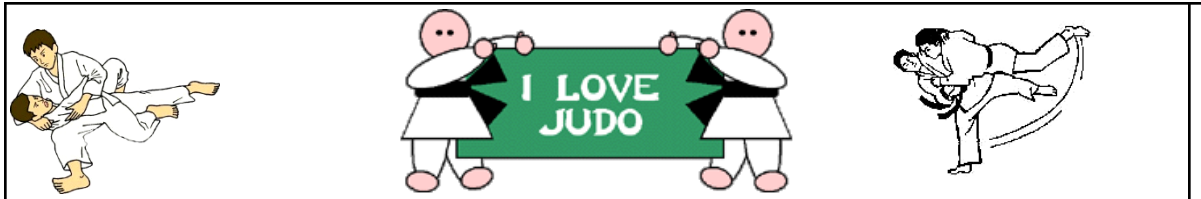
Viva Las Vegas! Kind regards, Denis Weisser, Chair of the IJF Veterans' Commission



Club Updates from Shufu Judo Yudanshakai –

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

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



For more information contact :

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

Shufu Vice-President, Michael Landstreet

Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-6861, Email

–shufuboechairman.kevin@gmail.com

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

