



Shufu Judo Yudanshakai Shufu Shimbun

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



July 2026



Upcoming Events:

July 4	Pan American Kata Championships	Montreal, Ontario,
July 11-12	USJF Summer Nationals	San Francisco, CA
July 13-17	Judo camp at Wall2Wall MA	Fredericksburg, VA
July 23-29	USA Judo US Open	Ft Lauderdale, FL

**** SAVE THE DATE – AUGUST 9 – USJF Eastern Kata Championships, College Park, MD (see information on SmoothComp)**

**** SAVE THE DATE – OCTOBER 24 Shufu Fall Promotions – Beltsville MD**

Important dates: Monday, August 24 – start accepting paperwork
 Saturday, September 26 - Form 20 for dan ranks due
 Saturday, October 10 – all documents complete and turned in.
 Saturday, October 24 – Event day

Follow Shufu Judo Yudanshakai

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

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

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

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.



SAVE THE DATE! 2026 USJF Summer Nationals is coming to San Francisco! July 11-12,2026 at City College of San Francisco. Open to members with current membership in either USJF, USA Judo or USJA. This tournament will also be a USA Judo point event. Registration will follow on Smoothcomp.

July 11-12, 2026 — Weigh-ins, Coaches & Referees Meeting on July 10.
Shiai and Kata competition!

Location

City College of San Francisco Wellness Center
50 Frida Kahlo Way
San Francisco, CA

[Sign Up
Now!](#)

[Coaches
Registration](#)

Kata Competition on Saturday, July 11

USA Judo Kata Points at stake!

Head Kata Judge

- Karen Nagai (Seattle Dojo)

Kata Judge Meeting

- July 11, 2026 - 9:00 am
- Location: Room 323

Register for
Kata!

Schedule

Friday, July 10

- 3:00 pm - 6:00 pm - Weigh in for Intermediate, Cadet, all Novice (All Divisions), and Senior Championships Categories
- 7:00 pm - Coach meeting

Saturday, July 11

- 7:30 am - Door open, Referee meeting
- 8:30 am - Opening Ceremony
- 9:00 am - Kata Judge meeting, Shiai Competition starts
- 10:00 am - Kata Competition starts
- 1:00 pm - 3:00 pm - Weigh in for Bantam, Juvenile, IJF Junior and Veterans categories

Sunday, July 12

- 7:30 am - Door open, Referee meeting
- 8:30 am - Opening Ceremony
- 9:00 am - Shiai Competition starts

Join
Us!



Coming from Out of Town, Use your USJF Avis 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.



Welcome to the US JUDO Federation Avis Program

AWD: D027600 (Avis Discount code)

Avis is the preferred supplier for US JUDO's business rental needs! To ensure the best experience when renting vehicles, take a moment to enroll in Avis Preferred today!

Why Avis?

- Counter bypass service, including free upgrades with low-mileage vehicles.
- Avis' enhanced mobile technology – [download the app today!](#)
- Avis will [Status Match](#) your current competitor status level!
- Opportunity to earn [Avis Preferred Points](#) at an accelerated level – be sure to opt in!

PREFERRED SERVICE: Preferred members can skip the line. Go straight to your car; earn points & so much more! [Enroll in Avis Preferred](#) to create a profile and save your travel preferences.

Booking link: [US JUDO FEDERATION - Book Today](#)

Reservation phone number: 1-800-831-8000

Status Match: Email [Joyce Sowers](#) your Avis Preferred Wizard number and a screenshot of your existing program membership card to verify and update your current service tier.

Avis App:

Download or update the Avis app on the [App Store](#) or [Google Play](#). The App is a great way to follow up on your reservations after they are made through your booking tool.

Avis QuickPass: A quick way to choose your car, skip the counter, and Express Exit from the lot!

Use Avis QuickPass in the Avis App to:

- Choose or upgrade your car as soon as you land
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- [Click Here](#) to See QuickPass Locations

Avis QuickPass, a rental experience like no other.

To help us streamline the workflow at the National Office, please use the new sanctions email. sanction@usjf.com.

There is now an email strictly for Sanction requests, related sanction documents, and sanction correspondence. The email is sanction@usjf.com.

The National Office receives a large number of emails, and occasionally, a sanction request is missed. The new email is to help prevent sanction requests from being missed and to streamline the process. Failure to use the sanction@usjf.com could delay the sanction process. Do not send emails or documents that do not pertain to sanctions to the sanction@usjf.com email.

If you have any questions, please contact the National Office.

Want More Judo? Help your kids get the first score with Koka Kids!

Adult Judoka - Don't forget our [USJF Learning Courses](#) and visit the USJF Education Portal.



[USJF](#) has a special relationship with Koka Kids with several free Koka Kids books on the [USJF.com](#) front page.

You can also find the Koka Kids App in the Google and Apple store.

Created by Nicola Fairbrother, 8th Dan, MBE, Olympic Silver Medal, World Champion - Koka Kids provides a visual learning method to help children master judo techniques effectively.

USJF is proud to be associated with Koka Kids and other organizations that grow Judo and our Judo values : *friendship, honor, courage, self-control, humility, respect, perseverance*



Thank you to all who participated in the 2026 Arlington Development Shiai on Saturday June 11 at the Dawson Terrace Community Center in Arlington VA. Thank you to tournament directors Michael and Sharon Landstreet and to Arlington judo for



hosting the shiai. This event was sanctioned by Shufu Judo Yudanshakai and the United States



Judo Federation. Eighty four judoka registered for the event. Thank to the following dojos for supporting the event: Arlington Judo, Wall2Wall Martial Arts, Hui-O- Judo Beltsville, College Park Judo, Colton Brown Training Center, Sport Judo, Royce Gracie Academy of



Randallstown, DC Judo, High Noon Brazilian Jiu Jitsu and Combat Principles. There were 28 overall gold medals, 30 silver medals and 19 bronze medals awarded at the event. The fastest Ippon was by Elianan Rumingan in just 4.1 seconds. Arlington Judo was the top team, second team was Wall2Wall Martial Arts. College Park Judo was third place.





SAVE THE DATE – Shufu Yudanshakai Fall 2026 promotions, BOE meeting and BOD Meeting

Please note the following important dates

August 24 – Paperwork acceptance for Fall 2026 promotions

Sept 26 – Form 20 for dan promotions DUE

October 10 – ALL documentation due to Shufu YDK

October 24 – Promotional testing, BOE Meeting and BOD Meeting

** We encourage all judoka to be tested and evaluated at the shufu promotions, regardless of rank. We encourage all senseis to send their kyu ranking judo to the promotions. Rank certificates and belts can be presented at the promotional testing, at the senseis approval. (Note some sensei like to present in their dojo)

The Shufu YDK meetings are open meetings. All judoka and parents are welcome to attend.

Both meetings will be offered as hybrid (live in person and via zoom) meetings.

ALL dan ranking judoka are members of the Board of Directors for Shufu YDK. We always encourage ALL black belts to attend the bi-annual meetings and to participate in the meetings.

Any items or topics to be added to the meeting agenda should be sent, at a minimum of two weeks (October 10), prior to the meeting.

For BOD matters, send to Shufu secretary, Margie Kettl at Shufusecretary@gmail.com

For BOE matters, send to Board of Examiners Chairman Kevin Tamai at ShufuBOEchairman.kevin@gmail.com

ONLY Board members have voting rights at the meetings.



SAVE THE DATE – August 9 - Eastern Judo Kata Championship and Judge Evaluations
Date: Sunday, August 9, 2026
Location: Lakeland/College Park Community Center

Registration: coming soon to Smooth comp;
 Open to all USJF & USAJudo members
 Sanctioned by USJF



- USA Kata Athlete / Pair Point Roster Tournament – U13 Junior Open (full kata); U18 Junior Open (full kata); U21 Junior Open (full kata); and Senior Open (full kata)
- 1st place prize \$100 per pair in Senior Open for divisions with 3+ pairs
- Event Directors: Diane Tamai Jackson and Karen Whilden
- Pairs / Teams can be the same gender or mixed gender.



- All Pairs (both male, both female or mixed gender) compete together in each division
- Divisions with 1 or 2 two teams may be combined at the discretion of the Tournament Committee.
- Kata participants register individually
- Include your partner's name in the "Note" section when registering.
- Maximum of 4 kata per athlete
- Divisions may be combined in the best interest of a competitive tournament

U13 Beginner (12 years old and under)
 Nage-no-Kata (First 3 Sets)
 Katame-no-Kata (First set only)
 Ju-no-Kata (First set only)
 U13 Open (12 years old and under)
 Nage-no-Kata (Full Kata)
 Katame-no-Kata (Full Kata)
 Ju-no-Kata (Full Kata)
 U18 Beginner (17 years old and under)
 Nage-no-Kata (First 3 Sets)
 Katame-no-Kata (First 2 Sets)
 Ju-no-Kata (First 2 Sets)

U18 Open (17 years old and under)
 Nage-no-Kata (Full Kata)
 Katame-no-Kata (Full Kata)
 Ju-no-Kata (Full Kata)
 U21 Open (20 years old and under)
 Nage-no-Kata (Full Kata)
 Katame-no-Kata (Full Kata)
 Ju-no-Kata (Full Kata)
 Kodokan Goshin Jutsu (Full Kata)

Senior Beginner (All ages)
 Nage-no-kata (First 3 Sets)
 Katame-no-kata (First 2 Sets)

Ju-no-kata (First 2 Sets)

Senior Intermediate (All ages)

Nage-no-Kata (Full Kata)

Katame-no-Kata (Full Kata)

Ju-no-Kata (Full Kata)

Senior Open (All ages)

Nage-no-Kata (Full Kata)

Katame-no-Kata (Full Kata)

Ju-no-Kata (Full Kata)

Kodokan Goshin Jutsu (Full Kata)

Kime-no-Kata (Full Kata)

Itsutsu-no-Kata (Full Kata)

Koshiki-no-Kata (Full Kata)

Exhibition Kata - Any Kata or partial Kata of choice

Para/Adaptive

Kata Kids

Awards:

- Achievement award for exhibition divisions
- 1 st , 2 nd , 3 rd place for contested divisions

Registration:

- Early registration until July 6, 2026 (reduced price):
 - \$40 - Juniors U18 (17 and under)
 - \$50 first kata; and \$30 for each additional kata - All Seniors and Junior U21
- Normal registration until July 31:
 - \$50 each for Juniors U18 (17 and under)
 - \$60 first kata and \$30 for each additional kata - All Seniors and Junior U21
- Late registration until August 4:
 - \$50 each for Juniors U18 (17 and under)
 - \$70 first kata and \$30 for each additional kata - All Seniors and Junior U21
- Judge Evaluation: \$50 for first kata, \$25 each for second and third kata







USA Judo and US Judo Federation Agree to Partnership

USA Judo and the United States Judo Federation (USJF) announced a formal partnership on Wednesday, June 10th. The news comes on the heels of initial discussions between the two national organizations at the USA Judo President's Cup in November that included USA Judo President **Dr. Ronald Tripp**, USA Judo CEO **Corinne Shigemoto**, USJF President **Mitchell Palacio** and USJF Executive Director **Robert Fukuda**.

"I was extremely happy to get the news this morning that USA Judo and the United States Judo Federation are once again linked into a working partnership equally benefiting both organizations," said Tripp. "President Palacio and I have been friends for many years, and it is always a pleasure to work with him and his leadership team."

USJF joins USA Judo and the American Traditional Jujutsu Association (ATJA) in this agreement. One of the key components of the partnership is a reciprocal membership for judo events, allowing members to compete in events of either organization.

"The United States Judo Federation extends its sincere appreciation to Dr. Ron Tripp, USA Judo CEO Corinne Shigemoto and USJF Executive Director Robert Fukuda for their collaboration in establishing this reciprocal membership agreement," Palacio stated. "This partnership reflects our shared commitment to strengthening judo in the United States by expanding opportunities, reducing barriers to participation, and fostering greater unity within our judo community. Together, we are creating a stronger foundation for the growth and success of current and future generations of judokas."

"Our common visions, goals, and commitment to our sport and our members of USA Judo and the USJF strengthen our bond as we pursue success at all levels in the years ahead," added Tripp. "This partnership was only made possible by our great leaders in our national offices, and thanks to Robert Fukuda and Corinne Shigemoto for their hard work and dedication to seeing this project to the finish line."



U.S. to Host First IJF Referee Seminar in More Than a Decade

USA Judo is pleased to announce an International Judo Federation (IJF) Referee Seminar on **Thursday, July 23**, in Ft. Lauderdale, Fla. It will mark the first IJF Referee Seminar held in the U.S. in 12 years.

"This seminar will aim to develop the knowledge and skills of referees so that decisions made during judo events will consistently follow the same rules and processes," said USA Judo Board Chair **Dr. Ron Tripp**. "Following participation in these seminars, referees will be able to transfer this knowledge to the local level. Because refereeing plays an important role in the global development of judo, the seminars will not be restricted to referees alone; coaches and athletes will also be encouraged to participate."

USA Judo would like to thank Mr. Marius Vizer and the IJF and PJC Referee Commissions for their support. The seminar will be led by **Juan Carlos Barcos**, who headed the IJF's refereeing commission for 20 years. He currently serves as the coordinator of IJF's international refereeing seminars.

"The experience of Juan Carlos Barcos, together with his ability to share his knowledge and passion for refereeing and judo, helps advance the sport not only at the international level but also among referees, coaches, athletes and judo

enthusiasts throughout the world," added USA Judo Referee Committee Chair **Hector Estevez**.

Coaches are welcome and encouraged to attend.

Referee Seminar Information:

Clinician: Mr. Juan Carlos Barcos, IJF Referee Director

Date: Thursday, July 23, 2026

Time: TBD

Location: Hilton Hotel – Fort Lauderdale, Florida

Registration Information: COMING SOON

A white judogi will be required for participation in the seminar. No red, red/white belts to be worn during the seminar.



Please check your USJF membership. It has come to our attention that some of you are not registered with USJF. Or you may not have put down Shufu as your yudanshakai so are just an at large member of USJF. Also you may not have listed your club so you are just an at large member of Shufu. Please also verify that your information is correct. USJF is in the process of upgrading the database information.



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 July 1, 2026, we have 25 registered dojos comprised of 525 members, of which 141 are dan ranked judoka, 151 are junior judoka and 370 are senior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., College Park Judo in College Park MD, DC Judo in Washington DC and Kuma Judo in Florence MA

Planning ahead for second half of 2026 events

August 29	Veteran Open Championship	Houston, TX
September 13	North American Judo Championships	Madison NJ
September 20	Suncoast Warrior	Port St Lucia , FL
September 27	Liberty Bell	Philadelphia, PA
October 4-5	San Jose Open	San Jose , CA

October 11	Morris Cup	Scotia, NY
October 24	Shufu Yudanshakai Fall meeting Board of Examiners	Beltsville, MD
October 24	Shufu Yudanshakai Fall Meeting Board of Directors	Beltsville, MD
October 24	Shufu Yudanshakai Promotional testing	Beltsville, MD
Nov TBD	USJF Fall meetings	Las Vegas, NV
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ

Early announcement for the 2026 North American Judo Championships being held at FDU in Madison, NJ.

When: Sunday, September 13, 2026

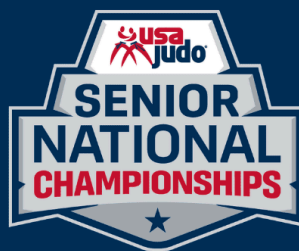
Where: FDU, 285 Madison Avenue, Madison, NJ 07940

Register Here: <https://allthingsjudo.smoothcomp.com/en/event/27546>

2027 Save The Dates



March 20-21



May 15-16*



November 21*

*Olympic Trials Qualification Event
(Junior Olympics TBA)





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registered for the event. Thank to the following dojos for supporting the event: Arlington Judo, Wall2Wall Martial Arts, Hui-O- Judo Beltsville, College Park Judo, Colton Brown Training Center, Sport Judo, Royce Gracie Academy of Randallstown, DC Judo, High Noon Brazilian Jiu Jitsu and Combat Principles

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Summer 2026 · A week of elite training

JUDO CAMP '26



LED BY: **NICK DELPOPOLO**

2x US Olympian · 2012 & 2016
11x USA Judo World Team Member · Pan American Games Medalist

WHEN		THE DETAILS
JULY 13-17 Monday through Friday · two sessions daily		WHO · WHAT · HOW TUITION \$150 Full week · all sessions · tournament included OPEN TO Judoka ages 7 and up. W2WMA students and visiting players from all judo schools welcome.
AM MON-FRI	10:00 – 12:00	
PM MON · WED · FRI	3:00 – 4:30	
PM TUE · THU	5:30 – 7:00	

SATURDAY · JULY 18
 ★ **SUMMER IN-HOUSE TOURNAMENT**
 Test what you've learned. Camp registrants compete **FREE**



WALL 2 WALL MARTIAL ARTS
Fredericksburg, Virginia

REGISTER AT
<https://tinyurl.com/w2wma-comp-camp>



Save the Date
Sunday September 27, 2026

38th Annual Liberty Bell Judo Classic
Liberty Bell Judo Classic was started in 1988 by Lou Moyerman and Joe Condello. Their kids, Adam & Kristin, are happy to continue the event with the

goal of providing competitors with a friendly and supportive environment!

REGISTRATION & SMOOTHCOMP INFO

Call Adam with any Questions: (215) 815-2555. If you are having issues registering please contact libertybelljudo@gmail.com or text Kristin at 215.470.4169.

During the event you can follow along the event on the smoothcomp for updates as to your division, bracket and start times. Please note that changes can occur live - be sure to be at the venue at least 1 hr before your initial listed time and to keep an eye on the tournaments progressions in person.

USJF Executive Committee Big Island Clinic and Visit with Sensei Hayward Nishioka

With the 2026 USJF Spring Meeting in Honolulu, USJF officers and guests visited our judo community on the Island of Hawai'i. Home to approximately 220,000 residents, Hawai'i County is home to seven formal judo clubs, and many other community and high school judo programs that continue to strengthen the sport across the island.



Our delegation traveled to the Big Island alongside Sensei Hayward Nishioka (10th Dan) and Dr. Steven Isono. Everywhere we went, we were welcomed as ohana. Sensei Nishioka attended multiple practices on the Kona side and a clinic at Waiakea Recreation Center in Hilo, home to three judo clubs, where generations of judoka continue to learn, train, and grow together.

During our visit, we had the privilege of spending time at two dojos that still call a Hongwanji temple home. On the leeward side of the island, Sensei Gene Nakashima welcomed us to Kona Hongwanji Judo. On the windward side, we visited Higashi Hongwanji Judo in Hilo. At every stop, we met not only talented young competitors and dedicated instructors, but also the Aunties and Uncles who form the greater judo community. They organize fundraisers, drive children to practice, prepare meals, clean facilities, and quietly do the countless things that keep our clubs and values thriving; reminding us that the values we learn in Judo stay with us long after our final step off the tatami.

Hawai'i reminds us why judo matters. For generations, judo has been woven into the fabric of island life. Brought by Japanese immigrants seeking new opportunities—it became a way for families and communities to connect, support one another, and pass traditions from one generation to the next.

As we traveled from dojo to dojo, we were fortunate to witness another part of Hawai'i's living history. Standing together beneath the night sky, we watched eruption episode 45 and felt Pele's hair carried by the wind, a humbling reminder of the power and beauty of the islands we were visiting.

In just two and a half days, we created memories that will stay with us for years to come. Reflecting on the past century of judo in Hawai'i, one can only imagine the countless friendships, lessons, victories, challenges, and shared experiences that have shaped generations of judoka and built the community we see today

- Chase Morinaka, USJF 2nd VP



A dinner with Higashi Hongwanji Judo. Dr. Steven Isono (Medical Committee) , Chase Morinaka (2nd VP), Rome Acopan (Treasurer), Michel Palacio (President), Hayward Nishioka, Kevin Tamai (Promotion Committee Chair), Chris Reid (Secretary), Josh Kindleburger (1st VP)

[Hall of Fame Dinner in Honolulu, Hawaii](#)

Congratulations to all of the US Judo Hall of Fame Inductees and Award winners. USJF Secretary Chris Reid served as MC for a wonderful dinner at the Japanese Cultural Center of Hawaii.

US Judo Hall of Fame Award recipients:

- **Ed Hanashiro**
- **Myra Kirk-Good**
- **Corinne Shigemoto**
- **Willie Cahill**
- **Bruce Touns**
- **Bob Harder**

Lifetime Achievement Award recipients:

- **Anthony Catanese**
- **Lori Pearce**
- **Mark Smith**



USJF Scholarship opportunities

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

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

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

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

Academic honors - [Academic Honors Society](#)

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

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

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

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

The Elizabeth Lee Scholarship was established by 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](mailto:Robert.Fukuda@usjf.org)

for further information



For More Information Click Here



JEWISH JUDO ATHLETES

JOIN THE USA DELEGATION:

MACCABIAH 2026

ISRAEL, JUNE 29-JULY 20, 2026*



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



Scan Me!



Age Divisions

U17: 2009-2010 (M&F)

U19: 2007-2008 (M&F)

Open: 2006 or before (M&F)

Masters 35+: 1991 or before (M&F)



1711

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

MACCABI USA

@MACCABIUSA



VETERANS JUDO OPEN

HOUSTON, TEXAS

AUGUST 29, 2026
SAVE THE DATE

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JUNIORS **SENIOR BLACK BELT** **NOVICE** **BROWN BELT** **VETERANS** **TEAMS** **COLLEGIATE** **NEWAZA**



USJF National Judo Kata Conference 2026

This year marked the 24th year of our Annual United States Judo Federation National Judo Kata Conference! It was held from June 5-7, 2026. We thank everyone who was able to attend this conference. Sensei Maerteleire judges at the IJF level. Sensei Shepherd travels all over the country and the world teaching and judging kata. This was an excellent opportunity to learn from these two outstanding kata practitioners. It was held under USJF Sanctioned Event: 26-06-02

Clinician: Dirk De Maerteleire (6th Dan) - Sensei Maerteleire is an IJF judge and certified in all 7 competitive katas. He is also the EJU Kata commissioner and a European Kata coach.

Clinician: Eiko Shepherd (8th Dan) - USJF and IJF Class A Kata instructor and coach. Sensei Shepherd is also the founder of this Annual USJF Kata Conference.

The schedule on Thursday, June 04 was 5:00-6:00 PM - Registration and Check-in

The schedule on Friday, June 05 was 8:30-9:00 AM - Registration and Check-in, 9:00 AM-12:00 PM - Ju No Kata, 12:00 PM-1:30 PM – Lunch, 1:30 PM-04:30 PM - Koshiki No Kata

The schedule on Saturday, June 06 was 8:30-9:00 AM - Registration and Check-in, 9:00 AM-12:00 PM - Nage No Kata, 12:00 PM-1:30 PM – Lunch, and 1:30 PM-04:30 PM - Katame No Kata

The schedule on Sunday, June 07 was 8:30-9:00 AM - Registration and Check-in, 9:00 AM-12:00 PM - Kime No Kata, 12:00 PM-1:30 PM – Lunch and 1:30 PM-4:30 PM - Goshin Jutsu





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

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

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

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

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

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

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

Metro Washington Association of Blind Athletes -

For more information on MWABA visit - [Facebook](#)

Thanks and see you out there!

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



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

know where to report abuse, should it occur.

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

All youth modules can be accessed at no cost.

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



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

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



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

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

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

[Contest Rules and Referee Education | USJF Education Portal](#)

CONTEST RULES AND REFEREE EDUCATION

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

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

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

<https://kokakids.substack.com>



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

<https://kokakids.substack.com>

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

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



SHAPE America

The USJF Development committee has aligned its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.



at

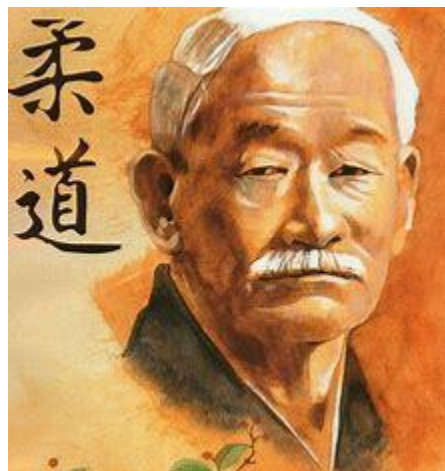
We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program.

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

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

- **Courage:** Doing what is right
- **Respect:** Respect the people around you and the community we live in.
- **Sincerity:** To seek the truth and express honestly - Be honest with yourself and with others.
- **Self-control:** To have power over yourself and your greatest challenges- Keep calm and think before you act.
- **Politeness:** Our greatness comes from how we treat others
- **Friendship:** It's the purest human feeling. We are all learning together. We are all different, from different countries, have different cultures and different backgrounds. We are all equal. We help each other as much as we can and treat everybody as you 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.



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.

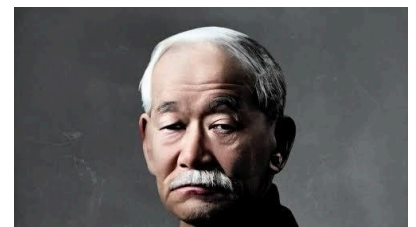
Ju No Ri: The Principle of Gentleness

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.

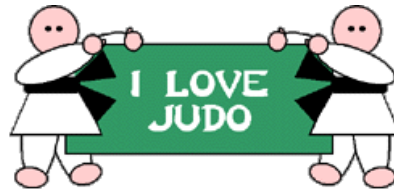
On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week. Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.



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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