



# *Shufu Judo Yudanshakai*

## *Shufu Shimbun*

### June 2023



#### Upcoming Events:

16-18 June USA Judo Junior Olympic Championships  
22-24 June Greatest Camp on Earth

Shreveport, LA  
Monroe, NC

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 4<sup>th</sup> at the Compound in Silver Spring, MD. Dan ranks make certain all paperwork (completed), certifications are updated and pre-evaluations are 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.



Congratulations to DC area judoka who traveled to Spokane Washington to compete in the USA Judo Senior Nationals. Thank you for spending your time and resources to train for and travel across the country to this national championship.

**Brian Lopez** – from Hui-O-Judo Beltsville and The Compound - Gold 30-35 73kgs

**Yasmin Alamin** – from Sport Judo and Dale City Judo - Silver Senior Elite 70kgs

**Alexander Painter** – from High Noon BJJ and Sport Judo - Silver M3 90kgs

**Brendan Raedy** from High Noon BJJ- Bronze Brown Belt 100kgs and M2 100kgs

**Josh Terao** – from Ippon Judo - Bronze Senior Elite 60kgs

**Miki Takemori and Wendy Pietroniro** – Bronze medal in Ju No Kata

**Wendy Pietroniro** - from Shinzon Dojo - Silver Veteran 5 63kgs Division

**Jason Pietroniro** - from Shinzon Dojo - Bronze in Over 50 Open Veterans Division  
Gold in V6 Veterans Division

#### 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?

## **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 48 and in 2022 we were at 341. As of June 2023, we have 26 registered dojos which have 439 members, of which 118 are dan ranked judoka, 158 are senior judoka and 283 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 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 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 composed 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.



### **THE PHYSICAL AND MENTAL BENEFITS OF JUDO FOR CHILDREN**

October 2, 2019/in Featured, GB Judo, News /by BJA Comms

Judo was founded in 1882 by D. Jigoro Kano and means the “gentle way.” It teaches people of all ages the importance of flexibility when applying technique. In judo, when performing a throw or other skill, emphasis is placed on flexibility and efficiently using your leverage and balance for every movement. To be successful in judo, it’s much more important to learn technique, timing, and skill, instead of simply using brute strength to win.

### **Ukemi**

Judo classes start with ukemi, which literally means “receiving body,” and teaches students how to properly react to an attack and shows the necessary skills to respond to an attack safely. This means that everyone must learn how to fall before learning anything else. If you can’t learn how to fall the right way, you will get hurt practicing judo. The reality of judo is that you will get thrown really often, which is why you need to learn to break falls.

There are two main methods of ukemi in judo, either when your arm hits the mat first, or when you’re falling and you roll your body forward in a motion of somersaulting. The most important thing to learn as a student is to not put your hands out when you fall because that’s

how you get injured. Judo teachers explain that before any judo training begins properly, students have to become comfortable with falling and get rid of the instinct to put your hands out, the cause of the large majority of injuries.

### **The Benefits of Judo**

Judo has so many health benefits, both mental and physical, especially in children. According to Frederic H. Thanos, a judo instructor at Last Minute Writing and Writinity, “not only does judo focus on building physical fitness, but it also improves children’s focus, develops positive attitudes about sports in general, and increases self-esteem, self-discipline, self-respect, and courtesy toward others.”

### **Physical Health**

Judo is an excellent activity for young kids because it builds healthy and strong muscles early on, improves their cardio, and lowers their cholesterol. Children who participate in judo have a reduced risk of childhood obesity, heart disease, and osteoporosis, even as they leave childhood and become adults. It also sets the foundation for them to become healthy and active adults who appreciate the importance of physical activity.

### **Emotional Health**

As a martial art, judo focuses on building self-respect, respect towards others, including opponents, and respect towards your teacher. In turn, this nurtures their trust, confidence, and judgment so they can grow as balanced and emotionally healthy young adults.

### **Limiting Aggression**

Judo is about giving children an outlet for their boundless energy while also discouraging violent behavior, like many martial arts. Students of judo have compared discipline in judo to discipline in the military because it teaches you to respect those around you, pay attention to detail, and learn how to present yourself.

Kyle Powers, a judo master at Draft Beyond and Research Papers UK, explains to his readers that “it’s rare for children who practice judo to get involved in bullying or schoolyard fights. Because it’s a sport that builds discipline and respect of others, students know that engaging in aggressive behavior is not the proper solution and their judo techniques are for their classes.”

### **Increased Concentration**

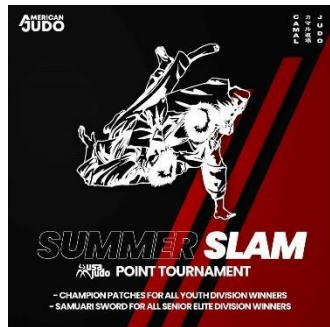
Children’s concentration has increased exponentially after they start practicing judo because they get used to following very detailed and specific instructions from their teachers, paired with focusing deeply on their techniques of movements. Studies have shown that children who are hyperactive or who suffer from attention deficit disorders benefit immensely from the disciplined environment of judo.

Kids who have attention problems will take judo classes and the difference in their focus is night and day. They feel like they really want to learn and they're really engaged, which pushes them to focus more. That can even be seen as therapeutic and helpful as they grow older and need to concentrate at school or work.

Judo, like many other martial arts, combines physical activity, self-defence skills, and discipline. Judo is an excellent sport for children to learn for many different reasons, including to make children more physically healthy, mentally well, and build confidence, self-esteem, and respect for others.

Article by Harry Conley

### **Upcoming events:**



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

<https://americanjudo.smoothcomp.com/en/event/11011>

**2023 SUMMER SLAM JUDO CHAMPIONSHIPS JUNE 4TH JFK HS PATERSON NJ!**  
SPECIAL AWARDS FOR WINNERS OF ALL POINT DIVISIONS!! ALWAYS RUN WELL AND ORGANIZED! REGISTER EARLY AND SAVE \$!! THIS IS OUR 19TH YEAR FOR THIS WELL-KNOWN EVENT!!

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

**2023 SC STATE CHAMPIONSHIPS** This regional judo tournament will focus on beginner judo players and advanced students preparing for national tournaments. National Referee Testing and Evaluation will be conducted. Participants are encouraged to stay for the kata clinic held on Sunday June 6th covering Ju no kata.

Date: June 5th, 2023

Venue: Low Country Conference Center, 406 Sigma Dr, Summerville, SC 29483

Registration Deadline: 6/2/2023 (Wednesday) Register online only. By using the Smooth Comp interface, all matches will be scheduled and run through an automated bracketing and scoring system. Coaches are encouraged to build a free academy profile. Players will also make a free profile and add their academy. American Judo foundation will be using this platform to register for future Samurai Slam tournaments, and we hope it will save us all time and improve the efficiency of our events.

Cost: \$60/division, \$20 additional divisions (Max 3 divisions) Exhibition matches available after official matches. (\$50 early registration by May 26!)

Host Hotel: Hilton Gardens Inn Group Code - AJF (\$132/night)  
<http://group.hiltongardeninn.com/AmericanJudoFoundation>

Chief Referee: Roy Englert

Referee Evaluators: Gary Berliner, Hector Estevez, and Mike Takata

Schedule:

8-11AM Setup Venue (Volunteers Needed)

8-11AM National Referee Training and Testing (Magnolia/Dogwood Rm)

8-11AM Check/Weigh-ins (Outside Azalea Room)

11AM Players Meeting (No Check-Ins after 11AM)

11:30AM Opening Ceremony

12PM Competition Starts

5-7PM Awards and Takedown (approx.)

Ju no Kata Seminar, Sunday June 6th (Charleston Self Defense Academy)

\$30/morning or \$50 full day



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

### **2023 Texas International Junior and Senior Training camp**

June 2 from 7-9pm, June 3 from 9am-12noon, 1pm-3pm, June 4 from 10am-12 noon)

NTX Training Center, 2655 Premier Drive, Plano, TX

Instruction on gripping, tachi waza, osaekomi waza, ne waza, and randori rounds.

Online registration at [www.judocomp.com](http://www.judocomp.com)

Advanced pre-registration- \$60 all session or \$30 per session.

At door price is \$80 for all sessions or \$40 per session.

Camp directors Bert Bacerra (214) 906-0726 [bertbecerra@tx.rr.com](mailto:bertbecerra@tx.rr.com)

Ken Sciale 214-762-2222 [ksciale@eastsidejudo.com](mailto:ksciale@eastsidejudo.com)

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

Judo clinic featuring Colton Brown,

2x Olympian, 4x Pan Am medalist, 2x IJF Grand Prix medalist.

June 25<sup>th</sup> at 2:30pm

High Noon BJJ and Judo, 85 South Bragg St, Alexandria, VA

Clinic fee is \$70.



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

### **Grapplers Grand Prix on Sunday June 25 at 9am at the Judoka of Fairfield**

You can register here: [www.grapplersgrandprix.com](http://www.grapplersgrandprix.com)

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

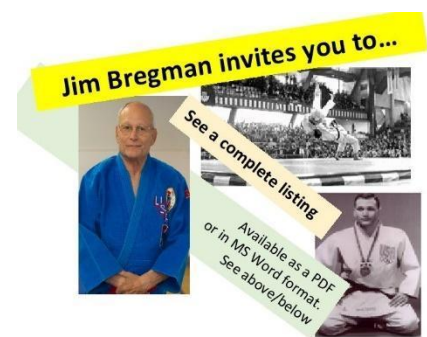
After a brief hiatus, the 'Jim Bregman Invites You To...' series is preparing for our next round of presentations!  
We are just finalizing plans for forthcoming presentations. We will post information about them shortly. We are currently scheduling presentations regarding the greatest camp on earth,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

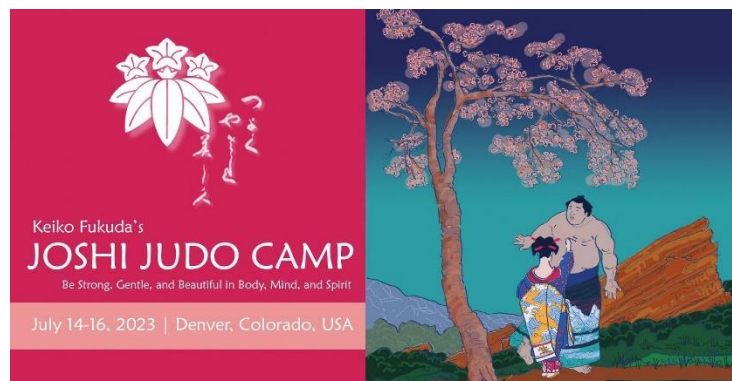
1998 – Pan Am U20 Championships - Silver

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**

**2023 US Open July 28-30 in Fort Lauderdale** is only 2 months away and 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

<https://usajudo.smoothcomp.com/en/event/8601>



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**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](mailto:bradleyadaniels@gmail.com)

Ray Marquez / 856-777-4223 / [raymqz@gmail.com](mailto:raymqz@gmail.com)

Hector Negrón / 910-884-5720 / [negronpr100@hotmail.com](mailto:negronpr100@hotmail.com)

HEAD REFEREE: Tracy Crawford / [tracyjudousa@gmail.com](mailto: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](http://www.VeteransJudoUSA.com)

### **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](#)

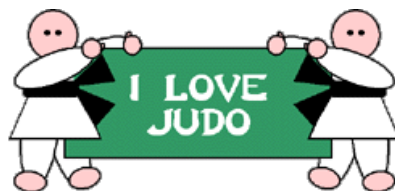
Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education Portal](#)



**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



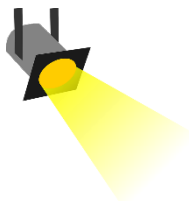
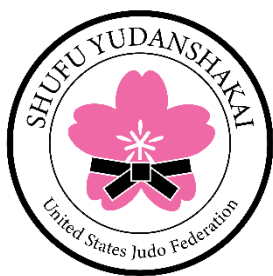
For more information contact :

Shufu Président, Miki Takemori, [ShufuPresident.Miki@gmail.com](mailto:ShufuPresident.Miki@gmail.com)

Shufu Vice-President, Michael Landstreet

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

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



[Shufu Spotlight](#)

**Shufu**  
**Judo**

Edwin Takemori is a Shichidan (7th degree black belt). He began his judo studies at the Washington Judo Club and has been actively involved in practice and competition for 50 years. As a competitor he was a United States National judo player and a Senior Nationals master competitor. Mr. Takemori has been teaching for 45 years. He taught at the Washington Judo Club, Goddard, Andrews Air Force Base, and Tucker Road Community Center. Currently he teaches at the Naval Academy, and Deerfield Run and Glenn Dale Community Centers.



The purpose of my instruction is to teach judo as a sport. Many people think the striking and kicking they see on T.V. is judo. It is not. While many adult students who hold a brown belt rank or higher will learn Katas (prescribed routines with a partner) that use strikes, kicks and weapons, these techniques are not permitted in daily open practice. Children and most adults only study the sport aspects of judo.



Judo is practiced by all ages and requires all types of players; free-style and kata competitors, and recreation or non-competitors. I begin teaching students as early as 4 years old and have begun students as old as 60. I encourage all my students to compete a few times. This gives non-competing students an appreciation for those that compete and gives an understanding of the commitment sport competition takes. Children, however, do not begin to compete until they are 6 or 7 years old.

- Class "A" Certified (Master) Instructor, USJI
- Class "C" Certified (National) Coach, USJI
- N-1 National Certified Referee, USJI
- "A" Certified Kata Judge in Nage no Kata, Katame no Kata, and Ju no Kata, USJI
- PACE Levels I & II Certified