



Shufu Judo Yudanshakai

Shufu Shimbun

March 2023



Upcoming Events:

4 Mar	Shufu Judo Novice referee clinic at Arlington Judo	Arlington, VA
11 Mar	Shufu Judo - James Takemori Clinic series - Kevin Asano	Beltsville, MD
18-19 Mar	USA Judo Youth National Championships	Lubbock, Texas
25 Mar	New York Open	New York, NY
1 Apr	Pedro's Challenge	Danvers, MA
1-2 April	NCJA Collegiate and High School National Championships	San Jose, CA
29-30 April	Liberty BELL Judo Classic	Philadelphia

Save
the
Date

Save the Date – August 12, 2023 - Virginia State Championships – more information to follow – Contact will be Michael Landstreet. We will need to have mat crews, referee, technical officials and tournament officials

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.



Shufu Judo Yudanshakai has rescheduled the **James Takemori Memorial Clinic** series featuring **Kevin Asano** that was scheduled on October 22 to be rescheduled for March 11 at Hui-O Judo at the Beltsville Community Center in Beltsville MD. There will be a morning session and an afternoon session. This is an amazing opportunity for our local judoka to learn from a living judo legend. Space is limited. Register now at Shufujudo.org

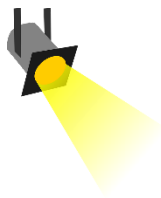


Recent Shufu Judo Yudanshakai Rank Promotions

Margie Kettl – Hui-O-Judo – Sandan to Yodan
R. Wayne Brown – Hui-O-Judo – Shodan to Nidan
Daniel Sone – Arlington Judo Club – Shodan to Nidan
Adam Alamin – Dale City Judo – Ikkyu to Shodan
Omar Alamin – Dale City Judo – Ikkyu to Shodan
Brandon Wang – Dale City Judo – Ikkyu to Shodan
Stephen Weeks – Dale City Judo – Ikkyu to Shodan

Shufu Judo Yudnashkai has purchased three new laptops for the CARE system. If you would like to train your upcoming referees and technical officials on this system, please contact Shufu. If you are hosting a Shufu event you can use these CARE systems. If it is not a Shufu event, you can rent our three systems for your event.





Shufu Spotlight



Barry Snader - Lancaster Judo Club

Passing of Sensei Barry Snader

It is with a sad heart that Shufu Judo Yudanshakai shares the passing of sensei Barry Snader on February 12 2023 at the age of 66,. Barry was known to many of us as a VERY competitive judo player and as the head sensei of Lancaster Judo Club in Lancaster Pennsylvania. He was born on September 3, 1956. He is survived by his wife Vicky, his daughter Jocelyn Burchfield, her husband Theo Burchfield, their 3 children, his mother Shirley, and his brothers Jeff and Scott.

Barry started Judo in 1976 at the YMCA in Lancaster, PA when he was 20 years old under Sensei Paul Frayer, after successful high school wrestling career at Manheim Central. Barry yearned for something similar and positive to channel his energy into. Upon learning how to fall and his first technique, O-Goshi, Barry, with white belt in hand, quickly distinguished himself on the Judo tournament circuit as a force. Barry quickly, easily, and frequently dispatched Black Belt opponents by ippon. In the years that followed, Barry won gold at many tournaments, often in his weight class and the open weight class. His ascension in the ranks was faster than normal due to his habit of running thru the "Batsugun" line at promotional tournaments. Barry achieved the rank of Yodan in the Shufu Yudanshakai. Barry's long list of credentials include National Master's Judo Champion (age 30) and PA State Champion (many times).



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He continued to be a competitive shiai player well into master competition divisions. Barry always enjoyed the competitive side of judo. He was also on the Shufu Judo Yudanshakai Board of Directors and Board of Examiners. Barry saw all of the beauty of judo and all of the benefits it brings to those who practice. He taught his students not just the competitive aspects of judo but focused each individual's personal development.

Judo teaches us to constantly improve ourselves and to share our love of judo with the community and the world. Barry did that. He helped to develop judo players who started competing in competitions locally, then grew regionally, then continued to develop to win national championships. He taught, coached and developed judoka like Joci Snader, Heidi Mezler, Nick Rufrano, Ben Metzler, Heidi Metzler and Hannah Metzler earn hundreds of awards at local, regional and national events, including the Keystone Games, Pennsylvania State Championships, Liberty Bell Judo Championships, AmCan International Judo challenge, USJF Junior National Championships, and the National Junior Olympics. Barry not only coached and trained his judoka but led by example, competing himself in Masters divisions.

In his daughter, Joci, he developed a strong bond through judo. Joci did not want to just practice with "a bunch of old guys" so she developed a junior program and helped to grow the love of judo in new younger judoka. Barry helped to mentor and coach this younger generation and lead them on a path to many individual regional and national championships. Joci's triumphs and accomplishments on the mat were an encouragement to other young judoka.

As we stop to celebrate the life of Barry Snader, and reflect on how he touched each one of our lives, let us remember how precious our time was with Barry. TIME is a very precious gift. Unlike money, we never know how much we have. Time cannot be banked and we never know when it will run out. Time cannot be purchased to get more, nor taken back. It is an incredible gift to share your time with someone else. It is a gift that we too often take for granted. It is even more incredible for you to give your time to help others improve their lives through your mentoring. No one can know how much time we have here on earth. Take a moment in your busy life to thank those you have touched. As each of us reflect on our lives, and as we get older, on the legacy or footprint we leave behind, Barry Snader touched the lives of so many individuals in a very positive way through judo. He will be remembered by and missed by each one of us. May he rest in eternal peace while practicing judo in heaven and continuing to learn and develop his judo techniques from other great judoka who passed before him.



Shufu Judo Yudanshakai
James Takemori clinic series
Featuring Kevin Asano
March 11, 2023



Location: Beltsville Community Center,
3900 Sellman Road, Beltsville, MD
Sanctioned by: United States Judo Federation: # 23-03-05
Clinician: Kevin Asano
Event Director: Kevin Tamai (703-622-6861) Email:
huiosensei@gmail.com
Clinic: Session 1 (focused on juniors) is 9am-11am,
Session 2 (focused on Seniors) is 1-330pm



Registration: Please pre-register on Shufu website

There will be a break for lunch on your own.

Clinic fee: \$60 for morning (Junior), \$75 for afternoon (Senior), \$120 for both.

**** Annual Shufu/USJF members get a \$10 discount.(MUST present proof at registration and onsite)**

If your dojo is bringing more than 10 people, please have your sensei contact the event director.

Waivers and membership confirmation will be on-site.

Personal water bottles are encouraged.

Participation Eligibility: USJF, USJA and USA Judo members. Membership cards must be presented on the day of the event to participate on the mat.

Washington area airports: Reagan National (DCA), Baltimore-Washington (BWI), Dulles International (IAD).

Hotels: If you are coming in from out of the area, there are a variety of hotels in the area.

Pictures and autographs with Kevin Asano will be available before and after each session.

- **You MUST register online. Show proof of registration and payment**



About the clinician:

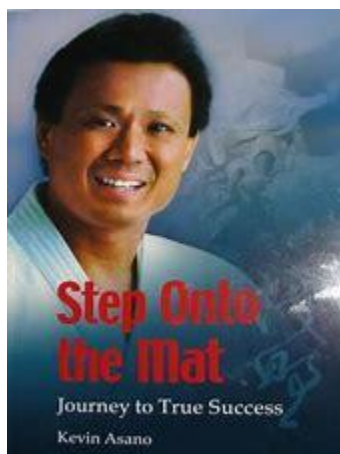


Shufu Judo Yudanshakai is pleased to announce the next clinic in the Takemori Clinic Series on October 22 at the DeMatha Catholic High School in Hyattsville, MD. The clinician will be Kevin Asano. **Kevin Yoshimi Asano** (born April 20, 1963), who won the silver medal in the men's extra-lightweight competition at the 1988

Summer Olympics. On his way to capturing the medal he beat Shinji Hosokawa, who was the reigning world champion and 1984 Gold Medalist. Asano came close to winning the gold medal, but lost it on a one-point penalty to Kim Jae-Yup of South Korea.



Among his many competitive judo accomplishments, some of his highlights were, Asano won a gold medal at the 1985 US Olympic Festival, a gold medal at 1986 Collegiate Championships, gold medal at the 1987 Collegiate Championships, gold medal at the 1987 US International Championships in Colorado Springs, Silver medal at the 1987 Pan American Championships in Indianapolis, Bronze medal at the 1987 World Championships in East Germany, Silver medal at the 1988 Olympics in Seoul Korea,



Asano was born in Hawaii. He graduated from Pearl City High School in Hawaii. in 1981, studied Japanese and trained in judo at Tokai University. for two years, then went on to study at San Jose State University where he graduated in 1989 in accounting. In 2008, Kevin Asano's autobiography, *Step Onto the Mat: Journey to True Success*, was published by White Mountain Castle Publishing LLC. He co-founded Pacific Rim Legacy Group, a financial planning organization and ptivision, a 501(c)3 organization.



He has served as President of Hawaii Judo, Inc., the state judo governing body of USA Judo and President of the United States Judo Federation., a grassroots national judo organization. He is also the head instructor of Leeward Judo Club in Hawaii. USA Judo announced Kevin Asano among its inaugural Hall of Fame inductees in 2008 along with Eddie Liddie, Mike Swain and Jimmy Pedro. He is also a member of the Hawaii Sports Hall of Fame 2000 inductees and is also a member of the San Jose State University Sports Hall of Fame. In 1988, Asano was named the US Olympic Committee's US Judo Athlete of the Year.

My personal mission statement is to empower other to discover their purpose in life and to pursue it with all of their hearts. The various platforms in my life help to share the message that every individual can live a life with purpose and achieve true success. Together with his business partner Del Fujinaka they founded Personal Transformation International which is a 501c3 charitable organization. Together they empower people in the areas of health, finances, and relationships. When Kevin is not working he spends his time playing with his children, napping, reading, and playing music.

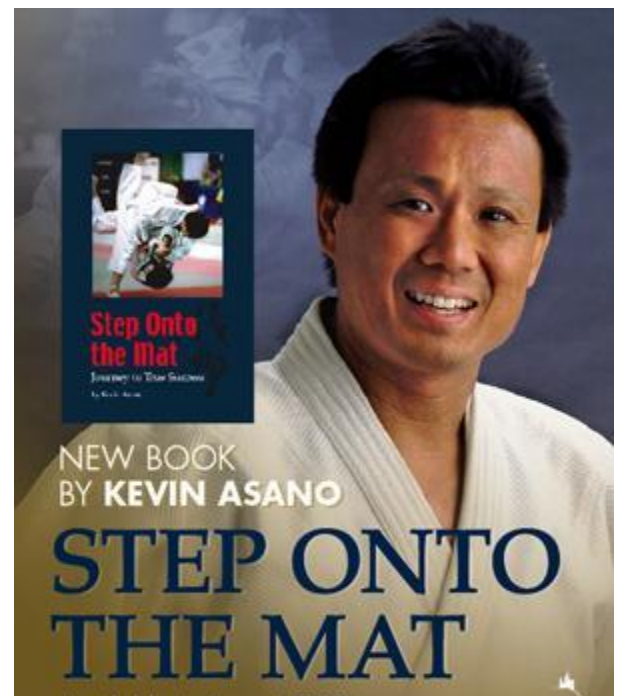


Step Onto The Mat

**“Step out of your comfort zone,
step onto the mat,
and seize your destiny.”**

One dream... One chance... One Moment...

Eighteen years of trials, triumphs and tears came down to a final instant for Kevin Asano. His journey began as a seven year old boy in a judo dojo in Okinawa... It ended as a man competing for gold in Seoul, Korea. Kevin embraced the elation of winning while being mercilessly taunted by doubts and disappointments. Yet always, he was certain it was his destiny. He was compelled beyond himself to “step onto the mat.”



Finally, Kevin’s childhood dream of competing in the world’s most prestigious sporting event was staring him in the face. Thousands packed the international arena, yet his only concern was to please an audience of One.

When you face your moment, your dream, your chance, there is only one question:

Will you step onto the mat?

**** Books will be available for purchase at the event. You can have them autographed.**



**The Arlington Judo Club in Cooperation with
the Arlington County Department of Parks
and Recreation and Shufu Judo Yudanshakai**

Presents:

2023 Novice and Fundamentals Referee Clinic

USJF Sanction 23-03-03

Date: Saturday, March 4, 2023

Time: Registration & Check In 8:00AM – 9:00AM

Location: Dawson Terrace Community Center
2133 North Taft Street
Arlington, VA 22201

Clinicians: Sharon Landstreet, IJF A International & World Referee
Other Guest Referees

Clinic Hours: 9:00 AM to 4:30 PM

Clinic Schedule: 9:00 AM to 12:00 PM First half of the referee clinic
12:00P M to 1:00 PM. Lunch break
1:00 PM to 4:30 PM. Second half of the referee clinic

Preregistration Fee: \$20.00 **Onsite Registration Fee:** \$30.00

Payment: Cash, checks payable to Arlington Judo Club or PayPal

Upcoming events:

Smoothcomp demo - Friday, April 14, 2023 two days before the 2023 Garden State Judo Classic in Wayne, NJ and before my madness starts I'm willing to do a 2+ hour session on Smoothcomp at my dojo for coaches. I've run small inter-clubs to hosting 450 competitors in 1 day. I'm asking all those interested in knowing about the platform to contact me if you're in. I'll go over my experience in Smoothcomp from A to Z. You'll know how to start, manage and finish your event from me directly. You can DM me or look up my contact info on my website www.northjerseyjudo.com. If we get enough interest I'll put a registration form together on Smoothcomp to get the seminar going. I put down 2 hours but no problem if we go over time. I've helped two other dojos to run interclubs on this platform. Please reach out so I can get the ball rolling on my end. Run your next interclub on your own or know how to choose a 3rdparty to help run your next interclub/big tournament!

Best

Ramon Hernandez

North Jersey Judo



Tournament Announcement: 2023 Garden State Judo Classic

When: Sunday, April 16, 2023

Where: Wayne PAL, 1 PAL Drive, Wayne, NJ

Online Registration: Open

www.gardenstatejudoclassic.com

<https://smoothcomp.com/en/event/8971>

You can also find it on the Smoothcomp events tab. We highlight the following for this year's event.

- E Level USA Judo Point Event
- Livestream on Smoothcomp

- National Referee Testing Site
- Live Brackets Night Before
- Cash Prize Elite Black Belt Divisions
- Kata before the event
- 6 Competition areas (Raising Cap to 650)
- Oh and Bigger Medals LOL

Any questions, please don't hesitate to call or email.

Best

Ramon Hernandez

North Jersey Judo

201-206-2705

ramon@northjerseyjudo.com

www.gardenstatejudoclassic.com

Liberty Bell Judo Classic is back on April 29-30 at Springside Chestnut Hill Academy in Philadelphia PA

- [USA Judo](#)
- [Results](#)
- [Liberty Bell Judo Classic](#)

Liberty Bell Judo Classic on April 29-30

The 33rd Annual Liberty Bell Judo Classic will return on Saturday April 29th and Sunday April 30th. Having taken over the tournament from their fathers, tournament directors Adam Moyerman and Kristin El Idrissi felt it was important to switch the tournament back to two days to accommodate competitors, coaches, referees, and parents and facilitate continued growth. Between the two-days, they are expecting over 500 judokas to compete, over 200

senior and veterans on Saturday and over 300 juniors on Sunday. The tournament will have six IJF-A level referees, with some referees coming from as far as Oregon to officiate the high-level competition.

On Saturday senior and veteran competitors come from all over North America to compete for places on the podium and prize money of up to \$750 for 1st place in elite categories. This year senior male divisions will be split into Novice, Brown, and Elite to promote more opportunities for competition.

Sunday's junior competition will feature elite level competition from all over with divisions as big as 24 competitors. Junior divisions range from Intermediate to IJF Junior categories and are switched to year of birth over age to align with junior nationals. Competition will be fierce, especially with many nationally ranked competitors fighting in 2 divisions.

Special Awards were given throughout the weekend:

1. The Phyllis and Eichi Koiwai Award for excellence in refereeing was given to Kei Narimatsu
2. The Scott Latimer Memorial Award given to a collegiate judoka who strives for excellence both on and off the mat was given to Ari Berliner
3. The Mark Smith Memorial Award given to a coach who gives selflessly and recognizes the different abilities in others was given to Marc Vink

Grapplers Grand Prix on Sunday June 25 at 9am at the Judokai of Fairfield

You can register here: www.grapplersgrandprix.com

2023 USJF/USJA Summer Nationals, July 7th – 9th, 2023

Hosted by: Hudson Yudanshakai in Staten Island, New York City.

shiai and kata

[2023 USJF Jr. Nationals | United States Judo Federation](http://www.usjf.org/2023-USJF-Jr.-Nationals)

After a brief hiatus, the 'Jim Bregman Invites You To...' series is preparing for our next round of presentations!

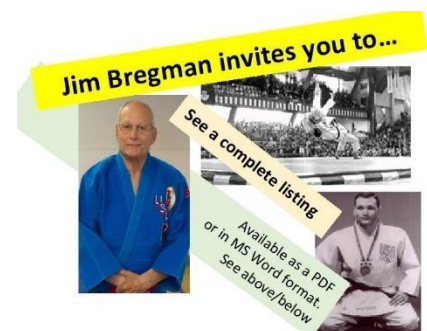
we are just finalizing plans for forthcoming presentations. We will post information about them shortly. We are currently scheduling presentations regarding the greatest camp on earth, the tour of the Jason Morris judo center, and a perspective over his judo career by Sensei Bregman. We are planning 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>



2023 US Open only 5 months away and the Head Quarters hotel is almost sold out on certain days. We expect it to be the largest US Open, with over 1500 athletes. Visit event



web site [USopenjudo.com](https://usopenjudo.com) and Registration is Open on <https://usajudo.smoothcomp.com/en/event/8601>

COLLEGIATE & HIGH SCHOOL NATIONAL CHAMPIONSHIPS



San Jose State University
Yosh Uchida Hall
1 Washington Square,
San Jose, CA 95192



April 1st & 2nd 2023

College Divisions

Weigh-Ins on Friday
Competition on Saturday

High School Divisions

Weigh-Ins on Friday or Saturday
Competition on Sunday



SMOOTHCOMP



**REG
ONLINE
NOW OPEN**

February Event wrap ups



Over 460 judoka participated in shiai and kata the Lone Star Classic in Dallas, Texas, on February 25, 2023. Why is Shufu reporting on Texas?! Texas has Shufu members and our own Bobby Donaldson was the Chief referee for the tournament. The tournament used Smooth Comp software for both shiai and kata and it worked very well to keep the tournament running smoothly. Over 40 referees, convened to evaluate, be evaluated and further our fantastic and fanciful sport of judo. And the referee corps was outstanding, due to Bobby and, also in part, to the generous referee compensation from Lone Star. Pictured are some of our Shufu representatives: Diane Tamai Jackson (referee and kata judge), Bobby Donaldson (Chief referee), Theo Schwalm (referee and kata judge), Karen Whilden (kata judge).



Here are some other upcoming events

29-30	Liberty Bell Championships	Philadelphia, PA
20-21 May	USA Judo Senior National Championships	Spokane, Washington
16-18 June	USA Judo Junior Olympic Championships	Shreveport, LA
22-24 June	Greatest Camp on Earth	Monroe, NC
7-9 July	USJF- USJA Summer Nationals	Staten Island, NY
27-30 July	US Open Judo championships	Fort Lauderdale, FL
7 Oct	Waynesville Fall Brawl	Waynesboro, NC
18 Nov	Dallas Open Judo Championships	Irving, TX
19 Nov	USA Judo Presidents Cup Championship	Irving, Texas

USJF Athlete Scholar of the Year Awards:

With the USJF Board of Directors meeting set for April 13, 2023, I strongly encourage all eligible athletes to submit your completed application for Athlete Scholar of the Year (ASOY). The 2023 Athlete-Scholar of the Year Committee, on behalf of the USJF Board of Directors, is proud to invite USJF applications for scholarships of \$1,000, \$750, and \$500 to further educational opportunities at trade school, technical college, graduate school, college or university studies.

Applications can be found attached and at <http://www.usjf.com/funds/athlete-scholar-of-the-year/>

The details: • National Judo participation will be the 2022 season. • Applications due to USJF on or before April 1, 2023 (PDF via Email to adminmgr@usjf.com) • Academic year 2021-2022 (official transcripts required) • Complete application includes Head Instructor's Endorsement • Grade Point Average (GPA) of 3.00 minimum • Winners Announced following the Spring USJF 2023 Board of Director's Meeting. Winners Award Ceremony at the next national USJF event to follow the Board of Directors Meeting. (New York City, July 7 – 9th!) On behalf of the USJF Athlete-Scholar of the Year Committee, thank you for continuing your educational opportunities. It is a sincere desire of United States Judo Federation that you continue to open doors to opportunities to learn and grow. It is our pleasure to continue USJF financial assistance. The committee will review the applications and finalize the announcement at the USJF Board of Directors 2023 spring meeting, April 15, 2023. Congratulations on your successes and we look forward to celebrating together at the USJF national summer event in New York City in early July !



News from USJF



Miki Takemori, (Shufu President), Roy Englert Jr (Shufu Past President) and Kevin Tamai (Shufu BOE Chairman) attended the February USJF Board of Directors meeting.

- USJF website continues to have updates, upgrades and changes. Online training systems are up and running.
- Koka Kids is up and running for junior rank requirements
- USJF club banners are in process and will be available. 2 types – 1 standard and one custom. Target is May.
- Hall of Fame and Lifetime Achievement **nominations are due by March 8.** Awards on April 15.
- USJF Administrative Manager, Terri Weibel, to retire in May. Office is now fully staffed. Some will become virtual office personnel.
- Membership – 2017 was 10031, 2020 was 8680, 2021 was 3066, current is 7548
- American Judo Alliance (USA Judo, USJF and USJA) expires in March. Committee formed to work on a new agreement.
- SmoothComp- The April meeting will have a SmoothComp workshop. SmoothComp is Judo tournament software for registration, pairing and running live events. USJF to buy credits at a cheaper rate for large numbers. Tournament directors can purchase number needed. 1000 is 28% discount, 5000 is 50% discount.
- April meeting to be in Boise Idaho. It will include by-law changes. It will include a Hall of Fame dinner.
- Summer Nationals will be at College of Staten Island NY.. American Judo System will be doing registration and bracketing.
- August 6 will be USJF Budget meeting
- Fall meeting to be in October. Actual date and location to be determined.



News from USJF Promotion Committee



What happens when paperwork is missing? Whose responsibility is it to verify that all paperwork has been submitted? Judoka? Yudanshakai? National Office? Promotion Committee? How long does it take to get missing paperwork submitted? Who notifies? Candidate is tabled or rejected for incomplete?

Consider revamp of from 20 – One for Shodan to Godan and one for Rokudan and up. Higher levels to show more contributions to judo on local, regional, national and international levels.

Report form Ad-hoc committee on high level promotion requirements – (Janet Johnson, Anthony Cantonese and Josh Kindleberg) Changes to high levels to reflect more contributions not certifications. Change to be not requirements but more recommendations from the Yudanshakai .

Should a fee be charged if paperwork is missing or late for submission? How long? 1 month, 3 month, 6 months, resubmit?

Why are some tabled and not followed up? Just dropped.

Possible candidate list for higher level rank promotions will be released to Promo Committee for review.

Promotion committee's job is to promote – tabling a candidate is not proper. Reviewed candidate without full paperwork package should be either rejected, withdrawn or postponed.

Next meeting will be live in Boise Idaho, Friday April 14th at 3pm. (Before the BOE meeting)

Diane Jackson – Shufu Kata Corner

Upcoming kata events:

- 3/2023 – Belgian open kata tournament
- 3/2023 – Eastern Canadian open kata tournament
- 5/21/2023 – Senior Nationals, Spokane, WA, POC: Karen Nagai (for kata)
- 8/2023 – Koshiki no Kata clinic with David McFall and judge evaluation, Washington DC area, POC: Diane Jackson

Nage no kata clinic SUCCESS on 2/5 at Sport Judo in Springfield VA, over 40 judoka attended a Nage no Kata Clinic presented by clinicians Karen Whilden and Diane Jackson.



Nage-no-kata "forms of throwing" is one of the two randori no kata. free practice forms. 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. The Nage No Kata is composed of 3 techniques each from the five classifications of throwing in judo: *Te-waza* (hand techniques), *Koshi-waza* (hip techniques), *Ashi-waza* (foot techniques), *Ma-sutemi-waza* (rear sacrifice techniques) and *Yoko-sutemi-waza* (side sacrifice techniques)

Each of these 15 techniques is performed twice in the specified order, both right and left handed. The kata is generally performed in a strictly formalized manner with clearly defined *Reigi sahō* (rules of etiquette). Our USJF Kata Committee has developed a "Distance Learning" certification program for Nage-no-Kata. The Nage-no-Kata course is presented in five modules. The 1st set: Te-waza, 2nd set: Koshi-waza, 3rd set: Ashi-waza, 4th set: Ma-sutemi-waza and the 5th set: Yoko-sutemi-waza. After each module a quiz is presented. The passing score is 85%. You have the ability to retake the test. There is some helpful information and a few hints for successful completion of this course. For many of you, this may be your first experience with an online course. Online courses provide a different way to study. You will find that, as an online learner, self-motivation and discipline are paramount. This means that you are completely responsible for establishing and maintaining a regular study system. It is important to get started right away and to maintain the pace outlined in your course materials. You will have a time limit of 30 days to complete the course once you start.

Katame no Kata clinic a success!! – Sensei Frances Glaze and Sensei Diane Jackson held another successful and well attended event in their kata series. In this clinic, they presented katame no kata at Max Out Sports in Bedford OH on February 26th. Sensei Frances Glaze is a Shichidan, USJF A Level kata instructor, USA National Kata Judge in all 7 katas, IJF Kata Judge, World Masters Champion, National Champion in several katas and a Pan American Champion. Sensei Diane Jackson is a Rokudan from Hui-O-Judo in Beltsville, MD. She was a USA World team member for 8 World Kata Championships, Pan-American and National Champion in multiple katas, a Pan-American kata judge, and a National referee.



Katame no Kata Forms of grappling) 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 *katame-waza* (grappling techniques) that exist in judo, and is used both as a training method and as a demonstration of understanding. The *katame-no-kata* consists of fifteen techniques, grouped in three categories: *Osaekomi-waza* (holding or pinning techniques); *Shime-waza* (strangulation techniques); and *Kansetsu-waza* (Joint techniques (locks))

The *katame-no-kata* was developed by Dr Jigoro Kano as a method of illustrating principles of grappling to allow students to more effectively apply them in randori.. Initially, the kata consisted of ten techniques. These were subsequently appended, bringing the number to fifteen The Katame no Kata was developed at the Kodokan between 1884 and 1887 following the development of the Nage no Kata. It is composed of three groups of grappling techniques each with five representative techniques. Your goal is to acquire the methods of controlling your opponent in your practice of Katame No Kata.

WE NEED YOU!



We need you!! –Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo? What can you do to make a difference in your dojo or in the judo community? What do you love about judo, your club, the experience? How has judo impacted your life? Please share your thoughts, feelings, and suggestions with us.



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

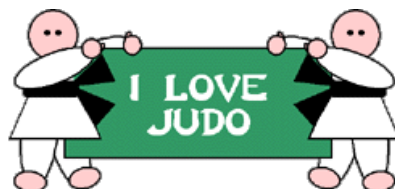
Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education Portal](#)



Club Updates from Shufu Judo Yudanshakai –

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

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



For more information contact :

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

Shufu Vice-President, Michael Landstreet

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

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

Philosophy of judo By Clyde Tichenor, Fourth Degree Black Belt Encino Judo Club



The subject should start with the word Judo itself because it means a gentle way. The interpretation of gentle (ju) and way (do) requires more understanding than the simple statement above allows.

Judo is a dichotomy because it is both **gentle and dynamic in activity**. The sport uses the same concept borrowed from the ancient Japanese jujitsu where ju also meant gentle. In both systems it meant to not resist, to give way, to be compliant. It referred to conditions where someone imposes their will upon you. Usually this is a physical action, but it could be verbal as well.

The Judo response is to give way, to not meet force head-on. However this is for the purpose of defensively beating the oppressor. When the appropriate Judo-based action takes place it may not appear to be gentle. The action is a result of what happened, how it happened, and what the future implications will be.

The sport is a means of **exercise that has meaning and significance to its practice**. Each technique is a method that may apply to the situation of physical attack or how not to be injured when thrown to the ground.

Since many of Judo's finest sporting techniques result in body throws, it is essential that Judo students learn how to fall from every conceivable manner and direction. It basically takes about three months' practice, but years to perfect. Once learned it is also applied to accidental falls during one's lifetime. Thus in a matter of months a lifetime benefit may result. The Judoist practices defensive and offensive (after an overt movement) techniques in a realistic manner because once they learn the falling art they may freely engage in seemingly violent actions. To a fellow judoist the actions are not violent, but to a lay person they appear that way. Also if done to an opponent on the street they can result in severe trauma.

The combative techniques of Judo have the most scientific analysis and application of methods of any martial art. The founder has taught that via his schools (Kodokan Judo Dojo) for about 120 years. He was already a top expert in two **jujitsu** schools when he culled and improved all techniques as the martial art methods for his new system and school of Judo (the Kodokan). His maxims for all students were "maximum efficiency" and "mutual benefit".

By these rules he and his disciples have spent about 120 years perfecting the most effective and efficient **self-defense system** known. To be of mutual benefit he separated the sporting moves from the harmful self-defense system. As a student's proficiency improved they gradually learn more significant techniques because their control has increased with their knowledge. They will not apply a technique to a fellow student that is beyond their safe capability. **Safety is an important part of the training**.

Therefore Judo combines techniques of jujitsu, karate, wrestling and its own highly perfected techniques. It uses the hands, arms, body, legs, and feet to defeat an opponent.

Judo techniques do not reject strength as long as it is efficiently applied in a highly controlled manner. The application of strength as used in Judo is multiplied in effectiveness to the point where a weaker exponent of Judo can best a larger and stronger opponent. Dr. Kano, when about 140 pounds, once fought a young Russian merchant seaman (Mark Bagello) who was undefeated even with an open \$100 bet that he couldn't be beaten. No one had been able to win the bet. Hearing of this brought to Dr. Kano's mind that this might be a good test for his newly perfected self-defense system. The sailor was in the 240 pounds class



and was happy to oblige him. After all Mark was six feet tall with a large frame and successfully had challenged any man in the world to fight him and had suffered no losses. During their fight he grabbed at the small Japanese expert, but he immediately found that no matter what he did he ended up on the ground. He tried, but nothing worked. He was embarrassed and later commented, "He was so small and I couldn't lay a hand on him". Try as he might it was like fighting air, but with harsh consequences. In worse condition than when he started and in frustration, he even try to hit Dr. Kano with a chair. This was quickly taken from him. Finally he stopped, realizing the futility of his efforts. Dr. Kano admired his tenacity in spite of his injuries and put his arms around him saying, "I love your spirit!" He also told him that if he wished to understand what defeated him, he would be very happy to personally teach him. This offer was accepted and in time the sailor became both an expert Judoist with a fourth degree black belt and a medical doctor. Dr. Bagello related this experience himself to a Judo friend (Bill Nauta, godan of the Encino Judo Club). Dr. Kano was among the very best Judoists and rightly held the highest black belt rank of tenth degree. Dr. Kano was also an Oxford scholar, president of Tokyo University of Education, and a noted world lecturer.

The purpose here is to discuss Judo philosophy, but it's perfected physical results are also well worth remembering. The sport is practiced in most countries of the world and also in [Olympic competition](#). The use of the original Japanese terminology and formal courtesies make it easy to practice in any Judo club in the world.

With the above perspective on the purpose and effectiveness of Judo sport and self-defense it is possible to examine how all this reflects in his philosophy. Dr. Kano meant for his gentle way to be a way to live, a path to follow. He chose a word (do) which translates as, a road or pathway. His self-imposed restriction, that he taught what can be a violent response to provocation as instead a controlled and limited response, certifies that he sought peace and harmony in life and between human beings.

Consider that you are a Judo expert and find your present company imposing, overbearing, and obnoxious. Suppose among them there is a physical altercation and a threat of fighting. You are a practiced specialist at this. A real expert. You know how badly people can be injured how simple it is for this to happen. You probably were active in Judo contests that same week. Would you find need and incentive thus to engage with amateurs? You do not have to prove yourself, and your philosophy is to minimize your reactions if you are somehow involved. You might even find yourself an amused bystander. You would not have incentive to either participate or incite such activities.

A time comes to mind where one such Judo expert in a restaurant found himself punched at by an unruly customer who didn't like Japanese people. This Judo expert was a U.S. champion and easily dodged the blow while reacting automatically with a foot technique he often used on the Judo mat. However on the hard, slick, floor his opponent promptly [hit](#) the deck and slid along it some distance unconscious. The Judoist thought he had killed him. Assured otherwise, he sat back down with his companion Judoists and expressed amazement at his devastating results. "I had no idea an unskilled person would go so far." He apologized in a tone that said he had overdone his response. Next time he would use a more moderate response to such a ruffian.

Thus the true Judoist needs prove nothing and pride themselves on the minimum response when forced to defensive actions. The assurance this creates to the ego does not make them belligerent, but rather very tolerant. They submit to more provocation and indignity than the average person who feels the need to save face and prove himself. This translates as self-assurance which frees the Judoist from peer pressure and encourages true self-expression. The directive of "maximum efficiency" in the use of your mental and physical energy when applied, means that your schoolwork or vocational efforts will be enhanced.

If you applied only "maximum efficiency" (seiryoku zenyo) to all in life it certainly would be efficient in a cold, calculating, way. Hardly a person for others to enjoy or with which they could relate. While you might not be selfish, the result of your efficiency would seem selfish. Therefore the philosophy of maximum efficiency, while highly productive, is by nature self-serving.



The solution is one more directive from Dr. Kano which is “mutual benefit” (jita kyoei). This then requires that one act not just in one’s own interest, but rather with consideration for one’s fellow humans. The U.S. Constitution and Bill of Rights are famous for what they do not say as well as what they do say. By specifying a few general rules there is a leeway and flexibility that covers numerous unforeseen circumstances and contingencies. Dr. Kano’s principles translate into an advocacy to live a gentle life, in a very efficient manner, with thought and consideration for all. Thus he too has prescribed a simple premise to [guide](#) us in the great variety of life’s tasks and inter-relationships. Its value is its simplicity.

To emphasize that Dr. Kano meant for his students to use judgment, and control their responses and actions according to his principles, the following quotation is of value, “To become excited is a benefit to no one, but rather harmful to one’s self and others.” I

have found that this is an important interpretation by him. During the occasional emergency situations I have faced I find these words running through my mind calling upon me to calmly act efficiently to solve the problem.

Many Judo students practice the sport without the philosophy. Many Judo students, come and participate for a while and then drop back into the mainstream with limited benefits. The student who stays with the sport gradually realizes the overall value and implications of the philosophy. This student is the one in a thousand to achieve the black belt rank and acts to teach his art and philosophy to the many other students. Dr. Kano’s gift to us of his magnificent sport and self-defense system, is no less a gift than that of the balance of his philosophy. The young sport enthusiast has an opportunity to meet life on Dr. Kano’s terms with the additional guidance of their life when they include the philosophy of Judo.