



# Shufu Judo Yudanshakai Shufu Shimbun

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



## March 2026



### Upcoming Events:

March 1	Hisayoshi Harasawa Clinic at Sport Judo	Springfield, VA
March 7	Wahadachi Classic	Milwaukee, WI
<b>March 7</b>	<b>Virginia State Championships</b>	<b>Sterling, VA</b>
March 7	Las Vegas Judo Championships	Las Vegas, NV
March 14-15	USA Judo Youth Nationals	Wichita, KS
March 21	Megumi Ishikawa Clinic at Arlington Judo	Arlington, VA
March 28	New York Open	New York, NY

**SAVE THE DATE-** The Maryland State Championships will be held on April 18 at DeMatha Catholic High School in Hyattsville MD. Please register on Smooth Comp as early as possible.

**SAVE THE DATE-** The next Takemori Clinic clinician will be Kashiwazaki Katsuhio sensei. The clinic will be 9-10 May of 2026. More information to follow.

### Follow Shufu Judo Yudanshakai

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

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

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



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport 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 March 1, 2026, we have 23 registered dojos comprised of 502 members, of which 138 are dan ranked judoka, 140 are senior judoka and 356 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., DC Judo in Washington DC, College Park Judo in College Park MD and Kuma Judo in Florence MA

## Planning ahead for 2026 events

April 5	Easter Sunday	
April 11	Controlled Combat Judo shiai	Gaithersburg, MD
April 12	Garden State Championships	Madison, NJ
<b>April 18</b>	<b>Maryland State Championships</b>	<b>Hyattsville, MD</b>
<b>April 25</b>	<b>Shufu Spring BOE/Promotions/BOD meeting</b>	<b>Beltsville, MD</b>
May 2	Shufu North Promotion @Shodokan	
May 3	Battle of the Square	New Rochelle, NY
<b>May 8-9</b>	<b>USJF Spring meetings</b>	<b>Honolulu, HI</b>
<b>May 9-10</b>	<b>Takemori Clinic with Kasuhiko Kashiwazaki</b>	<b>Springfield, VA</b>
May 9-10	USA Judo Senior Nationals	Albuquerque NM
May 22-24	Golden State Championship	Los Angeles, CA
June 7	Summer Slam	Patterson, NJ
June 20	Tohkon Classic	Chicago, Ill
June 19-21	USA Judo -Junior Olympics	Spokane, WA
<b>June 27 (TBD)</b>	<b>USJF Summer nationals (TBD)</b>	<b>Baltimore, MD (TBD)</b>
July 4	Pan American Kata Championships	Montrel, Ontario, Canada
July 23-29	USA Judo US Open	Ft Lauderdale, FL
August 22	Veteran Open Championship	Houston, TX
September ??	Liberty Bell	Philadelphia, PA
September 20	Suncoast Warrior	Port St Lucia , FL
October 4-5	San Jose Open	San Jose , CA
October 11	Morris Cup	Scotia, NY
Nov TBD	Shufu Promotions/ BOE/BOD	Beltsville, MD
Nov TBD	Fall meetings	Las Vegas, NV
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ

Thank you to Sharon Landstreet, IJF International referee and Bukhbat Mashbat, IJF International Olympic referee, for presenting the 2026 IJF referee rules clinic to Shufu Judo Yudanshakai and the regional area judoka. There were ~30-40 attendees via zoom as well.

We appreciate your time and knowledge of the new rule interpretation and clarifications.



# JUDO



## 2026 VIRGINIA OPEN CHAMPIONSHIPS JUDO

(USJF Sanction: 26-03-05)

**DATE: SATURDAY, MARCH 7, 2026**

**PLACE: HOOPS PLUS - 45496 RURTIAN CIRCLE,  
STERLING, VA 20164**

**Register Now: SMOOTHCOMP**  
2026 Virginia Open Championships



REMINDER!!! Don't miss this incredible opportunity at Sport Judo!  
We're hosting Hisayoshi Harasawa, Olympic Silver Medalist and one of the top heavyweights in the world, for a special seminar at Sport Judo!

This is your chance to learn directly from: Olympic Silver Medalist, World Silver Medalist, 2x All-Japan Champion, 11x Grand Slam Champion, 4x Grand Prix Champion

When: March 1st, 2026 from 11am - 2pm

Sport Judo Members: \$30 | Non-Members: \$60 Register via Venmo: @yamasaki-academy

**Sport Judo**

**Olympic Silver Medalist**  
**World Silver Medalist**  
**2x All-Japan Champion**  
**11x Grand Slam Champion**  
**4x Grand Prix Champion**

SPORT JUDO PRESENTS

**HISAYOSHI HARASAWA**  
原沢久喜

**SEMINAR**

**MARCH 1st, 2026**  
**11am-2pm**

**Registration:**  
Reserve your spot via venmo  
@yamasaki-academy

Sport Judo Members: \$30  
Non-Members: \$60

**Location:**  
Sport Judo  
5405 Port Royal Rd,  
Springfield, VA 22151  
(20 mins from DC)

@sportjudova sportjudo.org

Megumi Ishikawa will be giving two workout clinics on Saturday March 21st. The first one starts at 9:30am and is exclusively for juniors hosted at the Arlington Judo Club. The second one is for Seniors and teens being held in Ashburn and begins at noon. Here is the information.

**Arlington Judo Club**  
 2133 N Taft St, Arlington, VA 22201  
**March 21, 2026: 9:30 AM to 11:00 AM**

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**MEGUMI ISHIKAWA**  
**Judo Juniors (Ages 5-15 yrs)**  
**\$25**

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**Japan National Team member for 12 years.**  
**3x Kodokan Cup Champion. 2013 Asian Champion.**  
**Silver medalist, All Japan Selected Championships.**  
 🏆 Kodokan Cup (2016) 🏆 All Japan Selected Championships (2016)  
 🏆 Grand Prix, Ulaanbaatar (2016) 🏆 Grand Slam Tokyo (2016)  
 🏆 Kodokan Cup (2015) 🏆 Kodokan Cup (2014) 🏆 European Open, Glasgow (2014) 🏆 Industrial Individual Championships (2013)  
 🏆 World Combat Games, Saint Petersburg – individual & team (2013)  
 🏆 Asian Championships, Bangkok (2013) 🏆 European Open, Oberwart (2013) 🏆 Grand Prix, Düsseldorf (2013) 🏆 Kodokan Cup (2013) 🏆 World Cup, Jeju (2012) 🏆 World Cup, Ulaanbaatar (2012)  
 🏆 Universiade, Shenzhen – individual & team (2011)  
 🏆 Kodokan Cup (2011) 🏆 Grand Prix, Amsterdam (2011)  
 🏆 Kodokan Cup (2010)



**Pay cash at door or**  
**Venmo: @Gregg-Trude**  
**Email: GTrude@MTech.edu**

**APEX American Top Team**  
 44921 George Washington Blvd,  
**Suite 140, Ashburn VA 20147**  
**March 21, 2026: 12:00 PM to 3:00 PM**

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**MEGUMI ISHIKAWA**  
**Judo Clinic (Seniors and Teens)**  
**\$60**

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**Japan National Team member for 12 years.**  
**3x Kodokan Cup Champion. 2013 Asian Champion.**  
**Silver medalist, All Japan Selected Championships.**  
 🏆 Kodokan Cup (2016) 🏆 All Japan Selected Championships (2016)  
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 🏆 Universiade, Shenzhen – individual & team (2011)  
 🏆 Kodokan Cup (2011) 🏆 Grand Prix, Amsterdam (2011)  
 🏆 Kodokan Cup (2010)



**Pay cash at door or**  
**Venmo: @Gregg-Trude**  
**Email: GTrude@MTech.edu**



College Park Judo Club & Hui-O-Judo Beltsville



# Maryland State Judo Championships

Saturday, April 18, 2026

**Site:** DeMatha Catholic High School, 4318 Madison St, Hyattsville, Maryland, 20781

**Sanctioned by:** United States Judo Federation

Sanction Number: 26-04-??

**Tournament directors** Kurt Tamai (301) 537-5836 and Kevin Tamai (703) 622-6861

**Schedule:** 8:30 Opening (NO ONSITE REGISTRATION)

9:00 - 10:00 (Est time) Kata Competition

9:00 - 1:00 (est time) Junior/Masters Competition

1:00-4:00 pm (est time) Senior competition

**Note – times are only estimates- check smoothcomp app after divisions are posted. It is a dynamic system that will adjust times**

<b>Fees:</b>	Registration Fee	Early (by 3-12)	Standard (by 4-11)	Late (After 4-12)
	Shiai Division	\$60	\$70	\$90
	Kata (per person per kata)	\$30	\$35	\$45

## ALL REGISTRATION AND WAIVERS DONE VIA SMOOTHCOMP

### [Maryland Open Judo Championships 2026 - Smoothcomp](#)

**Eligibility to compete:** A current USA JUDO (USJI), USJF, USJA, AJJF or ATJA membership card MUST be presented at registration along with the signed LIABILITY WAIVER and non-black belt certification.

**Contest Rules:** Current IJF contest rules will govern EXCEPT no chokes for 12 years old and younger, or over 60 yo.. No arm locks for 16 years old and younger during Junior competition. No shime waza in novice divisions. Any attempt to perform any technique with the intent to injure the opponent as determined by the officials on the mat will be an automatic hansoku make. Concussion policy will be utilized. Judokas diagnosed with a concussion will not be allowed to continue competing. The CARE system will be used based on availability of CARE equipment. The competition area is 6meters by 6meters with 3meter of safety area and 4 meter between completion areas. No Kansetsu waza in junior divisions. No Kansetsu waza in any novice divisions. Kansetsu waza is allowed in advanced senior divisions. During Nage waza in all divisions, Tori is not allowed to use any head to mat throw, any attempt will be automatic hansokumake. During tachiwaza, Uke is not allowed to apply any head defense in tachiwaza, any attempt will be an automatic hansokumake

**Medical rule** – Medical staff will be allowed to examine injured contestant without disqualification.

Match times- Junior and veteran will be 3 minute matches. Senior matches will be 4 minutes. Unlimited golden score. Rest period between consecutive matches equal to one match time.

**Referees and technical officials** – if you are able to volunteer your time as a referee, technical official, mat helper, please inform the tournament director so we can verify the amount of volunteers we have. Thank you plaques and awards are provided for volunteers.

**Referee Certification** Testing for local and regional referee certification is available upon request. Candidates should contact the chief referee prior to the event.

**Elimination System:** Double elimination system will be used on divisions with more than 5 people. Winner of loser bracket will get to fight loser of winner bracket for 2<sup>nd</sup> place. Smaller divisions of 5 or less will use a round robin point system. Understand it is possible win all your matches and still not get 1<sup>st</sup> place.

**Note: White judo gi is MANDATORY.** Blue judo gi is optional. If female competitors are required to wear a white tee shirt. Competitors are REQUIRED to bring their own blue and white belts. Blue belts or gis must be worn by the blue competitor and white gi must be worn by the white competitor. (blue gi and white belt is not allowed for the white competitor). Competitors must BRING YOUR OWN white belt and blue belt. Belts will be available for purchase at the shiai. Please contact the tournament director if you cannot meet this requirement. All junior matches will be 3 minutes. Senior matches will be 4 minutes.

**Awards:** Trophies will be given for first, second and third place in each division. A team trophy will be awarded for the top Junior Team, and Senior Team. Team points will be awarded as 5 points for 1<sup>st</sup> place, 3 points for second place and 1 point for third place. Outstanding Junior and Outstanding Senior Judoka will also be awarded. Any first shiai judoka will receive an award – see Sensei Tamai.

## Divisions

### Juniors

Age 5-6	40	43	46	52	55	60	65				
Age 7-8	40	44	48	52	56	61	66	71	76		
Age 9-10	49	56	63	70	77	85	92	99	106		
Age 11-12	58	65	72	79	86	93	100	107	114	121	over 121
Age 13-14	71	79	87	95	103	111	119	127	135	143	151
Age 15-17	110	121	132	145	161	178	198	over 198			

Seniors will be divided between novice (Sankyu and below) and Advanced (Nikyu and above)

Seniors	121	132	145	161	178	198	220	over 220
Sr Women	106	114	125	139	154	172	over 172	
Veteran Male	132	145	161	178	198	220	over 220	
Veteran Women	106	114	125	139	154	172	over 172	

Kata Novice (3 sets), Advanced (all sets per kata)

Nage-No-Kata, Katame-No-Kata, Ju-No-Kata, Goshin Jitsu, Kime-No-Kata

Special kids Jr under 12 yo Nage no Kata - three throws.

Both kata team members must register. Include your partner name in “Add Note”

Following the registration instructions, you will be asked about your weight and if you agree to move up/down division based on number of competitors. You need to answer the question to get to the selection of registering as Uke or Tori for kata and selecting your division for kata.

## NOTES:

\* The tournament director reserves the right to alter or change any division to establish a more equitable competitive division. Divisions with less than 3 people may be moved to the next bracket up.

\*\* DOJO Weigh In April 14-16: Judoka can weigh in at their dojo with the coach/sensei submitting the certified weights. Judoka MUST make their specified weigh division. If a competitors weight is not confirmed by their sensei/dojo the declared weight will be used and the contestant must be within 2 lbs of their declared weight for youth divisions. Adult competitors must be under the defined weight division. Competitors can update their weight in SmoothComp until registration closes.

If a competitors weight is questioned. They will be asked to step on the scale and must be within 5% of their declared weight or they will be disqualified from the event with no refund. Adult competitors must be under the defined weight for their division.

\*\*\* Division Lists and/or Brackets will be posted to the Web site on Friday, April 17

Uncontested athletes – parents and coaches must check the participants list prior to the change division deadline. If the athlete is alone in a bracket, parents and coaches may contact the organizers to move the athlete up one age division and/or move to another weight division.



Shufu Judo Yudanshakai  
presents the

# Spring 2026 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, April 25, 2026

At

Beltsville Community Center  
3900 Sellman Road, Beltsville, MD  
United States Judo Federation Sanction # 26-03-??



**This event is Preregistration Only. There is no onsite registration.**

## Eligibility to register for promotion

1. All judoka must be a current member of the USJF (or USJA)
2. For Shodan – current year plus one year prior membership in USJF
3. For Nidan and above – current year plus three years prior membership in USJF

## Promotion Requirements being used

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2026 Shufu Fall Promotional will follow the “2021 USJF Senior Rank Requirements”, available on the Shufu website under Promotions. **All ranks within Shufu’s promotion authority are required to do the physical testing, i.e. all ranks through and including Godan.** Rokudan and above are not required to do physical testing; Kata requirements still apply as required for rank sought.

### Key Deadlines - These are HARD deadlines - no exceptions

February 25 – First date to accept applications.

March 25 – First deadline for Dan paperwork (initial submission of Form 20)

April 11– Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

April 25 – Promotion day, BOE meeting, BOD meeting

## Event Schedule

9:00 AM	Check in – testing begins
9:30 – 11:30 AM	promotional candidate written tests and practical evaluations
11:30-1:00 PM	Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
1:00 -1:30 PM	Awarding of promotions
1:30-3:00 PM	Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: <a href="mailto:shufupresident.miki@gmail.com">shufupresident.miki@gmail.com</a> )

Please Note: There will be NO COMPETITION at this promotional event.

## Registration and Fees

1. **Registration Deadline** (These are HARD deadlines.)
  - **April 11, 2026:** All promotion candidates (juniors, senior kyu, and dan ranks)
2. **All registration is online – no onsite registration**
  - Registration Fee (all examinees): \$50
  - Additional Fees for Black Belt Ranks only:
    - Shufu Promotion Fee: \$15 (paid online with registration fee)
    - Note: **After** the promotion: USJF Promotional Fees: \$125 for Shodan plus \$25 for each rank step above Shodan, plus an additional \$25 for Shichidan and Hachidan; Life Members: \$0.
  - **(Instructions for how to pay to USJF Promotional Fees will be provided after the promotional.)**
  - Waiver (online) must be electronically signed or scanned and sent to Kevin Tamai, Chair of the Board of Examiners at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com)

## Accommodations

## Documentation to submit by **senseis** and candidates

1. **February 25, 2026 - Documentation first accepted (electronic submission only)**
2. **March 25, 2026**
  - **Black Belts only: Editable Form 20 (electronic submission only):**
    - Submit to Karen Whilden, Rank Registration Chair, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com).
    - The Rank Registration Team will work with candidate to identify and cure any problems with the Form 20, with that process to be completed at least 14 days before the promotional, i.e. March 15, 2026
    - If a Form 20 has not been submitted by **Thursday, February 27, 2026**, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **April 11, 2026**
  - **Senseis - Recommending Students for Promotion**

Examinees **MUST** be recommended for promotion by their instructor. Examinees should be listed on the **JUDOKA RECOMMENDED FOR PROMOTION form that is submitted by the head instructor from each club to facilitate the smooth running of the event**. Submit to Kevin Tamai, Chair of the Board of Examiners, at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com)
  - **Junior and Senior Kyu Documentation (electronic submission only):**
    - Submit scans of documents below to Kevin Tamai, Chair of the Board of Examiners, at [shufuboechairman.kevin@gmail.com](mailto:shufuboechairman.kevin@gmail.com)
    - Membership card
    - Competition results
    - Kata Scores (as required to the rank sought)
      - ❖ Contact Rank Registration Chair, Karen Whilden, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com) for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
      - ❖ Kata must be judged by a member of the BOE, or a National level or higher certified kata judge or kata instructor in the kata to be tested.
    - Certificates (as required by the rank sought)
  - **Black Belt Documentation Requirements (electronic submission only):**

**(See Shufu website under Promotions for how to submit each document.)**

    - Submit all documentation to Karen Whilden, Rank Registration Chair, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com)
    - Form 20 – in final, complete, and editable format
    - Membership card
    - Indicate status of a USJF background check (for judoka 18 years of age and older)
      - a) Hold a current USJF background check.
      - b) Have recently applied for one.
    - Promotion certificate for current rank
    - Kata Scores (as required for the rank sought)
      - ❖ Contact Rank Registration Chair, Karen Whilden, at [shufurankreg@gmail.com](mailto:shufurankreg@gmail.com) for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
      - ❖ Kata must be judged by a national level or higher certified kata judge or kata instructor in the kata to be tested.
    - Safe Sport certificate (for judoka 18 years of age and older)
    - CDC Heads Up certificate or NFHS (National Federation of High School – National Federation of State High School Association) Concussion Training  
(Note: For dan candidates that need to also satisfy USA Judo – CDC Heads Up is accepted but not NFHS.)
    - For Nidan and above: CPR and First Aid certificate(s)
    - Other certificates (as required to decrease Time-in-Grade by the rank sought for non-competitors)

- If the Form 20 has not been updated to cure all identified problems, and resubmitted by **Saturday, April 11, 2026**, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, April 11, 2026.

### **Shufu Board of Directors**

Please submit agenda items for the Shufu Board of Directors meeting by April 11, 2026 to Shufu Secretary Diane Tamai Jackson, at [shufuyudanshakai@gmail.com](mailto:shufuyudanshakai@gmail.com).

The Shufu Judo Yudanshakai Board of Directors meeting will begin at 1:30 PM. This meeting is for registered members of Shufu Judo Yudanshakai who hold the current rank of Shodan (1<sup>st</sup> Degree Black Belt) or higher. Please try to be on time for the start of the meeting.

A zoom connection will be supplied by contacting: [shufupresident.miki@gmail.com](mailto:shufupresident.miki@gmail.com)

### **Topic: Shufu Judo Yudanshakai Board of Examiners Meeting**

**Date and Time: Saturday, April 25, 2026 at 11am**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/83980208150?pwd=Smd6aGhCNExMajVrL0t5cG13aitrUT09>**

**Meeting ID: 839 8020 8150**

**Passcode: ShufuBOE**

One tap mobile

+16469313860,,83980208150#,,,,\*80671976# US

+19292056099,,83980208150#,,,,\*80671976# US (New York)

Join instructions

<https://us02web.zoom.us/join/83980208150/invitations?signature=8ZCvg12C3eymLPtL2Till-cdr9wOjh6MpW27RbvYVxE>

### **Topic: Shufu Judo Yudanshakai Board of Directors**

**Time: This is a recurring meeting Meet anytime**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/84647273911?pwd=VFBPRzM4b0pyWUZxeXV3WGphZlJSQT09>**

**Meeting ID: 846 4727 3911**

**Passcode: ShufuBOD**

One tap mobile

+19292056099,,84647273911#,,,,\*53078443# US (New York)

+13017158592,,84647273911#,,,,\*53078443# US (Washington DC)

Join instructions

<https://us02web.zoom.us/join/84647273911/invitations?signature=2P9-wkZwSoNeMCyXjPOKbrtJnltT73N4sC27ruKxG-M>



## **Shufu Yudanshakai Kata Corner**



### **Upcoming tournaments with Kata:**

- Virginia Open – March 8, 2026 – Sterling, VA – register on Smoothcomp
- Controlled Combat Youth/Adult Judo Tournament (Gerard Cadet) - April 11, 2026 – Gaithersburg, MD – register on Smoothcomp
- Garden State Classic – April 12, 2026 – Madison, NJ - register on Smoothcomp
- Maryland State Championship - April 18, 2026, - DeMatha High School, Bladensburg, MD – COMING SOON - register on Smoothcomp
- Senior Nationals – May 8-10, - Albuquerque, NM – register on Smoothcomp



Are you introducing and teaching your junior judoka kata? We are introducing a new junior nage no kata with just 3 throws – uki otoshi, uki goshi and okuri ashi barai. We are encouraging all junior judoka enhance their judo experience by learning and competing in kata. As they develop, they can move to the first three sets and continue to develop. Shiai is not for all judoka. Kata is an excellent opportunity to grow.

*Photo Courtesy of Chuck Medani*



The Kata World Series took place in Spain. Diane Tamai (MD - Shufu), Theo Schwalm (TX - Shufu) and Barb Shimizu represented the USA as judges.



Create your own kata – We are experimenting with new “create your own kata”. Showcase the things you have learned. For example, new white belts might demonstrate Ukemi, zempo Kaiten, a throw (or two) and a hold (or two). As you go up in rank, demonstrate to the level you are learning.

**Shufu Mini kata clinics** – Sensei Dinae Jackson will host three kata clinics on Sunday evenings. One on Nage no kata, one on Katame no Kata and one on Ju No Kata.

**All judoka are encouraged to attend. It is suggested and highly recommended that you have a working knowledge of the kata prior to coming to the clinic.**

Lead Clinicians: Diane Tamai Jackson, Karen Whilden, Karl Tamai

Sunday, April 12, 2026 – 4-7 p.m. (katame)

Sunday, March 22, 2026 – 4-7 p.m. (ju no kata)

Location: Sport Judo Dojo, 5405 Port Royal Rd, Springfield, VA 22151

Parking: Free parking

Clinic Hours: 4:00 PM - 7:00 PM

Fee: donation to Sport Judo (see the can on the counter)



Shufu sensei Diane Jackson (Hui-O-Judo Beltsville) and Sensei Karen Whilden (DC Judo) celebrating Dr Kuniko Takeuchi promotion to 9<sup>th</sup> dan.

**OPPORTUNITY FOR FUTURE PJC's:** The junior divisions are growth areas where brown or black belt judoka ages 15-20 can compete on the USA Team. Of the three junior divisions, there were 2 Nage-no-kata teams, 2 Ju-no-kata teams, and 1 Katame-no-kata team. This is a great opportunity if you have young judoka. The qualifying tournament is the Senior Nationals, which also offered a U21 division.

**Start training now - 2026 Senior Nationals:** starting at 14 years old – Nage, Katame, Ju Under 20 year, Intermediate and Open division

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

#### **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)



Are you receiving the USJF newsletter? Find more information on events, tournaments, and other exclusive USJF member benefits. Visit [USJF.com](http://USJF.com) and scroll to the footer to subscribe.



**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](#)



USA Judo has removed two members of its Board of Directors following the conclusion of a compliance investigation conducted by the United States Olympic and Paralympic Committee (USOPC). Nicole Stout-Berliner and Joe Ragan have both been removed from the USA Judo Board of Directors and from all governance roles within the organisation for a period of ten years. In addition, Gerry Navarro received a formal letter of censure, has been removed from all USA Judo

committees and is required to complete governance education courses at the direction of the Board.

At a special board meeting held on 10 February 2026 in Colorado Springs, the federation addressed the findings of a recent USOPC report examining whether USA Judo had upheld its obligation as a national governing body to promote a culture free from retaliation. The development is particularly notable given that Stout-Berliner and Ragan were appointed to the Board relatively recently, as part of efforts to strengthen governance structures within the organisation. Their removal marks a significant shift at board level within a short period of time. Board Chair Dr Ron Tripp acknowledged the seriousness of the situation and thanked the USOPC for its involvement in the process. “I appreciate the time and effort the USOPC took to interview so many concerned USA Judo members,” Tripp said. “I believe the actions taken by the Board clearly indicate that USA Judo will not stand for anyone getting in the way of good faith reporting of policy violations.” He added that the organization has worked to reinforce its internal processes since the complaints were filed and stressed the importance of collaboration moving forward. “It is the responsibility of all of us to come together professionally and collaboratively to continue this trajectory,” Tripp said. The case highlights the ongoing emphasis placed by the USOPC on governance standards and athlete welfare within national federations.



Hello everyone, we got the dates for 2026 USJF High School Special Training Judo Camp in Korea.

We USA team leave US on 04 July, Saturday and must arrive at Incheon (airport code ICN ) Korea

no later than 6pm (Korea time) on 05 July, Sunday

(Mandatory arrival date) & return 18 July, Saturday.

This team is boys Only (ages 14 through 19 years old), exceptional for alumni members.

The US Passport does not need visa for Korea (90days).

The requirements are following

1. USJF Membership
2. Sensei's recommendation
3. Parent's release (under 18years)
4. Any Airlines round trip ticket (from your home to Korea round trip, prefer Korean air or Delta cause same terminal 2)
5. \$1,200 for room and board and miscellaneous expenses for the training
6. Bring at least two judogi (white & blue or both same), two big towel, water bottle

or you may buy reusable good water bottle in Korea (school has commercial washer)

One warmup suit and one sneaker. At least one descent dress in case city mayor's reception

The school has Wi-Fi and ice maker and clean water and commercial air conditioner.

The schedules are following

Every day 6am-8am conditioning sessions then shower and breakfast (Korean)

9am - 10:30am social hours with Korean students 12 noon lunch (Korean meal)

3pm - 5pm Judo then showers and dinner (Korean meal )

8pm - 10pm Judo or circuit training then showers

11pm mandatory to bed

Visiting, of course special training to YongIn University and Olympic training center

Please make sure you prepare well because we are not in the hotel nor restaurants

Also there is NO mothers are with us.

Please submit application No later than 31 March, 2026

\$1,200 pay to Mr. Joon Chi No later than 30 April, 2026

You may cancel for full refund No later than 31 May, 2026

You may cancel later than 31 May then 50% refund due to meal supply advance order.

Please feel free to ask any questions regarding this trip

Joon Chi

7500 Cahill Road

Apt 208C

Edina, MN 55439-2781

E-mail [jkchi@msn.com](mailto:jkchi@msn.com)

Mobile 952-484-7581



## **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 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

**New USJF Membership Benefit!**

**GARDEN STATE JUDO CLASSIC**



**#GARDENSTATEJUDOCCLASSIC**

**SUNDAY, APRIL 12, 2026**

**JUNIORS | SENIORS | VETERANS**



**KATA | TEAMS | COLLEGIATE DIV**





**JEWISH JUDO ATHLETES**

**JOIN THE USA DELEGATION:**

**MACCABIAH 2026**  
ISRAEL, JUNE 29-JULY 20, 2026\*

**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)

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

Scan Me!



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

f MACCABI USA  
@MACCABIUSA






**Save the Date** May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, 8th dan, Location – Kogaion Academy, Arlington, VA, Details to follow

SAVE THE DATES




KATSUHIKO  
KASHIWAZAKI

SEMINAR

8<sup>TH</sup> DEGREE BLACK BELT  
1981 WORLD CHAMPION  
NEWAZA AND TOMOE NAGE SPECIALIST  
LEADING LEGEND OF JUDO



KOKUSHI MIDWEST JUDO  
CHAMPAIGN, ILLINOIS  
MAY 2 - 3, 2026  
GRACE@KOKUSHIMIDWEST.COM

JIMMY TAKEMORI CLINIC  
WASHINGTON DC  
MAY 9 - 10, 2026  
SHUFUPRESIDENT.MIKI@GMAIL.COM



KOKUSHIMIDWEST.COM

## LAS VEGAS JUDO CHAMPIONSHIPS

Las Vegas Judo Championships

Saturday, March 7, 2026

<https://usjf.smoothcomp.com/en/event/29018>

Tournament Director: Chris Sakoda

[c.sakoda@yahoo.com]

Chief Referee: Dr. Robert Oishi, IJF-B

[oishichiro@aol.com]

Tournament Site: Slam Academy

Hotel Recommendations: Palace Station and

Sunset Station



SATURDAY, MARCH 7, 2026

SMOOTHCOMP REGISTRATION: <https://usjf.smoothcomp.com/en/event/29018>  
FOR MORE INFO: CHRIS SAKODA [c.sakoda@yahoo.com]



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](#)

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

[everyone!](#)

**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](http://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 align its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.

We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program. Visit our USJF "Koka Kids" page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.



at

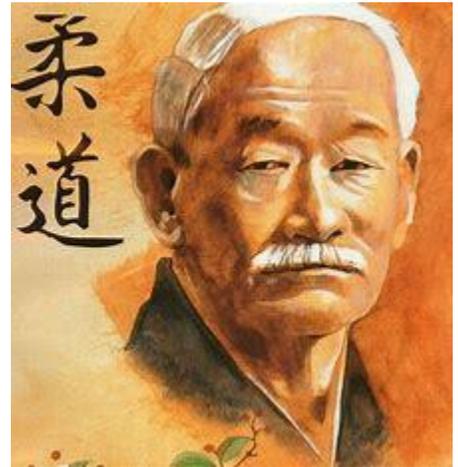
For decades, judo has been teaching us several of these important life values. These values are present in each judo lesson all around the world, where we learn and teach our judo community about **Courage, Respect, Modesty, Friendship, Honor, Sincerity, Self-control and Politeness**. Let the values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

- **Courage:** Doing what is right
- **Respect:** Respect the people around you and the community we live in.
- **Sincerity:** To seek the truth and express honestly - Be honest with yourself and with others.
- **Self-control:** To have power over yourself and your greatest challenges- Keep calm and think before you act.
- **Politeness:** Our greatness comes from how we treat others
- **Friendship:** It's the purest human feeling. We are all learning together. We are all different, from different countries, have different cultures and different backgrounds. We are all equal. We help each other as much as we can and treat everybody as you would treat yourself and as you would love to be.
- **Modesty:** We are more than ourselves - Each one of us is a champion. Together we are strong. Each person on this planet contributes to a better future for all of us. Stop and think about all these people

around you who are contributing to a better world. Take a moment to thank them for all of their hard work and dedication.

- **Honor:** Be true to your word and your principles - Even in adversity, we must stick to our values. We continue our lives with strong and healthy spirits.

Always remember, that the strongest mottos of judo are: 'Mutual aid and benefit' and 'Maximum efficiency'. We need to apply these principles every day. Only then will we find our 'DO' (way) in these difficult moments. Let's work together and bring our values to life. Our Judo values will help keep us strong, while helping us to grow and develop.



## **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.

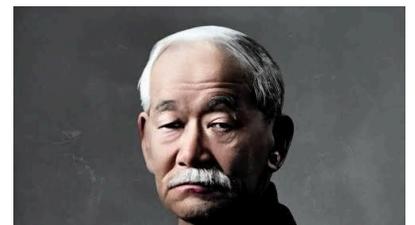
#### **Ju No Ri: The Principle of Gentleness**

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.

**WE NEED YOU!**



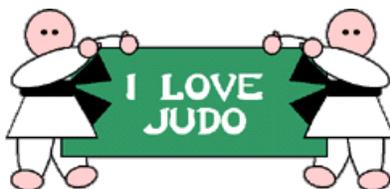
We need you!! –Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo? 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.



### 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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