



Shufu Judo Yudanshakai

Shufu Shimbun

May 2023



Upcoming Events:

6 May	Seattle Dojo Shiai and Kata Competition (USJF sanctioned)	Bellevue, WA
13 May	Ross Center Judo Academy Kata Clinic (USJF sanctioned)	Muncie, IN
20-21 May	USA Judo Senior National Championships (USAJudo)	Spokane, Washington
16-18 June	USA Judo Junior Olympic Championships (USAJudo)	Shreveport, LA
22-24 June	Greatest Camp on Earth (USJA sanctioned)	Monroe, NC
25 June	Katame no Kata clinic (USJF sanctioned)	Springfield, VA
12-13 Aug	Koshiki no Kata clinic (USJF sanctioned)	Springfield, VA
26 Aug	Virginia Open (USJF sanctioned)	Arlington, VA



Event Canceled

2023 USJF/USJA Summer Nationals, July 7th – 9th, 2023
Hosted by: Hudson Yudanshakai in Staten Island, New York City.



Koshiki no kata clinic with David McFall on August 12-13 at Sport Judo in Springfield VA.
Contact Diane Jackson. More information to come soon.



Save the Date – August 26, 2023 - Virginia State Championships – Barcroft Community Center in Arlington VA - more information to follow – Contact will be Michael Landstreet. We will need to have mat crews, referee, technical officials and tournament officials.

Are you a member of Shufu Judo Yudanshakai? Do you know if 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 only 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.



Special Invitation to all USA Judo members to join USJF.

In order to make an easier transition for participants, USJF is offering USA Judo members the opportunity to become members of USJF at a discounted price for a limited time. i. This membership is \$35, discounted from the regular price of \$70. Renewals on this membership will be at the normal rate. This is a regular

1-year membership. This discount is available until July 31, 2023. This discount is only available to CURRENT, ACTIVE members of USA Judo. Discount is not available for members with primary USJF membership. If you have Primary membership in USA Judo and secondary membership in USJF, you can use this discount. You will be required to provide your USA Judo Membership ID Number and expiration date.

Notes from USJF National Meetings in April 2023 in Boise, ID per Miki Takemori (Shufu President), Kevin Tamai (Shufu Chair of the Board of Examiners) and Chuck Medani (past President of Shufu and is presently on the USJF Executive Committee)

1. Adjustment of the Senior Kyu Promotional Guidelines will be noted on the national and Shufu websites

2. Koka Kids - Junior promotional educational booklets can be found on the USJF website which is aligned with a SHAPE America nation-wide physical educational group that designed physical education standards for K-12th grade.
3. USJF Endowment Fund added protection to be preserved if USJF is dissolved
4. Club Banners to be available in May
5. Peggy Whilden awarded USJF Lifetime Achievement Award (See article on Peggy later in the newsletter)
6. Dr. Charles Medani awarded USJF Hall of Fame (See article on Dr. Medani later in this newsletter)
7. Tri-level agreement (USA Judo, USJA and USJF)- Discussion lead by David Matsumoto (lead USJF negotiator)
 - a. He indicated they are still to negotiate but USA Judo has not been responsive.
 - b. When SafeSport updated to the MAAP part of the program (working with young children) that USJF was not notified, so USJF members (USJF only), were not up to date with the SafeSport program.
 - c. There is a draft of bi-level agreement between USJA and USJF
 - d. Dr. Matsumoto indicated that the waiver (that is supposed to be signed by USJF/USJA members) to participate in USA Judo events **is not recommended** by USJF and legal counsel.
 - e. Example... if you are a USJF and a USA Judo club, and your members have a mix of individual member registrations. Technically you cannot allow the USJF members practice with the USA Judo members as it will void your insurance liability.
 - f. Example... if you are a USJF club and you allow a USA Judo visitor practice, it would void your insurance.
 - g. after a question if we should include notices about USA Judo events on the website (and Newsletter - Shufu Shimbun) with a note of caution. David indicated that USJF/Yudanshakai should probably not advertise even with a note of caution.
(Aside - the Shufu Executive Committee have decide to continue to note USA Judo events but with the note of caution)
 - h. The overall feeling from the presentation is that USA Judo is trying to obliterate the USJF and USJA

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?



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport. Overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. As of April 2023, we have 24 registered dojos. Our yudanshikai is comprised of 437 members, of which 119 are dan ranked judoka, 155 are senior judoka and 282 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Dale City Judo in Woodbridge VA and Hui-O-Judo in Beltsville MD.

Welcome to new Shufu Judo Yudanshakai clubs

William and Mary University Judo Club in Williamsburg, Virginia - The College of William & Mary (officially The College of William and Mary in Virginia, abbreviated as W&M) is a public research university in Williamsburg, Virginia. Founded in 1693 by a royal charter issued by King William III and Queen Mary II, it is the second-oldest institution of higher education in the United States and the ninth oldest in the English-speaking world. William & Mary boasts more than 450 officially recognized club and organizations, including 200+ special interest groups and nearly 50 unique culture/identity-based clubs. Being officially recognized by the University's Student Leadership Development department means that your club can access funding and advertisement opportunities from the school itself. As the name suggests, William and Mary Judo

Club gives students a space to learn and improve their skills in the competitive martial art of Kodokan Judo. They hold practice sessions and uphold the philosophy of "Mutual Respect and Benefit." For more information about this club, check out their **TribeLink** and **IG** pages. The club is being founded by Ellie Baranowski, who is a member of the Dale City Judo club in Woodbridge VA Club. She a freshman at the college of William & Mary

Kestrel Judo in Houston, Texas - A welcoming place for students and practitioners of Judo. Join us to learn efficient use of mind and body for life, sport, self-defense, fitness and recreation. Sensei Theresa Lawler is a returning judoka, after coming up through USJA in New York and Texas in her university and early career years, then taking a long break after the birth of her child. She is a full time professional in the oil industry (18 years counting) and started a Judo club as a service project to bring the benefits of Judo to Houston communities. Judo has given so much to her; she wishes to see it grow and pay forward what those who raised her in Judo have given to her. She has her coaching certification through USJF. She and the Kestrel Judo Community are happy to join Shufu Judo Yudanshakai to contribute to the Judo community. Sensei Lawler wants to grow as a sensei and a coach, and to be able to have the club members benefit from the Shufu Judo community. They hope to make Kodokan Judo available to the communities around the Houston area, both on and off the mat. They look forward to being part of the Shufu community in the spirit of mutual welfare and benefit. www.kestreljudo.org

Ichi, Ni, San Judo and Jujitsu in Kaufman Texas

Ichi Ni San Judo is located at 510 East Hwy 175, Suite E, in Kaufman, Texas 75142.(Southeast of Dallas). Practice days are Tuesday and Thursday evenings from 5:30 p.m. - 6:15 p.m. for Mixed Youth & Adult, then from 6:15 p.m. - 8:00 p.m. for adult only. Promotion Testing are the last Saturday of each month. Ed Carol (214) 564-3834 judoed@embarqmail.com Head sensei Ed Carroll started Judo in 1967. He studied under Y.Vincent Tamura at the Tamura Judo Institute. Tamura Sensei encouraged his older students to teach the newer ones so Ed got an early start at the feel of teaching Judo and JiuJitsu. He has fought in National and International Judo tournaments and is a local level referee and a class d Judo coach. Ed's Judo rank is that of Godan or 5th dan. He is ranked Shodan in Heike-ryu JiuJitsu and as Sandan in JiuJitsu by the USJJF. Ed has been teaching in his own club of Ichi Ni San Judo and JiuJitsu since 1993. He is a life member of the USJA, USJJF, USAJ, and the USJF. Ed's primary occupation is that of a Judo instructor after retiring from the Dallas Police Department with 31 years of service. Sensei Jim Brown started his study of Judo in 1969 with Y.Vincent Tamura Sensei with private lessons due to his night shift work on the police force. Jim has fought in many local, National, and International Judo tournaments as well as teaching and training many National and International competitors. He has three daughters who have all been National Judo Champions. Jim was promoted to Shodan in Heike-ryu JiuJitsu by Tamura Sensei in 1974. He holds the USJJF rank of Sandan in JiuJitsu and is Godan or 5th dan in Judo. Jim is a life member of the USJF. Sensei Mike Parker started Judo in 1993 at age 54. Mike has competed in many tournaments at the master's level. He was promoted to Shodan in 2008. Mike is working on his Nidan and referee's license. Mike is a life member of the USJA.

Memento Mori BJJ & Judo, is located at 152 S Westfield Street in Agawam, MA. Contact at mementomoribjj@gmail.com Sensei - David Stratton, is a Sandan (3rd Dan). He is retiring Director of Athletics, Physical Education and Student Activities at Agawam Public Schools. More information on practice times and days to follow.

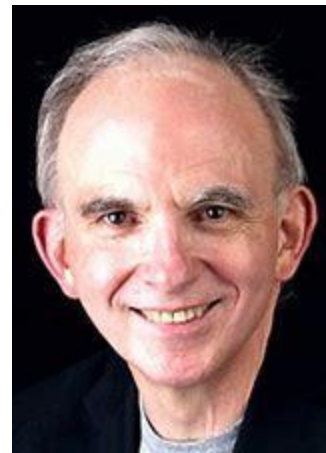
Dr Charles Medani from Shufu Judo Yudanshaskai inducted into United States Judo Federation Hall of Fame.



Shufu Yudanshakai announces that Dr Charles Medani was inducted into the 2023 Hall of Fame class for the United States Judo Federation at the USJF National meetings in Boise Idaho on April 15. Current Shufu President Miki Takemori and Shufu Chairman of the Board of Examiners Kevin Tamai were there to support and congratulate him.

Charles "Chuck" Medani began his nearly lifelong journey in judo, and became a member of Shufu, in Boston at the age of 12 under Paul Hapgood and Bob Palazzi at the Quincy YMCA Judo Club. Over the ensuing years, he studied and trained under Edwin Takemori, Jim Takemori, John Anderson, and Art Dorman. He was an assistant instructor for Kurt and Karl Tamai at the College Park (Maryland) Judo Club and is currently an assistant instructor for Terence McPartland at DC Judo in the District of Columbia.

He is a Life Member of the USJF, with all ranks having been awarded through USJF. He holds the USJF rank of Shichidan.



Administrative Positions and Accomplishments within USJF and USJI:

- First President of Maryland Judo, Inc., a SGB of USJI, serving for 6 years in that position, including as a representative to and board member of USJI.
- Member, USJI National Sports Medicine Committee
- Member, USJI National Sports Science Committee
- Former National Referee
- Co-Manager, USA Olympic team training/competition mission, Eastern Europe, 1984
- On-Air Judo Commentator for Turner Broadcasting at the first Goodwill Games, Moscow, 1986
- USA Team Physician, 1987 World Judo Championships, Essen, West Germany
- IJF-accredited photographer/journalist at five additional World Judo Championships and Paris Grand Slam
- Contributor, USJF Magazine and Website (photos, videos, daily and feature articles directly from World Championships; series of instructional articles on sports photography). Certified Professional Photographer.
- Member of Shufu Board of Examiners since 1979
- Shufu Vice-President for four years, and Shufu President for four years, continuing on as a Shufu Yudanshakai representative to the USJF Board of Directors over many years.
- USJF Certified Master Instructor
- Member of USJF Executive Committee under Presidents Asano and (currently) Palacio
- Member of USJF Marketing Committee, and most recently Coordinator of USJF Marketing Committee
- Primary Moderator for USJF Webinar Interview series, 2021 to present.
- Chairman, USJI National Masters Committee

At the creation of the USJI, there was no Masters (Veterans) program included in the organizational structure. In 1982, as a representative from Shufu yudanshakai, Sensei Medani expressed an interest in developing an officially recognized Masters Shiai Program to USJI President Frank Fullerton. Later that year Fullerton appointed him Chairman of the new Masters committee, subsequently recruiting ten individuals based throughout the country to serve on the committee and function as the regional USJI Masters representatives. The interest in and size of the Masters committee grew, eventually consisting of 15 members.

Over the next 5+ years, under Sensei Medani's guidance, the Masters committee were grew the Masters participation at the USJI National championships from nearly absent to several hundred shiai competitors, at one point exceeding the total number of competitors in the Senior divisions.

As chairman, he was instrumental in this years-long effort by writing regular articles in the USJI publication and sending letters by direct mail, all designed to encourage and motivate Masters competitors to participate locally, regionally, and nationally, and to develop Masters programs in their own regions. He also actively encouraged suggestions from Masters judokas to continually improve the program.

Sensei Medani had the privilege of officially welcoming the Masters in person at each National Championships, and representing Judo at the National Masters Multisport Festival in Philadelphia. This level of success was met with concern from at least one senior administrator, who urged the Board of Directors to remove the Masters divisions from the National Championships. Fortunately, Medani and the members of the Masters committee were able to convince the Board of Directors to retain the Masters Divisions as an integral part of the Senior National Championships, which secured the program as essential to the continued growth of judo for decades to come.

Competitive Record

National

- Men's Senior National Championships Shiai competitor for 8 Years
- National Masters Shiai Gold Medalist
- Four-time National Men's Nage-no-Kata Gold medalist as Tori (with Barry Hoffman)

Regional

- Five-time Shufu Championships weight class Gold medalist
- Three-time all-weights grand champion in major regional tournaments
- Washington, D.C. Judo Athlete of the Year

Peggy Whilden honored for Lifetime Achievement by the United States Judo Federation



Shufu Yudanshakai is pleased to nominate and announce that Peggy Whilden was honored with the 2023 Lifetime Achievement Award from the United States Judo Federation at the USJF National meetings in Boise Idaho on April 15. Current Shufu President Miki Takemori and Shufu Chairman of the Board of Examiners Kevin Tamai were there to receive the award in her honor and memory.

Sensei Peggy Whilden started judo in 1969 as a fun thing to do with the family, a new endeavor by the professional physical educator and Pan American swimming competitor. Nearly 40 when she started, she took to judo with the same gusto as everything else she did in life, reaching 6th dan a half century later. It was a love affair from the start. Peggy came up at the Washington Judo Club, at that time the center of judo development in Shufu, under the guidance of Jimmy Takemori and his brother Edwin Takemori, later in Baltimore under the tutelage of John Anderson, and finally at Hui-O Judo in Beltsville, Maryland. She brought technical precision, natural physical intelligence, and diligent labor to her judo, even teaching judo in her high school PE classes for 16 years.



Within a few years she became a premier kata competitor at national and international levels. Over her long career, she competed with several partners including Gloria Smith, Miki Takemori, Phyllis Dresher, Karen Whilden, and Frances Glaze, placing an amazing 25 times, most often in first place. Peggy was quiet but was a force for continual improvement with attention to detail and dedication, and practice of "mutual welfare and benefit". Although she partnered with experienced judoka who had extensive kata experience, she worked to gain information to help improve every team of which she was a part. She sought out the best teachers with the best feedback to raise the standard of her teams even more.

For Peggy, judo was an active pursuit to be fully engaged in and worthy of sustained devoted effort, making the most of the opportunities in kata competition that were limited for women in those years. She became a student of Keiko Fukuda – the only female 10th dan – even though Fukuda's dojo was on the other coast. She continued to learn from local teachers but was always willing to make a pilgrimage to places where there was more to learn. She was a regular at a variety of judo camps, including the famed "Joshi Camp", where she could focus and dedicate herself to deepening her knowledge and learning from the best.

Over 30 years, Peggy and her partners competed and won at all levels of kata competition, especially in Ju no Kata and Katame no Kata, even winning at the World Masters held at the Kodokan itself. During most of this time she was ranked number 1 in Ju No Kata and Katame no Kata. Peggy persevered, living the lessons of judo and constantly getting up when she got knocked down. She qualified for Pan American Championships in swimming as a young woman but was not permitted to compete because she was pregnant. She qualified again in judo, only to have her partner decline to go. Peggy was always willing to start over with a new partner and invest the time and training required in building a new team. This led to the successful accumulation of podium honors at national, Pan Am, and World Masters' levels during her long competitive career.

She continued competing in kata into her 70s, retiring from active competition in 2005. But understanding that her skills and capabilities created a responsibility to share and teach, she continued to contribute to the judo community as a certified "A" level judge in six of the katas at most of the major judo events, as a judge at the

World Masters, and was a frequently invited kata clinician, inspiring so many with her dedication to judo and its practitioners.

Peggy was honored with the James Gosnell Inspirational Judoka Award for her lifetime commitment to judo. (The James Gosnell Inspiration Judoka Award is awarded by Hui-O Dojo – to a judoka that inspires us to be better people. The award embodies the spirit of judo, awarded to someone who truly loves the sport and shows the beauty of being an overall great judoka.)

Peggy Whilden's Competitive Record - (information is incomplete as records could not be found for some of her active years)

- 1976 – Senior Nationals, Ju no kata 1st with Gloria Smith
- 1977 – Senior Nationals, Katame no kata 3rd with Miki Takemori
- 1978 – Senior Nationals, Katame no kata 2 with Miki Takemori
- 1979 – Senior Nationals, Katame no kata 2nd with Miki Takemori, Ju no kata 2nd with Martha Quinlan
- 1980 – Senior Nationals, Katame no kata 2nd with Miki Takemori
- 1981 – Senior Nationals, Katame no kata 1st with Miki Takemori
- 1985 – Senior Nationals, Ju no kata 1st & Katame no kata 2nd with Phyllis Drescher
- 1987 – Senior Nationals, Ju no kata and Katame no kata 1st with Phyllis Drescher
- 1988 – Senior Nationals, Ju no kata and Katame no kata 1st with Phyllis Drescher
- 1989 – Senior Nationals, Ju no kata 1st, Katame no kata 1st and Nage no Kata 3rd with Phyllis Drescher
- 1990 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1991 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1992 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1994 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1995 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1996 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1997 – Senior Nationals, Ju no kata 1st and Katame no kata 1st with Gloria Smith
- 1998 – Senior Nationals, Ju no kata 2nd and Katame no kata 1st with Gloria Smith
- 1999 – Senior Nationals, Ju no kata 2nd and Katame no kata 1st with Gloria Smith
- 2000 – Senior Nationals, Ju no kata 2nd and Katame no kata 1st with Gloria Smith
- 2001 – Did not compete
- 2002 – Senior Nationals, Ju no kata 3rd and Katame no kata 1st with Karen Whilden
Pan-American Championships (Santo Domingo, Dominican Republic), Katame no kata 1st with Karen Whilden
- 2003 – Senior Nationals, Ju no kata 2nd and Katame no kata 2nd with Karen Whilden
Fifth World Masters Judo Championships (Kodokan, Tokyo, Japan) Katame no kata 1st and Ju no kata 7th with Karen Whilden

Judo Clinics

- 3/10/2002 Shufu Nage no kata and Promotional exam, Beltsville, MD – clinicians Peggy Whilden (4th dan), Karen Whilden (4th dan) and Fan Vall (5th Dan)
- 8/20/2006 Kata me no Kata clinic, College Park, MD – clinicians Peggy Whilden (5th dan), Diane Jackson (4th dan) and Fran Vall (6th dan)
- 10/7/2007 Ju no kata clinic, Baltimore, MD-clinicians Peggy Whilden (5th dan) and Karen Whilden (5th dan)
- 1/19/2008 Katame no kata clinic, Lancaster, PA- clinicians Peggy Whilden (5th dan), Karen Whilden (5th dan) and Diane Jackson (4th dan)
- 3/6/2010 Goshin jitsu Clinic, Beltsville, MD – clinicians Peggy Whilden (5th dan), Karen Whilden (5th dan)
- 5/15/2012 Kime no Kata Clinic, Beltsville, MD – clinicians – Peggy Whilden (5th dan), Karen Whilden (5th dan) and Frances Glaze (6th dan)
- 6/16/2012 Ju no Kata Clinic, College Park, MD – clinicians – Peggy Whilden (5th Dan) and Karen Whilden (5th Dan)

Teaching children about Samurai virtues - It is true that the samurai culture is often depicted in popular media through movies and comics as a romanticized ideal of bravery and beautiful costumes. While these portrayals may attract children to the aesthetic aspects of the culture, they do not fully convey the depth and complexity of the samurai's values and spirit. Teaching children the virtues and spirit of a warrior is indeed a difficult task. It requires a deep understanding of the historical and cultural context of the samurai, as well as an ability to communicate these values in a way that is meaningful and relatable to children.

However, if we are able to teach children these values, we can help ensure that the beautiful and timeless values of the samurai are passed on from generation to generation. By instilling in children the importance of honesty, integrity, respect, courage, and compassion, we can help them develop a strong moral compass that will guide them throughout their lives. In addition, by teaching children about the samurai's sense of duty and loyalty, we can help instill a sense of responsibility and commitment to something greater than oneself. This can help children understand the importance of working towards a common goal, whether it be within their family, community, or country.

In essence, teaching children the virtues and spirit of a warrior is not only about passing on a cultural legacy, but also about instilling in them the tools and values they need to become good and responsible citizens. If we can accomplish this, we can help ensure that the beautiful values of the samurai continue to inspire and guide people for generations to come.

THE BUSHIDO CODE

1. **Justice or Rectitude (義 gi)** This is all about making sure that we have the right way when we make a decision. That we have the power to make a decision quickly. It is about making sure that we do not become indecisive and that our decisions are made and based on the right reasons.

2. **Courage (勇 yū)** This is about making sure that what we do is right and that we have the courage to do the right thing and not just what people think we should do. If we are raised in a particular way, we think in a way that we believe in. This is about making sure we do what we believe in and have the courage to do so.

3. **Benevolence or Mercy (仁 jin)** As a warrior, the Samurai have the power to kill. However, benevolence is about making sure that you are balanced in how you think. It is about making sure that you also have sympathy and mercy at the right time. For the Samurai it was about making sure you fought for the right reason and that if you had to kill someone, you did it for the right reason and your belief but that you also make sure that if there was no need to kill you would have mercy and be sympathetic.

4. **Respect (禮 rei)** It is important that in everything they believe, they must have respect and be polite in everything. The way they live their life means they must be respectful of their elders, they must respect life, respect others beliefs.

5. **Honesty (誠 makoto)** Honesty was very important, as they believe that being honest in everything you do gives you respect and means you can be trusted.

6. **Honour (名誉 meiyo)** To live and die with honor was very important to the Samurai. Everything they did was honorable which meant they did everything in what they believed with honor.

7. **Loyalty (忠義 chūgi)** Loyalty was probably one of the very important parts of what they did. They treated each other like family and would do everything within their power to protect and help their samurai warriors. Loyalty was important because this means they can trust their warriors and know they would be loyal to whatever they needed to do and not worry about losing their respect.



SHAPE America

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

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

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



Completed events



The 2023 Garden State Judo Classic was held on Sunday, April 16, 2023, at Wayne PAL in Wayne, NJ. It was an "E Level" USA Judo Point Event which was live streamed on Smoothcomp. It was a national referee testing site with live competition brackets posted the night before the event. There were cash prizes in the elite black belt divisions. Kata was held in the morning before the shiai competition and a kata clinic was provided after. The chief kata judge was Shufu's Diane Tamai Jackson. There were four competition areas. The event was organized by Ramon Hernandez and North Jersey Judo.



Liberty Bell Judo Classic relaunched after a 3-year absence due to the COVID pandemic. Tournament directors Adam Moyerman and Kristin El Irdissi were pleased to present the 34th annual Liberty Bell Classic on April 29 and 30 at Vare Field House at the Springside Chestnut Hill Academy (8000 Cherokee St, Philadelphia, PA 19119). The event featured 5 mats with Seniors, Veterans, & Kata competing Saturday (4/29) and Juniors Sunday (4/30). Registration was done on Smoothcomp. The event was hosted by Liberty Bell Judo Club. The head referee was Roy Englert. Weigh-in was on Friday, April 28, 2023, from 6-9 pm Seniors, Kata, & Veterans and on Saturday, April 29, 2023, from 6-9 pm Youth & Juniors. Competition was on Saturday, April 29, 2023, starting with Kata Competition and a Coaches Meeting, followed by the

opening ceremony then competition Seniors & Veterans. On Sunday, April 30, 2023, the day began with a coaches meeting, followed by the opening ceremony then competition Youth & Juniors. This event was National Referee Evaluation and Test Site

Upcoming events (Shufu wants all judoka to be informed to judo opportunities):

2023 May 20 -21 USA Senior Nationals, Spokane, WA

- **USA Judo Sanctioned event**

Shiai and kata. Shiai point event. Registration is open: [USA Judo Senior National Championships \(teamusa.org\)](https://teamusa.org)

2023 June 5 Summer Slam Judo . SC State Championships

- **Independently insured event**



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

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

Date: June 5th, 2023

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

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

Cost: \$60/division, \$20 additional divisions (Max 3 divisions) Exhibition matches available after official matches. (\$50 early registration by May 26). Host Hotel: Hilton Gardens Inn Group Code - AJF (\$132/night) <http://group.hiltongardeninn.com/AmericanJudoFoundation>

Chief Referee: Roy Englert

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

Schedule:

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

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

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

11:30 AM Opening Ceremony

12PM Competition Starts

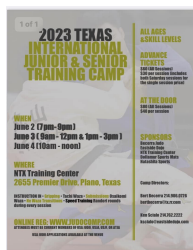
5-7PM Awards and Takedown (approx.)

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

\$30/morning or \$50 full day

2023 June 2 - 4 Texas International Junior and Senior Training camp

- **USA Judo Sanctioned event**



June 2 from 7-9pm, June 3 from 9am-12noon, 1pm-3pm, June 4 from 10am-12 noon). NTX Training Center, 2655 Premier Drive, Plano, TX

Instruction on gripping, tachi waza, osaekomi waza, ne waza, and randori rounds. Online registration at www.judocomp.com

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

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

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

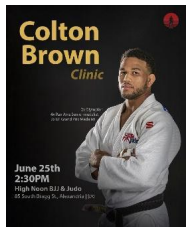
Ken Sciale 214-762-2222 ksciale@eastsidedojo

2023 June 25 - Katame no Kata clinic featuring Karl Tamai and Diane Tamai Jackson At Sport Judo, Information to on next page

- **USJF Sanctioned Event**

2023 June 25 - Judo clinic featuring Colton Brown

- **Sanctioning organization unknown**



9am at the Judoka of Fairfi2x Olympian, 4x Pan Am medalist, 2x IJF Grand Prix medalist.

June 25th at 2:30pm

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

Clinic fee is \$70.

2023 June 15 Grapplers Grand Prix in New Jersey

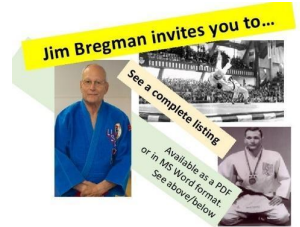
- **Sanctioning organization unknown**

9am at the Judoka of Fairfield. Register/Info:: www.grapplersgrandprix.com

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. An overview and listing of past presentations is available at: <https://web.media.mit.edu/~reilly/BregmanUpdate.docx>

SAME DOCUMENT ALSO AT

<https://web.media.mit.edu/~reilly/BregmanUpdate.pdf>

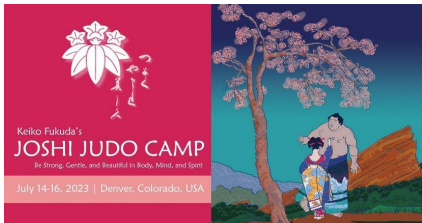


2023 July 14 - 16 Keiko Fukuda Joshi Judo Camp in Denver, Colorado, USA'

• USA Judo Sanctioned event

Joshi judoka. Registration is open. Two guest instructors:

Clinician: Megumi Ishikawa (Godan): 3x Kodokan Cup Gold Medalist; 2x Japan National Team Member; 2013 – Continental Championships – Gold; 2016 – Grand Prix – Silver; 2013 & 2011 – Grand Prix – Bronze; 2013 & 2014 – European Open – Gold; 2012 – IJF World Cup – Gold; 2011 – World University Championships – Gold; 2016 – All Japan Judo Championships – Silver; Multiple time International Medalist; Instructor – Tohkon Judo Academy, Chicago, Illinois



with Special Guest Instructor: Charlee Minkin (Godan)

2004 Olympian – U52kg; 2x World Team Member; 2000 – Pan American Championships – Gold; 2003 – Pan Am Games - Silver; 2002, 2004 – Pan Ams – Silver; 2000, 2003 – US Open – Gold; 1998 – Pan Am U20 Championships - Silver; Multiple time International Medalist

Owner & Head Instructor – The Sanctuary – Judo, Brazilian JiuJitsu, & Fitness – Denver, Colorado

2023 June 25 (Sunday) Katame no Kata clinic at Sport Judo, 5405-A Port Royal Rd, Springfield Va.

• will be an USJF sanctioned and is recommended by USJF and legal counsel



Clinicians are Karl Tamai and Diane Tamai Jackson. Learn the Kodokan way for proper execution of ne waza techniques. Appropriate for ALL ages. Karl and Diane are multi-year national champions and Pan-american champions in Katame no kata, as well as in Nage no kata and Ju no kata. Registration at 9:00. \$40,00. Morning: osaekomi waza (hold downs). Afternoon: shime waza (chokes) and kansetsu waza (armbars).

2023 July 28-30 US Open in Fort Lauderdale, FL

• USA Judo sanctioned event

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



2023 August 26 Veterans Judo Open in Myrtle Beach, South Carolina

• USA Judo sanctioned event

Level 4 Veteran Point Event (Standard Divisions). Presented by: USA Judo Veterans

TOURNAMENT DIR: Brad Daniels / 260-726-5045 / bradleyadaniels@gmail.com, Ray Marquez / 856-777-4223 / raymqz@gmail.com, Hector Negrón / 910-884-5720 / negrónpr100@hotmail.com

HEAD REFEREE: Tracy Crawford / tracyjudousa@gmail.com

WHEN: Competition Date: Saturday, August 26, 2023

WHERE: Competition Venue: Carolina Forrest Recreation Center, 1561 21st Ave N, Myrtle Beach, SC 29577

REGISTRATION: Online Registration Only at <https://smoothcomp.com/en/event/11218>

ENTRY FEE: \$75.00 All Divisions; Novice competitors may also fight Standard Divisions

WEIGH-INS: Friday, August 25, 2023, host hotel from 6pm-8pm

Saturday, August 26, 2023; venue from 8:30am to 10:30am

COMPETITION: 11:30 a.m.: Opening Ceremonies. Competition to follow Opening Ceremonies

REGISTRATION CLOSES: Wednesday, August 23, 2023, at 11:59 pm EST - Online Registration Only

More information can be found at www.VeteransJudoUSA.com

2023 August 12 -13 Koshiki no Kata clinic at Sport Judo, 5405-A Port Royal Rd, Springfield Va.

- **Will be USJF sanctioned and is recommended by USJF and legal counsel**
- Learn the samurai way through the Kodokan teaching for proper execution of technique. Appropriate for ALL ages.



The clinician is David McFall. In January 2023, David McFall won First Place in the Japan International Veterans Competition in Koshiki no kata. He is one of only four non-Japanese who has been awarded (jyukutatsu) "Mastery of the technique" grading for Koshiki no Kata. McFall sensei moved to Japan in 2006 and since then has trained primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei's study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately join the Kudenkai. Practicing twice a week for over ten years, he has performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. He also attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. McFall sensei first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei.

Koshiki no Kata (*Form of the antique things*) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor. Links to videos: [Koshiki no kata performed by N. Murata in 2013 on YouTube](#), [Koshiki no kata performed by M. Yamashita on YouTube](#); [Jigoro Kano Kito Ryu no Kata koshiki omote on YouTube](#). English description of [Koshiki No Kata by N. Saito at Shufu Judo](#)

2023 August 26 Virginia Open in Arlington, VA

- **Will be USJF sanctioned**
- shiai and kata competition
- Tournament director: Mike Landstreet

Shufu Kata Corner

Kata is a great way to learn the principles of judo as a beginning judoka and an amazing way to elevate your understanding and demonstration of the principles of judo as an experienced judoka..

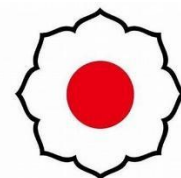
There are two principal ways of practicing Judo: Kata and Randori. Kata, which literally means "form" is practiced following a formal system of prearranged exercise, while Randori, meaning "free practice" is practiced freely. Through Kata practice, trainees learn the principles of techniques.

NEW kata categories for 2023 USAJudo Senior Nationals:

- **Intermediate skill level (any belt) - Nage no kata, Katame no kata, Ju no kata, Kime no kata, and Kodokan Goshin Jutsu**
- **Open skill level (any belt) - Nage no kata, Katame no kata, Ju no kata, Kime no kata, and Kodokan Goshin Jutsu**
- **Under 33 years old (age only restriction) - Nage no kata, Katame no kata, Ju no kata**

Upcoming kata events:

- 5/21/2023 – Senior Nationals, Spokane, WA, POC: Karen Nagai (for kata)
- 6/24/2023 - Katame no Kata clinic with Karl Tamai and Diane Tamai Jackson, at Sport Judo
- 7/16-22/2023 - A team of 20+ high dan judoka from the USA are going to the Kodokan for the summer kata camp for the Summer Kodokan Kata course. The main content of "Summer Course I" is Kata which should be mastered by high dan holders and is also an important requirement for dan promotion. Therefore, this is a meaningful course for



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high dan holders including Judo instructors. Participants perform Kata on the last day. The course includes Nage no Kata (5 hours), Katame no Kata (5 hours), Ju no Kata (5 hours), Kime no Kata (5 hours), Kodokan Goshin-jutsu (5 hours), Koshiki no Kata (5 hours), Itsutsu no Kata (2.5 hours), including Lecture and Kappo (2.5 hours) and Kata Performance (5 hours)

- 8/12 and 8/13/2023 – Koshiki no Kata clinic with David McFall, at Sport Judo

Zoom - Monthly kata analysis and discussions: occur (generally) on the first saturday of each month at 11:00 - 12:30 ET. Monthly meetings focus on one kata and watched, scored, and the merits are discussed by kata judges, coaches, athletes, and instructors. Everyone is encouraged to participate and everyone can learn from the conversation. Contact Diane at JudoDTJackson@gmail.com to be added to the distribution list. Next planned zoom meetings: [May 13](#), June 3, July 1, Aug 5, Sep 2.

In the Kodokan, the following nine Katas are mainly adopted;

1. Nage-no-Kata (Forms of Throwing)

Three representative techniques are chosen from each of five Nage-wazas: Te-waza, Koshi-waza, Ashi-waza, Ma-sutemi-waza and Yoko-sutemi-waza.

2. Katame-no-Kata (Forms of Grappling or Holding)

Five model techniques are chosen from each of three Katame-wazas: Osaekomi-waza, Shime-waza and Kansetsu-waza.

3. Kime-no-Kata (Forms of Decisive techniques)

This is to learn the techniques for serious combative fight. It consists of the techniques in a kneeling position (Idori, 8 techniques) and in a standing position (Tachiai, 12 techniques).

4. Ju-no-Kata (Forms of Gentleness & Flexibility)

This is an expressive, gymnastic composition of the methods of attack and defense in a series of slow and moderate actions. It consists of three components, Dai-ikkyo (Set 1), Dai-nikyo (Set 2) and Dai-sankyo (Set 3), each of them has five techniques.

5. Kodokan Goshin-jutsu (Forms of Kodokan Self-Defense)

This consists of an "Unarmed section" and a "Weapons section". The "Unarmed section" consists of twelve techniques while the "Weapons section" consists of nine techniques.

6. Itsutsu-no-Kata (Forms of "Five")

These forms express the mechanism of attack and defense in an elevated way. It consists of five sequences of movements that artistically express the power of nature.

7. Koshiki-no-Kata (Forms of Classics)

Kano Shihan highly evaluated the forms of Kito-ryu Jujutsu as they represent the essence of attack and defense. Therefore, he left the forms as Kodokan Koshiki-no-Kata, with little changes. It consists of 14 Omote (front) techniques and 7 Ura (back) techniques.

8. Seiryoku-Zenyo-Kokumin-Taiiku (Forms of Maximum- Efficiency National physical education)

It contains both aspects of physical education and martial arts and has forms of attack and defense. It consists of 8 movements of Tandoku-renshu (Solo practice) and 9 movements of Sotai-renshu (Duo practice).

9. Kodomo-no-Kata - beginners' kata

»Kodokan KATA Textbooks

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.



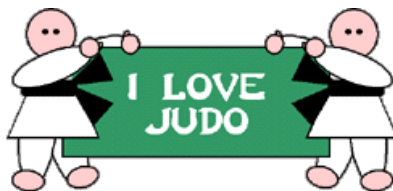
USJF – Learning portal - Please visit the USJF for great teacher and educational resources [Teaching Resources | USJF Education Portal](#)
Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education Portal](#)



Club Updates from Shufu Judo Yudanshakai –

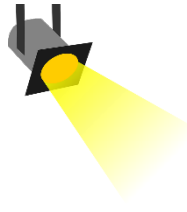
- Has your dojo started back to live in-person practices? Send us a write up about your club.
- **Please Share news about your club with us. Send us news, photos, and events.**

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>



Shufu Spotlight

Sensei Roy T. Englert

Recognizing his countless contributions to judo and refereeing in the United States.



Roy has been involved in the Olympic sport of judo for decades and has served as the president of Shufu Judo Yudanshakai. He learned judo under Sensei James Takemori at the Washington Judo Club. He has also served on the board of directors of an award-winning nonprofit theater company.

The judo community celebrated Mr. Roy T. Englert, Jr.'s 20+ years of service to Judo and the USA Judo Referee Commission. Englert Sensei ended his last term as a member of the Referee Commission at the close of 2016. Englert Sensei was presented with a commemorative book with congratulatory entries from the community and many historical photos documenting many events and milestones in Englert Sensei's career. A commemorative plaque was also presented with some heartfelt words of appreciation for his decades of hard work and service to Judo, the Referee Commission, and refereeing here in the USA. He has been a wonderful teacher and

mentor to many in our community and will continue to be for many years to come.

Roy co-founded Robbins, Russell, Englert, Orseck & Untereiner LLP in 2001, after more than a decade in private practice with a global law firm. He previously served in the Office of the Solicitor General for the U.S. Department of Justice. Roy has also served as an adjunct professor working with the Appellate Litigation Clinic at Georgetown Law for two decades and commits significant time to a number of law-reform and civic-education activities. Roy is consistently ranked as a leading U.S. Supreme Court and appellate litigator. *Chambers USA* has given Roy top nationwide rankings for more than 15 consecutive years, and recently noted that he is "widely recognized as a 'fabulous appellate lawyer' with ... [the] ability to 'dig in and rip up the opposition' in high-stakes appellate work." *Chambers* sources describe Roy as "an excellent advocate who is very savvy about how to succeed in a variety of courts" and who "makes incredibly strategic arguments," as well as "an all-around excellent advocate and brief writer, [who] prepares relentlessly and has a strategic feel for the court." Thomson Reuters' *Super Lawyers* regularly ranks Roy among the top appellate lawyers in Washington, DC, and in each of the past five years (2018 – 2022) has ranked him among the overall top 100 lawyers in the city, ranking him in the top 10 in four of those years. *Benchmark Litigation* and *The Legal 500* also give Roy top rankings.



Here is the inscription on Englert Sensei's plaque: "In appreciation and recognition of over 20-years of leadership and service as an IJF International Referee and a member of the USA Judo Referee Commission. Your calm and quiet demeanor, combined with your great intellect, empathy, and the ability to find reasonable solutions and resolutions has set the standard that we all strive to attain. Thank you for your countless contributions to judo and refereeing in the USA."

The 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 improves, 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 its 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 and how simple it is for this to happen. You probably were active in Judo contests that same week. Would you find the 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 to 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 oneself 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.