



Shufu Judo Yudanshakai Shufu Shimbun

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

May 2024



Upcoming Events:

Saturday, May 18 – Arlington Judo Development Shiai – Arlington, VA

SAVE THE DATE July 5-7 USJF Summer National Championships – Location TBD

SAVE THE DATE Aug 9-11 US National Kata Conference – Univ. of San Diego

SAVE THE DATE – Oct 5 – College Park Judo Championships- College Park Community Center, College Park, MD



WE NEED YOU!



Are you a member of Shufu Judo Yudanshakai? Has your membership lapsed. Please check your membership status. Encourage others in your judo community to join as members. Please stay current with your membership. If you are a life member, you still have to submit a new waiver every year to stay current. Is your club a member of Shufu Judo Yudanshakai? Please verify with your sensei that your club current and active with us.



Congratulations to the following judoka on their recent promotions:

Jason Huang - DC Judo to Shodan

Billy Finneran -Hui-O- Judo to Yodan

Leah Fisher – Hui-O-Judo to Godan

Congratulations to USJF Hall of Fame and Lifetime Achievement honorees:

Tad Nalls – Washington Judo

Roy Englert – Washington Judo

Fran Vall – Washington Judo

Eric Spears – College Park Judo

Edwin Takemori – US Naval Academy



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. 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 and in 2022 we were at 341. As of May 2024, we have 26 registered dojos comprised of 510 members, of which 135 are dan ranked judoka, 191 are senior judoka and 319 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., and Dale City Judo in Woodbridge VA



Congratulations to USJF Presidential Honorees

Maurice Allan - Sport Judo
Michael and Sharon Landstreet – Arlington Judo
Sgt Major and Mayshia Mayfield – MOJJJO
Mayer and Shiela Max – MindKnit Research Adaptive
The Tamai family – College Park Judo and Hui-O-Judo

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](#)



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](#)

[Portal](#)

WE NEED YOU!



We need you!! –Part of judo is Jita Kyohei – 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.

Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

5/ 24 – 27 /2024 – USAJudo Senior Nationals (kata and shiai), CA - smoothcomp for details and registration

9/ 08/ 2024 – North American Championship, Wayne, NY -smoothcomp for details and registration

9/28 – 29 / 2024 – PJC kata championships (must compete at nationals), Columbia



Photo Courtesy of Chuck Medani

In judo, kata is more than just a choreographed performance for demonstrations or a requirement for promotions. Let me shed some light on its significance:

1. Teaching Tool: Kata serves as a teaching tool, allowing practitioners to delve deeper into the intricacies of judo techniques. It provides a structured framework for learning and understanding fundamental principles.
2. Learning Tool: By practicing kata, judoka gain insights into historical aspects of judo that are preserved only within these prearranged sequences. Some of these elements involve techniques that are no longer allowed in competitive judo due to safety concerns.
3. Demonstration Tool: Kata showcases the essence of judo. It emphasizes safety, precision, and control. When performed well, it demonstrates the artistry and mastery of techniques.
4. Tradition and Heritage: Kata helps maintain the rich tradition of judo. It connects practitioners to the roots of the martial art, ensuring that valuable knowledge is passed down through generations.
5. Innovation and Ideas: Kata isn't static; it evolves. It serves as a platform for developing new techniques and exploring creative variations.

Remember, practicing kata is as essential as randori (free practice) or competing in tournaments. It deepens your understanding of judo beyond what books, articles, or videos can provide. So, embrace kata—it's more than just a duty; it's an opportunity to enhance your judo journey

2024 Joshi Judo Camp - We are proud to announce that Jefferson City Judo Club in Jefferson City , MO will be hosting the Joshi Judo Camp this year at their school and facility June 7-9, 2024. They are donating the facility use so that all proceeds can go to the foundation. Please support this great all women's Judo Camp. We need more ladies on the mat!! Stay tuned for more details and registration soon to come!



“Be Strong, Gentle and Beautiful in Mind, Body and Spirit” is Sensei’s motto. At Joshi Judo Camp, participants get instruction and practice to develop as women judoka. It is a great weekend to refocus back on the principles of judo and of being a woman. A place for women judoka. The first joshi judo camp took place in 1974 with an instructor staff of Keiko Fukuda Sensei, Michiyo Kitaoka Sensei and Elizabeth Lee Sensei. Joshi judo camp became for many students something to look forward to every year. It is so rare for women who practice judo to get the opportunity to practice with women. For some it is also a rare opportunity to develop their kata skills and their randori skills. Fukuda Sensei wishes for joshi camp to continue as her legacy and to continue to develop great joshi judoka.



**Nage No Kata
Tournament & Clinic,
Sunday, 9 June 2024
Registration 9am
Clinic 10am-3pm**

at

**Trident Academy of Martial Arts
3310 Noble Pond Way #104,
Woodbridge, VA 22193**

**Text George Antoniou, 719-440-5369
for Registration**



**Clinicians:
Karl Tamai**

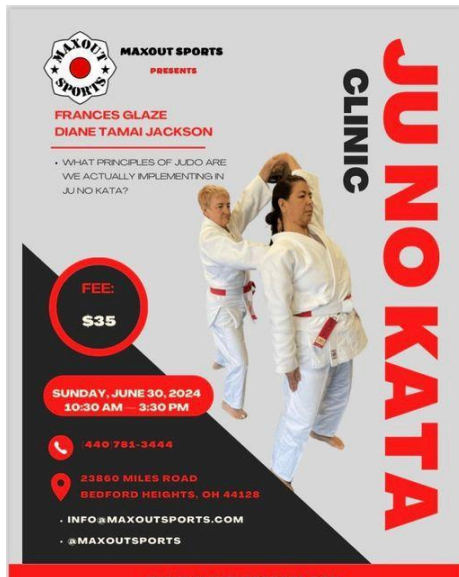
&

Diane Tamai Jackson



**Tournament Cost:
\$35 for USJF/USJA \$40 USAJudo
Separate Clinic Cost:
\$35 for USJF/USJA \$40 USAJudo**

Above Photo Courtesy of Chuck Medani



Ju No Kata clinic with Francis Glaze and Diane Jackson

Sunday, June 30 from 10:30am - 3:30pm

Fee is \$35

Max Out Sports, Bedford Heights, Ohio.

Ju no Kata "forms of gentleness") is a kata (a set of prearranged forms) in Judo. It is designed to teach the fundamental principles of judo, especially the principle of *ju* (*yielding* or *gentleness*). It consists in three sets of techniques and is performed by a pair of people one acting as an Uke and the other a Tori. The kata can be performed without wearing a judogi and, as it doesn't involve the completion of any throws, does not need to be performed in a dojo.

History

Ju-no-Kata was created by Jigoro Kano around 1887 when the number of people studying Judo had increased to the point where he could no longer advise everyone personally during free practice (randori)

Techniques

First Set

- Tsuki-dashi (Hand Thrust)
- Kata-oshi (Shoulder Push)
- Ryo-te-dori (Two-Hand Hold)
- Kata-mawashi (Shoulder Turn)
- Ago-oshi (Jaw Push)

Second Set

- Kiri-oroshi (Downward Cut)
- Ryo-kata-oshi (Two-Shoulder Push)
- Naname-uchi (Slanting Strike)
- Kata-te-dori (One-Hand Hold)
- Kata-te-age (One-Hand Lift)

Third Set

- Obi-tori (Belt Grab)
- Mune-oshi (Chest Push)
- Tsuki-age (Uppercut)
- Uchi-oroshi (Downward Strike)
- Ryo-gan-tsuki (Strike to Both Eyes)

Further reading

- [Jigoro Kano](#), Kodokan Judo, Kodansha International.
- [Keiko Fukuda](#), *Ju No Kata: A Kodokan Judo Textbook*, North Atlantic Books.

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 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.



to

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.

Event recaps-

2024 Garden State Classic – 485 registered athletes!!!

Sunday, April 14 marked a historic day at the 2024 Garden State Judo Classic and all those that help to organize it and support the event. The event was hosted by NORTH JERSEY JUDO POMPTON LAKES. The tournament director was Ramon Hernandez (201-206-2705 Email: ramon@northjerseyjudo.com) The head referee was : IJF A Referee Saro Balagezyan (917-696-3208 balagezyan@gmail.com) Competition was held on Sunday, April 14, 2024 at Wayne PAL, (1 PAL Drive, Wayne, NJ 07470)

Here's a recap:

- We were honored to have Olympic and World Medalist Neil Adams from the UK, known as the voice of judo worldwide, IJF commentator in attendance.
- Also present was Olympic and World Medalist Nicolas Gill from Canada, who serves as the CEO of Judo Canada.
- Among the distinguished guests were several US and Canadian Olympians, including Celita Shutz, Nick Delpopolo, Colton Brown, and Vitaly Polyanskyy.
- Neil Adams, Nicolas Gill, and Nick Yonezuka were presented with Lifetime Achievement Awards on behalf of Hudson Judo, NYS Judo, and Judo of New Jersey, Inc.
- The tournament attracted clubs from a wide range of locations, including Ontario and Quebec in Canada, as well as states such as California, Connecticut, Delaware, Florida, Illinois, Louisiana, Massachusetts, Maryland, Minnesota, North Carolina, New Jersey, New York, Pennsylvania, Rhode Island, South Dakota, and Virginia.
- All of this took place against the backdrop of our new Red & Yellow Rollout Mats.

A heartfelt thank you goes out to all the referees, led by Chief Referee Saro Balagezyan, for their invaluable assistance. Special appreciation is also extended to Leo Lopes, President of NYS Judo, Boris Munoz, President of Hudson Judo, and Anthony Camal & Joaquin Gonzalez for their roles in bringing Neil Adams to the event and facilitating the awards ceremony. We express our sincere gratitude to Neil Adams, Niki Adams, and Nicolas Gill for gracing the 2024 Garden State Judo Classic with their presence.

We extend our thanks to all the participants, parents, and coaches who contributed to the continued development of judo. Your dedication is truly appreciated. To all who traveled to join us, whether by car or plane, we are honored by your presence. NJ/NY continues to be a vibrant center for tournament action, and we are committed to maintaining and earning that reputation in the future.

Once again to all, many thanks!

Ramon Hernandez
North Jersey Judo





Upcoming events:

May 18, 2024

2024 Arlington Spring Judo Tournament
Junior Tournament - Adult Newaza Tournament - Local Referee Certification

Arlington Judo Club
Dawson Terrace Community Center
2133 N. Taft St
Arlington, VA

[2024 Arlington Spring Tournament \(USJE Sanction: 24-05-03\) - Smoothcomp](#)

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



Save the Date
May
24-27, 2024
USA Judo Senior
National
Championships
and
Golden State
Open

USA Judo is pleased to announce that the 2024 Senior National Championships will be held in Ontario, CA from May 24-25.

The Kata Nationals will be held on Friday, May 24 with shiai competition on Saturday, May 25. The tournament is expected to draw more than 600 participants in the final senior competition to be held in the United States before the Paris Olympic Games.

“The 2024 Senior Nationals will be the first time this tournament has been held in California in 15 years and

we couldn’t be more excited to bring the top judoka in the nation to Ontario,” said USA Judo CEO **Keith Bryant**. “Partnering with the Golden State Open also will give athletes multiple competition opportunities throughout an exciting holiday weekend of judo action.”

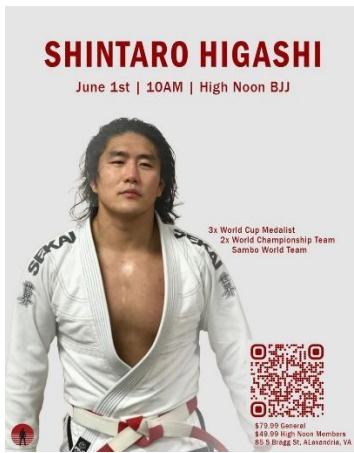
For the first time, the tournament will be held in partnership with the Golden State Open – a USA Judo Point Tournament and one of the longest-running major judo competitions in the nations with the 32nd edition scheduled for 2024. Competition for the Golden State Open will be held from May 26-27. “We are pleased to be partnering with USA judo and bringing the senior nationals back to the Los Angeles area. Our focus is to impact the judo community in a positive way and we feel that this collaboration will do just that leading into LA 2028,” said Golden State Open Tournament Director **Eric Sanchez**.

Competition will take place at the Ontario Convention Center which is just a mile away from the Ontario International Airport which services 12 airlines with direct service to 22 cities, including New York, Denver, Chicago, Dallas, Atlanta, Houston, Salt Lake City and more. The tournament also is within an hour drive to Los Angeles International Airport and situated within easy reach of major Southern California attractions, including Pacific Coast beaches, Big Bear Mountain resorts, Disneyland, Hollywood and more.

“With a deep-rooted passion for sports and community, we're excited to host USA Judo in Ontario. We look forward to forging a strong, lasting partnership with the national judo community as we work together to cultivate and amplify the growth of this extraordinary sport, especially with the 2028 Olympics coming to Southern California,” said Michael Krouse, CEO of Greater Ontario California.

Discounted hotel rooms are available at the lowest guaranteed rate through USA Judo’s official tournament housing provider, Team Travel Source.





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

2024 Connecticut Judo Open

American Judo & Connecticut Judo Inc have teamed up to provide the best tournament experience possible. American Judo Shiai's are the perfect place for any judoka looking to gain experience in a competitive yet friendly tournament atmosphere. Our developmental tournament series offers as many matches as possible, so you can get the most out of your experience. With a modified rule set in place, everyone is sure to have a positive tournament experience.

TOURNAMENT DETAILS: USA Judo Sanctioned Event

Hosted By: Connecticut Judo Inc.

Bracketing, Registration & Customer Service: American Judo

Date: 06/16/2024 -- 10AM START!

Venue: Connecticut Sports Center

Address: 332 Still River Drive, New Milford, CT

Format: True Double Elimination for 6 or more, Round Robin for 5 or Less, Best Two out of Three for divisions of 2. All uncontested divisions will have the opportunity to move their division to get the maximum amount of matches.

Age Standards: Age 4 and Up

Competitors and coaches will need to present a valid USA Judo membership

Non-US Competitors must contact USA Judo for a letter of invitation

Cost:

\$55 for first division | \$75 late fee, \$35 for additional divisions | \$50 late fee

NO WALK UP REGISTRATIONS

All States Welcome!

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

2024 Junior Olympic Championships to be Held in Pittsburgh

(Colorado Springs, CO) – USA Judo is pleased to announce the Junior Olympic Championships will return to the Northeast for the first time in many years when the event is held in Pittsburgh, PA from June 21-23, 2024. The

Junior Olympic National Championships will be held from June 21-22 with the International Championships to take place on June 23 with nearly 1,000 athletes ages 5-20 expected to fight for gold.

Pittsburgh is a premier sports destination with the best of football, baseball, hockey and more. Beyond bleeding black and gold, Pittsburgh hosts a wide array of other notable sporting events throughout the year, including The DICK'S Sporting Goods Pittsburgh Marathon, the 2023 National Senior Games, Atlantic 10 Men's Basketball Championships, USGA Men's and Women's US Open, NCAA Frozen Four, NCAA Division I Men's Basketball Championships and USA Gymnastics Championships. These competitions offer a great opportunity for Pittsburghers and travelers alike to come out to cheer on participating athletes and get inspired by their stories, strength, determination, commitment and spirit.

"We're excited to host the USA Judo Junior Olympic Championships in Pittsburgh in 2024," said Sports PITTSBURGH Executive Director Jennifer Hawkins. "Unique events like this one continue to develop the city's rich history as the City of Champions, and we look forward to introducing the national judo community to all Pittsburgh has to offer." "It is exciting to bring the Junior Olympics back to the Northeast and fitting to be in the City of Champions just before the 2024 Olympic & Paralympic Games. We are looking forward to partnering with USA Weightlifting to see future Olympic hopefuls in action as we look ahead not just to the Paris Games, but to LA 2028 as well," said USA Judo CEO Keith Bryant. Entry packet and additional registration details will be released in early 2024. Discounted hotel rooms are available now through Team Travel Source, USA Judo's official tournament housing provider.

MAXOUT SPORTS
PRESENTS

FRANCES GLAZE
DIANE TAMAI JACKSON

- WHAT PRINCIPLES OF JUDO ARE WE ACTUALLY IMPLEMENTING IN JU NO KATA?

FEE:
\$35

SUNDAY, JUNE 30, 2024
10:30 AM – 3:30 PM

440 781-3444

23860 MILES ROAD
BEDFORD HEIGHTS, OH 44128

INFO@MAXOUTSPORTS.COM
@MAXOUTSPORTS

JUNO KATA CLINIC

WWW.MAXOUTSPORTS.COM



JEWISH JUDO ATHLETES

JOIN THE USA DELEGATION:

MACCABIAH 2025
ISRAEL, JULY 8-22, 2025*



Age Divisions

U16: 2009-2010 (M&F)

U18: 2007-2008 (M&F)

Open: 2006 or before
(M&F)

Masters 35+: 1990 or
before (M&F)



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

Scan Me!



*All U16, U18 & Open Athletes must participate in a week-long pre-Games program in Israel

8-22
JULY
2025



MACCABI USA

@MACCABIUSA



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

The graphic is a promotional poster for the NYC Judo Veterans Open 2024. It features a vertical orange bar on the left with the text "EXCLUSIVE VETERANS ONLY" in white. The main title "NYC JUDO VETERANS OPEN 2024" is at the top in white. Below the title are three images: a judo match in progress, a person in a white gi with a red belt, and a judo throw. On the right, the date "SATURDAY, AUGUST 17, 2024" and location "QUEENS, NY" are listed. Logos for "usa judo" and "ALL THINGS JUDO" are present, along with the website "www.allthingsjudo.com". The slogan "COME SEE NEW YORK" is at the bottom, and the "SMOOTHCOMP" logo is in a black box at the bottom right.

Attn: All US & Canadian Veteran Competitors,
With the IJF World Veterans Championships happening in Las Vegas in November 2024 we are hosting an Exclusive Veterans Only Tournament Saturday, August 17, 2024, to get our Northeast Veterans ready for the action in November and hang out for a weekend in NYC. This event will be sanctioned by USA Judo and registration is already open. We will post more info down the road. Get Ready!

<https://allthingsjudo.smoothcomp.com/en/event/16820>

Co Tournament Dir:

Ramon Hernandez North Jersey Judo

Saro Balagezian IJC Martial Arts



International Judo Camp August 18-24, 2024

\$745 from 4/1/24 through 7/31/24 (Regular Price)
partial week available please email us

\$795 after 8/1/24 (as space permits)
contact us at

InternationalJudoCamp@gmail.com

Announcing our 2024 Guest Instructor:
Kostiantyn Tskhovrebashvili



Kostiantyn is an exciting Judo coach. He has trained over 100 regional and National Ukrainian Judo Champions.



Colton Brown
Competitors Instruction



Heiko Rommelmann, Jr.
Kata Instruction



Pamela Legros
Coach Instruction



Devin Cohen
Referee Instruction



For more information scan the QR code
internationaljudocamp.com



International Judo Camp

August 18-24, 2024

New for 2024

Competitor's training track with Colton Brown

2x Olympian
Current US National Team Coach
6x US World Team Member
5x Pan Am Championships Medalist



Colton Brown is offering complete competitor's training sessions at this year's International Judo Camp.
90 minutes each day.

Coaching in both Tachi Waza (Standing Techniques) and Ne Waza (Ground Techniques)
and you'll have time to attend all the other sessions at camp.



\$745 from 4/1/24 through 7/31/24
(Regular Price)
partial week available please contact us
\$795 after 8/1/24
(as space permits)

For more information contact us at
InternationalJudoCamp@gmail.com

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

Veterans Judo Only Tournament
AUGUST 24TH 2024
Novice & Advanced Divisions
Open To International Players
*****USA Judo Veterans Points*****
<https://usajudo.smoothcomp.com/en/event/16424>
www.VeteransJudoUSA.com



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



Dear Judo Family, We are proud and happy to inform you officially that the World Veterans' Judo and Kata Championships 2024 will take place in Las Vegas, USA. We estimate that the date will be between November 4th and November 11th, 2024, starting with the Veterans followed by the Kata event. The outlines are expected to be published by the end of February. Please save the dates and I hope to see you there.

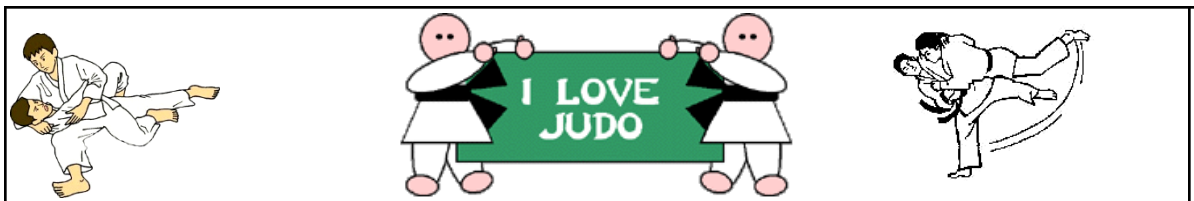
Viva Las Vegas! Kind regards, Denis Weisser, Chair of the IJF Veterans' Commission



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 :

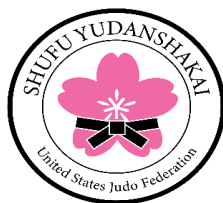
Shufu President, Miki Takemori, ShufuPresident.Miki@gmail.com

Shufu Vice-President, Michael Landstreet

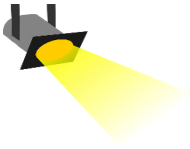
Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-6861, Email

–shufuboechairman.kevin@gmail.com

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



Shufu
Judo

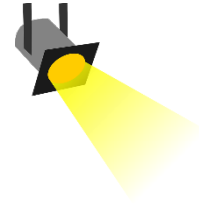


[Judoka Spotlight](#)



[Shufu](#)

Shufu
Judo



[Yudanshakai Dojo Spotlight](#)



The St. Francis of Assisi Judo Club is a new club started by George Antoniou and Ken Baraniwski from the Dale City Judo Club. It is a new program based at a school to help promote judo. The classes focus on character elements and virtues. The judo programs continues to grow and develop. They currently have 25 students on the mat. They ran their first development shiai on April 13.

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!

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- **Respect:** Respect the people around you and the community we live in.
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- **Politeness:** Our greatness comes from how we treat others
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- **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.
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