



Shufu Judo Yudanshakai Shufu Shimbun

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



May 2026



Upcoming Events:

May 2	Shufu North Promotion @Shodokan	
May 3	Battle of the Square	New Rochelle, NY
May 3	Edwin Takemori Retirement event	Annapolis, MD
May 8-9	USJF Spring meetings	Honolulu, HI
May 9-10	Takemori Clinic with Kasuhiko Kashiwazaki	Springfield, VA
May 9-10	USA Judo Senior Nationals	Albuquerque NM
May 22-24	Golden State Championship	Los Angeles, CA

Follow Shufu Judo Yudanshakai

- Instagram: <https://www.instagram.com/shufujudo>
 Facebook: <https://www.facebook.com/ShufuJudoYudanshakai>
 Twitter/X: <https://twitter.com/ShufuJudo>

Congratulations to Jennifer Evans from Hui-O-Judo Beltsville (Washington Judo and NIH Judo) on her promotion from Nidan to Sandan.



Congratulations to Tomoko Ikeuchi from Hui-O-Judo Beltsville (NIH Judo) on her rank promotion from Nidan to Sandan.



Please check your USJF membership. It has come to our attention that some of you are not registered with USJF. Or you may not have put down Shufu as your yudanshakai so are just an at large member of USJF. Also you may not have listed your club so you are just an at large member of Shufu. Please also verify that your information is correct. USJF is in the process of upgrading the database information.



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 May 1, 2026, we have 25 registered dojos comprised of 515 members, of which 138 are dan ranked judoka, 151 are junior judoka and 364 are senior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., College Park Judo in College Park MD, DC Judo in Washington DC and Kuma Judo in Florence MA



Passport DC – Members of Shufu Judo Yudanshakai were invited to the Embassy of Japan “Old residence” to give a one hour judo performance as part of the Passport DC. The event was on Saturday, May 2 from 10-4pm. It is planned for over 3000 people to pass by the judo demonstration as part of this event. The event also included demonstrations of Koto, karate and taiko. This opportunity was presented by the Embassy of Japan to sensei Diane Tamai Jackson from Hui-O-Judo Beltsville. Other Shufu Judo judoka who helped support the event were Brian Lopez (Hui-O), Gerard Cadet (Compound), R Wayne Brown (Hui-O), Andrew Schwarzkopf (Hui-O), Jen Evans(Hui-O/NIH/WJC) and Alex Jacobson (Compound)

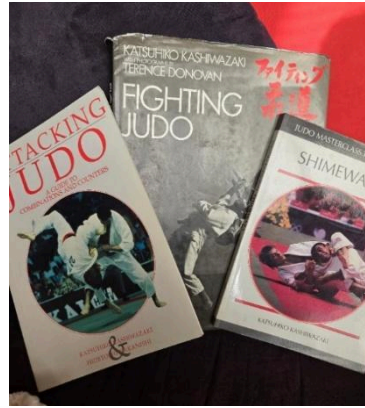
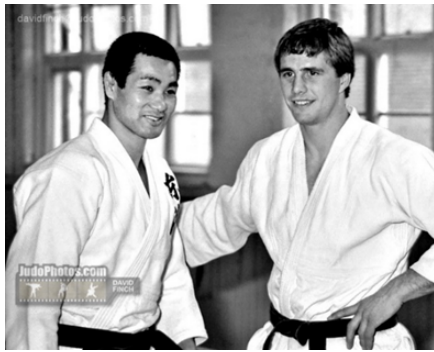
Experience the world in one place by planning a trip to Washington, DC. Passport DC offers a month-long journey that showcases the city's thriving international diplomatic community and diverse culture. This event is celebrated annually in May during International Cultural Awareness month and offers programs by embassies and some of Washington, DC's very best cultural institutions. Thousands of people enjoy the popular embassy open houses, street festivals, performances, exhibitions, workshops and more. Don't miss out on the opportunity to explore the global trace that makes the nation's capital a unique destination.

Passport DC 2026 is a month-long celebration of international culture in Washington, DC, featuring embassy open houses, street festivals, and cultural showcases throughout May.

Passport DC 2026 will take place throughout May 2026, coinciding with International Cultural Awareness Month in Washington, DC. The festival offers visitors the chance to explore the city's diplomatic community and global culture through embassy tours, performances, exhibitions, workshops, and food experiences. Over 70 embassies and cultural institutions participate, making it one of the most unique cultural events in the United States.

Key Events and Dates

- **Around the World Embassy Tour** – May 2, 2026: NonEuropean Union embassies open their doors for visitors to experience international cuisine, arts, music, and cultural displays . Here are the embassies who are participating this year: Algeria, Islamic Center), Angola, Azerbaijan, Bangladesh, Barbados, Belize, Benin (UDC), Botswana, Burkina Faso (UDC), Burundi (UDC), Cameroon, Chile, China, Colombia, Costa Rica, Côte d’Ivoire, Cuba (UDC), Djibuti, Dominican Republic, Ecuador, Egypt (Egyptian Cultural and Educational Bureau), El Salvador, Eritrea, Ethiopia, Fiji (UDC), Gabon, Gambia, The (UDC), Ghana, Grenada, Guatemala, Guyana, Haiti, Indonesia (UDC), Jamaica, Japan, Kazakhstan, Kenya, Korea, Republic of Lebanon, Malawi (UDC), Malaysia, Maldives (UDC), Mauritania (UDC), Mexico, Mexican Cultural Institute, Moldova (UDC), Mozambique (UDC), Nepal (UDC), Nigeria, Oman, Sultan Qaboos Cultural Center, Pakistan, Panama (UDC), Peru, Philippines, Qatar, Rwanda, Saint Kitts and Nevis, Saint Vincent and the Grenadines (UDC), Saudi Arabia, Singapore, South Africa, Sri Lanka, Tanzania, Thailand, Trinidad and Tobago, Türkiye, Tunisia, Uganda (UDC), Ukraine, Uzbekistan, Zambia and Zimbabwe
- **EU Open House** – May 9, 2026: European Union member state embassies welcome guests for a European cultural experience.
- **Flower Mart** – May 1&2, 2026: Held at the Washington National Cathedral, featuring floral exhibits, children’s activities, food, and a historic carousel.
- **Fiesta Asia!** – May 16, 2026: A street festival on Pennsylvania Avenue celebrating Asian Heritage Month with performances, food, and interactive displays.
- **Passport DC Preview at BloomFest** – April 5, 2026: Part of the National Cherry Blossom Festival at the Tidal Basin, showcasing performances from over 15 cultures.
- **Savor the Flavors Program** – Throughout May: Offers global dining experiences across the city.



Hello Fellow Judoka,

The registration for the **2026 Takemori Clinic featuring Kashiwazaki** is now open on the ShufuJudo.org website. You will find the information on the left-hand side of the home page. Registration is limited for each session to a max of 60. I ask that individuals be 12 years old and up. Please join us for this remarkable judo sensei.

2026 James Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki

Sponsored by Shufu Judo Yudanshakai and USJF

at Kogaion Academy (Kogaionacademy.com), 2788 S. Arlington Mill Dr. Suite 100 & 110
Arlington, VA 22206

Contact phones: Vasile Victor Ciocoiu (Sensei of Kogaion Academy – 703-732-7974

or Miki Takemori (event coordinator) - 617-686-6406

on **May 9th and 10th, 2026**

About the clinician:

Katsuhiko Kashiwazaki was 1981 World Champion. An outstanding technician and kata expert. He won international events such as Jigoro kano Cup. Budapest Cup. Havana and Kodokan Cup. He was multiple time champion of Japan U65kg.

Schedule:

Saturday: Session #1 11:30 am – 12:30 Session #2 2 :30 – 4 pm

Celebration dinner: 6:30 pm (limited to 50 people)

Sunday: Session #3 11:30 am – 12:30 Session #4 2:30 – 4 pm

Fees:

One session: \$100

Two sessions: \$175

Three sessions: \$225

Four sessions: \$275

Dinner: \$50

Registration can be found on the Shufu Judo website: ShufuJudo.org

****Please note that each session is limited to 60 attendees. ****

Attendees should be at least 12 years old and up

Must have registration with USJF, USJA, USA Judo or international Judo organization.

Cards will be checked at the door.

Planning ahead for 2026 events

June 5-7	USJF Kata Conference	Denver, CO
June 7	Summer Slam	Patterson, NJ
June 20	Tohkon Classic	Chicago, Ill
June 19-21	USA Judo -Junior Olympics	Spokane, WA
July 4	Pan American Kata Championships	Montrel, Ontario,
July 11-12	USJF Summer Nationals	San Francisco, CA
July 23-29	USA Judo US Open	Ft Lauderdale, FL
August 29	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



SAVE THE DATE! 2026 USJF Summer Nationals is coming to San Francisco! July 11-12,2026 at City College of San Francisco. Open to members with current membership in either USJF, USA

Judo or USJA. This tournament will also be a USA Judo point event. Registration will follow on Smoothcomp.

USJF High Performance Coaching Workshop

A High-Performance clinic for coaches working with Regional, National and International athletes. Wayne Tsnoda represented Shufu Yudanshakai at the United States Judo



Federation High Performance Coaching Seminar at City College in San Francisco with excellent instruction from Michael Eldred, Sayaka Torra and Anzu Yamamoto. For new coaches, especially those aspiring to high-performance or international team roles, the most relevant topics tend to fall into four core areas.

Participation in the USJF High Performance Workshop is required for USJF coaches who wish to be considered for selection as a USJF International Coach for the

2026 Prague and Paks Junior European Cups and associated training camps in Prague and Hungary. For more information, please contact USJF Coach Education Chair, Hannah Tsutsui, at usjfcoach@usjf.com



Clinic highlights:

- International coaching standards and expectations
- Athlete preparation for regional, national and international competition
- Training structure, periodization, and performance analysis
- Leadership, communication, and coach conduct at major events

Built for coaches pursuing regional, national or international team roles

Emphasis on excellence, professionalism, and long-term athlete development

Topics

1. Foundations of High-Performance Physiology (Coach-Practical)

New coaches don't need to become physiologists, but they do need to understand what they're seeing on the mat.

Key topics

- Lactic acid vs. fatigue (clearing common misconceptions)
- Work-to-rest ratios in randori and competition
- Recovery strategies between matches and training days
- Signs of overtraining vs. underpreparation

2. Training Methodology & Periodization

Key topics

- Structuring a training week (technical, tactical, physical)
- Short-term vs. long-term planning (daily → seasonal → quadrennial)
- Peaking for competition
- Adjusting intensity without sacrificing skill quality

3. Motor Skill Acquisition & Learning

Key topics

- Acquisition (Understanding)
- Consolidation (Consistency)
- Application (Resistance)
- Integration (Competition Ready)

4. Video Analysis for Performance Improvement

Key topics

- What to look for in competition footage
- Identifying patterns (gripping, movement, attacks)
- Opponent scouting basics
- Turning video into actionable training goals
- Avoiding information overload for athletes

Presenter: Mitchell Palacio

- Professor of Kinesiology: City College of San Francisco
- International Judo Coach: Training coach for Olympic and World team (1991-1992, 1995-1996), Coach for World University Games, Pan American Games (Cuba), Shoriki Cup (Japan), Paris Open (France), Austrian International (Austria), Hungarian Open (Hungary), Czechoslovakia International (Czech Republic), Tre Torri (Italy), Guido Seini (Italy), Kodokan Cup (Brazil), Cuban International (Cuba), Jr. Pan American Championships (Ecuador)

Professionalism & Long-Term Athlete Development

Key topics

- Coach roles within a national delegation
- Communication with athletes, staff, and officials
- Ethical boundaries and athlete welfare
- Long-term athlete development models

Sports Psychology

An overview of applied sport and performance psychology and how it can support both coaches and athletes.

- Overview of applied sport and performance psychology
- Core mental skills training commonly used with athletes
- Mental health and clinical issues frequently addressed in sport settings
- How and where to identify a qualified sport psychology consultant
- Case study: Working with an Olympic-level athlete
- Case study: Supporting an elite-level coach—because coaches benefit too
- Question and answer session

Presenter: Dr. Michael Buckle

- Ph.D., M.S., B.A., Licensed Psychologist, #PSY30518

Understanding the Referee

- Refereeing in the US vs Abroad
- Refereeing Training and Certification Process
- Integrating Refereeing at the Dojo
- Coaching and Referee Dynamics
- Positive Judo vs Penalties
- Technical vs Tactical Judo

Presenter: Dr. Diba Mani, IJF A Referee

On Mat Session Clinicians

- Anzu Yamamoto
- Sayaka Torra
- Michael Eldred

Sensei Wayne will be presenting a coaching clinic to Shufu Yudanshakai very soon. We are looking forward to hearing all that he learned.

Shufu Judo Yudanshakai sponsored Andrew Furjanic from Hui-O-Judo Beltsville and Daniel Smith from the US Naval Academy to the United States Judo Federations Self Defense



Instructor Certification On Friday April 11 and Saturday April 12.

Defensive Skills, Scenarios & Legal Responsibility

Instructor Course Purpose

This course certifies instructors to teach self-defense safely, ethically, and effectively, with emphasis on:

- Correct technical execution
- Teaching progressions (slow → dynamic)
- Risk management
- Scenario control
- Legal responsibility
- Clear instructional communication

Instructor Learning Outcomes

By completion, instructors will be able to:

1. Teach defensive strikes with proper safety controls
2. Demonstrate and coach choke releases (front & rear)
3. Instruct avoidance, movement, and escape strategies
4. Teach releases from body grasps (arms free/trapped)
5. Coach down-defense scenarios safely
6. Manage multiple-attacker drills responsibly
7. Teach awareness scenarios and threat identification
8. Explain legal implications of self-defense instruction

COURSE STRUCTURE

MODULE 1 — Instructor Safety Standards & Teaching Methodology

- Lesson 1.1: Instructor Responsibility & Risk Management Lesson
- Lesson 1.2: Teaching Progressions (Static → Dynamic → Scenario) Lesson
- Lesson 1.3: Consent, Communication & Stopping Drills

MODULE 2 — Defensive Stance, Kicks & Strikes

Lesson 2.1 — Defensive Stance & Distance Management

- Teaching stance vs fighting stance
- Balance, hands up, non-telegraphing
- Safety zones & distancing

Lesson 2.2 — Lower-Body Defensive Strikes (Teaching Focus)

Techniques

- Front kick to shin
- Knee to groin
- Side kick to knee
- Stomp to instep

MODULE 3 — Choke Releases (Front & Back)

Lesson 3.1 — Front Choke Releases

- Anatomy and airway protection
- Hand position and posture
- Teaching common errors

Lesson 3.2 — Rear Choke Releases

- Chin tuck and Hand fighting
- Turn-in vs Disengage
- Scenario escalation control

MODULE 4 — Dodge, Turning, Running, Distractions & Obstructions

Lesson 4.1 — Movement & Conditioning Awareness

- Teaching students to assess fitness realistically
- Fatigue management
- Safe running mechanics

Lesson 4.2 — Use of Distractions

- Verbal distraction
- Visual misdirection
- Environmental awareness

Lesson 4.3 — Use of Obstructions

- Barriers (cars, tables, doors)
- Angle creation
- Escape Routes

MODULE 5 — Avoiding Grasps & Deflecting Blows

Lesson 5.1 — Blocks

- Structure vs force
- Teaching defensive framing
- Common instructor errors

Lesson 5.2 — Deflections

- Redirection principles
- Timing and angle
- Avoiding over-commitment

MODULE 6 — Release from Body Grasps (Instructor Breakdown)

Lesson 6.1 — Front Grabs

- Arms Free
- Arms Trapped

Lesson 6.2 — Rear Grabs

- Arms Free
- Arms Trapped

MODULE 7 — Down Defenses (Ground Safety)

Lesson 7.1 — Assailant Sitting on Top

- Frame, space, escape
- Instructor safety controls

Lesson 7.2 — Assailant Sitting to Side

- Hip movement
- Turning escapes

Lesson 7.3 — Assailant Between the Legs

- Distance management
- Stand-up priority

MODULE 8 — Multiple Attacker Scenarios

Lesson 8.1 — Two Assailants Grabbing Each Arm

- Teaching movement without panic
- Breaking symmetry
- Creating escape lanes

Lesson 8.2 — Rear Grab + Front Threat

- Head positioning
- Turning strategy
- Immediate disengagement

MODULE 9 — Awareness Scenarios

Lesson 9.1 — Identifying Dangerous Situations

- Pre-incident indicators
- Environmental scanning
- Behavioral red flags

MODULE 10 — Legal Implications of Self-Defense (INSTRUCTOR)

Lesson 10.1 — Legal Responsibility of Instructors

- Duty of care
- Reasonable force
- Teaching limitations

Lesson 10.2 — Liability & Documentation

- Waivers

- Incident reporting
- Ethical instruction

Eligibility:

- Open to current USJF, USA Judo, USJA Membership.

Certification Fee:

- \$75.00

Certification Valid:

- Current USJF membership is required for USJF Self Defense Certificate
- 2 years

Sensei Andrew and sensei Daniel will be presenting clinics very soon on the things they learned in the self defense class. They will also be offering classes in self defense very soon.

Passing of Professor Ray Imada, 8th dan

It is with great sadness that we let the Judo community know that our dear Sensei, Coach, Advisor, and Friend, Prof. Ray Imada, 8th Dan, passed away on April 1.

The United States Judo Federation and 50th State Judo Association mourns the passing of Ray Imada, a respected leader, mentor, and lifelong contributor to the art and community of judo in Hawaii.

Ray devoted his life to the growth and promotion of judo, leaving a lasting imprint on the sport and all who practiced it.

As a dedicated member and leader within the 50th State Judo Association, he played a vital role in strengthening the judo community throughout the islands. His commitment extended well beyond the dojo, as he worked tirelessly to foster unity, mentorship, and opportunity for athletes, coaches, and officials alike. Ray was known for his quiet strength, humility, and steadfast dedication to others. Whether mentoring beginners or supporting seasoned competitors, he approached every interaction with patience, wisdom, and genuine care. His influence reached far beyond the tatami, touching countless lives.

He will be remembered not only for his contributions to judo, but for the enduring legacy of kindness, leadership, and service he leaves behind.

The 50th State Judo Association extends its heartfelt condolences to the Imada family, friends, and the entire judo community during this difficult time.

Rest in peace, Ray Imada. Your legacy will live on through the many lives you have touched.





Shufu Yudanshakai Kata Corner

Upcoming tournaments with Kata:

- Senior Nationals – May 8-10, - Albuquerque, NM – register on Smoothcomp

Sensei Diane Tamai Jackson spent 3 days at the Pan American Kata Championships in Ecuador, Guayaquil. Seven countries were represented including Argentina, Brazil, Canada, Columbia, Ecuador, Peru and the USA. There are 78 competitors, 64 men and 14 women. The USA kata team was represented by Douglas Newcomer (Goshin and Itsutsu), Fiston Kabuya (Goshin and Itsutsu), Kristin ElIdrissi (katame and goshin), Lori Latimer (Ju and Katame), Christine Levine (Ju and Goshin)

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 2026 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.

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.

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-sankyō (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)

April



Shufu Kata Committee Report 2026

- ▶ 2026 Sr Nationals, May 9
 - ▶ Competitors: Margie Kettl, Billy Fineran, Leah Fisher
- ▶ Shufu mini- kata clinics at Sport Judo
 - ▶ February, March, April 2026
 - ▶ Karen Whilden, Diane Jackson, Karl Tamai, Margie Kettl, Steve Berliner
- ▶ 2026 PJC Kata Championship, May 2, 2026, in Ecuador
 - ▶ Shufu support: Theo Schwalm (Judge) and Diane Jackson (PJC Kata Committee member)
- ▶ Completed
 - ▶ Kata-palooza Kata festival – December 2025
 - ▶ November 7-8, 2025, – IJF World Kata Championship, Paris, FRN

- ▶ Shufu support: Diane Jackson (coach)
- ▶ USA gold medal – Buskerud’s U21 Ju no kata
- ▶ Kata offered at tournaments:
 - ▶ Judges included Karen Whilden, Diane Jackson, Margie Kettl, Steve Berliner
 - ▶ Garden State Championship
 - ▶ Jason Morris Cup
 - ▶ Maryland Open
- ▶ Kata competitions are normally offered at local tournaments
- ▶ **Upcoming events**
 - ▶ June 4 – 6, USJF Kata Conference, Denver, CO
 - ▶ September, Liberty Bell
 - ▶ September, IJF Kasta Championship, Sarajevo
- ▶ Does your dojo want to host a Kata clinic? Contact Diane: JudoDTJackson@gmail.com
- ▶ Reminder: Kata athletes can submit for Shufu Athlete Funds from competition



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[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

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



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!

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

MACCABI USA
@MACCABIUSA

USA VETERANS JUDO
HOUSTON, TEXAS

VETERANS JUDO OPEN
HOUSTON, TEXAS

AUGUST 29, 2026
SAVE THE DATE

Building on the Huge Success of NYC

200+ Competitors • 18+ Countries • One Standard

Save the Date May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, 8th dan, Location TBD

SAVE THE DATES

KATSUHIKO KASHIWAZAKI
SEMINAR

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

KOKUSHI MIDWEST JUDO
CHAMPAIGN, ILLINOIS
MAY 9 - 10, 2026
GRACE@KOKUSHIMIDWEST.COM

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

KOKUSHI MIDWEST JUDO
CHAMPAIGN, ILLINOIS
KOKUSHIMIDWEST.COM



USJF National Kata Conference

June 5-7, 2026

Denver, Colorado

Register on Smoothcomp: 2026 USJF National Kata Conference - Smoothcomp



Clinicians:	
Dirk De Maerteleire , Rokudan EJU Kata Commissioner from Belgium IJF Class A Judge (All 7 Katas)	Eiko Shepherd , Hachidan USJF & IJF Class A Judge (All 7 Katas)
Thursday, June 4	Friday, June 5
The Curtis Hotel – 1405 Curtis Street, Denver, CO 80202	Denver Buddhist Temple – 1947 Lawrence Street, Denver, CO 80202
Saturday, June 6	Sunday, June 7
Denver Buddhist Temple – 1947 Lawrence Street, Denver, CO 80202	Northglenn Recreation Center – 1 E. Memorial Pkwy, Northglenn, CO 80233
5-6pm Registration & Check-In	8:30-9am Registration & Check-In
	9am-Noon Ju No Kata
	Noon – 1:30pm Lunch
	1:30pm– 4:30pm Koshiki No Kata
	8:30-9am Registration & Check-In
	9am-Noon Nage No Kata
	Noon – 1:30pm Lunch
	1:30pm– 4:30pm Katame No Kata
	8:30-9am Registration & Check-In
	9am-Noon Kime No Kata
	Noon – 1:30pm Lunch
	1:30pm– 4:30pm Goshin Jitsu

Host Hotel: The Curtis Hotel (A Doubletree by Hilton) – 1405 Curtis Street, Denver, CO 80202

Negotiated room rate \$149/night. Room block is limited and the special room rates end May 5. USJF/CJL Kata Room Block

Sponsored & Hosted by: Colorado Judo League

Entry Fees: 3-days - \$225; 2-days - \$175; 1-day - \$125

USJF Sanction #: Pending



Questions? Contact Tracy Oldfather | Cell: (314) 960-4228 | Email: tracyjudousa@gmail.com

Recent Event recaps:

The 2026 Garden State Classic judo Championships was another huge success.

The event was held on Sunday, April 12, 2026 at Fairleigh Dickinson University, 285 Madison Avenue, Madison, NJ 07940. The event was sanctioned by USA Judo Inc. and 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 Level Referee Saro Balagezyan (917-696-3208 | balagezyan@gmail.com)

Over 650 athletes participated in the event. Competition was held in kata, shiai for juniors, seniors, veterans, collegiate and teams. There were 148 gold medals awarded, 146 silver and 107 bronze. The top team was Judo club Traifu of Toronto Canada with 61 wins, taking home 11 gold medals, 12 silver and 1 bronze. Second overall team was Sword Judo and Sambo club with 59 wins, taking home 8 gold medals, 14 silver medals and 3 bronze medals. Third place club was Colton Brown with 51 wins, taking home 8 gold medals, 14 silver medals and 3 bronze medals.





*College Park Judo Club
and Hui-O-Judo Beltsville*



Maryland Open Judo Championships Post Event Summary

Sanctioned by: United States Judo Federation Sanction number: 26-04-
Club host/director: College Park Judo Club, Kurt Tamai – event co-director
Hui-O-Judo Beltsville- host club; Kevin Tamai – event co-director
Date: Saturday, 18 April 2026
Location: DeMatha High School, Hyattsville, MD
Event hours: 800 am to 600pm

Congratulations to all of the judoka who were able to attend and participated in the Maryland Open Judo Championships on Saturday, April 18, 2026 in Hyattsville Maryland. It is a beautiful venue that held four competition areas. Competition was held in junior, senior shiai in novice and advanced divisions), veteran/masters, along with novice and advanced katas and a special kids kata competition.



There were 16 countries represented in the judo championships. The tournament was attended by over 250 judoka from over 35 different clubs in the regional area covering Maryland, Virginia, West Virginia, New Jersey, New York, Washington DC and Pennsylvania. Clubs represented were American Judo Academy, Arlington Judo, Budokan, Bushidokai, Capital Mixed Martial Arts, Caucasus Judo, College Park Judo Club, College Park MMA, Columbia Combat, Combat Principles, The Compound, Dale City Judo, DC Judo, Fifty/50 Mixed martial Arts, Global Judo, Gracies Jujitsu, Harrisburg Judokai, High Noon BJJ, Hui-O-Judo Beltsville, Infinity BJJ, Jason Morris Judo Center, Murty's Judo, Philadelphia Judo, Rising Tides Hi Tech, Roundtable BJJ, Royce Gracie -Randallstown, Seigneury, Roanoke Judo, Sport Judo, Tinsleys Mixed Martial Arts, United States Naval Academy Judo, USA Stars East, Yama Arashi/Villa Nova University Judo, Wall2Wall Martial Arts and Yamasaki Academy.

The morning started with Kata competition, veteran/masters shiai competition and junior competition. There were kata teams competing in a variety of different katas including a kids nage no kata, Advanced Katame No Kata, novice Nage No Kata, advanced Nage No kata, Advanced Kime No Kata, Advanced Ju No Kata, Itsutsu No Kata and advanced Goshin Jutsu. Diane Jackson, the Kata Development Chairperson stated "I am very happy to see so many different katas being competed in. We have hosted a number of clinics on the different kata that have been well attended. We are happy to see kata competition growing in the area. We encourage all judoka to learn the katas and compete in them. It enhances their overall judo experience and refines their judo techniques. As judges, we provide feedback to all of our teams to help them continually improve their performance and c



ata competition at all of its events."

With both masters divisions and the kata competition in progress, the morning continued with Junior competition, as young as 5 years old, competing for a chance to win one of the top three gold trophies in each divisions. Competition was excellent. The Outstanding Junior Team was Wall2Wall Martial Arts, from Fredericksburg VA.

As the masters, kata and junior competition began to wind down senior competition continued with the men's and women's divisions. The judoka in the Senior shiai competition in the men's novice, men's advanced divisions, men's masters and women's divisions. The Outstanding Senior Team was Wall2Wall Martial Arts in Fredericksburg VA.

Roy Nanjo from Yama Arashi/Villa Nova University stated “I want to congratulate the Tamai brothers and all of your volunteers for a great day. The entire event was first class and I want to let you know that I received a lot great comments. This is always one of the best run events. Kevin and Kurt run a well organized and efficient event. We are grateful to them to run so many local events for our judoka. Thank you so much.”



Kevin Tamai, one of the tournament co-directors stated “It is wonderful to have a large judo community come together for this event. One of the great benefits of judo is Jita Kyoie – Mutual welfare and benefit. Thank you to all of the judoka, parents and support staff from all of the clubs who come to this event. Some drive 9 hours to get here to compete. We are very appreciative of each person who comes to this event. We are very thankful to all of volunteers who donate their time, energy and resources to make this event successful. It takes a large team of dedicated people to make like this happen. We can not do it on our own. Thank you to all of the referees, technical officials and volunteers who help us.”



Junior Male 5-6yo under 46 lbs

- 1 Atlas Brown - Royce Gracie Randalstown
- 2 Riyaan Naik - Wall2Wall
- 3 Mark Meinikov - Arlington

Junior Female 5-6yo under 55 lbs

- 1 Amelia Mateo - USA Stars East
- 2 Natalie Campbell - Wall2Wall
- 3 Sarah Brenner - Rising Tide Hi Tech

Junior Male 7-8yo under 44 lbs

- 1 Johnny LaPolt - Compound (Metro All Star)
- 2 Corbin Roberts - College Park
- 3 Karl Kim - Wall2Wall

Junior Male 7-8yo under 52 lbs

- 1 Lev Spansenko - Fifty/5 Martial Arts
- 2 Kamal Gadzhiev - Arlington
- 3 Boris Escobar - Hui-O-Judo Beltsville

Junior Male 9-10yo under 61 lbs

- 1 Jaison Fenwick - College Park Judo
- 2 Vivaan Naik - Wall2Wall
- 3 Asher Weikel - USA Stars East

Junior Female 7-8yo under 71 lbs

- 1 Vera Phipps - College Park Judo (Metro All Star)
- 2 Aaliyah Kortee - Global Judo
- 3 Melanie Sanchez-Salazar - Wall2Wall

Junior Male 9-10yo under 63 lbs

- 1 Andrew Sung - The Compound
- 2 Ezekiel Allen - College Park Judo
- 3 Aurhur Melnikov - Arlington

Junior 9-10yo under 70 lbs

- 1 Andrew Sung - The Compound
- 2 Micheal Kalkin - USA Stars East
- 3 William Salsberry - Wall2Wall

Junior Male 9-10yo under 77 lbs

- 1 Zeke Phipps - College Park Judo
- 2 Alexander Zhang - College Park
- 3 Apollo Brown - Royce Gracie Randalstown

Junior Male 9-10yo - under 85 lbs

- 1 Jordi Jordan - American Judo Academy
- 2 Zeke Phipps - College Park
- 3 Kanji Mawamura - Arlington

Junior Male 9-10yo under 92 lbs

- 1 James Quinonez - The Compound
- 2 Jonathan Benson - Global Judo
- 3 Luke O'Toole - Wall2Wall

Junior Male 9-10yo-Over 106 lbs

- 1 Julio Guerrero - Seigneury
- 2 Jason Jones - Royce Gracie Randalstown
- 3 Claran McNally - College Park

Junior Female 9-10yo under 63 lbs

- 1 Sofia Schwartz -Fifty/50 MA (Metro All Star)
- 2 Karlin McNeal - Harrisburg BJJ
- 3 Vera Phipps - College Park Judo

Junior Female 9-10yo under 77 lbs

- 1 Norah Folger- The Compound
- 2 Karlin McNeal - Harrisburg BJJ
- 3 Emerson Pierce - Fifty/50 MA

Junior Male 11-12 yo under 72 lbs

- 1 Davaadamdin Togtokhbayar- Sport Judo
- 2 William Salsberry - Wall2Wall

Junior Male 11-12yo under 86 lbs

- 1 James Kurtz - Wall2Wall
- 2 Cody Daugherty - Wall2Wall
- 3 Silas Evang - USA Stars East

Junior Male 11-12yo under 93 lbs

- 1 Noah Kim- Arlington (Metro All Star)
- 2 Zaur Dadzhiev -Arlington
- 3 Levy Meinikov - Arlington

Junior Male 11-12yo under 100 lbs

- 1 Simon Schwartz - Fifty/50 MA (Metro All Star)
- 2 Ethan Pierce - USA Stars East

Junior Male 11-12yo under 107 lbs

- 1 Adam Johnson - Columbia Combat
- 2 Elijah Windham - Budokan
- 3 Molor-Erdene Munkhbat - Sport Judo

Junior Male 11-12yo over 121 lbs

- 1 Preston Teague - Global Judo (Metro All Star)
- 2 Alhassan Hasan - Seigneury

Junior Female 11-12yo Under 93 lbs

- 1 Maya Chavez - Wall2Wall
- 2 Yaitza Selvas- The Compound
- 3 Maggie Pearson- Fifty/50 MA

Junior Female 11-12yo Under 100 lbs

- 1 Yaitza Selvas- The Compound
- 2 Abigail McKeon - College Park
- 3 Sylvie Phipps - College Park

Intermediate Male 13-14yo under 87 lbs

- 1 Jackson Brock- Wall2Wall (Metro All Star)
- 2 Zain Elleithy- Columbia Combat

Intermediate Male 13-14yo under 95 lbs

- 1 Jackson Brock- Wall2Wall (Metro All Star)
- 2 Beren Metz - College Park

Intermediate Male 13-14 yo under 143 lbs

- 1 Gabriel Balanescu- USA Stars East (Metro All Star)
- 2 Nash Reamy - Wall2Wall
- 3 Noah Rodriguez - Southern Maryland BJJ

Intermediate Male 13-14 yo Over 151 lbs

- 1 Nhat Nguyen Tran -Sport (Metro All Star)
- 2 Chinguun Gankhuyag- Sport Judo
- 3 Mergudei Battogoo - Sport Judo

Intermediate Female 13-14 yo under 103 lbs

- 1 Emily Pascal - Wall2Wall (Metro All Star)
- 2 Sophie Hontz - The Compound
- 3 Sylvie Phipps - College Park

Intermediate Female 13-14 yo under 119 lbs

- 1 Milana Kalikin - USA Stars East
- 2 Charlotte Regan- Wall2Wall
- 3 Sophia Sung - The Compound

Intermediate Female 13-14 yo under 143 lbs

- 1 Zlatoslava Feshchenko- Philadelphia Judo
- 2 Aubrey Dillard - Wall2Wall

Intermediate Male 15-17 yo under 110 lbs

- 1 Connor Hendrickson- Sport (Metro All Star)
- 2 Yaseen Elleithy - Columbia Combat

Intermediate Male 15-17 yo under 132 lbs

- 1 Tanner Viernes - College Park MMA
- 2 Nash Reamy - Wall2Wall
- 3 Buyan-Undrekh Enkhbayer - Yamasaki

Intermediate Male 15-17 yo under 145 lbs

- 1 Noel Kenson - The Compound
- 2 Paul Vilcocq - Combat Principles

Intermediate Male 15-17 yo under 198 lbs

- 1 Eric Colson - Wall2Wall
- 2 Buyannemmekh Delger - Sport Judo
- 3 Mohammad Sultan - USA Stars East

Intermediate Female 15-17 yo under 154 lbs

- 1 Zlatosalva Feshchenko - Philadelphia Judo
- 2 Luna Lams - College Park Judo

Senior Mens Novice under 132 lbs

- 1 Dominique Kapiamba - Philadelphia
- 2 Roman La Rock - Yama Arashi/Villa Nova Univ.
- 3 Joshua Phillips - DC Judo

Senior Female Novice Under 154 lbs

- 1 Cameron Landis- Williamsburg Judo
- 2 Luna Lams - College Park Judo

Senior Men Veterans/masters under 161 lbs

- 1 Brian Lopez - Hui-O-Judo (Metro All Star)
- 2 Ben Li - Capital MMA

Senior Mens Veterans/Masters - Under 178 lbs

- 1 Remi Malaquin - Combat Principles
- 2 Lance Murashige - DC Judo
- 3 Michael Carter - Infinity BJJ

Senior Mens Novice Under 145 lbs

- 1 Khurelnasstar Temuulen - Sport Judo
- 2 Ty Annoura - US Naval Academy
- 3 Martin Pineda - College Park Judo

Senior Men Novice under 161 lbs

- 1 Owen Anderson - Wall2Wall (Metro All Star)
- 2 Dan Chiev - Philadelphia Judo
- 3 Angel Morales - Combat Principles

Mens Novice under 178 lbs

- 1 Xavier Castaneda -Fifty/50 Martial Arts
- 2 Phillip Mendez - The Compound
- 3 Turtuvshin Batsaikhan - Sport Judo

Mens Novice Under 198 lbs

- 1 Christopher Fangna - DC Judo
- 2 Abdel-Nasr Nassam - Philadelphia Judo
- 3 Vohid Karimov - Hui-O-Judo Beltsville

Mens Novice Under 220 lbs

- 1 Rha Overstreet - Philadelphia Judo
- 2 Darragh McNally - College Park Judo
- 3 Ben Knowlton - Hui-O Judo Beltsville

Senior Mens Novice Over 220 lbs

- 1 Vincent Batterbee - Williamsburg Judo
- 2 Joshua Grier - DC Judo
- 3 Denzel Warren - Infinity BJJ

Senior Female Novice Under 125 lbs

- 1 Melaine Chu - Philadelphia Judo
- 2 Catrin Tran - Yama Arashi/Villa Nova Univ.
- 3 Ma Angela Bruce - Jason Morris Judo

Senior Mens Veterans/Masters - Under 198 lbs

- 1 **Otar Tvidiani - Dale City (Metro All Star)**
- 2 Brian Anderson - Wall2Wall
- 3 Matthew Aboyme - DC Judo

Senior Mens Veterans/Masters - Under 220 lbs

- 1 Brian Sutton - DC Judo
- 2 Devin Bartolomeo - DC Judo
- 3 Darren Jones - Round Table

Senior Mens Veterans/ Masters - Over 220 lbs

- 1 Ra Torian Brave - Jason Morris Judo
- 2 Fitzgerald Casmir Murty's Judo
- 3 Joshua Grier- DC Judo

Senior Male- Black belt - under 145 lbs

- 1 Julian Crisostomo - Arlington Judo
- 2 Aarron Decker - High Noon Judo
- 3 Ty Annoura - US Naval Academy

Senior Male- Black belt - under 161 lbs

- 1 Julian Crisostomo - Arlington Judo
- 2 Brian Lopez - Hui-O-Judo Beltsville
- 3 Giga Beriashvill - Caucasus Judo

Senior Mens Black Belt Under 178 lbs

- 1 **Alex Jacobson-The Compound (Metro All Star)**
- 2 Charles Cook - USA Stars East
- 3 Lance Murashige - DC Judo

Senior Mens Black Belt Under 220 lbs

- 1 Rha Overstreet Philadelphia Judo
- 2 Otar Tvidiani - Dale City Judo

Senior Mens Black Belt Over 220 lbs

- 1 Yusef Murphy - Tinsley MMA
- 2 Fitzgerald Casimir - Murty's Judo

Kata - Advanced Nage No Kata

- 1 Leah Fisher (DC Judo)/Billy Fineran (Hui-O)
- 2 Renee Allard (DC Judo)/Josh Phillips (DC Judo)
- 3 Sarah Chafin(Budokan)/Matt Chafin(Budokan)

Kata - Advanced Ju No Kata

- 1 Margie Kettl (Hui-O)/Billy Fineran(Hui-O)

Kata - Advanced Goshin Jutsu

- 1 Margie Kettl (Hui-O)/Billy Fineran(Hui-O)
- 2 Joshua Phillips(DC Judo)/Hunter Nagai (DC)

Kata - Advanced Itsutsu No Kata

- 1 Margie Kettl (Hui-O)/Billy Fineran(Hui-O)

Kata - Kids Nage no kata

- 1 S. Phipps(College Pk)/A.McKeon(College Pk)
- 2 M.Knowlton(Hui-O)/K.Carbone(Hui-O)
- 3 J.Knowlton (Hui-O)/I.Morris (Hui-O)



Shufu Yudanshakai, Inc

United State Judo Federation

2026 Spring Board of Directors' meeting (draft)

April 25, 2026 – Beltsville Community Center / Hybrid



- I. Call to order – Confirmation of quorum – Welcome. Confirmation of quorum (15%)
 - a. Quorum verified; start time 1:00pm
- II. Moment of Silence to remember those who are no longer with us or are dealing with illness
- III. Motion to Accept Agenda: Kevin Tamai, Margie Kettl. PASSED
- IV. Motion to Accept Minutes from last meeting with adjustment: Kevin Tamai, Rob Winston. PASSED
- V. President's Report
 - Spring 2026 USJF meetings – May 7-8 in Hawaii
Will notify Shufu of USJF decisions/information via the Shufu Shimbun
 - Fall 2025 USJF meetings information (past meeting minutes can be reviewed on the USJF website in the Governance tab.)
 - o USJF and USA Judo 2-year agreement – this works for sanctioned events, recognizing ranks (up to Godan), and certifications, e.g., coaching. Further discussions are ongoing.
 - o There is an on-line sanctioning process on USJF website for tournaments. A similar process for clinics is being worked on. An automated system is in development, which should ease the work on the National office- the cost of this is \$10,000 (this amount was passed by the BOD).
 - o **USJF Coach Code of Conduct** to be in place on SmoothComp and regular USJF Event forms. A **Coach Code of Conduct Policy** ensures that every USJF -certified coach upholds the highest standards of professionalism, safety and judo values.
 - o USJF referee chair - Diba Mani update website, clinics, Code of Conduct
 - o May 7-8, 2026 – Honolulu, HI (same weekend as Sr Nationals and Jimmy Takemori memorial clinic)
 - o Fall 2026 – Las Vegas, NV
 - o Spring 2027, Boise, ID
 - Shufu items
 - o Jimmy Takemori memorial clinic is in 2 weeks on May 9-10 with Kashiwazaki at Kogaion Academy, Arlington, VA
 - o Next Eastern Kata Championship looking for date and location. Liberty Bell Classic (9/26) is same weekend as IJF Kata World Championships.
 - o Promotions – Central and North are on-going
 - o \$250 funding for hosting any Shufu sanctioned event, if requested
 - o Developing Shufu funding Club banners (would someone be interested in designing banners or perhaps a contest)
 - o Shufu is providing some funding for National meetings and seminars. Upcoming events to consider – USJF Kata Conference on June 5-7 in Denver, or USJF Summer Nationals on July 11-12 in San Francisco.
 - o Shufu has also assisted in funding Shufu members to USJF Seminars and meetings. If you are interested contact me or any Shufu executive Committee member for requests.
 - Looking for volunteers for various committees
 - o Communications, second Treasurer, Jr development, Sr development, Kata
 - If you have suggestions to improve Shufu, please contact anyone on the Shufu Executive Committee. Our contact information is on the Shufu Webpage.
 - Can Shufu funds be requested to support travel to tournaments or events?
 - o Yes.
 - Shufu sponsoring / supporting others to attend national level seminars:
 - o AJ Furjanic and Dan Smith to self-defense seminar
 - o Wayne Tsnoda to elite development seminar

- VI. VP report – Mike Landstreet
 - Appreciate serving as VP
- VII. Financial Report – Gaiv Tata (See Treasurer’s report on-line)
 - Finances remain sound; last year was 4-year wrap up
 - Motion to accept Treasurer’s report: Rob Winston, Margie Kettl. PASSED
- VIII. BOE – Kevin Tamai
 - a. Today passed two people to Sandan.
 - b. Encouraged all BOE members to
 - c. Thanks to Karen Whilden and rank registration team to support Form 20
 - d. May 2 Shufu North promotion will have 2 dans and 9 kyus
 - e. Discussed national office’s discussion on Juniors earning Shodan
 - f. Motion to pass: Rob Winston, Pam Hinkle. PASSED
- IX. New Business ----
 - A. Calendar - Upcoming events of interest to Shufu members
 - B. If anyone is interested in sponsoring a clinic, Shufu will help: Sanction, event process, advertising.
 - C. Communications – lead: TBD
 - Website – Dr. Medani / Geoff Meixner
 - o Redesigning website
 - o Decided to keep WordPress to keep legacy information
 - o Created a new template for website pages / drop down and pop-out menus
 - o Requesting input for improvements
 - o Discussion on main uses of website: events; promotion; kata; find a club; photos
 - o REQUEST: Add content: send to Geoff Meixner: geof@meixner.ws
 - Social media – TBD
 - D. Rank Registration – Karen Whilden
 - Geoff Meixner – thanks for putting together matrix
 - E. Athlete Fund – Robert Hunt
 - No applications in 2025
 - F. Referee – Sharon Landstreet
 - Successful Shufu Rules clinic
 - added zoom component for not only Shufu members but other areas
 - another novice referee certification event
 - G. Kata – Diane Jackson (acting) – see Committee report on-line
 - Successful Capital Kata Festival: Kata-palooza I (December 2025)
 - Steve Berliner and Margie Kettl increased certifications as kata instructor and judge
 - If you are interested in certifying, please contact Diane Jackson: JudoDTJackson@gmail.com
 - H. Self-Defense – John Floyd
 - National level chair Neil Simon passed away
 - National committee trying to develop self-defense manual
 - AJ Furjanic (Hui-o Judo) and Daniel Smith (Navy Judo) attended USJF Seminar on April 11th in San Francisco with Shufu funding assist. There is a plan for AJ to do a Self-Defense seminar in Shufu Central to discuss/demo what he learned from this seminar.
 - Computer certification part, then in-person testing – this is part of what AJ is doing. Shufu has asked that the in-person part of this event can occur in Shufu Central area.
 - AJ created “What’s App” group and List serv.
 - See AJ to join: airborneranger@mac.com
 - Maurice Allan has worked on self-defense and has entire curriculum
 - I. Shufu within USJF Membership – Chuck Medani – see data report on-line
Shufu/USJF Individual Membership April 24, 2026
 - Juniors: 151, Seniors: 362, Total: 513
 - Total Number of Clubs 25 - 3 with no members, At Large: 61 members
 - Top 5 clubs - 1. Arlington- 78, 1. Hui-O – 78, 3. College Park - 55, 4. DC Judo – 50, 5. Kuma – 36

- REQUEST: Please make sure your USJF members are also listed as Shufu
- Discussion: how to motivate
 - o Advertise as part of judo classes
 - o Must be USJF to be promoted
 - o Join USJF if going to continue after beginners' class
 - o Be part of a network of USJF clubs

J. Coach Development – NEED volunteer.

- Wayne Tsunoda(unattached/WJC) attended USJF High Level Coaching Seminar on April 11th in San Francisco with Shufu funding assist.

K. Senior and Junior Development – NEED volunteer

- Suggestions/ volunteers for junior and/or senior workouts

L. Shufu Shimbun – NEED lead and/or support

- Send to Kevin Tamai: huiosensei@gmail.com

M. Others

- Honoring Edwin Takemori

X. Elections:

- Board of Examiners chair: Kevin Tamai
- President: Miki Takemori
- Vice President: Kurt Tamai
- Secretary: Billy Fineran and Margie Kettl
- Treasurer: Gaiv Tata; Vice-Treasurer: Rachel Friedrich

XI. Motion to Adjourn: Kevin, Margie, PASSED. Adjourned at 2:35pm

In-person:

- Kevin Tamai
- Miki Takemori
- Karen Whilden
- Jen Evans
- AJ Furjanic
- Pam Hinkle
- Rob Winston
- Geof Meixner
- Sharon Landstreet
- Mike Landstreet
- R Wayne Brown
- Diane Jackson
- Kurt Tamai
- Daniel Smith
- Edwin Takemori
- Rachel Friedrich
- Gaiv Tata
- John Floyd
- Margie Kettl
- Billy Fineran
- Tomoko Ikeuchi
- Wayne Stone

On-line:

- Roy Englert
- Karl Tamai
- Brian Greene
- Ernesto (Tiko) Ojito
- Greg Goebel
- Oliver Barre
- Dr Charles Medani
- Rocky Madry

Edwin Takemori retires

Judo Biography - 2024 USJF Hall of Fame honoree

Edwin Takemori, a highly accomplished judoka, achieved his Shodan (1st degree black belt) in 1957 and currently holds the prestigious rank of Hachidan (8th degree black belt). His journey in judo began in the early 1950s at the Washington Judo Club, where he trained under the guidance of his older brother, Jimmy Takemori, along with esteemed instructors such as Donn Draeger and Kenzo Uyeno. In 1960, Edwin became a member of the Kodokan and later, in 1970, he obtained certification in the study of Shido Muso Ryu Judo.



Photo courtesy of Chuck Medani



Edwin Takemori and Kosei Inoue

Reflecting on his early days in judo, Edwin fondly remembers the rigorous training regimen that he and his brother adhered to, practicing seven days a week. He credits his brother for instilling in him the values of hard work, dedication, and the art of teaching judo to others. Mr. Richard Riehle fondly recalls Edwin's dedication to judo, which began when they were both teenagers. Edwin possessed a superb Ashi-Harai technique and often surprised newly promoted Shodan with his ability to throw them, despite his young age. Throughout his competitive career, spanning from 1955 to 1980, Edwin Takemori's legacy in the world of judo is a testament

to his unwavering commitment to the sport, his exceptional skill and talent, and his dedication to passing on his knowledge to future generations of judoka. Edwin achieved remarkable success by securing first place in over 30 tournaments, often competing in weight categories 20-30 pounds above his own. Not only did he serve as a valuable training partner for Jim Bregman, the 1964 Judo Olympic Gold Medalist, but Edwin also qualified for and participated in the 1964 Olympic trials.

1964 Olympic Trials Certificate

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Throughout his illustrious career, Edwin has been the recipient of numerous awards and accolades for his outstanding contributions to the world of Judo. His passion and expertise in Judo led him to establish his first Judo club, the Goddard Judo Club, in 1963. Over the years, he went on to establish five more clubs before being approached by his brother Jimmy to take over as the head coach of the US Naval Academy Judo Team in 2001, a position he still holds to this day.





Deerfield Run Judo Club

In addition to his role in running Judo clubs, Edwin has been actively involved in various capacities within the Judo community. He has served as an officer of Shufu Yudanshakai for many years, acted as a referee, kata judge, and tournament director for numerous events. Edwin's dedication to the sport is further exemplified by his continued involvement as a member of the Shufu Board of Examiners and Board of Directors. His expertise

as a referee has earned him the prestigious title of National Referee Emeritus.

Referee Edwin Takemori

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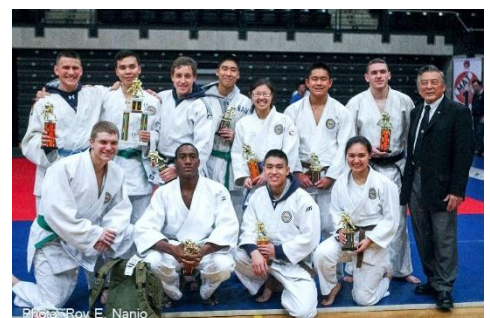
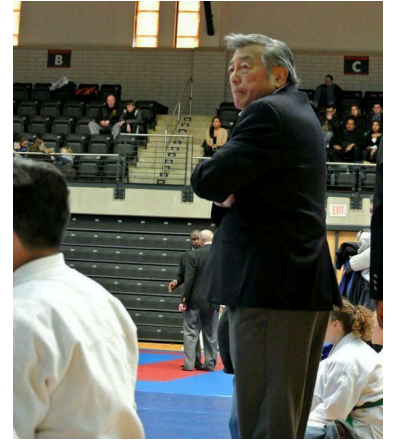
One of Edwin's most cherished memories is when Keiko Fukuda-sensei invited him to be a Ju-no-Kata judge during her visit to the Washington Judo Club. This experience marked the beginning of Edwin's journey as a National Kata judge at the Senior Nationals, a role he fulfilled from the 1970s to the 2000s. Edwin's legacy in the world of kata is a testament to his unwavering dedication, expertise, and passion for judo. His contributions have left an indelible mark on the Judo community, and his impact will be felt for generations to come.

Shiai is essential for the growth and development of young judoka. In order to facilitate this growth, Edwin organized and ran two local tournaments for several years: the Tucker Road Invitational and the Prince Georges Invitational, both held annually on the first weekend of December. Throughout the 1990s, Edwin also served as the tournament director for the Capital Classic and established two additional tournaments. One was created in honor of his esteemed student who tragically lost his battle with cancer, known as the James J. Burrell Memorial Team Championships. The other tournament, the Faye Allen Memorial Kata Tournament, was established in memory of a dear friend. These tournaments are noteworthy as they introduced team and kata competitions to the East Coast at a time when they were scarce. Additionally, he organized the Shufu Yonen Tournament for children aged 12 and under, providing an opportunity for novice referees with valuable experience. One of his significant contributions was hosting the Shufu Yudanshakai Promotional Examination and Shiai, further showcasing his dedication to the sport and the new generations of judoka.

Successful showing by Naval Academy Judo Team

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In an effort to prepare the next generation of instructors, coaches, and referees, Edwin served as a clinician at



several USJF-USJI Teachers Clinics in the late 1990s and early 2000s. He also conducted a training class for examiners on the Shufu Board of Examiners, focusing on proper examination techniques. Despite the inconvenience to his family, Edwin readily accepted invitations to travel across the country to assist and mentor clubs in teaching, hosting clinics, and organizing tournaments.

Edwin's approach to Judo can be best encapsulated in his own words, "The purpose of my instruction is to teach judo as a sport. Many people think the striking and kicking they see on T.V. is judo. It is not. While many adult students who hold a brown belt rank or higher will learn katas (prescribed routines with a partner) that use strikes, kicks and weapons, these techniques are not permitted in daily open practice. Children and most adults only study the sport aspects of judo. Judo is practiced by all ages and requires all types of players: free-style and kata competitors, and recreational or non-competitors. I begin teaching students as early as 4 years old and have begun with students as old as 60. I encourage all my students to compete a few times. This gives non-competing students an appreciation for those who do compete and gives an understanding of the commitment sport competition takes. Children, however, do not begin to compete until they are 6 or 7 years old."



Edwin demonstrating proper shime-waza

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It is challenging to fully capture the extent of Edwin's influence on judo within the Shufu Yudanshakai community. He is renowned for his insightful commentary, motivational speeches, inspirational teachings, and dedication to all facets of judo. His presence has become so ingrained in the fabric of

Shufu Yudanshakai that imagining judo without him is nearly impossible.



Edwin joking with the next generation

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Edwin's legacy in the world of judo is a testament to his unwavering commitment to the sport, his exceptional skill and talent, and his dedication to passing on his knowledge to future generations of judoka. During an interview with a local newspaper, when asked what would make him retire, Edwin responded in true Takemori-sensei fashion, stating, "They'd have to bury me six feet under" This response exemplifies his unwavering commitment and passion for judo, showcasing his determination to continue contributing to the sport he loves.

Achievements

- Class "A" Certified (Master) Instructor, USJI
- Class "C" Certified (National) Coach, USJI

- National Certified Referee, USJI (retired)
- "A" Certified Kata Judge in Nage no Kata, Katame no Kata, and Ju no Kata
- PACE Levels I & II Certified



Youth/Adult Judo Tournament hosted by Controlled Combat April 11, 2026 at the Airpark Soccerplex (8340 Beechcraft Ave Suite D, Gaithersburg, MD 20879) The concepts is to bring martial arts together. Controlled Combat hosted a Jiu Jitsu and Judo tournament at the same location! USJA Sanction as of 03/18/2026. Judo Director: Gerard Cadet, Grapplecornerstyle@gmail.com.

Try not to overthink what a Judo tournament is. Although it is a competition, having fun and bringing together the Jiu Jitsu community is the top priority. A competitor should want to continue competing and meeting new friends every event.

Thank you to Sensei Sharon Landstreet (IJF A level referee) from Arlington Judo and Sensei Diane Tamai Jackson from Hui-O-Judo Beltsville for helping referee this event on the judo side. Gerard Cadet, from the Compound, hosted a judo tourney in coordination with a BJJ event. It was very well run, with a judo side having judo rules and judo referees, and a BJJ side with BJJ rules and BJJ referees. A huge thank you to Gerard. A big shout out to Sharon Landstreet; she explained the judo rules in a very straightforward, understandable way for new parents, coaches, and players to judo.



The United States Judo Federation held a Smoothcomp Workshop at the City College of San Francisco on April 10 and 11th. In this workshop, you will be introduced to how to create and run a judo tournament using the Smoothcomp platform.



Session 1 - Event Administration for Organizers covered preparation of personnel and equipment; Creating an Event including event Settings, event pages, User's Data, Participant Entries, Payment, Registration, Managing Registrations, Creating brackets, Organizer Administration, Statistics, Financials and Refunds. Smoothcomp use for Other Events like Clinics and Kata Tournaments.

Session 2 - Event Day Activities for Managers and Staff covered Registration, Check-ins and Weigh-in , Scoreboard Staff, Match Order, Scoreboard, Running a Match, Medal Table Staff, Publishing Results and Tips and Tricks like Using event templates, Using bracket packages. They also covered Common issues
The Presenter was Ariana Chandra, CCSF Judo



On behalf of the Board of Directors of the United States Judo Association and the Pedros, it is with great pride that we announce the promotion of Kayla Harrison to the rank of 7th Degree Black Belt.

Kayla's accomplishments in our sport are nothing short of historic. As a two-time Olympic gold medalist, she stands as the most accomplished American judoka of all time and one of the greatest competitors in Olympic judo history. Yet, what makes this promotion especially meaningful is not only what she has achieved on the mat—but what she has done for Judo beyond it.

Following her Olympic career, Kayla embraced a new challenge in mixed martial arts, where she rose to become a world champion. In doing so, she brought judo to a broader audience, demonstrating Judo's combat effectiveness and inspiring a new generation to explore our sport. Through her continued success and visibility, she has helped expand the reach and relevance of Judo throughout United States combat community.

At the United States Judo Association, we believe that rank reflects more than competitive success. It recognizes leadership, character, and contribution to the growth of Judo at every level. Kayla embodies these values. Throughout her career in Judo and mixed martial arts, Kayla has demonstrated the principles of Judo—honor, integrity, courage, determination, and humility—in everything she does.

Notably, this promotion makes Kayla the youngest 7th Degree Black Belt in USJA history. Please join us in congratulating Kayla Harrison on this remarkable and well-deserved achievement.

Sincerely,
David Brogan, President
United States Judo Association



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](#)
[everyone!](#)

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

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 recommend 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 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.



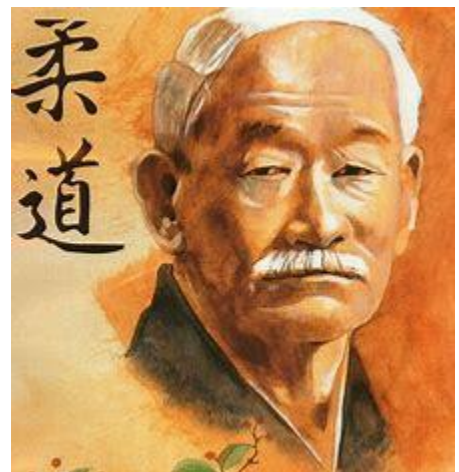
at

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 It 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.

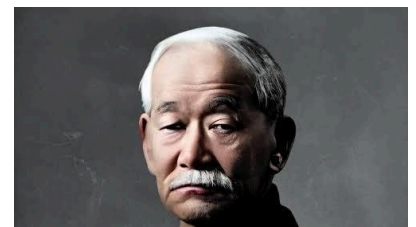
Ju No Ri: The Principle of Gentleness

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!



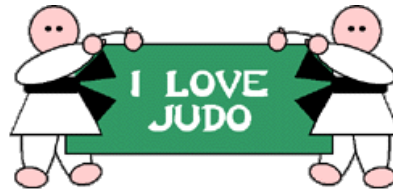
We need you!! –Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo?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



For more information contact :

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

