



# Shufu Judo Yudanshakai Shufu Shimbun November 2023



## Upcoming Events:

Shufu Judo Yudanshakai – Fall promotions – Saturday November 4<sup>th</sup> at Beltsville Community Center. See information attached.

**Shufu Judo Yudanshakai Board of Directors meeting** – Saturday November 4 at Beltsville Community Center. All Shufu black belts should attend. Each of you has a vote and voice as part of the Shufu Board. If you are not able to attend in person, please use the zoom link that was sent out.. If you need assistance contact Miki, Kevin or Diane.

**Shufu Judo Yudanshakai Board of Examiner Annual Meeting** – Saturday November 4 at Beltsville Community Center. All Shufu BOE members should attend in person if possible. If not, a zoom link was sent out.

**Shufu North Promotions, Saturday November 18<sup>th</sup>** – Hosted at and by Blue Dragon Judo Club.



**Congratulations to Diane Tamai Jackson** – she traveled to Abu Dhabi and is now certified on an IJF Level in FIVE of the Kodokan katas (Ju no kata, Katame no kata, Nage no kata, Kime no kata and Goshin Jutsu). This is a huge accomplishment for Diane and for the USA. Jackson sensei continues to lead the growth and development of kata not just here in Shufu but around the USA. Thank you Diane and Congratulations from all of us.



Shufu Judo Yudanshakai wishes some of our highest level senseis a very happy birthday. We thank them for many many years of dedicated service and commitment to Shufu. We wish them much happiness and joy as they make another trip around the sun and continue to write new pages in their book of life.

- Sensei Dick Hugh
- Sensei Fran Vall
- Sensei Edwin Takemori



**WE NEED YOU!**



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

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



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

**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**

**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.



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport. Overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. In 2021 our

membership had dropped to 248 and in 2022 we were at 341. As of October 2023, we have 27 registered dojos comprised of 439 members, of which 118 are dan ranked judoka, 150 are senior judoka and 282 are junior judoka. The current top three clubs by membership are Arlington Judo in Arlington VA, Dale City Judo in Woodbridge VA and Hui-O-Judo in Beltsville MD.

### **SHAPE America**

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



**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.



## Notes from our President – Miki Takemori

### A. USJF news

- The National Office is fully staffed for the first time in years.
  - Terri Waibel (office manager retiring in May 2023- on-going retirement – She is still in the office teaching the new staff)
  - USJF website – updated and revamped, Member Portal for individual/club/Yudanshakai.
  - Mentoring and rotation of leadership in committees – See USJF website for details
  - Senior requirement changes are being proposed.
  - USA Judo and USJF are still in discussions in a bi-lateral agreement (USJA is not included at this time). There is a month-month agreement as an ad hoc committee is working on another agreement.
  - USJF has negotiating w/ Smooth Comp (the company that has been doing numerous event registration/coordination) to buy bulk credits at a discount. They can be used for USJF sanctioned events.
  - USJF BOD/BOE and Committee Spring meetings were held April 13-16 in Boise, ID
  - USJF BOD/BOE and Committee Fall meetings were held on October 26-27 in conjunction with the USJF Nationals in San Francisco
  - USJF Hall of Fame/Lifetime Achievement Awards of 2023 – Awarded to Peggy Whilden and Charles Medani
- NEW information from the recent National meetings**
- USJF Endowment Trust has purchased the building of the National Office for \$215,000.
  - Concern from the Treasurer that the 2024 budget will be running ~ \$60,000 deficit. The BOD voted to reduce the amount that the Yudanshakai go from membership to \$10/person.
  - A group from Hawaii have started a for-profit company called Premiere Judo. It will concentrate on team competition (5 males and 5 females). It will concentrate on tachi waza and submissions (shime waza and kansetsu waza), points for osaekomi. Eventually will be live-streamed
  - FYI - appointments for Finance Committee up in April
  - USJF is trying to set up National Point system which is supposed to provide scholarships for judoka and dojos
  - Event Excess Accident Medical Coverage (EEAMC) is a program to provide insurance for allowing USA Judo members at a cost of \$4/person/event. It describes various scenarios on how to use the system. For example, you can add the \$4 to the entry fee or provide a discount to USJF members.
  - There are new guidelines for Junior requirements. Kevin Tamai will provide details in his report.
  - Shufu is in consideration for hosting the Spring USJF meetings (possibly near Dulles Airport vs. Miami, FL)
  - Shufu **is considering** hosting the 2024 Summer Nationals – 4<sup>th</sup> of July weekend.

### B. Shufu News

- Member registrations slowly climbing at present  
There are clubs with expired registration. I have contacted the clubs to request their renewal. I have also been contacted by 3 – 4 other clubs that are interested in joining Shufu.
- Continued Shufu Central Promotional/BOD/BOE events 2x/year.
- Continued Shufu North Promotional events 2x/year. (Discussions about holding and event in Shufu South)
- Takemori Memorial Clinic featuring Kevin Asano – was held Saturday, March 11<sup>th</sup> @ Beltsville Community Center
- Shufu Shimbun has been going since April 2022 – We have tried to continue to provide up-to-date news and upcoming events. Primarily written by Kevin Tamai.
- Kata clinics continue at Sport Judo
- Referee – Novice Referee clinic on March 4 organized by Sharon Landstreet (IJF-A). Sharon has also agreed to become Chair of the Referee committee.

- Bobby Donaldson continues as an important referee mentor to national and international referees.
- Shufu CARE systems are over 7 years old and have started to break down. Sharon Landstreet has done extensive research in CARE system laptops and consulted with Patrick Lo (USA Judo referee who is coordinating west coast purchases of CARE systems). The Shufu EC has reviewed the material and purchased 3 systems for Shufu use. Rental of these systems will be possible for non-Shufu Events to help defray the cost of the systems.
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### **Upcoming events:**

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

#### **2023 Northeastern Judo Championships**

American Judo & Camal Judo have teamed up to provide the best tournament experience possible. We are excited to host an E-level point tournament for advanced players as well as intermediate and novice divisions to find the perfect divisions for anyone at any skill level. For our advanced or point divisions we will follow the age, weight, and rule sets that are at the USA Judo National Championships.

#### **USA JUDO E-LEVEL POINT TOURNAMENT FOR SENIOR, Veteran & JUNIOR DIVISIONS**

##### **TOURNAMENT DETAILS:**

**Tournament Director:** Anthony Camal

**Registrations, Brackets & Customer Service:** American Judo

**USA Judo Sanctioned Event (Number Coming Soon)**

**Date:** 12/03/2023

**Venue:** JFK High School

**Address:** 61-127 Preakness Ave, Paterson, NJ 07522

**Format:** Modified Double Elimination or Round Robin for 5 or Less.

**Age Standards:** Age 4 and Up

- Competitors and coaches will need to present a valid USA Judo Membership
- Non-US Competitors must contact USA Judo for a letter of invitation
- All coaches must be USA Judo Coach Certified with updated Safesport, Heads-Up Concussion & Background Check

**SPECTATOR FEE:** There will be a \$5 spectator fee with coaches and children 5 and under free. Payment will be collected at the door.

**QUESTIONS/NEED HELP:** If you have a question regarding this event please email Riley McIlwain at [events@americanjudo.com](mailto:events@americanjudo.com)!

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

**2024 National Collegiate Judo Association**  
**College and High School Championships**

Tentative Schedule. More Information coming soon.

April 5 - College Weigh In  
 April 6 - College Championships, High School Weigh In  
 April 7 - High School Championships

Smoothcomp registration coming soon.

Host - Texas A&M University Judo  
 Location - College Station, Texas  
[www.aggiejudo.com](http://www.aggiejudo.com)  
[aggiejudo@tamu.edu](mailto:aggiejudo@tamu.edu)



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



Save the Date  
**May**  
 24-27, 2024

USA Judo Senior National Championships and Golden State Open

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

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

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

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

For the first time, the tournament will be held in partnership with the Golden State Open – a USA Judo Point Tournament and one of the longest-running major judo competitions in the nations with the 32<sup>nd</sup> edition scheduled for 2024. Competition for the Golden State Open will be held from May 26-27.

“We are pleased to be partnering with USA judo and bringing the senior nationals back to the Los Angeles area. Our focus is to impact the judo community in a positive way and we feel that this collaboration will do just that leading into LA 2028,” said Golden State Open Tournament Director **Eric Sanchez**.

Competition will take place at the Ontario Convention Center which is just a mile away from the Ontario International Airport which serves 12 airlines with direct service to 22 cities, including New York, Denver, Chicago, Dallas, Atlanta, Houston, Salt Lake City and more.

The tournament also is within an hour drive to Los Angeles International Airport and situated within easy reach of major Southern California attractions, including Pacific Coast beaches, Big Bear Mountain resorts, Disneyland, Hollywood and more.

"With a deep-rooted passion for sports and community, we're excited to host USA Judo in Ontario. We look forward to forging a strong, lasting partnership with the national judo community as we work together to

cultivate and amplify the growth of this extraordinary sport, especially with the 2028 Olympics coming to Southern California,” said Michael Krouse, CEO of Greater Ontario California.

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

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

### **2024 Junior Olympic Championships to be Held in Pittsburgh**

(Colorado Springs, CO) – USA Judo is pleased to announce the Junior Olympic Championships will return to the Northeast for the first time in many years when the event is held in Pittsburgh, PA from June 21-23, 2024. The Junior Olympic National Championships will be held from June 21-22 with the International Championships to take place on June 23 with nearly 1,000 athletes ages 5-20 expected to fight for gold.

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

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

## Diane Jackson – Shufu Yudanshakai Kata Corner

Kodokan Goshin Jutsu clinic on Saturday December 17 from 1030am to 330pm. with clinicians Diane Jackson and Frances Glaze at Max Out Sports 23860 Miles Road, Bedford Heights, OH. **Kōdōkan Goshin Jutsu** or **Kōdōkan goshin jutsu** (*Kodokan skills of self-defence*) is the most recent judo kata of Kodokan and was established in 1956. Compared to Kime no kata it is a more modern set of self-defense techniques. Instead of attacks with swords, the kata contains defenses against attacks with stick and pistol.

The 21 techniques are named after and grouped by **ukes** attack. The first two groups are unarmed attacks (*toshu no bu*), from close distance when uke holds tori, and from a distance when uke punches or kicks. The last three groups are attacks with weapons (*buki no bu*): with a dagger, a stick and with a pistol.

Most of the techniques tori uses for defense are considered illegal in judo competitions (*shiai*) and **randori**, and are therefore not known to many **judoka**. Beside the strikes, the wrist locks *kote-hineri* and *kote-gaeshi* belong to those techniques, which are two common known aikido techniques.



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **9. Kodomo-no-Kata**



## **»Kodokan KATA Textbook**

If you want to practice Kata at the Kodokan, please refer to the followings:

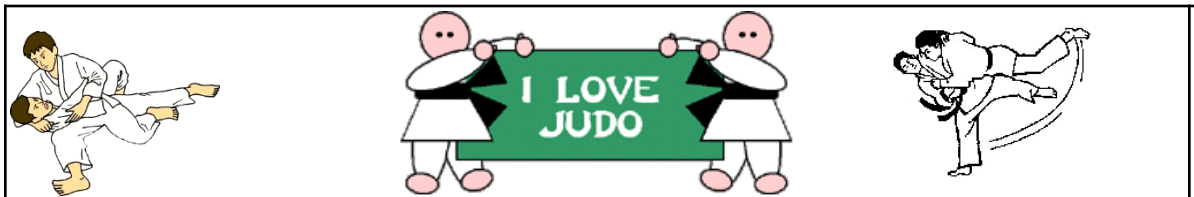
- General Guidance (please refer to “Kata class”)
- Kata Practice Guide (how to participate in the class)



### **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



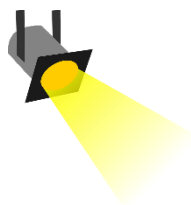
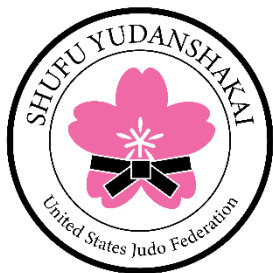
For more information contact :

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Shufu Vice-President, Michael Landstreet

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

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



# Shufu Judo

## Shufu Spotlight

Sensei Pam Hinkle – Blue Dragon Judo



Pam Hinkle is the head instructor of Blue Dragon Judo in Middletown CT. She has spent a lifetime developing her love of judo. In her younger years she was a very active nationally ranked shiai competitor. As she grew, she became a teacher, mentor and friend to so many. She developed judo programs and has touched so many judoka in a very positive way. She continues to share her love of judo with everyone she comes in contact with. Her daily life shows that she is a true judoka in so many ways and on so many levels.

After a late-night college party, a "rather naive" freshman named Pam Hinkle was taking a walk with a friend and fellow student. Suddenly, the gentleman got "rather aggressive." Hinkle, who stood little more than 5 feet, retaliated the best way she knew how: She grabbed him in

a choke-hold. "He didn't pass out, but he did kind of give me the signal that he'd had enough," said Hinkle. "Then we just walked back to the party and that was it. We never talked about the incident again." Hinkle has had other incidents where she's had to defend herself -- but she rarely brings them up, saying that common sense gets her out of most situations. Hinkle virtually has to be begged to say anything about her personal accomplishments.

"Pam is very humble, as most judoka are, she's always going to downplay what she does," said her mentor, Sensei John Anderson, who had trained Hinkle at the Baltimore Judo Club in Catonsville, Maryland for seven of her years in the sport. What Hinkle enjoys talking about is the success of her sons and all of the judoka whom she has taught over the years. One of her great prides was the students at the Eckerd Youth Challenge Program, a school in Charles County, Maryland for troubled boys from 14 to 18 years of age. "It's a six-month program for kids who have been arrested for everything from breaking and entering, drug activity and violating probation," said Hinkle, who was teaching English and social studies. "They just need help getting back into the community and regular schools, successfully. Anything I can do to help, I love doing it." Hinkle started a juniors judo club at the Eckerd school in May 1988. She would drive an hour and 15 minutes to get there to just to teach judo. She balances her teaching responsibilities with five nights a week of personal judo training at several clubs to expose herself to a variety of styles. She has trained with some of the nation's best teachers, coaches and competitors when she frequented other clubs. "I have a hundred answers for why I keep (teaching and practicing judo). One is that judo is a great way to get judoka to channel their energy and frustrations," said Hinkle, who earned her undergraduate degree in philosophy from Connecticut College in 1981 and a master's in philosophy from Johns Hopkins in 1986.

"I enjoy working with all judoka and want to give them a positive experience while they are with me. And if they at least learn something, then I've helped with just a small link in the whole life chain." Anderson said, "She's a very compassionate person and all judo simply admire her." Hinkle's kindness doesn't transfer to the judo mat. "She's so physical, she works with a wide variety of judoka," said Anderson, who founded the Baltimore club in 1950. Hinkle's athleticism comes from her family. Her father, Phillip, ran five miles a day and still lifts weights and plays handball. Her mother, Sandra, is an avid swimmer, and her younger sisters all ran cross country.



Hinkle toyed with team sports when she was younger, like field hockey and basketball, but began participating in judo as a 14-year-old living in Westbrook, Conn. She preferred judo's one-on-one contact and continued her participation into college. "I enjoyed some early success in tournaments. Then I became a black belt as a senior and started a judo club of beginners with four to six people," said Hinkle. "But after I placed third in the nationals in 1982, I started training more seriously." "I have trained a lot of people, but I can't think of any person -- man or woman -- who trains as hard as she does," said Anderson. "The intensity in her training methods would make a marathon runner faint."

At times, Hinkle's enthusiasm has taken its toll on her body. She was out of action for six months in 1986 after a shoulder injury required reconstructive surgery. Before that, she'd broken both arms and been in a neck brace. Chronic knee problems have kept Hinkle from running or jogging, but not from "Randori," the sparring that simulates live tournament action. Hinkle prefers Randori to any other form of training. "When you train five nights a week, you're going to twist your ankles and knees," said Hinkle. "But if you love what you do, you learn to accept it. It's a challenge."