



Shufu Judo Yudanshakai

Shufu Shimbun

October 2023



Upcoming Events:

Save the date - Shufu Judo Yudanshakai – Fall promotions – Saturday November 4th at Beltsville Community Center. Dan ranks make certain all paperwork (completed), certifications are updated, and pre-evaluations is completed early. **Please see the flyer at the end of this newsletter.**

Save the Date – **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. A zoom link will be available for those who cannot attend in person.

Save the date – **Shufu Judo Yudanshakai Board of Examiner Annual Meeting** – Saturday November 4 at Beltsville Community Center. All Shufu BOE members should attend. A zoom link will be available for those who cannot attend in person.



Save the Date - Shufu North Junior/Senior Promotional at Blue Dragon Dojo, located at The Cage, 14 Alcap Ridge, Cromwell, CT on Saturday, November 18th. Promotional flyer to follow soon.

Key Deadlines - These are HARD deadlines - no exceptions

Monday, September 18 - first date to accept applications.

Thursday, Oct 21 – second deadline for ALL FULLY COMPLETED form 20 for Dan ranks due.

Saturday, November 4 – final deadline for all judoka to be registered.

Saturday, November 18 – promotion day

**** REMINDER – PAST DUE** – USJF Dojo memberships expired on August 31. Please make sure you renew your club membership and have all certifications turned in prior to that date. You can register online in less than a minute.

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 Fall National Championships

The USJF is delighted to announce the upcoming National Championships scheduled for this Fall, taking place at City College of San Francisco on October 28, 2023. This event will coincide with



national committee meetings of the USJF Board of Directors, and Board of Examiners. The USJF Fall National Championships will unite participants from various categories, including Bantam, Intermediate, Juvenile, Cadet, IJF Junior, Senior, Veterans, and Kata competitions. Additionally, it will feature our Junior and Senior Novice divisions.

[**The USJF Fall National Championships Registration is Open**](#)

2023 Virginia Open Championships

The 2023 Virginia Open Championships was held on August 26, 2023 at the Barcroft Sports and Fitness Center in Arlington, VA. Twenty-two clubs participated with a total of 152 competitors competing in kata and shiai. One participant came from as far as Louisiana. To modernize the tournament, Smoothcomp was used in both kata and shiai. It worked mostly flawlessly in listing competitors, match scoring, bracketing and published for the first time in the Washington, DC area. Overall Smoothcomp worked well keeping matches moving along, and in some cases ahead of schedule. The tournament received lots of complements. It was a great experience with the area clubs pulling together volunteering to help. A big thank you to volunteers from the Arlington Judo Club, Hui-O Judo, Sport Judo, Kogaion Academy, Military Security Force and others.

Junior Males	52
Senior Males	38
Senior Males Veteran	15
Junior Female	29
Senior Female	12
Kata - 3 Teams	6

Placement	Club
1	Sport Judo
2	Arlington Judo
3	Kogaion Academy
4	Wall 2 Wall Martial Arts
5	High Noon BJJ Team
6	Triangle Jiu-Jitsu Academy
7	USA Stars East
8	Louisiana Judo Club
9	Dale City Judo
10	The Compound BJJ Muay Thai Combatives
11	Testudo BJJ
12	Hui-O Judo Beltsville
13	USA Star East
14	United States Naval Academy
15	La Lucha Sigue
16	Dale City Woodbridge Judo
16	College Park Judo Club
18	100 Kilos Combat Sports Academy
19	Mastery Jiu-Jitsu
20	Capital MMA Team Takoma
21	Global judo
22	Southern Maryland Jujitsu Academy
23	Capital MMA & Elite Fitness

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 August 30, 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 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 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.

Appeal for Gerard Cadet, Compound Sensei

July 15, 2023

On behalf of the team at The Compound in Silver Spring, MD, we are reaching out for our Judo Sensei, Gerard Cadet.

Upon returning from an International Judo tournament in El Salvador in late-June, Sensei Gerard experienced several severe illnesses.

Fortunately, Sensei Gerard was able to recognize the signs of these conditions and his wife immediately sought help. Doctors at the hospital credit Gerard for his quick thinking which enabled them to confirm that he was in need of immediate medical attention.



While Sensei Gerard was able to get the help he needed, he is currently without full use of his body. Needless to say, he is currently enrolled in a Rehabilitation Program to get back to 100%. We know that as an active and dedicated Judoka, he will be fighting with all of his strength to get back to the mats.

The challenge that Sensei Gerard is facing is that he is without any financial help at the moment. His disability paperwork has yet to come in so that he can start receiving some financial assistance while he is out of work. Even then, the systems and processes could take weeks, if not months, to start providing financial aid.

We are asking that the martial arts community, fellow fathers, and otherwise anyone else that can – please help Sensei Gerard, his wife Rebecca, and his son Maxwell focus on health by alleviating the mental and emotional stress of finances while he is in recovery.

[Click HERE to assist Sensei Gerard Cadet and his family during his recovery.](#)

At a date to be determined soon (as of July 12, 2023), The Compound will be hosting a day of Judo Clinics, taking donations from the Judo Community that he has dedicated his life toward serving and promoting. This clinic will be Judo-politics free. The only thing that matters is coming together as one community to help one of our own Judokas recover.

v/r,

Pow J. Srikachorn (mobile)

i: www.thecompoundsilverspring.com

p: 202-735-4249



Judo tatami for sale - Friends of mine are holding onto 400 tatamis 1 ½ inches they used for camps and 5 tournaments. They are ready to unload them. New Tatami is \$145 lightly used \$125. These guys are willing to sell them to anyone interested at \$75 per tatami or OBO. First come first serve so don't wait. The market for brand new tatami is high. Please contact me directly if you are interested.

Ramon Hernandez, North Jersey Judo, 201-206-2705



MEMORANDUM

TO: All USJF Yudanshakais, Dojos, & Individual Members

FROM: Robert Fukuda, Executive Director

RE: USA Judo "Your Choice" Participation/Membership Plan with No Insurance Participation Waiver

As previously announced, the longstanding American Judo Alliance Agreement (AJAA) which had been in place for decades among USA Judo, USJA and USJF has expired. USJA & USJF have entered into new cooperative partnership agreement very similar to the expired AJAA. With the continuation of the cooperative agreement between USJA and USJF, all USJA & USJF sanctioned events (including are tournaments, dojo workouts, practices and related activities) are open to current USJA & USJF members in good standing and the USJA and/or USJF insurance benefits will continue to apply in the same manner as historically. In response to USA Judo's withdrawal from the AJAA and USA Judo's recent announcement about a "Your Choice" Participation/Membership Plan with a No Insurance Participation Waiver (NIPW), USJF has prepared the following information for the knowledge and benefit of USJF members. USJF recommends against USJF members participating in the USA Judo Your Choice plan with a No Insurance Participation Waiver (NIPW) for the following reasons: 1. USJF's Participant Accident insurance benefits will NOT apply while USJF members are participating in USA Judo events (due to USA Judo's withdrawal from the American Judo Alliance Agreement). USJF's members who participate in USA Judo's "No Insurance Participation Waiver" program do so "at their own risk" with only your personal medical/health insurance coverage available, if any. 2. USJF's General Liability insurance will NOT apply for USJF certified coaches, teachers, and referees while participating in any such capacity at USA Judo events. USJF certified coaches, teachers, and referees who choose to participate will be doing so "at their own risk" without the benefit of USJF liability protection. 3. Based upon the "No Insurance Participation Waiver" that USA Judo is requiring USJF members to sign as a requirement for participating in USA Judo events, it appears that USJF members won't have the benefit of USA Judo insurance while participating in USA Judo events. For USA Judo insurance to be in place at USA Judo dojos and events, you must purchase USA Judo membership. In summary, USJF insurance coverage (General Liability and Participant Accident) will NOT apply while USJF members are participating in any USA Judo events (including any tournaments, dojo practice, workout, etc.). If you choose to do so, it is "at your own risk". The renewed cooperative agreement between USJA and USJF keeps USJA sanctioned events open to participation by USJF members and USJF sanctioned events open to participation by USJA members. Please support grassroots judo and development by participating and supporting these programs. We hope this information is helpful to USJF's members regarding the USA Judo "Your Choice" program. Thank you very much for your continued support, membership and participation in USJF programs.

Upcoming events:

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

2023 Princeton Judo Fall Invitational

Our Capacity Will Be 300 Competitors Contested On 3 Mat Areas)

Tournament Dir: Cory Cuomo 732-406-3646 corycuomo@comcast.net

Head Referee: Boris Munoz

Medical services: Med Cycle EMS 609-532-2034 chris@medcycleems.org

Sanctioned by: Esports Insurance

Competition Date: Sunday, October 1, 2023, Doors Open @ 8:00am, Competition Starts @ 9:00am

Where: Princeton YMCA – 59 Paul Robeson Place, Princeton, NJ 08540

Parking: Limited on-site parking. Additional parking at pay garages – 2 blocks away. Garages are located at 25 Chambers Street and 11 Hulfish Street

Chambers Street Garage Clearance is 6'6" Hulfish is 6'5"

Weigh-ins: Participants Sensei is to certify weight and submit to: corycuomo@comcast.net by Thursday 9/28/23. Weights will be spot checked at the event if requested or if it seems inaccurate. Any individual who is found to be outside of their registered weight class

will not be allowed to participate

Who is eligible: All Judoka regardless of National affiliation including USJI, USJA, USJF or ATJA

WHAT RULES: Modified IJF rules will be used. Contest Area is 6.5m x 6.5m with safety area. No choking techniques allowed for those 12 years of age and younger. No armbars allowed if one or both competitors are below the rank of Sankyu. We ask that all junior and novice competitors have a properly fit white Judo gi and bring a white and blue belt that fits properly. Cadet, IJF Junior & Senior Elite must have a properly fitted White and Blue Judo Gi.

Awards: Trophies for 1st, 2nd & 3rd Place. All Children 7 years of age and under will receive an award.

Scoring System: Through Smoothcomp Round Robin For Divisions 5 Person and Below 6 & Above True Double.

Tournament System: Online Registration, Weigh-ins, Brackets and Results Will Be Run On Smoothcomp System

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

2023 Waynesville Fall Brawl on October 7, 2023 in Waynesville, NC

<http://myncji.com/EventRegistration.aspx>

This fall come to the beautiful mountains of Western North Carolina for the annual Waynesville Kodokan Judo Club annual Fall Brawl Tournament. Make it a weekend get---a---way this year when you join us for the clinics, and tournament. You can also spend some time in the historic town of Waynesville and visit the surrounding attractions to make your stay worthwhile. Visit DOWNTOWN WAYNESVILLE'S WEBSITE and check out the sites to visit, places to eat, and things to do in our beautiful town

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

Sunday October 8, 2023 - 20th Annual Morris Cup – Burnt Hills NY

TOURNAMENT DETAILS

- **Date:** * Sunday * Kata & Shiai Competition October 8, 2023
- **Venue:** Burnt Hills-Ballston Lake High School
- **Address:** 88 Lake Hill Rd., Burnt Hills, NY 12027

TOURNAMENT HOTEL

Comfort Inn & Suites, Phone: 518-348-5276, Address: 168 Sacandaga Rd • Scotia • NY 12302

Morris Cup Judo rate only \$99 breakfast included

Quality Inn, Phone: 518-355-1111, Address: 2788 Hamburg St. • Schenectady • NY 12303

Morris Judo rate \$89 cont. breakfast included • Indoor pool

TOURNAMENT DIRECTORS - Jason Morris and Teri Takemori Cell (518)330-7270

HEAD REFEREE - Gary Berliner ** USA Judo National Referee Evaluation/Testing Site **

ELIGIBILITY -Open to current USA Judo, USJF, USJA or ATJA members. Membership sign up available on site on day of tournament. 5 years of age or older

REGISTRATION & WEIGH-IN - Saturday: 4 – 8pm at Jason Morris Judo Center 584 Saratoga Rd. Glenville, NY. Athletes fighting more than one division only needs to weigh-in once for same weight! Athletes moving up a higher weight division, does so at their own risk and does not need to reweigh. ***The tournament directors reserve the right to make any changes they deem necessary to insure the safety and fairness to all competitors.***

COMPETITION - SUNDAY 9:30am Sr. Elite, Masters, Brown belts, & Novice • Cadet; **Sunday 12:00pm** Juniors & IJF (approx.)

REGISTRATION - Registration will be handled online at Smoothcomp.com or mail-in you entry form (see Entry Packet below). Registration Packet to include: Entry form, Certificate for Non-Black belt contestants, Signed Waiver, Copy of USJI/USJF/USJA/ATJA membership card, Checks payable to: Jason Morris Judo Center • 575 Swaggertown Rd. • Glenville • NY • 12302

ENTRY FEES - \$80 per person - \$25 for second division; Late fee: \$90 and \$35 for second division. **No Spectator Fee**

TOURNAMENT FORMAT AND RULES

- True Double Elimination through [Smoothcomp](http://Smoothcomp.com)
- IJF Modified Contest Rules & “Golden Score” (Overtime)
- No Chokes under 13 yrs
- No Arm locks in 14 and under divisions
- No Arm locks or chokes in Novice
- Blue & White gis required for Elite divisions
- All Juniors, Novice & Masters must bring a white and blue belts
- Cadet, IJF Junior & Senior Elite must have a properly fitted White & Blue gi

AWARDS

\$250 Prize money for winners of the men and women elite divisions (Olympic weight classes only). A division must have at least 5 competitors to qualify for prize money. Competitors who desire to win money and who do not have enough competitors in their division may move up to the next weight class.

\$500 Total Prize money for the Junior Team 1st & 2nd Place Champions!

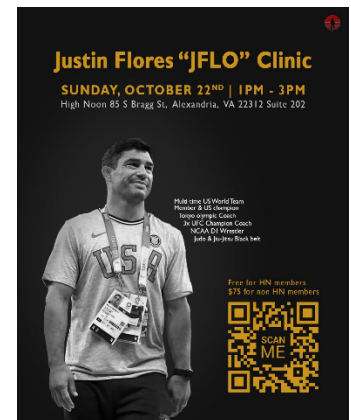
Note: This is NOT a USJF sanctioned event. Provided for information only.

We are super excited to announce that Justin "JFlo" Flores will be coming to High Noon on October 22, 2023! Justin will be leading a workshop focused on taking opponents from their feet to the floor using the unique and effective style he has developed over decades as a high level judoka and coach of the US National Judo Team, as a Division I collegiate wrestler, and as a Brazilian Jiu Jitsu Black Belt. This workshop will include a TON of live training and include instruction on effective nogi throwing techniques. In particular, we'll be going over harai goshi, uchimata, and foot sweeping from both the front and rear standing positions. The workshop is FREE to all High Noon students with an active membership and \$75 for all other attendees. Register now!

Date: October 22, 2023 **Time:** 1:00 PM to 3:00 PM

Location: Main Location, 85 S Bragg St, Suite 202, Alexandria, VA 22312 US

*** Please note that a session with judo gi on Saturday October 21st. Watch for updates and/or contact Chris Round at Roundc@gmail.com or 978-654-8310. The more feedback Chris gets, the more likely it is that this clinic on Saturday can be set up.



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!

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



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



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 nation with the 32nd edition scheduled for 2024. Competition for the Golden State Open will be held from May 26-27.

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

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

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

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

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

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

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

2024 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.

Paula Pareto And Travis Stevens As Coaches And Role Models

Judo is founded on the fundamental values of excellence and dedication to propel an athlete to the pinnacle of the sport. Over this past weekend at the Pan-American Oceania Championships, two names stood out as living examples of perseverance and success. They are Paula Pareto (ARG) and the American Judo System's very own Travis Stevens (USA). Each are Olympic Medalists who's impact on judo goes well beyond their accomplishments on the tatami. Today, these two Olympians have embarked a new challenge as coaches. Their passion and vision for the sport is helping to transform the future of judo in the respective countries, Argentina and the United States.

Paula Pareto (ARG), nicknamed the "La Peque" or "The Little One," is a legendary figure in Argentina. During the 2008 Olympic Games, she had one of the most dramatic matches of the whole tournament against Pak Ok-Song (DPRK) in which Pareto took home the bronze medal. After failing to medal at the 2012 Olympic games, she returned in 2016 to win Gold and prove that size does not matter.

However, Pareto is much more than a judoka. Throughout her international career, she was a practicing doctor. The newest challenge for Pareto, coaching. She aims to pass on her knowledge and experience to future generations of Argentinian Judoka.

Travis Stevens became an Olympic Silver Medalist during the 2016 Rio Olympic games, his final Olympics. Shortly after, he embarked on a seminar tour across the United States to share his profound knowledge of judo. This marked the beginning of his venture into teaching judo as a coach. In 2017, he became the Head Coach of Project Gold, a Non-Profit organization focused on helping judoka improve their judo through training camps hosted around the United States. He then became a coach for Team FORCE (of which he is a former member of) out of Pedro's Judo Center in Wakefield, MA. In 2020, he Co-Founded the American Judo System, which is an all-inclusive system of learning, teaching, & developing your own style of judo.

What separates Paula Pareto and Travis Stevens is their profound commitment to the development of young judo players. Both were involved in the training and coaching of cadet and junior athletes that competed at the Pan-American and Oceania Championships in Calgary this past weekend. Their vision transcends their individual successes. They are both focused on building a strong judo system in their respective countries for the next generations.

The presence of Olympic legends in the coaching chair is inspirational for the young athletes who aspire to follow in the footsteps of Paula Pareto and Travis Stevens. It is a reminder to the next generation of judoka that success in sport is achieved through hard work, discipline, and dedication. Their contributions as coaches helps to strengthen judo as a whole in the Pan-American region. They have both played a crucial role in the development and preparation of athletes who could compete in the 2028 Los Angeles Olympic Games.

Paula Pareto and Travis Stevens knowledge and leadership are essential for building and maintaining a high level of Pan-American judo!

Diane Jackson – Shufu Yudanshakai Kata Corner

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:

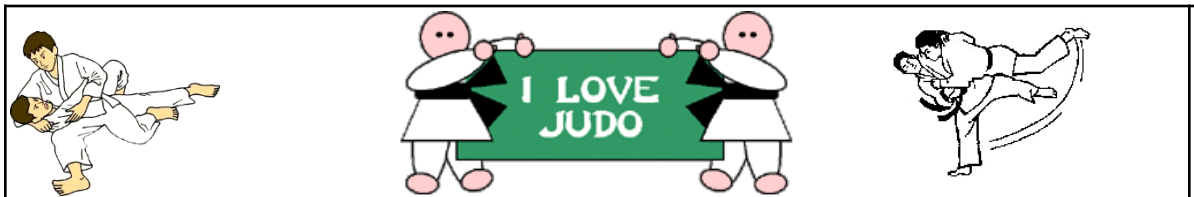
- General Guidance (please refer to “Kata class”)
- Kata Practice Guide (how to participate in the class)



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



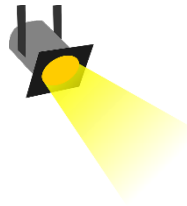
For more information contact :

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

Shufu Vice-President, Michael Landstreet

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

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



Shufu Spotlight

Shufu
Judo

Diane Tamai Jackson, Rokudan, is an instructor at Hui-O-Judo in Beltsville, MD. Diane sensei started judo around 1976 at Hui-O-Judo in Berwyn Heights, MD. In addition to being a judge in all five IJF-competed katas, she is a national-level referee and International IJF A referee, as well as a national-level judge in Koshiki no Kata. In addition to teaming with her brother, Karl, Diane was a USA Team member at Kodokan Cup (2007) in Katame no Kata, first IJF World Kata Championships (2009) in Ju no Kata, and multiple PJU Championships (2002 – 2009) in Nage, Katame and/or Ju) with Karen Whilden.



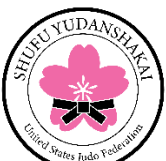
The judo community is honored to have world class competitor and kata instructor, Diane Tamai Jackson, leading our kata instruction. She continues to compete on the world stage in various katas. Diane Tamai Jackson, currently a rokudan, began judo at age seven. Her first sensei was her father, Ken Tamai, at the Hui-O-Judo club in Maryland, and she grew up competing in shiai. As an adult, she has been a member of over ten US teams in international judo kata competition, including the Kodokan International Kata Invitational, Cuban Olympics, Pan American Championships, and four World Judo Kata Championships. She has also won multiple medals in kata at the open World Masters Judo Championships. Diane was the 2016 Ju-no-kata Pan-American gold medalist in 2015 & 2016 kata grand champion in the mixed division at the Senior National Championships. Diane is an active volunteer for judo, as a National-level referee, International IJF A referee, Secretary for the Shufu Judo Yudanshakai Executive Committee, National-level kata judge, member of the Shufu Yudanshakai Board of Examiners, Chair of the Kata Committee for the Shufu Yudanshakai and an instructor at Hui-O-Judo club in Beltsville, Maryland. “I loved shiai growing up and I still love shiai. I learned confidence, compassion and perseverance, in judo and in life. But my understanding and appreciation for judo expands as I study the katas. As a young student, I never dreamed of competing at the Kodokan for the USA, but I was fortunate to have that opportunity competing in the Kodokan International Kata Invitational. Judo is truly a life-long journey.”



Karl Tamai and Diane Tamai Jackson started to work as a kata team shortly after Diane moved back to the USA in 2013 as demonstration partners for a Nage no kata clinic. From 2013 – 2019, they traveled the USA and the world competing in kata. Together, they are USA Senior Nationals mixed team champions in multiple years in Nage no Kata, Katame no kata, Ju no Kata, including being awarded Best All-around mixed team. They represented the USA and took first place for several years at the PJC in Nage no Kata, Katame no kata and/or Ju no kata. They represented the USA at the 20013 - 2019 in the IJF World Judo Kata Championship in either Ju no Kata and Nage no Kata. Separately and together, they coordinated and taught many clinics in multiple katas to support judokas to expand their judo knowledge through the katas.



Shufu Judo Yudanshakai, in cooperation with



Shufu
Judo

Sates Judo Federation, presents the

Fall 2023 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, November 4, 2023

At

Beltsville Community Center, 3900 Sellman Road, Beltsville, MD 20705

United States Judo Federation Sanction # _____



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

Key Deadlines - These are HARD deadlines - no exceptions.

September 4 – First date to accept applications.

October 5 – First deadline for Dan paperwork (initial submission of Form 20)

Oct 21 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

Nov 4 – Promotion Day, BOE meeting, BOD meeting

Eligibility to register for promotion.

1. All judoka must be a current member of the USJF, USJA or USA Judo.
(USJF members are eligible to be promoted at this event. USJA or USA Judo members may request to be examined and have their results forwarded to the appropriate organization.)
2. For Shodan – current year plus one-year prior membership in USJF
3. For Nidan and above – current year plus three years prior membership in USJF

Recommending Students for Promotion

Examinees MUST be recommended for promotion by their instructor. Examinees should be listed on the JUDOKA RECOMMENDED FOR PROMOTION form that is submitted by the head instructor from each club by October 5, 2023 to facilitate the smooth running of the event. Submit to Kevin Tamai, Chair of the Board of Examiners – shufuboechairman.kevin@gmail.com

Promotion Requirements being used.

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2023 Shufu Spring Promotional will follow the “2021 Final Handbook Revision with Added Techniques”, available on the Shufu website under Promotions. All ranks within Shufu’s promotion authority are required to do the physical testing, i.e. all ranks through and including Godan. Rokudan and above are not required to do physical testing; Kata requirements still apply as required for rank sought.

Event Schedule

9:00 AM Junior and senior Check-In, written test and physical demonstration testing

10:00 – 11:30 AM Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: shufupresident.miki@gmail.com)

12:00 PM – 1:30 PM Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)

Following BOE Meeting: Announcement of Results

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

Registration and Fees

1. **Registration Deadlines** (These are HARD deadlines.)
 - October 5, 2023: Dan Ranks
 - October 21, 2023: Senior Kyu and All Juniors
2. **All registration is online HERE**
 - Registration Fee (all examinees): \$50
 - Additional Fees for Black Belt Ranks only:
 - Shufu Promotion Fee: \$15 (paid online with registration fee)
 - [Note: **After** the promotion: USJF Promotional Fees: \$125 for Shodan plus \$25 for each rank step above Shodan, plus an additional \$25 for Shichidan and Hachidan. (Instructions for how to pay to USJF Promotional Fees will be provided after the promotional) Life Members: \$0]

- Waiver (online) must be electronically signed or scanned and sent to shufuboechairman.kevin@gmail.com

Accommodations:

If you require an accommodation for visual or hearing impairment or other reason, please let us know on the registration form.

Documentation:

1. **Documentation first accepted on Friday, September 4, 2023 (electronic submission only)**
2. **Documentation Due by Saturday, October 5, 2023**
 - **Black Belts only: Editable Form 20 (electronic submission only):**
 - Submit to Karen Whilden, Rank Registration Chair, at shufurankreg@gmail.com.
 - The Rank Registration Team will work with candidate to identify and cure any problems with the Form 20, with that process to be completed at least 14 days before the promotional, i.e. Saturday, October 21, 2023.
 - If a Form 20 has not been submitted by Saturday, October 5, 2023, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **Documentation Due by Saturday, October 21, 2023**
 - **Junior and Senior Kyu Documentation (electronic submission only):**
 - Submit scans of documents below to Kevin Tamai at shufuboechairman.kevin@gmail.com
 - Membership card
 - Competition results
 - Kata Scores (as required to the rank sought)
 - ❖ Contact Rank Registration Chair for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
 - ❖ Kata must be judged by a member of the BOE, or a national level or higher certified kata judge or kata instructor in the kata to be tested.
 - Certificates (as required by the rank sought)
 - **Black Belt Documentation Requirements (electronic submission only):**
(See Shufu website under Promotion for how to submit each document.)
 - Submit all documentation to Karen Whilden, Rank Registration Chair, at shufurankreg@gmail.com
 - Form 20 – in final, complete, and editable format
 - Membership card
 - Indicate status of a USJF background check (for judoka 18 years of age and older)
 - a) Hold a current USJF background check
 - b) Have recently applied of one
 - c) Have a USA Judo background check
 - Promotion certificate for current rank
 - Kata Scores (as required for the rank sought)
 - ❖ Contact Rank Registration Chair for accommodations to kata demonstration due to issues of space and safety. Shufu will follow USJF Medical Committee and local/state guidelines regarding the COVID at the time of the Promotional.
 - ❖ Kata must be judged by a national level or higher certified kata judge or kata instructor in the kata to be tested.
 - Safe Sport certificate (for judoka 18 years of age and older)
 - CDC Heads Up certificate or NFHS (National Federation of High School – National Federation of State High School Association) Concussion Training
(Note: For dan candidates that need to also satisfy USA Judo – CDC Heads Up is accepted but not NFHS.)
 - For Nidan and above: CPR and First Aid certificate(s)
 - Other certificates (as required to decrease Time-in-Grade by the rank sought for non-competitors)

- If the Form 20 has not been updated to cure all identified problems, and resubmitted by Saturday, October 21, 2023, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, October 21, 2023.

Shufu Board of Directors

Please submit agenda items for the Shufu Board of Directors meeting by October 4, 2023 to Shufu Secretary Diane Tamai Jackson, at shufuyudanshakai@gmail.com.

The Shufu Judo Yudanshakai Board of Directors meeting will begin at 10:00 AM. This meeting is for registered members of Shufu Judo Yudanshakai who hold the current rank of Shodan (1st Degree Black Belt) or higher. Please try to be on time for the start of the meeting.

A zoom connection will be supplied by contacting: shufupresident.miki@gmail.com