



Shufu Judo Yudanshakai *Shufu Shimbun*

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

October 2025



Upcoming Events:

Oct 2	30 day hard deadline for Form 20 paperwork to be submitted
Oct 3-5	San Jose Open- San Jose CA (USA Judo Point event)
Sun., Oct 12	Morris Cup – Scotia, NY
Sat., Oct 18	14 day hard deadline for all promotion paperwork to be submitted
Sun., Oct 19	Samurai Judo Championships - Ridgefield, NJ
Sat., Oct 25	Judo Kai Fall Shiai – Fairfield, NJ
Tues. Oct 28	World Judo Day -Jigoro Kano birthday
Sat., Nov 1	Shufu Promotions, BOE and BOD meetings – Beltsville MD
Fri., Nov 7	USJF Meetings in Las Vegas, NV
Sat. Nov. 8	USJF Board of Examiners and USJF Board of Directors meetings – Las Vegas, NV
Sat. Nov 15	Shufu North rank promotions at Toshi Budokai – Braintree, MA

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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 October

1, 2025, we have 29 registered dojos comprised of 548 members, of which 142 are dan ranked judoka, 185 are senior judoka and 363 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., DC Judo in Washington DC, Kuma Judo in Florence MA and College Park Judo in College Park MD



Shufu Judo Yudanshakai
presents the

Fall 2025 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, November 1, 2025

Beltsville Community Center

3900 Sellman Road, Beltsville, MD

United States Judo Federation Sanction # 25-11-01



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

Eligibility to register for promotion

1. All judoka must be a current member of the USJF (or USJA)
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

Promotion Requirements being used

The Shufu Board of Examiners has implemented the changeover to the USJF promotional requirements. The 2025 Shufu Fall Promotional will follow the “2021 USJF Senior Rank Recommendations”, 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.

Key Deadlines - These are HARD deadlines - no exceptions

September 1 – First date to accept applications.

October 2 – First deadline for Dan paperwork (initial submission of Form 20)

October 18 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

November 1 – Promotion day, BOE meeting, BOD meeting

Event Schedule

9:00 AM	Check-in and testing begins
9:30 – 11:30 AM	promotional candidate written tests and practical evaluations
11:30AM-1:15 PM	Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
1:15 -1:30 PM	Awarding of promotions
1:30-3:00 PM	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)

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

Registration and Fees

1. **Registration Deadline** (These are HARD deadlines.)
 - October 18, 2025: All promotion candidates (juniors, senior kyu, and dan ranks)
2. **All registration is online – no onsite registration** (See Shufu website calendar for Registration Link)
 - 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; Life Members: \$0.
 - (Instructions for how to pay to USJF Promotional Fees will be provided after the promotional.)
 - Waiver (online) must be electronically signed or scanned and sent to Kevin Tamai, Chair of the Board of Examiners at 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 to submit by **senseis** and candidates

1. **September 1, 2025 - Documentation first accepted (electronic submission only)**
2. **October 2, 2025**
 - **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. October 18, 2025
 - If a Form 20 has not been submitted by Thursday, October 2, 2025, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **October 18, 2025**
 - **Senseis - 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 to facilitate the smooth running of the event. Submit to Kevin Tamai, Chair of the Board of Examiners, at shufuboechairman.kevin@gmail.com
 - **Junior and Senior Kyu Documentation (electronic submission only):**
 - Submit scans of documents below to Kevin Tamai, Chair of the Board of Examiners, at shufuboechairman.kevin@gmail.com
 - Membership card
 - Competition results
 - Kata Scores (as required to the rank sought)
 - ❖ Contact Rank Registration Chair, Karen Whilden, at shufurankreg@gmail.com 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 Promotions 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 for one.
 - Promotion certificate for current rank
 - Kata Scores (as required for the rank sought)
 - ❖ Contact Rank Registration Chair, Karen Whilden, at shufurankreg@gmail.com 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 18, 2025, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, October 18, 2025.

Shufu Board of Directors

Please submit agenda items for the Shufu Board of Directors meeting by October 18, 2025 to Shufu Secretary Diane Tamai Jackson, at shufuyudanshakai@gmail.com.

The Shufu Judo Yudanshakai Board of Directors meeting will begin at 1:30 PM. 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



Congratulations to Miki Takemori, President of Shufu Judo Yudanshakai, from Toshi Budokai in Braintree, Mass. She was honored at the 2025 Liberty Bell Judo Championships with the Dr Eichi and Phyllis Koiwai Memorial Award for excellence in refereeing. Miki is the daughter of the late James Takemori, from Washington Judo Club in Washington DC.



Another great day for Shufu Yudanshakai at the Liberty Bell Classic. Thank you to all of the tournament directors – Adam Moyerman and Kristin El Idrissi. Thank you to all of the staff, the referees and all of the volunteers who made the event happen. Thank you to everyone who made it a success and congratulations to the winners as well as all the contestants. Liberty Bell Judo Classic was started in 1988 by Lou Moyerman and Joe Condello. Their kids, Adam & Kristin, are happy to continue the event with the goal of providing competitors with a friendly and supportive environment!

The 36th annual Liberty Bell Judo Classic was held on April 21 at the Asplundh Field House of the Bryn Athyn College in Northeast Philadelphia. Over 500 competitors came from across the country and Canada to vie for the honor of a podium finish at the prestigious event, with the additional incentive of cash prizes up to \$750 to winners of elite categories. A number of satellite weigh-in locations augmented the ease of participation, in addition to the online registration, now a standard for most large tournaments. Co-tournament directors Adam Moyerman and Kristin El Idrissi had a very busy weekend capping off their months-long preparation for the event. The Liberty Bell has been one of the most prominent regional judo competitions for many years. The Asplundh Field House was once again filled with enthusiastic coaches, families, and fans, and included national champions, US World Team members, and Olympians.

**Here are some results of Shufu Judo Yudanshakai Judoka who participated at the Liberty Bell
Classic in Philadelphia Pa on Sunday Sept 21, 2025**

Brian Lopez Hui-O-Judo Beltsville -2nd place –
Men's Veterans 30-39 -81kg
Brian Sutton –Hui-o-Judo Beltsville - 2nd place – Sr
men Novice – Brown Belt under 90kg
Peyton Sutton – Hui-O-Judo Beltsville – 1st place Sr
Women Novice over 70 kg
Ezekiel Allen – College Park judo – 2nd place Bantam
6 – Male -25kg
Ezekiel Allen – College Park judo – 2nd place Bantam
6 – Male -31kg
Heather Fineran – Hui-O Judo Beltsville – 3rd place
Bantam Female 7yo -31kg
Cora Metz – College Park Judo – 2nd place - Bantam
Female 8-9yo -24kg
Heather Fineran – Hui-O Judo Beltsville – 2nd place
Bantam Female 8yo -28kg
Grace Cosley – Arlington Judo – 2nd place – Bantam
5 Female -46kg
Journey Evans – College Park Judo- 2nd place
Bantam Female -36kg
Grace Cosley – Arlington Judo – 2nd place – Bantam
Female -54kg
Joshua Albarracin – Compound – 3rd place
Intermediate Male -42kg
Sophie Hontz – Compound – 2nd place –
Intermediate Female -42kg
Beren Metz – College Park Judo - Juvenile Male
-40kg
Vojtech Dubovy – Arlington Judo – Juvenile Male
-53kg
Arya Acevedo – Delaware Judo Juvenile Female
-53kg
Vojtech Dubovy – Arlington Judo – Cadet Male
-55kg
Antoan Zaprianov – Compound -IJF Junior Male
-66kg
Shytasia Shirley – Aldan- 2nd place Sr Women
Novice -57kg
Shytasia Shirley – Aldan- 2nd place Sr Women
Novice -70kg
James Quinonez – Compound – 3rd place- Bantam 6
Male -39kg

Clare Long - USNA- 3rd place Sr Women Novice
-70kg
Kass Kroese – USNA – 2nd place – Sr Women novice
over 70kg
Katie Carey – Sport Judo – 2nd place - Sr Women
Elite under 57 kg
Angela Ryu – Sport judo – 1st place – Sr Women
Elite -under 63kg
Katie Carey – Sport Judo – 3rd place - Veteran
Women 35-45 under 60 kg
Ty Annoura- USNA- 1st place Sr Men Novice - under
66kg
Charles Gomes- DC Judo – 2nd place- Men's Novice
under 81kg
Ian Roy- Delaware Judo – 2nd place – Men's Novice
under 100kg
Alex Roseman – Aldan Judo – 3rd place – Men's
Novice under 100kg
Jonathan Canamaso – Atre Suave Judo – 2nd place
Sr Men Novice Brown belt under 66kg
Ty Annoura – USNA- 3rd place - Sr Men Novice
Brown belt under 66kg
Charles Gomes- DC Judo – 3rd place- Men's
Veterans 42-55 under 81kg
Lance Murashige- DC Judo -1st place – Veterans
Men 30-39 under 94 kg
Andrew Wilson – Delaware – 3rd place – Veteran
Men 33-45 over 94kg

Kata

L.Fisher and B.Fineran – Hui-O-Judo Beltsville
1st Nage no kata Advanced.
B.Fineran and M.Kettl – Hui-O-Judo Beltsville – 2nd
Ju No Kata (mixed Novice and adv)

Shufu Yudanshakai Kata Corner

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 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.



Event summary:

Above Photo Courtesy of Chuck Medani

Pan American Kata and Veterans Championship on September 12 – 13, 2025 in Cancun, Mexico on September 12-13, 2025, the Pan American Kata and Veterans Championship was held in Cancun, Mexico. For kata, Shufu represented at the event by Diane Tamai

Jackson, Hui-o Judo, as a member of the PJC Kata Committee. She also led the administered the tournament with the Smoothcomp software. Karen Whilden, DC Judo, provided

instrumental support to the setup and execution of the tournament remotely (from Virginia). Theodore Schwalm, at-large Shufu member, also represented Shufu as a Kata Judge. The USA had 11 teams: 1 Junior Ju-no-kata, 1 Junior Nage-no-kata, 3 Ju-no-kata, 3 Katame-no-kata, 2 Kodokan Goshin Jutsu, and 1 Nage-no-kata. The USA won 3 medals: Silver in Senior Ju-no-kata, Gold in Junior Ju-no-kata, and Silver in Junior Nage-no-kata. The USA also had five judge candidates for PJC-level certification.

All candidates passed their tests in the selected kata. Of Note, Theo passed Kime-no-kata. He now has 6 of the 7 competed katas at either the PJC or IJF level. For local success, the silver medalists in Ju-no-kata are Christine Levine and Lori Latimer from Philadelphia and are coached by Diane Jackson.



OPPORTUNITY FOR FUTURE PJC's: The junior divisions are growth areas where brown or black belt judoka ages 15-20 can compete on the USA Team. Of the three junior divisions, there were 2 Nage-no-kata teams, 2 Ju-no-kata teams, and 1 Katame-no-kata team. This is a great opportunity if you have young judoka. The qualifying tournament is the Senior Nationals, which also offered a U21 division.

Start training now - 2026 Senior Nationals: starting at 14 years old – Nage, Katame, Ju Under 20 year, Intermediate and Open divisions

Save the KATA dates:

- November 8-9 – IJF World Judo Kata, Paris, FRN (USA team qualifies at Sr, Nationals)
 - November 21 – Pan-American Judo Kata Championship – Mexico (USA team qualifies at Sr. Nationals or maybe from Eastern US Kata Championships)
-

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).

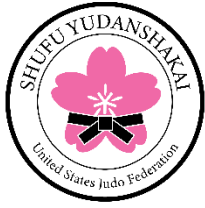
9. Kodomo-no-Kata

»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)



Congratulations to Brian Lopez, Hui-O-Judo Beltsville/Shufu Yudanshakai, who was chosen to represent the USA on a trip to Japan. The program is called Kakehashi Project. The Japan Ministry of Foreign Affairs and the Japan International Cooperation Center is the organizer. He will depart the USA on October 6 and spend over one week in Japan. It will include daily judo practices, field trips, visiting various cities and multiple cultural experiences.

Each year, several participants are selected to attend the JACL Kakehashi Program, coordinated by the Japanese American Citizens League (JACL) and the Japan International Cooperation Center (JICE), and supported by funding from the Japan Ministry of Foreign Affairs.

Brian was specifically chosen for his contributions to judo as a student judoka, a sensei, a young professional electrician, a family man, his extended family support and his contributions to the society around him.



In 2014, JACL was proud to send four cohorts of student participants to Japan through the Kakehashi Project, hosted by the Japan Foundation. Participants traveled to Japan in May, July, and October, exploring cities and towns across the Country to participate in various cultural activities. Many found connecting to the traditional side of Japan very meaningful. Participants took part in cultural exchanges with their Japanese university peers to get to know one another in the spirit of friendship. Participants were also invited to meet with Japanese professors, political leaders, and business executives to learn about different aspects of U.S.-Japan relations. JACL developed the Japanese American Young Adult Invitation program as an international leadership development program. Today's Japanese American youth are a part of a global community, and an understanding of international and U.S.-Japan relations is integral to their future endeavors. An extension of the JACL youth leadership development programs and the work of the JACL U.S.-Japan Committee, the Kakehashi Project was established to facilitate cross-cultural understanding between Japanese Americans and Japanese, and to encourage a deeper understanding of U.S.-Japan relations.

As a selected participant, Brian will attend an 8-day trip to Japan where they will visit many historical and educational sites, experience traditional and cultural activities, and participate in lectures and workshops. Each trip will visit Tokyo and one or two other cities. Please note: This program is not a leisure-based travel opportunity. It is a high-level cultural and professional exchange specifically designed for individuals who have shown a strong commitment to leadership, community engagement, and cross-cultural understanding. Participants are expected to be representatives of the Japanese American community, JACL, and people of the United States. Participants may be expected to: participate in courtesy calls with members of the Prime Minister's office and members of the National Diet, provide a short presentation about their family history, observe sites of innovation or industry, and engage with local university students. By providing participants with a better understanding of Japan through a variety of fields, including politics, economics, and culture, the Kakehashi Project builds relationships between Japan and Japanese Americans. Kakehashi Project alumni are encouraged to become effective advocates in enhancing U.S.-Japan relations

Objectives of the Program

- (1) To promote mutual trust and understanding among the people of Japan and the USA to build a basis for future friendship and cooperation.
- (2) To promote a global understanding of Japan's economy, society, history, diverse culture, politics, and foreign policy.

(3) To convey information on the learnings of the program and the charms of Japan to the general public through participants' social media and others.



FY 2026 USJF Fee Increases

M E M O R A N D U M

TO: Individual Members, Member Dojos, Yudanshakais, USJF BOD, USJF BOE, USJF Committees, USJF Exco

FROM: Robert Fukuda, Executive Director

RE: FY 2026 USJF Fee Increases ** Effective 09/01/2025 **

We hope that this announcement finds everyone in great health and enjoying the remains of the summer as we approach fall. After much discussion at multiple Board of Directors Meetings, ***new fee increases have been approved and are effective starting on September 1, 2025.*** Please note the fee increase table below:

<i>Description</i>	<i>New Fee</i>
Annual Individual Membership Fee	\$80.00 (up \$10.00 annually/\$0.83 monthly)
Booster Membership Fee	\$25.00 (up \$10.00 annually/\$0.83 monthly)
Yudansha Promotion Fee	Varies (rank dependent, see link)
Sanction Fee	Varies (time dependent, see link)

Please find updated versions of the updated Annual Individual Membership Form, Booster Membership Form, and Yudansha Rank Promotion & Sanction Fees on the [USJF Website](#).

******* PLEASE DISCARD ALL PREVIOUS VERSIONS OF THESE FORMS *******

Please be sure to use the new form and include the correct fee. Use of obsolete/incorrect form(s) and/or submission of incorrect/insufficient fee(s) may result in delayed processing of memberships.

Thank you very much for your support of Judo, your dojo, yudanshakai, & USJF!



Are you receiving the USJF newsletter? Find more information on events, tournaments, and other exclusive USJF member benefits. Visit [USJF.com](#) and scroll to the footer to subscribe.



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](#)



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](#)
for further information

New USJF Membership Benefit!



Avis Car Rentals has granted USJF members an exclusive discount code to assist with our judo, personal, and business travel!

Simply provide Avis with the USJF code D027600 when you reserve your rental car online or via phone.

Enroll in Avis Preferred for even more convenient benefits like skipping the counter and going straight to your car.

Thank you to Avis Car Rentals.



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 recommends 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.



at

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.

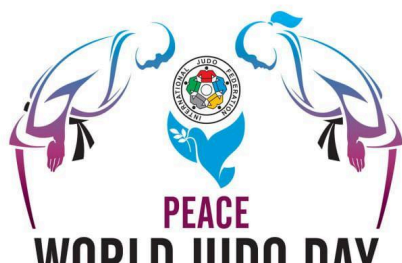
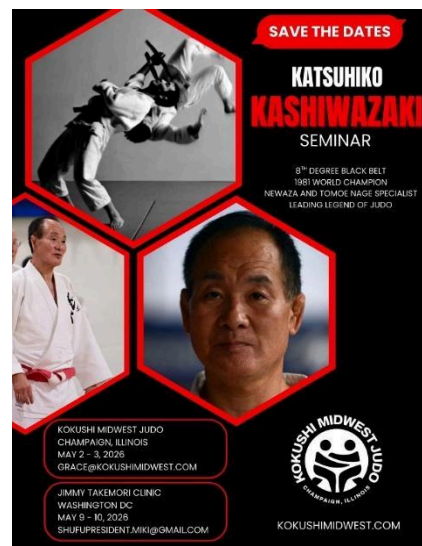
Visit our USJF "Koka Kids" page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.

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.

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



The global judo family is preparing to celebrate World Judo Day 2025 on 28th October. Since its creation in 2011, this annual initiative of the International Judo Federation has brought judoka, clubs, federations and

communities together across the world to showcase that judo is more than a sport: it is an education for life.

This year's theme, PEACE, could not be more timely. In a world marked by division, conflict and uncertainty, judo reminds us of the values that unite us: respect, friendship and mutual aid. The tatami is a place where opponents are never enemies but partners in learning, trust and harmony.

Judo for Peace: A Longstanding Commitment

Since 2007, the IJF's Judo for Peace programme has been active in refugee camps, conflict areas and schools, offering children, young people and adults not just a sport, but a pathway to dialogue, reconciliation and hope. Linked to initiatives such as Judo for Children, Judo in Schools, Gender Equality and Judo for All, the message is clear: judo is a universal language for peace.

Activities for World Judo Day 2025

To give full meaning to this year's theme, we invite all judoka, clubs, national federations and communities to take action:

- Organise open training sessions to share judo values
- Host conferences, seminars and inclusive events with families, teachers and community leaders
- Stage public demonstrations in symbolic locations
- Launch media and social campaigns showing that judo builds peace beyond sport
- Distribute diplomas, certificates and posters to mark participation
- Partner with NGOs, schools and local authorities to amplify the message.

The Motto: Judo is Peace, Unity and Friendship

This year's campaign carries the motto: 'Judo is Peace, Unity and Friendship.' It is simple, universal and deeply meaningful. The dojo is more than a training hall, it is a school of life where respect, discipline and friendship are learned and then carried into society.

Join the Movement Online

To unite voices worldwide, we encourage everyone to share their activities and stories using our hashtags:

- #JudoForPeace – the global pillar
- #WJD2025Peace – the 2025 edition
- #JudolsPeaceUnityFriendship – storytelling and inspiration

A Call to Action

World Judo Day 2025 is not just a celebration; it is a commitment. On 28th October, let us show that judo is a tool for peace, unity and friendship. Whether you are a judoka, a coach, a parent or simply a supporter, you have the power to take part. Every throw, every bow and every handshake is a step towards a more peaceful world.

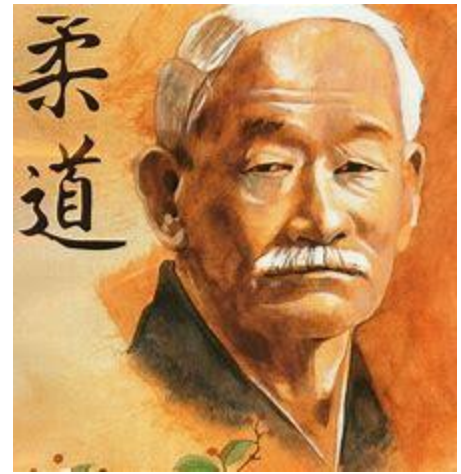
Join us. Share your story. Celebrate peace through judo.

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.

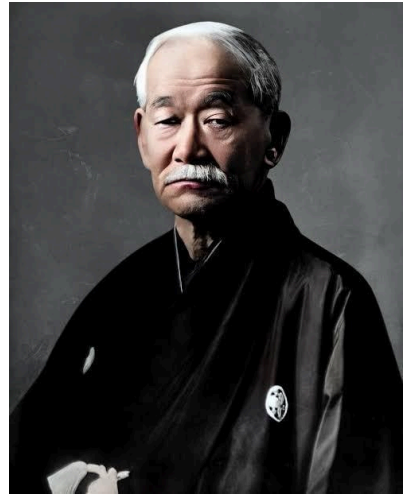
In conclusion, the principles of Judo, including Jita Kyoei (mutual benefit), Seiryoku Zenyo (maximum efficiency), and Ju No Ri (the principle of gentleness), not only guide the practice of this martial art but also provide valuable insights for personal growth and interactions with others. Understanding 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.

Planning ahead for the end of the fourth quarter of 2025: Please Save the dates

Nov 8	Shufu Fall BOD/BOE/Promotion – Beltsville, MD
Nov 22	Dallas Open – Irving, TX (USA Judo Point event)
Nov 23	USA Judo Presidents Cup. – Irving TX (USA Judo Point event)
Dec 5-7	Winter Nationals – Asuza, CA (USA Judo Point event)

SAVE THE DATE- The next Takemori Clinic clinician will be Kashiwazaki Katsuhio sensei. The clinic will be in early May of 2026. More information to follow.

WE NEED YOU!



We need you!!
–Part of judo is
Jita Kyoei –
mutual welfare

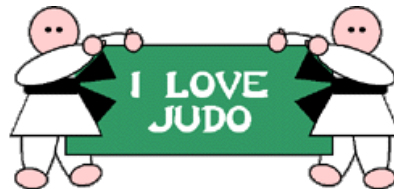
and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo? What can you do to make a difference in your dojo or in the 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



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