



Shufu Judo Yudanshakai

Shufu Shimbun

September 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 are completed early. See flyer published later in 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. If you have agenda items/topics for the meeting, contact Diane Jackson (Shufu Secretary) at Shufuyudanshakai@gmail.com.

Save the Date – Shufu Judo Yudanshakai Board of Examiner Annual Meeting – Saturday March 4 at Beltsville Community Center.



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.



Big congratulations to sensei Bobby Donaldson from College Park Judo in College Park MD for being the 2023 honoree of the USA Judo John Osako for your tireless contributions to the sport!





Fight like a Samurai Koshiki-no-kata Clinic featuring David McFall was held on August 12 and 13, 2023 at Sport Judo in Springfield, VA. This event is sanctioned by Shufu Judo Yudanshakai and the United States Judo Federation. The lead clinician was David McFall, Godan. The event director is Diane Jackson. The clinic was held on Saturday Evening from 3:00pm – 6:30pm and on Sunday 9:00am to 4:00pm. (About the clinician: In January 2023, David McFall and his partner won First Place in Koshiki no kata in the Japan International Veterans Competition. Also,

he was recently appointed as a Kata Official of the Yokohama Judo Federation in Japan – the first non-Japanese to be awarded this kind of appointment. He is one of only four non-Japanese who has been awarded (jyukutatsu) “Mastery of the technique” grading for Koshiki no Kata. McFall sensei moved to Japan in 2006 and since then has trained primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei’s study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately



join the Kudenkai. Practicing twice a week for over ten years, he performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. He also attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. McFall sensei first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei. Koshiki no Kata (Form of the antique things) is a Judo kata of 21 techniques. The set of forms are intended to learn "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor.

On August 12 – 23, 2023, Shufu Yudanshakai had the fortunate opportunity to offer a unique educational experience for judoka. David McFall, Godan and an American living and studying judo in Japan for the previous 10+ years was here to share his knowledge on Koshiki no Kata. David studied on the Kodokan master, Diago sensei for 10 years. To add to his credentials, David sensei also recently placed first in Koshiki no kata at the Kodokan international kata competition. Koshiki no kata is the kata in which the judoka moves as if they are wearing samurai armor. However, the strategic thinking and lessons are universal in judo. How does one take advantage of their opponents actions? When does one execute an action to have maximum effectiveness and efficiency?

David sensei emphasized the understanding “riai”. Riai is often not discussed in randori or shiai teachings, but it is very much a part of the principles of judo. Riai is difficult to translate into English. It means “Ri” which can be translated into “principle” and “reason” and “au” which can be translated into to match, to fit or to agree. To some, it can be translated as principle or moment of interaction. Randori and shiai can create these by circumstance or accident - Kata creates them on purpose. The key to kata is to show the authentic interaction even though the outcome is known. Kata is an important indication of a person’s understanding of the principles of judo.

If we are lucky, David will return to expand on the learning next August. If you attended previous Koshiki no kata clinic or not, I encourage all judoka to attend the next time it is offered.

USA kata leaders spend a week at the Kodokan in Tokyo Japan for Summer kata training.

(from Diane Jackson)

Every summer, the Kodokan hosts several summer courses - some are for shiai, and some are for kata. From July 17 - 22, me and twenty-two other Americans crossed the ocean to attend this summer's kata summer course. instruction and evaluation were scheduled over six days, from July 17 - 22. This year, participants had to choose between katas for some sessions. But all seven katas were offered. After instruction there was time to practice and get questions answered or get feedback from Kodokan instructors. Each day there were sessions for 5+ hours per day. The break at lunch was hardly enough time to hustle back to your room / hotel, get a VERY quick bite to eat. rest and head back for the afternoon.



Every participant has the opportunity to sign up for one kata evaluation. The pair must perform both uke and tori. Every day after instruction, there is open mat time to practice in preparation of evaluation. Also - while there - there are many other opportunities to take advantage of. ... Participants were invited to practice in other evening classes. You can also observe Kodokan instruction from the 8th floor, overlooking the 7th floor main dojo, or to sit on the side of the mat (with permission) .

BTW - Fun fact about the Kodokan... dojo entry for judoka is on the 4th floor. The dojos are located on the 5th - 7th floors. The main dojo is on the 7th floor. Only stairs are used by judoka to get from the 4th to 7th floor and the ceilings are very high. For me, I think it provides valuable time to get in the mindset to practice. Also, I thought of all

the previous and current judoka ascending those stairs in pursuit of improvement. I was pleased to be among them.

If you are judoka and in Tokyo, I highly encourage you to visit the Kodokan. If nothing else, the second floor is the museum; the 8th floor is observation seating for the main dojo; and on the ground floor is the gift shop. And next door to the Kodokan, you can ride a roller coaster that literally come out of a building at the Tokyo Dome amusement center.

I spent time at the Kodokan previously for kata competition and for special instruction but being part of a summer course provided more insights for me.





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 aligned its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do at each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity. We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program. Visit our USJF "Koka Kids" page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.



to



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](#)

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? 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.



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.

What Shufu can do for you.

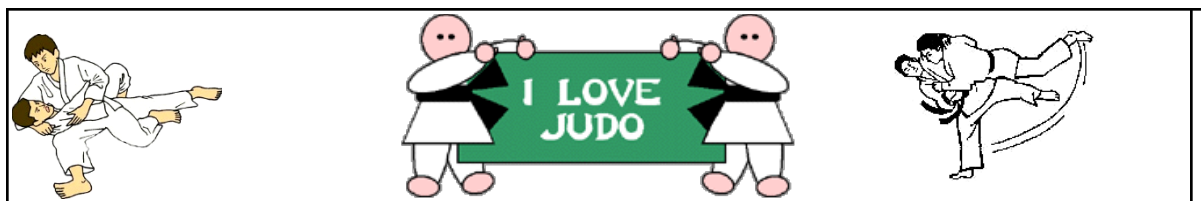
Just a reminder that Shufu has an Athlete Fund Committee (Robert Hunt - Committee Chair) that can assist with grants to Shufu members. In 2023, they awarded a total of \$1000 and \$2350 in 2022. See Shufu Website for additional information and application.



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

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 a 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:

Kokushi Midwest Judo Kokushi Midwest Judo will be hosting the great Shinjiro Sasaki on September 9 and 10th. This'll be a 5-star seminar all the way -- amazing instruction, amazing techniques, lots of space to practice, up close and personal with Sensei and meeting some amazing people. Limited spots available. Advanced registration required. No walkups. Register quick at KokushiMidwest.com. @sasakijudo_official @sasakijudo
Contact: Grace Talusan, sensei of Kokushi Midwest Judo
grace@kokushimidwest.com or 217-693-7342



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

The Compound presents Sabiana Anestor, 2020 Olympian, 2021 Bronze medal at Pan American Open, 2022 Bronze medal at Pan American Open, 2022 Bronze medal at US Open on Wednesday, September 6 from 5:30 to 6:45pm and on Friday September 8 from 5:30 to 6:45pm. Compound members are FREE and non-member are \$25.

The Compound BJJ Muay Thai Combatives

www.thecompoundsilverspring.com

12210 Plum Orchard Drive, Silver Spring, MD

(301)264-8874



Tournament Announcement for the 2023 North American Judo Championships.

When: Tournament Sunday, September 10, 2023

Where: Wayne PAL, 1 PAL Drive, Wayne, NJ 07470 (Same Place)

Weigh-ins: North Jersey Judo Dojo, 246 Wanaque Avenue, Pompton Lakes, NJ 07442

Weigh-ins Date: Saturday, Sep 9th 12 noon – 5pm

USA Judo Points: Juniors, Seniors & Veterans USA Judo Roster Point Event

Judo Shiai & Kata: <https://usajudo.smoothcomp.com/en/event/9245>

[2023 North American Judo Championships USA Judo Roster Point Event - Smoothcomp](https://usajudo.smoothcomp.com/en/event/9245)

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



BlackForce MMA Judo Club presents:
Coaching Seminar — USJA Level 1
Saturday July 22, 2023, 1:00PM-5:00PM

- This is about how to teach more effectively.
- Includes classroom material and on-mat teaching exercises.
- Coach Certification is now required by insurance companies!
- Coach Certification reduces the chance of you being sued!
- USJA Coach Certification recognized at tournaments nation-wide.
- USJA Coach Certification used by USJA & ATJA.

Hosts:
Lorenzo Menzel, Head Judo Instructor, BlackForce MMA Judo Club
Ron Cooley, USJA Coach Certification Instructor

Clinic: \$25 (Priced low so all can attend!)
Clinic open to martial arts instructors and students age 14 and up.
Liability waiver REQUIRED for admission.

All who complete the seminar receive a "Certificate of Completion".

USJA certification requires:
Brown belt or above, minimum age 17, with current: Sudoport, Concussion / Headcap, Background Screen, and USJA membership. (Those who earn rank within a year of taking this course, can certify by then submitting a signed off paperwork.)

USJA Certification: \$70, valid for 4 years.

USJA membership available on-site \$60 (2 or more in family, \$80 each, \$35 for military).

Location: **BlackForce MMA**,
113B Collage Park Rd, Ladson, SC 29456

Limited to 30 participants! R.S.V.P. NOW to reserve your spot!

For information, directions, or to reserve your spot, contact:
Lorenzo Menzel: lorenzomenzel@gmail.com
Ron Cooley: roncooley@usjajudo.com

Dress: Martial Arts uniform or sweatshirt & sweatpants.
USJA Sanction: 23-040

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



2023 Morris Cup

When: Sunday October 8th

Where: Burnt Hills-Ballston Lake High School, 88 Lake Hill Rd., Burnt Hills, NY 12027

Eligibility: Open to current USA Judo, USJF, USJA or ATJA members

Membership sign up available on-site on day of tournament

Weigh-ins: Saturday 4pm-8 pm at Jason Morris Judo Center, 584 Saratoga Rd. Glenville, NY

Shiai (Juniors, Cadet, IJF Judo, Senior Elite, Veterans & Novice) and Kata (Ju no kata, Katame no kata and Nage no kata) - registration on SmoothComp - <https://usajudo.smoothcomp.com/en/event/9779>

Additional information or questions to Teri Takemori judoteri@gmail.com, 518- 330-7270 or Jason Morris jasonmorris210@yahoo.com

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

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

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

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

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

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

Diane Jackson – Shufu Yudanshakai Kata Corner

Upcoming kata events:

Sept. 10th -North American Judo Championships, Wayne, NJ - see note earlier in this newsletter

October 8 - Morris Cup, Burnt Hills, NY - see note earlier in this newsletter

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)

‘Keep moving’ says 100-year-old gold medalist. Roy Englert Sr., a Navy vet, retired lawyer keeps competing, winning senior races.

- By Jack Parry Special to the Fauquier Times on Aug 14, 2023

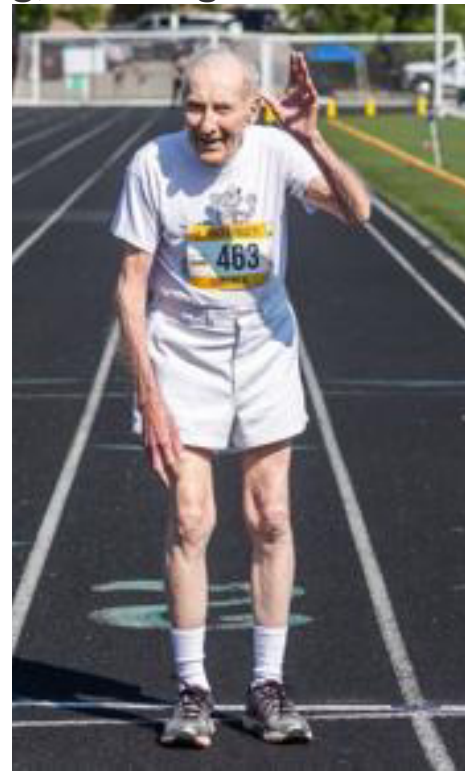
Roy Englert, 100, of Westminster at Lake Ridge, VA won the gold medal the Men's 400-meter run in the 100+ age bracket at the 2023 National Senior Games on July 11 in Pittsburgh. Englert was one of 28 athletes selected for national recognition as a Humana Game Changer, which celebrates athletes' commitment to healthy aging and their encouragement, motivation and inspiration to people of all ages to get active.

For years, Roy T. Englert Sr. ran a few days a week at local high school tracks around Woodbridge. While locals who caught a glimpse of him on the cinder may have thought he was just another resident trying to stay fit, they were actually witnessing a competitor who would go on to break world records and etch his name in history.

Now 100, Englert continues to compete and train from the comfort of his retirement community, Westminster at Lake Ridge, where he hits the treadmill at least a few times a week. While he no longer runs on high school tracks, he increases his training before each race. “I was doing 30 to 40 minutes on the treadmill two to three times a week, now I do 20 to 30 minutes on the treadmill two to three times a week,” he said. Englert’s running career has earned him many accolades. He’s set world records with others and by himself. In 2014, he set records in relays with a team of over 90-year-olds in the 4 x 100-, 4 x 400- and 4 x 800-meter relays. In 2018 and 2019, he set personal world records at the USA Track and Field Masters’ Outdoor Championships in the 95- to 99-year-old bracket in the 800- and 5,000-meter events.

Over the years, Englert has received so much recognition that he’s had a hard time keeping track of all his medals. “In fact, I had an office where I had a lot of them,” he said, “and I (would) just throw them away because, you know, after a while...” Some would think that a runner who has multiple world records under his belt would have a personal trainer or a nutrition plan. However, Englert has never enlisted the help of a trainer, nor does he have a strict diet.

Englert said he first got into running in the 1980s. “I was [in my] late 50s, and I’d always been pretty active chasing my kids around, you know. I read this book and it said one needed to exercise and that running was a good exercise,” he said, “so I thought I’d try it and I started running a little bit.”



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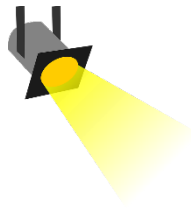
Soon after, he saw that a meet was being held at Georgetown University and he decided to try it out. He ended up winning a gold and a silver medal, which kicked off his running career. Englert worked as a lawyer for the Department of the Treasury for 22 years, and then moved to the private sector before retiring at 72. Prior to his legal career, Englert served in the Navy during World War II. He was at the beaches in Normandy on D-Day and took part in the Battle of Okinawa. Englert said he believes there was one key trait from his service days that he's applied to his competitive racing career. "Well, discipline, that's the main thing. You learn a lot of discipline when you're in the Navy," Englert said.

His remarkable discipline shows true in his commitment to competition, as he has participated in every National Senior Games since they were created in 1987. This year, at the Humana National Senior Games in Pittsburgh, he ran the 400-meter race in the 100+ age bracket. He was the sole competitor in his bracket and finished in six minutes and 10 seconds on a hot day.

Englert has resided at Westminster at Lake Ridge since 1997, a place that he likes and calls extremely convenient. Being a well-recognized person in and around the community, he said he believes one thing his fellow seniors can take away from his accomplishments is his motto to "keep moving." "You see so many people here in wheelchairs, with canes and walkers. It's because they never use their body." He said, "You know it's important to keep using your body."

For those who want to get into running consistently, Englert's advice is simple: If you train and put the work in, you will improve. "People don't understand, if you want to have energy, you have to expend energy," he said. Having run for over 40 years, Englert said he doesn't know how much longer he will compete for, as he continues to take things day by day and checks in with his doctor regularly. As he continues to train each week, Englert's dedication at 100 remains an inspiration to athletes and seniors everywhere. Yet he wonders why his age has an effect on his speed. "I get slower every year and I don't know why?" he said. "I mean I know it's aging but what is it about aging that causes you to get slower?"

Reach Jack Parry at jgparry1@gmail.com



Shufu Spotlight

Shufu

Judo

Sensei Fran Vall

Sensei Fran Vall started judo in 1959 in Wilmington, Delaware. She worked her professional career at the United States Department of State Foreign Service, living in places such as Japan, Afghanistan and Sudan. She was able to learn both judo and Naginata while stationed in Tokyo Japan in the late 60's and early 70's. She was able to learn and get promoted at the Kodokan.

She has been a lifelong member of the Washington Judo Club in the Washington DC area throughout its different locations. Fran is a life member of the United States Judo Federation and proud member of Shufu Judo Yudanshakai. She was an active kata competitor with Karl Tamai.



She redefines aging as an honored senior sensei who lives life vibrantly and makes contributions to the world. Fran stated, " I go out into the world every day with mother nature and it gives me a chance to reflect and to think about my life."

Sensei Fran stated "As a Sensei, as you age, you adjust to life and look at things differently. Your body changes and so you do, you address the art in a different way. There's a different insight, there's a different feeling, a different way of approaching and teaching it and it's really helped me to be a better teacher and to be more insightful, just working with people who are coming up, or who are, who have also trained all their lives as well." Fran has been able to train with many different teachers and different levels of teachers. She stated "It just gives you a different feeling of understanding of how much more there is, not only on a physical but a psychological level. Many senseis' lives are a historical background of where judo came from, how they have amassed knowledge, skills and training, as well as how hard they had to work to get to their accomplished levels. We are all students, continuously learning and improving ourselves."

Fran is a person who approaches life positively and courageously. We all need role models. Fran really believes in making connections with people all over the world. It's a big part of who she is and her dedication to martial arts into and to living life in an engaged community-oriented way. I think she is really someone we can be inspired by.

Fran Vall holds a Shichidan 7th degree black belt in Judo and a 6th one in Naginata (Japanese sword fighting). In addition to mentoring at three martial arts clubs she still finds time to work as a ski and snowboard instructor and volunteer in her community. She is guided by her Jewish faith and quest to never stop learning.

She was also featured in a short film "Sensei Fran Kick A**" - www.youtube.com/watch?v=g8AeXhrUcgQ



Shufu Judo Yudanshakai, in cooperation with
Hui-O-Judo Beltsville, Maryland National Capital Park and Planning Commission,



Shufu Judo Yudanshakai and the United States 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.)
 - [o](#) 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