



Shufu Judo Yudanshakai Shufu Shimbun

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



September 2026



Upcoming Events:

September 13	North American Judo Championships	Madison NJ
September 20	Suncoast Warrior	Port St Lucia , FL
September 27	Liberty Bell	Philadelphia, PA
October 4-5	San Jose Open	San Jose , CA
October 11	Morris Cup	Scotia, NY
October 31	Shufu Promotions/ BOE/BOD	Beltsville, MD

**** DATE CHANGE - SAVE THE DATE – OCTOBER 31 Shufu Fall Promotions – Beltsville MD**

Important dates: Monday, August 31 – start accepting paperwork
Saturday, September 31 - Form 20 for dan ranks due
Saturday, October 17 – all documents complete and turned in.
Saturday, October 31 – Event day

Follow Shufu Judo Yudanshakai

Instagram: <https://www.instagram.com/shufujudo>

Facebook: <https://www.facebook.com/ShufuJudoYudanshakai>

Twitter/X: <https://twitter.com/ShufuJudo>

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.

Congratulations Joshua Grier – DC Judo



Congratulations to Joshua Grier from DC Judo in Washington DC. Joshua traveled to Houston Texas to compete in the Veterans Open Championships held on August 29th. The competition was held at the Baytown Community Center in Baytown TX. The event was sanctioned by USA Judo. There were 232 competitors. This event was a Level 4 USA Judo Point event.

Joshua competed in three divisions. He was in the 100kg+ M2 division where he placed SECOND, the Novice Male extra heavy division where he placed THIRD and the Novice Open division where he placed FIRST!! Congratulations Joshua!!

The Mens 100+ kg M2 division was a 4 man division. He lost by Ippon to JT Woodard from Mile High Judo in 1:05. He won by Ippon against Austin McCutchen from Fort Worth Judo in 1:45. He lost his last match by ippon against JT Woodard from Mile High Judo in 2:43.

Congratulations Joshua on placing 3rd in the 100+ kg M2 Division at the Veterans Open Judo Championships.

The Mens Novice Extra Heavy division was an eight man bracket. Joshua had a bye the first round. He lost against Jeremiah Solieau from Pablo Silva BJJ by ippon in 2:16. He won against J. Vasquez from South Texas Judo by ippon in 1:45. He won against Espozon from the Academy of Martial Arts by ippon in 1:27. He won against Jeremiah Solieau from Pablo Silva BJJ by ippon in 1:38. He lost in the finals against Chestist Tringeo from Institute of Judo by ippon in 2:38. **Congratulations Joshua for earning a silver medal second place finish in the Mens Novice Extra Heavy division at the Veterans Open Judo Championships.**

The Novice Open division was an eight man bracket. Joshua lost his first match to Chris Evans from MSHQ by ippon in 1:07. He had to put that behind him and work his way out of the loser bracket. He won his second match against Jeff Titus from WACO by ippon in 0:30. He won this third match against Thomas Dickson from Combat Concepts by ippon in 0:00 (withdrawal). He won his fourth match against Payne Miller from Yungworth Judo by ippon in 0:15. He won his fifth match against Christopher Gallgos from Lopez judo by ippon in 1:45, winning the loser bracket. He went on to fight Chris Evans again for the preliminary gold medal match, winning by ippon in 0:10. They had a fight off for the gold medal championship which Josh won with an Ippon in 0:56. **Congratulations Joshua for earning your gold medal FIRST place finish at the Veteran Open Judo Championships!!**

IJF Dan Rank Validation Requirement

Dear United States Judo Federation and USA Judo Members,

The International Judo Federation (IJF) has issued new worldwide Dan rank requirements designed to establish a consistent ranking system across all member nations. One of the most significant changes is that **all athletes, coaches, and referees who are registered in JudoBase, or who intend to compete or participate in any IJF event, must have their rank validated by the IJF no later than December 31, 2026.**

Please note that the [attached IJF document](#) references a September 2026 deadline. However, USA Judo has received official notification from the IJF that this deadline has been extended to **December 31, 2026**. Failure to obtain IJF rank validation by this date will make you **ineligible to participate in IJF events**.

Please also be aware that:

- IJF rank validation is **separate from USA Judo rank recognition or validation**.
- The IJF charges a **separate validation fee**, which is paid in addition to any USA Judo fees.
- The application must be completed by the athlete, coach, or referee and submitted to USA Judo.
- After USA Judo reviews the application and verifies the appropriate fees have been received, it will be forwarded to the Panamerican Judo Confederation (PJC).
- The PJC will review and approve the application before forwarding it to the IJF for final validation.

What This Means for You

If you are an athlete, coach, or referee and plan to participate in any IJF event after December 31, 2026, you must have your Dan rank validated by the IJF before that date.

USA Judo encourages everyone who requires IJF validation to begin the process as early as possible to avoid delays and ensure eligibility for future international events. If you currently hold a verified USA Judo dan rank, send a copy of your certificate, the completed application and fee to connor.jenkins@usajudo.us.

If you do not currently hold a verified USA Judo dan rank certificate, you must go through the USA Judo rank process to receive a USA Judo rank. Once the dan is verified, send the completed IJF application form and fee to connor.jenkins@usajudo.us.

Cost:

Shodan through Godan \$125.00

Rokudan through Hachidan \$200.00

Welcome Kogaion Academy

Shufu Judo Yudanshakai is pleased to welcome the **Kogaion Academy** to join us. They are located at 2877 South Arlington Mill Drive, in Arlington VA. Phone number is 703-732-7974. Email is shirlingtonbjj@gmail.com. Website is www.kogaionacademy.com Head instructor is Vasile Victor Ciocoiu. They practice on Sunday from 1130-1230, Tuesday from 6-7pm, Wednesday from 7-8pm, Thursday from 6-7pm, and Saturday from 1030-12pm.



At Kogaion Academy, their Brazilian Jiu-Jitsu and Judo programs are built for busy Arlington professionals and families. Through structured classes, attentive coaching, and a strong team culture, they help you train with purpose, make real progress, and surround yourself with people who push you.

At Kogaion Academy, their Judo program focuses on throwing, control, and movement, offering a powerful full-body workout that develops strength, coordination, and conditioning in a dynamic and engaging way. Their judo classes are taught by Sensei Victor Ciocoiu, who is an internationally certified judo coach (there are only around 60 in the entire United States!) and passionate about sharing the sport he has been training since he was nine years old.

Victor Vasile Ciocoiu, HEAD INSTRUCTOR, OWNER, RANK: 3rd Degree BJJ Black Belt | Judo Sandan Black Belt
• INSTAGRAM: [@victorsjudo](https://www.instagram.com/victorsjudo)

Victor is a lifelong martial artist and doctor in physical therapy. He started training judo in Romania when he was 9 years old. He started training BJJ in 2007, and after a successful competitive career in the colored belts, was awarded his BJJ black belt in 2015. As a small guy (standing at 5' 6" and 145 lbs), Victor has adapted his BJJ to be highly technical and efficient, especially against larger and stronger opponents. As a DPT, he is also highly knowledgeable in body mechanics as they relate to jiu-jitsu, as well as safety in the training room.



Takemori Clinic with Kashiwazaki sensei held at Kogaion Academy



The Second Eastern Kata Championship was held on Sunday, August 9, 2026, at College Park Judo Club in College Park, MD. Twenty-three teams competed in six katas. The skill range was beginner to international competitors. Additionally, 6 judoka tested and demonstrated or taught their kata to become new kata instructors and/or judges in 9 katas. Competition was fierce and was awarded with pizza and a couple of hours of feedback by IJF (Takeuchi Sensei, Diane Jackson, Frances Glaze and Theo Schwamm), PJC (Karen Whilden) and national judges.

Competitors and judges traveled from NY, OH, TX, PA, FL, MD and VA to attend.

Special thanks to College Park Judo and Hui O Judo for organizing and running the event and to USJF for the crowd control barriers and signage. **(who)** was awarded the Takeuchi Award for best judo spirit. This award is based not overall scores and serves to reenforce that judo is not just about winning but also about heart and love of the sport. Takeuchi Sensei was recently awarded her Kudan (9th degree black belt) and has been practicing and teaching judo both in Japan and the United States for over 80 (?) years. She was instrumental in establishing the IJF Kata Committee promoting kata throughout the world.

Studying judo kata is a core part of training because it goes far beyond memorizing moves — it's about **mastering the principles, precision, and philosophy of judo**.

1. Mastering the Principles of Technique - Kata, meaning “form,” is a structured, prearranged sequence of judo techniques practiced with a partner. It teaches the three fundamental elements of judo: **Kuzushi** – creating an opponent's imbalance; **Tsukuri** – setting up the technique; **Kake** – executing the throw or hold. By practicing kata, you internalize these principles so you can apply them to any technique, even those not explicitly shown in the form.

2. Building Technical Precision and Safety - Unlike randori (free sparring), kata is a controlled, cooperative drill. This allows you to focus on **accuracy, timing, and body mechanics** without the risk of injury. It also develops mutual respect between partners (tori and uke).

3. Developing Mental Discipline and Focus - Kata requires concentration, patience, and repetition. Slow forms like Juno-no-kata emphasize balance disruption and weight shifting, training both physical and mental control.

4. Connecting to Judo's Heritage - Jigoro Kano, judo's founder, saw kata as a way to preserve the art's philosophy and techniques while adapting them for the modern world. Studying kata keeps you connected to judo's traditions and values.

5. Enhancing Practical Application (Bunkai) - Kata is a training ground for **bunkai** — the practical application of techniques in real-life scenarios. The principles learned in kata can be adapted to improvised situations, making you a more versatile judoka.

6. Holistic Judo Training - Kata complements randori, kogi (lectures), and mondo (discussions), forming a complete judo education. It bridges the gap between physical skill and theoretical understanding.

In short: Studying judo kata is not just about performing forms — it's about **understanding the “why” behind each move**, refining your technique, and embodying judo's principles in a disciplined, safe, and traditional way.



2026 United States Judo Federation Eastern Kata Championships
Sunday, August 9 2026
at Lakeland College Park Community Center, College Park, Maryland.

Open Exhibition

1. E.Larsen and C. Levine – El Idrissi Academy

Open – Beginner Nage no Kata

1. C.Levine and A.Anissi – El Idrissi Academy
2. E.Larsen and A.Anissi – El Idrissi Academy
3. S.Phipps and AmMcKeon – College Park Judo

Open – Intermediate Nage no Kata

1. J.Grier and B.Fineran – DC Judo
2. J.Phillips and N.Berko – DC Judo

Open – Intermediate – Ju No Kata

1. M.Lullo and P. Conley – Bushido Kai Judo

Open – Advanced Nage No Kata

1. J.Kivel and L.Graham – Bushido Kai Judo
2. R.Allard and J. Phillips – DC Judo

Open – Advanced – katame No Kata

1. N. Magyar and S. Litteer – Bushido Kai Judo
2. N.Phelps and J.Berl – Bushido Kai Judo
3. P.Vitolo and A.Shonts – Soouthwestern PA Judo

Open – Advanced- Ju No Kata

1. A. Berends and S. Hauptmann – BMAF judo
2. M.Lullo and P.Conley – Bushido Kai Judo

Open – Advanced – Goshin Jutsu

1. K. El Idrissi and C. Levine – El Idrissi Academy
2. J. Berl and N. Phelps – Bushido Kai Judo

Open – Advanced – Kime No Kata

1. L.Graham and JKivel – Bushido Kai Judo
2. S.Litteer and N. Magyar – Bushido Kai Judo
3. T.Ikeuchi and J.Evans – Hui-O-Judo Beltsville

Open – Advanced – Itsutsu No Kata

1. W.Brown and B.Fineran – Hui-O-Judo Beltsville
2. S. Gutridge and A. Campo -CYC Judo





Shufu Judo Yudanshakai
presents the

Fall 2026 Shufu Judo Yudanshakai Junior and Senior Promotional Examination

Saturday, October 31, 2026
Beltsville Community Center
3900 Sellman Road, Beltsville, MD
United States Judo Federation Sanction # 26-10-??



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 (USA Judo 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 2026 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

August 31 – First date to accept applications.

September 31 – First deadline for Dan paperwork (initial submission of Form 20)

October 17 – Second deadline for ALL FULLY COMPLETED paperwork due (juniors, senior kyu, dan)

October 31 – 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-12:15 PM	Shufu Board of Examiners meeting – (All Board of Examiners members are requested and encouraged to attend in person.)
12:15 -12:30 PM	Awarding of promotions
12:30-2:00 PM	Shufu Board of Directors Meeting (All registered Yudansha [Black Belts] are encouraged to attend but a Zoom connection will be supplied. Contact: Shufu President Miki Takemori at 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 17, 2026: All promotion candidates (juniors, senior kyu, and dan ranks)
2. **All registration is online – no onsite registration**
 - Registration Fee (all examinees): \$25 for junior and senior kyu ranks; \$50 for all dan ranks
 - Additional Fees for Black Belt Ranks only:
 - Shufu Promotion Fee: \$15 (paid online with registration fee)
 - **After** the promotion: USJF Promotional Fees: \$125 for Shodan, \$180 for Nidan, \$230 for Sandan, \$250 for Yodan, \$280 for Godan, \$300 for Rokudan, \$350 for Shichidan and \$400 for 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. **August 31 - Documentation first accepted (electronic submission only)**
2. **September 31**
 - **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 10
 - If a Form 20 has not been submitted by September 24, the Shufu Board of Examiners (BOE) will table the promotion request until the next promotional.
3. **October 17**
 - **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 10, 2026, the Shufu Board of Examiners will table the promotion request until the next promotional.

No documentation will be accepted after Saturday, October 17, 2026.

Shufu Yudanshakai Board of Directors

Please submit agenda items for the Shufu Board of Directors meeting by October 17, 2026 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

Topic: **Shufu Yudanshakai Board of Directors (ALL registered black belts)**

Time: **Saturday October 31 at 1:30pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/84647273911?pwd=VFBPRzM4b0pyWUZxeXV3WGphZlJSQT09>

Meeting ID: **846 4727 3911**

Passcode: **ShufuBOD**

One tap mobile

+19292056099,,84647273911#,,,,*53078443# US (New York)

+13017158592,,84647273911#,,,,*53078443# US (Washington DC)

Join instructions

<https://us02web.zoom.us/join/84647273911/invitations?signature=2P9-wkZwSoNeMCyXjPOKbrtJnltT73N4sC27ruKxG-M>



Do you travel to judo compete in judo events?

Do you know that Shufu Yudanshakai offers Funding Support for Athletes?

Click here for the Athlete [Funding Application](#)

Click here for the [Athlete Funding Policy](#)

For **Athlete Funding**, mail the completed application to:

Robert Hunt

Chairman, Athlete Funding Committee

4010 Woods Rd

Port Republic MD 20676

bh_921@hotmail.com



SAVE THE DATE – Shufu Yudanshakai Fall 2026 promotions, BOE meeting and BOD Meeting

Please note the following important dates

August 31 – Paperwork acceptance for Fall 2026 promotions

Sept 31 – Form 20 for dan promotions DUE

October 17 – ALL documentation due to Shufu YDK

October 31 – Promotional testing, BOE Meeting and BOD Meeting

****** We encourage all judoka to be tested and evaluated at the shufu promotions, regardless of rank. We are encourage all senseis to send their kyu ranking judo to the promotions. Rank certificates and belts can be presented at the promotional testing, at the senseis approval. (Note some sensei like to presnet in their dojo)

The Shufu YDK meeting are open meetings. All judoka and parents are welcome to attend.

Both meetings will be offerd as hybrid (live inperson and via zoom) meetings.

ALL dan ranking judoka are members of the Board of Directors for Shufu YDK. We always encourage ALL black belts to attend the bi-annual meetings and to participate in the meetings.

Any items or topics to be added to the meeting agenda should be sent, at a minimim of two weeks (October 10), prior to the meeting.

For BOD matters, send to Shufu secretary, Margie Kettl at Shufusecretary@gmail.com

For BOE matters, send to Board of Examniner Chairman Kevin Tamai at ShufuBOEchairman.kevin@gmail.com

ONLY Board members have voting rights at the meetings.



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

Planning ahead for the fourth quarter of event in 2026 events

November 12-14	USJF Fall meetings	Las Vegas, NV
November 21	Dallas Open	Irving, TX
November 22	Presidents Cup	Irving, TX
December 6	North Eastern Open	Patterson, NJ



Judo Instructor needed



Based on the success and popularity of the Tamai brothers with judo at College Park and Beltsville, MNCPPC would like to expand to have more class offerings in the area. The North Brentwood Community Center, which is part of the National Capital Park and Planning Commission, is looking for a judo instructor. Class days and times will be determined through a meeting with the instructor, the program manager and the facility director. At the moment all days and times are open and available. Please contact Brentwood Community Center directly. Other MNCPPC facilities are also interested, Please contact the centers directly.

Join us for Liberty Bell Classic 2026 on Sunday September 27, 2026

38th Annual Liberty Bell Judo Classic

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!

REGISTRATION & SMOOTHCOMP INFO

Call Adam with any Questions: (215) 815-2555. If you are having issues registering please contact libertybelljudo@gmail.com or text Kristin at 215.470.4169.

During the event you can follow along the event on the smoothcomp for updates as to your division, bracket and start times. Please note that changes can occur live - be sure to be at the venue at least 1 hr before your initial listed time and to keep an eye on the tournaments progressions in person.



2026 NORTH AMERICAN JUDO CHAMPIONSHIPS REMINDER

REGISTER BEFORE WE HIT OUR CAP!

2026 North American Judo Championships

When: Sunday, September 13, 2026

Where: Fairleigh Dickinson University, 285 Madison Avenue, Madison, NJ

Register Here: <https://allthingsjudo.smoothcomp.com/en/event/27546>

KOHAKU Divisions Available As Well.

Any questions or concerns, please call me directly 201-206-2705.

Best

Ramon Hernandez

North Jersey Judo



THE IMPORTANCE AND NECESSITY OF STUDYING KATA

by [Aiko Tanaka](#)

Mastering the Essence of Judo: The Importance of Kata

The tranquil atmosphere at the 2024 World Kata Championships provided the perfect setting for a conversation with Haruki Uemura, President of the Kodokan and Director of World Promotion for the International Judo Federation (IJF). As the leader of the institution founded by Jigoro Kano in 1882, Uemura emphasizes the crucial role kata plays in judo practice.

Martial Arts. Uemura firmly believes that every judoka should dedicate time to studying and practicing kata, echoing the teachings of Judo's founder. He stresses that a comprehensive understanding of judo encompasses not only the physical techniques but also the theoretical and philosophical aspects. This holistic approach includes kata (forms), randori (free practice), kogi (lectures and theoretical classes), and mondo (discussions). Kata, according to Uemura, goes beyond simply learning techniques. It delves into the underlying principles that govern each movement. As an example, the Nage-no-kata and Katame-no-kata, collectively known as randori-no-kata, illustrate the three basic elements: kuzushi (imbalance), tsukuri (readiness), and kake (projection). While these kata only feature 15 techniques per repetition, mastering these movements equips judoka with the foundational principles to execute any judo technique.

Consider the popular o-soto-gari technique, which is absent from Nage-no-kata. However, the principles learned thru practicing this kata provide the necessary understanding to effectively execute o-soto-gari. Similarly, Juno-no-kata, performed at an extremely slow pace, focuses on disrupting an opponent's balance while simultaneously shifting one's own weight to apply the appropriate technique. In today's judo landscape, with over 10 million practitioners worldwide, kata remains a cornerstone of the discipline. It serves as a bridge between the physical and philosophical aspects of judo, fostering a deeper understanding and appreciation for the art.

Beyond competition: Unlocking the True Essence of Judo Kata

While judo competitions captivate audiences worldwide, the heart of this martial art lies in the practice of kata. More than just a performance, kata serves as a living repository of judo's principles and techniques, offering invaluable lessons that transcend the competitive arena.

The meaning of kata extends far beyond the pursuit of medals. Events like the World Kata Championship in Las Vegas play a crucial role in disseminating these principles globally. As a platform for renowned kata practitioners, the championship fosters a ripple effect, inspiring judoka worldwide to delve deeper into the art's foundational practices. In Japan, kata traditionally serves as a cornerstone of dan level examinations. However, its importance extends beyond mere academic achievement. Understanding the profound connection between kata and the core essence of judo is paramount. Consider the example of uchi-komi, a fundamental drill. While seemingly simple, uchi-komi embodies the principles of kuzushi (breaking balance), tsukuri (entering), and kake (execution) – the very building blocks of judo technique. A skilled instructor, even without sight, can effectively convey these principles through kata, demonstrating its power as a teaching tool. My own journey with judo reflects this evolution of understanding. As a competitor, my focus was solely on victory. Later, as a coach, performance became my primary concern. It wasn't until I assumed the presidency of the Kodokan that I truly began to grasp the profound meaning and necessity of kata. Today, the Kodokan witnesses a surge in individuals seeking to deepen their understanding of kata. Initiatives like the IJF Academy and the World Kata Championship are instrumental in spreading judo's values and principles to a global audience.

Mastering kata is a multifaceted process. It begins with acquiring the correct form, followed by comprehending the intricate interplay of kuzushi, tsukuri, and kake. Through diligent repetition, each technique within the kata is refined and internalized. This iterative process mirrors the journey of any judoka, irrespective of their chosen path. Whether practiced in its entirety or dissected into individual segments, kata offers a profound and enduring pathway to unlocking the true essence of judo. The Enduring Value of kata in Judo

Kata, the formalized sequences of movements practiced in Judo, are often seen as a cornerstone of the discipline. Beyond their role in developing technical proficiency, kata offer a profound understanding of Judo's philosophy and principles. As Sensei Uemura emphasizes, "If you want to truly embody the spirit of Judo, mastering kata is essential. This is the enduring legacy of Jigoro Kano, Judo's founder."

While sparring (randori) is crucial for developing practical skills, kata provides a unique platform for exploring the deeper nuances of Judo. Through precise and intentional movements, practitioners delve into the biomechanics, timing, and balance essential for effective technique. This methodical approach fosters a strong foundation, allowing judoka to refine their movements and develop a keen sense of body awareness. Moreover, kata transcends the purely physical realm. It serves as a living repository of Judo's history and tradition, transmitting knowledge and values across generations. Each kata embodies a specific set of principles and strategies, reflecting the evolution of Judo's philosophy. By studying and practicing kata, judoka connect with the rich heritage of the art and gain a deeper appreciation for its cultural significance.

The pedagogical benefits of kata are particularly noteworthy. Children, in particular, benefit from the structured and disciplined nature of kata practice. It cultivates focus, discipline, and respect, while fostering a sense of accomplishment and self-confidence. Incorporating kata into youth Judo programs can instill valuable life skills that extend far beyond the mat. Welcome Judo enthusiasts! I'm thrilled to delve into the fascinating world of Judo Kata with you today. As a moderator with a deep recognition for the intricacies of martial arts, I've been notably struck by the insights shared by Haruki Uemura, President of the Kodokan, during the 2024 World Kata Championships. Mr. Uemura's emphasis on the basic importance of Kata resonates powerfully. It's not just about performing aesthetically pleasing movements; it's about embodying the very soul of Judo. Just as a musician practises scales to master their instrument, a Judoka hones their skills through Kata to grasp the underlying principles governing every throw, hold, and counter. The Nage-no-kata and Katame-no-kata, for instance, beautifully illustrate this concept. By mastering these 15 techniques, a Judoka develops a profound understanding of kuzushi (imbalance), tsukuri (readiness), and kake (projection). These become building blocks, allowing for the skillful execution of any Judo technique – even those not explicitly showcased in the Kata. Think of it like learning the alphabet. While knowing the individual letters is essential, it's the ability to combine them into meaningful words and sentences that truly unlocks the power of language. Similarly, Kata equips judoka with the alphabet of Judo, empowering them to compose their own effective and fluid techniques on the mat.

The Importance of Kata Beyond the Competitive Arena

While competitions are undeniably exciting, Mr. Uemura rightly reminds us that the essence of Judo goes far beyond medals and trophies. Kata serves as a bridge, connecting the practical application of Judo with its philosophical core. Even for those not focused on competitive Kata, understanding the principles conveyed through these forms is essential. As Mr. Uemura points out, even a blind instructor can effectively communicate Judo principles through Kata. This highlights its unique ability to transcend physical limitations and convey ancestral knowledge across generations. In essence, Kata is Judo's living memory. It preserves the wisdom of its founders, offering a roadmap for Judoka to navigate the complexities of this intricate art. As we continue this discussion, I encourage you to share your own thoughts and experiences with kata. How has it enriched your understanding and practice of Judo? Events like the World Kata Championship act as beacons, showcasing the beauty and depth of Kata to a global audience. They inspire Judoka worldwide to delve deeper into the discipline, recognizing Kata not merely as a performance but as a pathway to a more profound understanding of Judo.

[USJF](http://USJF.com) has a special relationship with Koka Kids with several free Koka Kids books on the USJF.com front page. You can also find the Koka Kids App in the Google and Apple store. Created by Nicola Fairbrother, 8th Dan, MBE, Olympic Silver Medal, World Champion - Koka Kids provides a visual learning method to help children master judo techniques effectively. USJF is proud to be associated with Koka Kids and other organizations that grow Judo and our Judo values : *friendship, honor, courage, self-control, humility, respect, perseverance*

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.





USA Judo and US Judo Federation Agree to Partnership

USA Judo and the United States Judo Federation (USJF) announced a formal partnership on Wednesday, June 10th. The news comes on the heels of initial discussions between the two national organizations at the USA Judo President's Cup in November that included USA Judo President **Dr. Ronald Tripp**, USA Judo CEO **Corinne Shigemoto**, USJF President **Mitchell Palacio** and USJF Executive Director **Robert Fukuda**.

"I was extremely happy to get the news this morning that USA Judo and the United States Judo Federation are once again linked into a working partnership equally benefiting both organizations," said Tripp. "President Palacio and I have been friends for many years, and it is always a pleasure to work with him and his leadership team."

USJF joins USA Judo and the American Traditional Jujutsu Association (ATJA) in this agreement. One of the key components of the partnership is a reciprocal membership for judo events, allowing members to compete in events of either organization.

"The United States Judo Federation extends its sincere appreciation to Dr. Ron Tripp, USA Judo CEO Corinne Shigemoto and USJF Executive Director Robert Fukuda for their collaboration in establishing this reciprocal membership agreement," Palacio stated. "This partnership reflects our shared commitment to strengthening judo in the United States by expanding opportunities, reducing barriers to participation, and fostering greater unity within our judo community. Together, we are creating a stronger foundation for the growth and success of current and future generations of judokas."

"Our common visions, goals, and commitment to our sport and our members of USA Judo and the USJF strengthen our bond as we pursue success at all levels in the years ahead," added Tripp. "This partnership was only made possible by our great leaders in our national offices, and thanks to Robert Fukuda and Corinne Shigemoto for their hard work and dedication to seeing this project to the finish line."



USJF Scholarship opportunities

[Scholarships Resources](#) | [United States Judo Federation](#)

Academic Hionors - 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 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 Kitauro Referee Development grant - [Tamo Kitauro 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



USA Judo is pleased to announce the return of its Youth National Championships to Salt Lake City, Utah, for 2027. The event was last held in Salt Lake City in 2025 and annually draws more than 600 of the nation's best athletes, aged 5-20, to vie for National Championship gold and the opportunity to represent Team USA in international competition. The 2027 event will be held March 20-21 at the Salt Palace Convention Center.

"Salt Lake City has the atmosphere of a small town with all the amenities of a big city," said USA Judo CEO **Corinne Shigemoto**. "The spacious Salt Palace Convention Center is ideal for our Youth National Championships, and we are looking forward to returning to the city that so proudly and adeptly hosted the event in 2025."

The announcement reinforces Salt Lake City's reputation as a world-class sports destination, most notably for having hosted the 2002 Olympic Winter Games and for being the soon-to-be host of the 2034 Olympic and Paralympic Winter Games.

"USA Judo has been an outstanding partner, and we are thrilled to welcome the Youth National Championships back to America's Mountain City in 2027," said **Clay Partain**, Chief Sports Officer for Sports Salt Lake. "Salt Lake offers athletes and families a safe, walkable downtown, world-class facilities, and an unmatched hospitality experience. We look forward to once again showcasing why Salt Lake is hospitality experience. We look forward to once again showcasing why Salt Lake is one of the nation's premier destinations for championship events."

Salt Lake City is America's Mountain City™, a place where the Wasatch mountain peaks frame city streets. Salt Lake is famed for our winter powder ([four legendary ski resorts](#) just 30 minutes from downtown), but that's just one season's story. Summer brings hikers [through wildflower meadows](#) before they cool off at the Natural History Museum or take in an outdoor concert at Red Butte Gardens. Autumn paints mountain canyons in gold, reds and oranges, perfect for morning strolls that end with patio dining. Spring is when you might spot baby bison on Antelope Island before heading to the Eccles Theater for a Broadway show. The soaring Wasatch Mountains rise dramatically from downtown Salt Lake, creating a place where every day offers both natural wonders and urban energy. And while sitting perfectly between the [national parks](#) with Yellowstone's geysers and Utah's red rock country, the real magic happens right here, where everyone can discover their own rhythm between mountain adventure and city life.

"The return of the USA Judo Youth National Championships reflects the confidence national governing bodies have in Utah as a key destination to host their major events," added **Jeff Robbins**, president and CEO of the Utah Sports Commission. "With world-class venues and experienced partners, The State of Sport continues to help deliver exceptional events for both athletes and their families."



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?

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.



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 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 continue our lives with strong and healthy spirits.

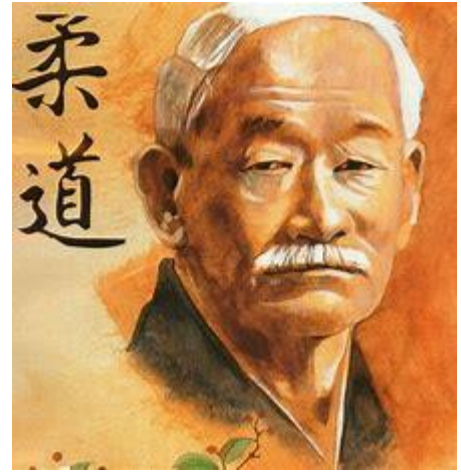
Always remember, that the strongest mottos of judo are: 'Mutual aid and benefit' and 'Maximum efficiency'. We need to apply these principles every day. Only then will we find our 'DO' (way) in these difficult moments. Let's work together and bring our values to life. Our Judo values will help keep us strong, while helping us to grow and develop.

Understanding the Philosophy of Judo: Harmony and Mutual Benefit

The Principles of Judo

Jita Kyoei: Mutual Benefit

Jita Kyoei, which translates to "mutual benefit," is one of the fundamental principles that underpin the philosophy of Judo. It emphasizes the importance of cooperation and harmony in all aspects of life. In Judo, practitioners learn not only self-defense techniques but also the value of helping others and working. Mutual benefit in Judo goes beyond the physical realm. It promotes the idea of mutual respect, understanding, and empathy towards others. By practicing Jita Kyoei, individuals learn to develop a strong sense of community, fostering positive relationships and contributing to the greater good. In the context of Judo training, Jita Kyoei is exemplified through the practice of Randori, which involves free-style sparring with a partner. During Randori, both participants aim to improve their skills while also ensuring the safety and well-being of their training partner. This principle encourages practitioners to focus on benefiting themselves while simultaneously helping their partners grow and progress.



Seiryoku Zenyo: Maximum Efficiency

Seiryoku Zenyo, meaning "maximum efficiency," is another crucial principle in Judo. It emphasizes the use of minimal effort and energy to achieve the desired outcome. Judo practitioners learn to exploit their opponent's weaknesses and use their own strengths effectively, rather than relying solely on brute force. By understanding the principle of Seiryoku Zenyo, practitioners develop the ability to analyze situations quickly and make strategic decisions. They learn to conserve energy and use their opponent's force to their advantage. This principle not only applies to physical techniques but also to mental and emotional aspects of life. It teaches practitioners to stay calm and composed, utilizing their resources efficiently to achieve their goals. The principle of Seiryoku Zenyo is particularly relevant in self-defense situations, where individuals may face stronger or larger opponents. By applying this principle, Judo practitioners can defend themselves effectively, even against seemingly insurmountable odds.

Ju No Ri: The Principle of Gentleness

Ju No Ri, often known as the principle of gentleness, is a core tenet of Judo. It teaches individuals to approach conflicts and challenges with a calm and non-aggressive mindset. Contrary to popular belief, gentleness in Judo does not imply weakness but rather a strategic approach to overcome obstacles. This principle emphasizes the importance of flexibility, adaptability, and resilience. Judo practitioners learn to yield to their opponent's force, redirecting it to gain an advantageous position. By practicing Ju No Ri, individuals develop mental and emotional strength, enabling them to remain composed in difficult situations. In everyday life, the principle of Ju No Ri encourages individuals to seek peaceful resolutions and avoid unnecessary conflicts. It promotes empathy, understanding, and the ability to find common ground with others. By embodying gentleness, Judo practitioners inspire and promote a harmonious and cooperative society.

In conclusion, the principles of Judo, including Jita Kyoei (mutual benefit), Seiryoku Zenyo (maximum efficiency), and Ju No Ri (the principle of gentleness), not only guide the practice of this martial art but also provide valuable insights for personal growth and interactions with others. Understanding and embracing these principles can lead to a more harmonious and fulfilling life both on and off the Judo mat.

The Philosophy of Judo

Judo, a Japanese martial art created by Jigoro Kano, is not just a physical combat sport but also a way of life. It encompasses a profound philosophy rooted in the principles of harmony and mutual benefit. Understanding the philosophy of Judo is crucial for practitioners to fully grasp the essence of this martial art.

Harmony with Others

Central to the philosophy of Judo is the concept of harmony with others. Judo emphasizes the importance of cooperation and mutual respect both on and off the mat. In Judo, the objective is not to defeat or overpower the opponent but to use their energy and strength against them. This principle of harmony encourages practitioners to seek peaceful resolutions, to understand and empathize with others, and to find common ground even in the face of conflict. By practicing Judo, individuals learn to cultivate harmonious relationships, not only in the context of martial arts but also in their daily interactions. The philosophy of harmony with others extends beyond the physical techniques, teaching practitioners valuable life skills such as effective communication, teamwork, and conflict resolution.

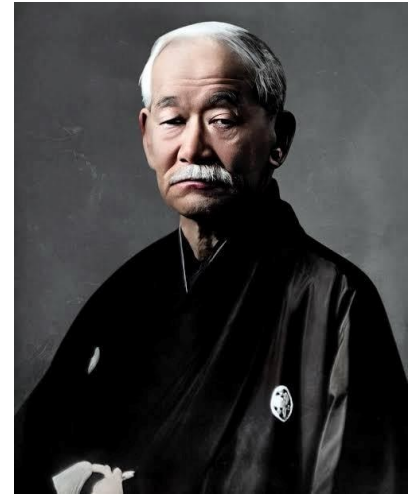
Harmony with Nature

Another core aspect of the philosophy of Judo is the pursuit of harmony with nature. Judo recognizes the interdependence between human beings and the natural world. Practitioners are encouraged to respect and understand the natural laws and cycles that govern life. In Judo, this harmony with nature is reflected in the fluidity and adaptability of techniques. Like water flowing around obstacles, Judo practitioners learn to adapt their movements to the circumstances and take advantage of their opponent's weaknesses. This understanding of nature's principles teaches practitioners to be flexible, patient, and to embrace change rather than resist it. By fostering harmony with nature, Judo practitioners gain a deeper appreciation for the world around them and develop a sense of responsibility towards the environment. They learn to live in harmony with the natural world, promoting sustainability and ecological awareness.

Harmony with Oneself

The philosophy of Judo also emphasizes the importance of harmony with oneself. Judo practitioners strive to develop physical, mental, and emotional balance. Through rigorous training, they learn to understand their own strengths and limitations, and to overcome personal challenges. Judo encourages self-reflection and self-improvement. By cultivating a harmonious relationship with oneself, practitioners develop self-confidence, discipline, and a positive mindset. This inner harmony allows them to face adversity with resilience, to stay focused and composed under pressure, and to maintain a sense of inner peace. Ultimately, the philosophy of Judo teaches individuals to strive for balance in all aspects of life. By harmonizing with others, nature, and oneself, practitioners of Judo not only become skilled martial artists but also develop into well-rounded individuals who contribute positively to their communities and society as a whole.

In conclusion, the philosophy of Judo is rooted in the principles of harmony and mutual benefit. By emphasizing the importance of balance, respect, and cooperation, Judo practitioners strive to achieve not only physical strength but also emotional and mental well-being. Through the practice of Judo, individuals learn valuable life lessons that go beyond the confines of the dojo. They develop a deep understanding of the interconnectedness of all things and the power of unity. Ultimately, the philosophy of Judo inspires individuals to seek harmony and mutual benefit in all aspects of their lives, fostering a sense of personal growth and positive impact on the world around them.



Is judo the right sport for kids?? (Article from the path of martial arts.com)

Are you thinking about enrolling your child in martial arts but aren't sure which style to pick? Judo is an excellent choice for kids, offering a perfect balance of physical activity, discipline, and character development. This article will explore how Judo measures up to the most important qualities parents look for in a martial art. From discipline and life skills to safety and fitness benefits, we'll cover everything you need to know about Judo for kids. Whether you're new to martial arts or comparing different styles, this article will help you make an informed decision about whether Judo is the right fit for your child's development and your family's goals. Judo is a Japanese martial art that excels in standing takedowns and throws. It is famously said that judoka hit their opponents with the planet instead of their fists. Judo is a fantastic choice for kids' martial arts training, excelling in key areas that are highly valued by parents. This style earns an "A" tier rating for its strong focus on discipline, respect, and self-defense, all in a safe and supportive setting. As one of the most widely practiced martial arts in the world, Judo helps children build confidence, improve focus, and develop lifelong values. With its emphasis on balance, control, and mutual respect, Judo is much more than just throws—it's a foundation for personal growth. Judo is a great martial art for kids, giving them a strong base in self-defense that can be built on with grappling, striking, or weapons training later.

Judo provides a strong foundation for children to develop discipline, life skills, and values.

The values of Judo are actively practiced and taught to young students:

- **Courage:** Doing what is right
- **Courtesy:** Showing respect for others
- **Friendship:** Considered the purest human emotion
- **Honor:** Being true to one's word
- **Modesty:** Speaking of oneself without pride
- **Respect:** Essential for building trust
- **Self-control:** Remaining calm, especially when angry
- **Sincerity:** Expressing oneself honestly

These values are upheld by strict etiquette, such as showing respect to instructors, classmates, and bowing when entering class. Judo teaches kids to handle conflict resolution with controlled actions and problem-solving, not aggression. Students learn to set goals as they work towards higher belt ranks. They develop perseverance by putting in consistent effort over time.

Judo is a full-contact martial art, but safety measures, falling techniques, and separating kids' classes from advanced training make it quite safe.

In kids' Judo programs, more intense Judo moves like joint locks and choke holds are restricted and only used at higher levels. Children in Judo learn basic moves under close supervision and practice their throws on impact-absorbing mats. Unlike many martial arts, Judo doesn't use strikes. It focuses on using an opponent's energy against them, which lowers injury risk. Kids will also learn breakfalls, which reduce injury risks from Judo throws and teach valuable safety skills to prevent fall injuries in everyday life. At advanced and competitive levels, Judo is a full-contact grappling sport with powerful throws that can sometimes lead to injuries. Studies show that high-intensity Judo competitions have an overall 3.6% injury rate (excluding scratches), with over 80% affecting the upper body. Even at this level, most Judo injuries are treated on-site, letting athletes keep competing. Overall, Judo is a safe martial art and sport for all skill levels.

Judo classes for kids are usually led by experienced instructors who understand how to communicate effectively with children.

The atmosphere is often supportive and inclusive, with a focus on personal growth and mutual respect. Since instructor and class culture varies between Judo dojos, parents should inspect a dojo and see if the environment is a good fit for their kids.

Tips for Parents Evaluating Dojo Culture:

- **Observe a Class:** Parents should watch how instructors interact with students and handle challenges.
- **Meet the Instructors:** Discuss their teaching philosophy and approach to working with children.

- **Inspect for Safety:** Ensure the Judo program has a ‘safety first’ policy, enough instructors for supervision, and high-quality mats.
- **Check the Dojo’s Policies:** Look for clear rules about discipline, safety, and student progress.
- **Talk to Other Parents:** Getting feedback from those whose children are already enrolled can provide insights into the dojo’s culture.

Judo is a very popular martial art for kids, known for teaching good values, being widely available, and offering a competitive sport aspect. Judo grew in popularity after joining the 1964 Olympics, and the International Judo Federation has helped spread national federations across the world. Kids find Judo “cool” because it teaches lots of throws and grappling. As an Olympic sport with a competitive scene, it can also appeal to kids. Judo is widely available, with many dojos worldwide and the IJF’s “Judo in Schools” program introducing it to kids aged 7-19 in schools. Most judo instructors know how to train kids and structure their classes to suit young students. They often mix fun with learning to make the classes engaging. Judo is great at takedowns and teaches some grappling, but it has gaps in striking and weapons. Judo excels at controlling fights through opponent manipulation, combining strong standing defense with powerful throws and takedowns. Judo also teaches a few grappling techniques, chokes and joint locks, making judoka versatile fighters in any situation. Judo is a solid choice for kids to build a foundation in fighting and self-defense.

Many studies show Judo has numerous fitness and health benefits for kids. Here are some findings:

- Judo training helps kids keep a healthy weight by maintaining or reducing body fat and building muscle.
- Regular Judo practice improves heart and lung function in children.
- Judo has been shown to boost mental health, helping kids feel more confident, have a better body image, and enjoy a higher quality of life.
- Judo training strengthens bones, which is especially important for children as they grow.

Judo strengthens the whole body, especially the upper body for throwing opponents. It also improves flexibility and increases range of motion. The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity per week. Three weekly Judo classes meet that goal. Judo classes are typically affordable and widely available, with flexible schedules that can accommodate busy families.

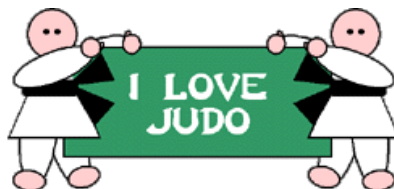
On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week. Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.



Club Updates from Shufu Judo Yudanshakai –

- Send us a write up about your club.
- **Please Share news about your club with us. Send us news, photos, and events.**

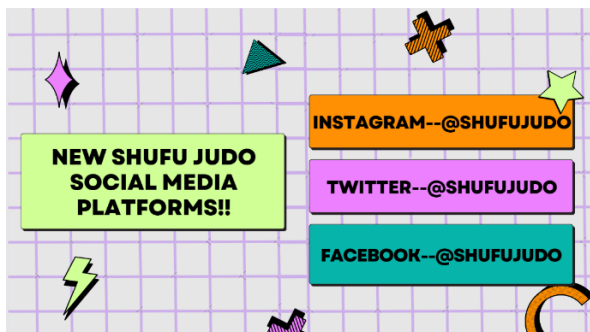
Develop Yourself to Your Fullest Potential So That You and Others May Live Harmoniously



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Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-6861, Email – shufuboechairman.kevin@gmail.com

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



JUDO IS THE WAY OF THE HIGHEST OR MOST EFFICIENT USE OF BOTH PHYSICAL AND MENTAL ENERGY. THROUGH TRAINING IN THE ATTACK AND DEFENCE TECHNIQUES OF JUDO, THE PRACTITIONER NURTURES THE PHYSICAL AND MENTAL STRENGTH, AND GRADUALLY EMBODIES THE ESSENCE OF THE WAY OF JUDO, THUS THE ULTIMATE OBJECTIVE OF JUDO DISCIPLINE IS TO BE UTILISED AS A MEANS OF SELF PERFECTION AND THENCEFORTH TO MAKE A POSITIVE CONTRIBUTION TO SOCIETY

-JIGORŌ KANŌ
1860-1938

