



Shufu Shinbun

April 2022



This newsletter is presented in memory of Malcom Hodges who was a dedicated Shufu and Washington Judo Club member for many years and wrote and was the editor of the monthly Shufu Shinbun newsletter.

Events:

24 Apr	Garden State Classic	Fairfield, NJ
7 May	Wall2 Wall Judo clinic with Angie Delgado	Fredericksburg, VA
15 May	Mini Samurai Slam	Charleston, SC
21-22 May	USA Judo Senior National Championships	Daytona Beach, FL
24-26 June	USA Judo National Junior Olympics	San Jose, CA
21-24 July	USJF-USJA Summer Nationals	Ft. Lauderdale, FL
28-31 July	US Open	Ft. Lauderdale, FL
Nov 20	President's Cup Championships	Irving, Texas



- **New Executive Committee** - At the Spring Board of Directors meeting Shufu Judo Yudanshakai voted on a new executive board. We are pleased to announce Miki Takemori from Toshi Budokai Judo as the new president, Michael Landstreet from Arlington Judo as Vice President. Diane Jackson from Hui-O-Judo Beltsville will stay on as secretary. Gaiv Tata from Arlington Judo will stay on as Treasurer. Roy Englert continues as ex-officio (as immediate past President), Kevin Tamai from Hui-Judo Beltsville is the Chairman of the Board of Examiners.

- **Zoom meetings** –Shufu Executive Committee holds weekly meetings over Zoom and a bi- monthly (every 2 months) sensei meeting over zoom so that all regions are able to attend. Shufu has an open-door policy for judoka to join. If you have topics that need to be brought to the attention of the Executive Committee – contact Miki Takemori (ShufuPresident.Miki@gmail.com) or Diane Jackson (shufuyudanshakai@gmail.com).

Message from the President:

Hello Shufu Judoka, I am Miki Takemori, your new President of Shufu Judo Yudanshakai. I am a sensei of Toshi Budokai in Braintree Mass with my husband John Floyd (4th dan) since 1985. I am a Shichidan (7th degree black belt) in Judo, an USJF certified master instructor, a USJF Self Defense master instructor, past national shiai competitor (and presently competing in Ju no kata) , and IJF – B referee. I served one term as the Chair of the Shufu Board of Examiners and was a member Promotional Committee (part of the USJF Board of Examiners). My family heritage has left me big judo shoes to carry on. Everyone knows my father- Jimmy Takemori who passed 2015. He was a 9th dan and head sensei of the Washington Judo club. He was an IJF A Referee, head coach of both USA Men's and Women's National Judo team. He was part of the Judo Black Belt Federation which was the National Judo Organization in the US. I come from a judo family of women. I have 3 younger sisters, Robin Takemori Taylor (5th Dan), Chrissy Takemori Kaichi (4th Dan and married to Ron Kaichi, 6th Dan and head sensei of Seinan Dojo) and Teri Takemori (7th dan and IJF A Referee, married to Jason Morris 4x Olympian, Olympic Silver medalist and Head of Jason Morris Judo Center). My uncle, Edwin Takemori is an 8th degree and head coach/instructor the US Naval Academy Judo Club.

I would first like to thank our past Executive committee for their years of service to Shufu. Roy Englert Jr as President, Eric Spears as Vice President., Diane Jackson as Secretary, Gaiv Tat as treasurer and Chuck Medani as past President. Their service to Shufu was exceptional during the covid pandemic. With the last two years of Covid, many of our dojos had to shut down and events were cancelled. As we emerge from this pandemic, we hope to see an increase in the number of clubs and the events we hold. Nationally many large events are already in progress, as well as number of regional events.


My vision for Shufu is to increase our membership back to the old numbers and beyond. The USJF continues to grow, change, and adapt as we recover from COVID. They have launched many new programs and information on the re-vamped website www.USJF.com. My goal is to assist more Shufu clubs to obtain USJF 5 Star dojo status. (USJF 5 Star Dojo program spotlights clubs that have at least 5 of the following certifications or abilities – Kata (judging/teaching), Refereeing, Coaching, Instructor, Self-Defense, and Tournament direction). I realize that I cannot do this by myself. We all need to work together to build Shufu Yudanshakai and USJF Judo. I thank you for all your support and help in the future. Miki

Message from the Chairman of the Board of Examiners

Hello Shufu members. As many clubs are starting to reopen now, we hope that everyone will renew their USJF Memberships in Shufu Judo Yudanshakai. Our membership is down significantly over the last two plus years of Covid. Many individuals did not keep up their membership. I ask that each of you consider what you can do to help grow Shufu. Each of you has talents and resources available that can help grow our membership. Ask yourself, what can you do to grow judo? What makes judo meaningful to you? How can you share your love of judo with others? Jigoro Kano not only wanted our judo to make us into the best person we can be but also to contribute to society, sharing our love of judo with others. On another note, if you are planning on going up for rank promotion, please make certain your paperwork is ALL in order. Do not wait for the last minute to have your certifications completed. Make certain that both you and your sensei are absolutely certain that you have met the minimum requirements. Fully completed paperwork for all dan ranks have hard and set deadlines. Failure to have ALL paperwork fully completed will result in denial of consideration.

Information from the United States Judo Federation

Message from Mitchell Palacio - To all U.S. Judo Federation Members!

The logo for the United States Judo Federation, featuring a stylized red and blue judo gi with the text "UNITED STATES FEDERATION" and "FOUNDED 1952" below it.

The U.S. Judo Federation is in its 70th year, and we celebrate the resilience of the USJF community across local, regional and national boundaries. I am excited to be able to lead us in celebration of the strengths we have demonstrated as we enter the year 2022. We share in the celebration of the total experience of our past with current dojo senseis and Yudanshakai leaders who share their personal expertise and knowledge. We celebrate the diversity of the USJF community who come from all walks of life, ages, experiences and ranks, and who share the judo maxim of mutual welfare and benefit (Jita-kyoei). We celebrate all the sectors of the USJF membership community across all demographics — youth, teens, young adults, older adults, competitors, non-competitors, and masters. We share the vision of the USJF in focusing on building strong wellness communities by empowering its members to make known and promote Jita-kyoei through safe and positive judo experiences. And we celebrate the mission of the USJF to promote and support Judo as a physical, mental, and moral practice. I am also happy to report to you that the U.S. Judo Federation has been working hard to continue its programs and guidance to its membership in these difficult times. The USJF has been working to reset, expand, and refine its programs. The new and upgraded USJF website provides transparency of membership services and member benefits with platforms & pathways for health and well-being, fitness, and exercise programs for all ages. The launch of the new USJF website, complete with content-based education programs and online and hybrid judo training clinics, also provides advantages such as dojo reopening guidance and health protocol instruction, especially important during this time of Covid. USJF membership fees remain unchanged, giving what is clearly the best combination of

member benefits of any of the national judo organizations. This would be a great time to renew your membership through the fast-track renewal on the membership services tab! Above all, in these times when community and personal connectivity means everything, the USJF defines value by our total commitment to our community of members, clubs, dojos, and Yudanshakais. No other organization even comes close. I am looking forward to 2022 with as much excitement as I have ever had in my years of service to judo. Follow the USJF on the social media platforms of Facebook, Instagram and TikTok. It will be an enjoyable experience. Yours truly, Mitchell Palacio, President, USJF

Shufu Yudanshakai Subcommittee Reports and notes:



- **Kata Development:** (Robert Gouthro) – report by Diane. Rob Gouthro and Lisa Capriotti placed 6 in Kime no kata at the 2021 World Championships in Brazil.
- **Sunday kata practice** – Sport Judo has been hosting Sensei Diane, Sensei Karl, Sensei Margie and sensei Karen on Sundays for kata practice time. If you need to be evaluated for promotion, need to get some expert feed-back on your kata or have specific questions, join them on Sunday at Sport Judo in Springfield VA from 1 to 3pm. This is not time to learn a kata, nor be taught. It is a practice time and evaluation. The kata practices have limited space. Contact Diane Tamai Jackson at Shufuyudanshakai@gmail.com
- **Junior Development:** no report at this time
- **Senior Development:** no report at this time
- **Referee Development:** (Bobby Donaldson) – IJF rules not changed, just clarified. Bobby has been mentoring referees. Refdojo.com There 6 people going to Lima Peru to test for IJF-B and IJF-A certification. Did 8 zoom sessions during pandemic. People try to skate the rules. Do not stop matches to give penalty. Allow action to continue. Keep equal opportunity for players. If people want to test – contact Shufu’s IJF-A referees: Karl Tamai, Sharon Landstreet or Bobby Donaldson. Sharon Landstreet attended the PJC/IJF Referee Conference in Lima, Peru and followed with acting as a commentator for the Senior Pan-American Judo Championships.
- **Teacher Development:** no report at this time
- **Coaches Development:** Coach (Eric Spears) Coaching certification is online Encourage all to do online.
- **Shufu Registration** - (Dr Medani) – 2016 there were 612 members, to a low of 253 members 6 months ago. Decrease in juniors especially. Currently 290- 59 juniors 231 seniors in 23 clubs registered. Lost 2 clubs. Current top clubs are - 1st DC Judo, 2nd Hui-O and Arlington.
- **Rank registration** (Karen Whilden) – all 21 promotions distributed. Fran Vall from VA to 7th, Dave Melton from MS to 6th, Robert Champy in NH to 7th, Miki to 7th. The clubs and judoka in Shufu that are north of NY have been running promotions bi-annually. There are usually 2-4 members of Shufu BOE in attendance and use Shufu guidelines. Karen has added to her workload by assisting Shufu Dan members to obtain their Kodokan Certificates.
- **Communications** (George Antoniou) – expanding social media, Brandon Wang from Dale City. Twitter, Instagram, Hootsuite, Tumblr, Snap chat. Ask each club to add content to all platforms. Hope to integrate with other clubs. Need ideas. Would like to see training for kata, teaching and refereeing. Highlight club each month and judoka expanding beyond judo. (Brad Lewis – feature both larger and smaller clubs)
- **Athletes fund** (Robert Hunt) 4 requests, all approved. \$5200 in account. 2021 US Open, 2021 Pan Am, 2021 Jr Nationals. See the Shufujudo.org website for information on how to apply for these funds.
- **Website** (Dr Medani) increased level of security, ask that people use and promote website. The website can be safely used for registration and payments.

If you are interested in lending your help, expertise and ideas to any of the subcommittees, please contact us at ShufuPresident.Miki@gmail.com

Additional Information:

Updated catalog of previous zoom meeting/education to the JIM BREGMAN INVITES YOU TO... series is located at:

<https://web.media.mit.edu/~reilly/BregmanUpdate.docx>

SAME DOCUMENT different format ALSO AT

<https://web.media.mit.edu/~reilly/BregmanUpdate.pdf>

Link to Neil Adams video regarding the 2022 rule clarifications

<https://www.youtube.com/watch?v=m5Zmpvs7S4E>

IJF Rule Update at:

https://web.media.mit.edu/~reilly/IJF_Refereing_Rules_update2.pdf

Some comments on the rule changes:

https://web.media.mit.edu/~reilly/Lascau_Comments-2022.2.25.pdf

Additional clarifications at:

https://web.media.mit.edu/~reilly/IJF_Rules_update_Sport-Education-Medical.pdf

New hand signals located at:

Hand signals video is a bit odd to play. I hope it is online somewhere else!

<https://web.media.mit.edu/~reilly/handsignals.mkv>

Tournament Notice: 2022 Garden State Judo Classic
www.gardenstatejudoclassic.com

Hosted By: North Jersey Judo

Hello Competitors, Coaches and Parents, We are doing good with the hotel block as we have folks coming from out of town. If you are coming from out of town, please make sure to make your hotel reservations at our Tournament Hotel where Weigh-ins will be. All the info is below.



- **Early Bird Price Goes Up April 9th**
- **Registration & Weigh-ins Date & Time:** Saturday, April 23, 2022, 12pm to 4pm
- **Registration Site:** La Quinta Inn & Suites Fairfield | 38 Two Bridges Rd | Fairfield, NJ 07004
- **Tournament Date:** Sunday, April 24, 2022, Doors Open 8am, Kata Starts 8am & Tournament 9am
- **Tournament Site:** Wayne Police Athletic League | 1 Pal Drive | Wayne, NJ 07470
- **HOTEL:** La Quinta Inn & Suites Fairfield | 38 Two Bridges Rd | Fairfield, NJ 07004 12noon – 4pm
- **Note:** Courtesy Block Of 30 Rooms When Calling Mention: Garden State Judo Classic 2022 \$95.00
- **USA Judo Point Event**

For more information contact: Ramon Hernandez, North Jersey Judo, 201-206-2705

ramon@northjerseyjudo.com

www.northjerseyjudo.com



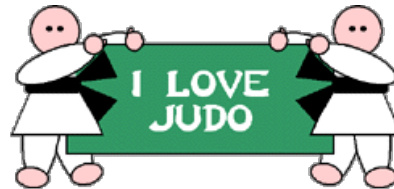
W2WMA is proud to welcome 2016 & 2020 US Olympian Angie Delgado on Saturday, May 7th 2022.

Joining her will be her coach German Valezco, 2000 Olympian. And the following Kitsukai National Champions. Nicole Cancela, National Champion, 3 X Pan-American Champion, •Tasha Cancela, National Champion, 3 x Pan-American Champion, •Dominic Rodriguez, National Champion, 6 X Pan-American Champion, •Nicholas Rodriguez, 2020 Pan-American Champion, •Shavon Gonzalez, Nationals Champion, 2 X Pan-American Champion, Gold in Spain European Cup, •Emily Jaspé, National Champion, Silver in Spain European Cup, The cost of the clinic is only \$50 for meeting and learning from one of our country's best., There will also be randori sessions on Friday night and Sunday morning. [Angle Delgado & Kiitsusai Team Adidas \(sparkpages.io\)](http://sparkpages.io)

Samurai Judo Association will host a Mini Samurai Slam in Charleston SC on May 15. For more information, contact Dr Lisa Capriotti lisa.capriotti@gmail.com or Robert Gouthro rgouth@gmail.com.

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



For more information contact :

We welcome your input and submissions for events or articles to the Shufu Shinbun. If you have any items to share, please contact Miki Takemori, George Antoniou co-director of communications (george.t.antoniou@gmail.com) and Brad Lewis, co-director of communications (bradfordlewis@gmail.com).

Shufu Président -Miki Takemori – shufupresident.miki@gmail.com

Shufu Chairman of the Board of Examiners- Kevin Tamai (703) 622-6861 Email – ShufuBOEChairman.Kevin@gmail.com

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

Judo as seen by a parent who understood... :

"A friend asked me ""Why do you keep paying money to have your kids do Judo?"" "

Well, I have to confess that I do not pay to have my kids do Judo; I personally could care less about Judo.

So if I'm not paying for Judo what am I paying for?

» I pay for those moments when my kids are so tired they want to stop but they don't

» I pay for the days my kids come home from school too tired to go to the gym but still go

» I pay for my children to learn discipline

» I pay so my children can learn how to take care of their bodies

» I pay so my kids can learn how to work with others and be good teammates

» I pay so my kids learn to handle disappointment when they don't get the belt they hoped for but still have to work hard

» I pay for my kids to learn how to set goals and achieve them

» I pay for my kids to learn that it takes hours and hours and hours of hard work and training to create a black belt, and that success doesn't happen overnight.

» I pay for the opportunity that my children have and will have, to make friendships that last a lifetime

» I pay so my kids can sit on a tatami instead of a screen

I could go on and on but, long story short, I don't pay for Judo ; I pay for the opportunities that the Judo gives my children to develop qualities that will serve them a lifetime and to give them the opportunity to do good in the lives of others. And from what I've seen so far I think it's a good investment. "

What is the value of judo for children - The aim of any kind of sport for children should be more than developing physically, mastering the sport, excelling in it and perhaps one day becoming a sports star. The ideal is for it to also help your child to develop as a person and to acquire skills that will one day enable him to take his place in society with pride. For a variety of reasons judo is the ideal sport with which to achieve these aims.

- **Self-defense** - Judo teaches your child to protect himself against attacks from bullies and molesters without necessarily seriously injuring that person. It teaches him the techniques to defend himself and also to think differently about self-defense.
- **Respect for power** - Judokas are continuously reminded that the techniques they are learning may only be practiced in the training venue – with the exception of self-defense – and may not be used to bully other children or intentionally hurt others with brute force. They are taught to respect the power and techniques that they acquire.
- **Coordination and reflexes** - When a judoka uses his attacker's move against him, timing is extremely important. Feet, hands, hips and head must work together fluently to execute a successful throw. The acquiring of more complex throws teaches him better reflexes and coordination to be able to react quickly in any situation. This also applies to everyday situations, such as quickly reaching for something to prevent it from falling, or reacting quickly when you see someone is about to fall.
- **Judokas learn how to fall correctly** - To fall correctly without hurting themselves is one of the first techniques that children learn in the judo class. It helps prevent serious injuries when, for example, they stumble and fall or fall from something.
- **Self-confidence** - As children's skills in judo improve, their self-confidence also grows. The encouragement of the sensei helps to give their self-confidence a boost, but ultimately it extends far beyond the training venue.
- **Grading** - The grading to obtain a next color belt is a tangible proof of progress. The rank system also contributes to the judoka's self-image and desire to be successful. Every color belt is an indication of the next level of knowledge and skill, shows progress and motivates them to aim for a higher level of skill.
- **Discipline** - It requires discipline to practice every technique up to the desired level of perfection. During each 'fight' or competition the judoka must master these skills with discipline, within the rules and apply protocols.
- **Competition** - Most children like competing as it affords them the opportunity to test their skills and prove their progress. With judo your child learns to always give his best, but , should he lose, to be courteous towards the winner. He learns that he can work harder to improve his skills and techniques.

He also learns that, if he wins, to stay humble, as his opponent also tried his best and next time he might be the loser. A valuable lesson that judokas learn during competitions, is that it's not always about winning. What is more important is the time and dedication to practice, the courage to participate and the fun that accompanies taking part. To lose is just an incident and not a way of life.

- **Respect and acceptance** - One of the most unique aspects of judo is respect for and acceptance of one another – team mates, opponent and sensei.
- **Individual performance** - Every judoka's success is determined by his own progress and he can also progress at his own pace. Because this isn't a team sport, your child does not have to depend on other team members to perform. He also is not dependent on (often subjective) selectors to decide if he is good enough for a team and also need not have to sit on the bench as a reserve with the hope of also being given a chance to participate.
- **Responsibility** - This goes hand in hand with individual performance. Your child is himself responsible for his progress. To be successful, he needs to attend classes regularly, practice, pay attention to what the sensei teaches him, and apply it.
- **Loyalty and team spirit** - Although the judoka relies on himself alone for individual performance, judo offers the opportunity to forge bonds of friendship, loyalty and team spirit. The encouragement and support of teammates/members of his club during competitions and tournaments promote your child's self-image at the same time.
- **Gender and age** - This is one of the few sports where both sexes of all ages can practice and participate on an equal level. It requires just as much perseverance, dedication and discipline for a girl (of any age) to obtain a next color belt (grading) as for a boy. Brothers and sisters can practice together and in addition learn from one another. Children can start with judo from a very early age and practice it right through their lives, up to a very advanced age. Many clubs offer classes for adults and children, therefore parents can practice the sport with their children, even though the classes may be at different times.
- **Excellent exercise** - A judo class of approximately two hours includes warming up as well as practicing the throws and other techniques. It promotes muscle development and is an outstanding cardiovascular exercise.
- **Not seasonal or weather-bound** - Judo is practiced throughout the year as it is an indoors sport, so there is no interruption of the practice routine. Although some clubs close during school holidays, fitness and techniques can be practiced at home.
- **Stamina and mental toughness** - **During** a competition, to hold down your opponent on the mat for 25 seconds, or to try and escape from that grip, requires stamina and mental toughness. This also applies to persevering for the whole duration of a judo fight and not give up. For some this comes naturally; others must acquire the skill.
- **Children with disabilities** - Judo is one of the few sports that is also ideal for the disabled. Vision impaired and blind children especially benefit from it, as it is good for their self-image.
- **Valuable life lessons** - Many of the values that judokas acquire during judo classes are also life lessons which they can apply throughout their lives. Judo is a valuable learning school and allows the development of a variety of positive qualities: self-confidence, discipline, responsibility, loyalty, respect for others, stamina and mental toughness and that in any area of life it isn't always about winning, but about trying your best. Children therefore not only master the sport but are also shaped as human beings.