



Shufu Judo Yudanshakai

Shufu Shinbun

December 2022



Upcoming Events:

3-4 Dec	Winter Nationals		Azusa, CA
4 Dec	Northeast Judo Championships	CANCELLED	Patterson, NJ
10 Dec	Jason Morris Judo Clinic		Scranton, PA
28 Jan	Veteran's Open		Plano, TX
17-18 Feb	32 nd Annual Lone Star Classic		Fort Worth, TX
18-19 Mar	USA Judo Youth National Championships		Lubbock, Texas
1-2 April	NCJA Collegiate and High School National Championships		San Jose, CA
20-21 May	USA Judo Senior National Championships		Spokane, Washington
16-18 June	USA Judo Junior Olympic Championships		Shreveport, LA
22-24 June	Greatest Camp on Earth		Monroe, NC
7-9 July	USJF- USJA Summer Nationals		New York NY
27-30 July	US Open Judo championships		Fort Lauderdale, FL
7 Oct	Waynesville Fall Brawl		Waynesboro, NC
18 Nov	Dallas Open Judo Championships		Irving, TX
19 Nov	USA Judo President's Cup Championships		Irving, Texas



Shufu Judo Yudanshakai wishes to all of our judoka and their families a very happy and safe holiday season.





Congratulations to Jake Tamai – Gold medal winner at the 2022 Pan American Judo Championships in Panama over Thanksgiving weekend. In the senior divisions, Team USA won 14 medals overall, which included Jake Tamai with the men's gold, 1 female gold, 2 men's silver, 1 female silver, 3 men's bronze and 4 female bronze. Team USA also won 23 medals, which included two boys gold and two female gold, 4 boys silver and 1 female, 5 boys bronze and 9 female bronze) in the Junior U13 divisions.



The Compound Shiai –



The Compound Judo Tournament was held on November 5th at The Compound, 12210 Plum Orchard Dr Suite 207, Silver Spring, MD 20904. Shufu Yudanshakai thanks the tournament directors Gerard Cadet and Brian Lopez for hosting the event. There were 83 junior contestants and 70 senior contestants. Sharon Landstreet verified 8 judoka with local referee certification (see list below). Sensei Brian Lopez gave special thanks to Sharon Landstreet for helping to certify local referees, thank you to Kurt Tamai for organizing all of the division pools and making the event run smoothly, thank you to all of the volunteers who came to help and thank you to all the participants, without whom we could not have a great event. Without you all, this wouldn't have been made possible. We are truly blessed and grateful. Let's continue to grow this beautiful sport that we love." Sensei Brian Lopez

Local Referee certifications: Clark "Trey" Bradley (Arlington JC), Clayton Schneider (Arlington JC – under age of 16), John Waite (club -?), Dan Metcalf (Capital MMA), Thomas Santos (Naval Academy), Ken Baranowski (Dale City), Jose Tapia (The Compound), Shani Glassberg (High Noon)



Photos courtesy of Edmond Nsheuko



This year's Grass Roots Judo Winter Nationals Tournament is a two-day event scheduled Saturday and Sunday December 3- 4.

Venue will be Azusa Pacific University, Azusa, California 91702.

On Friday, December 2nd from 5pm-8 pm there will be a Hybrid Coaches-Referee Clinic. Those that meet requirements for coaches and referees will be able to receive their Regional Coaches and Referee Certifications.
\$50/person

<https://smoothcomp.com/en/event/9109>

On Saturday, there will be a Marti Malloy & David Torres Vejar Clinic at 4-6 pm. \$40/person.

For more details visit www.JudoWinterNationals.com

Samurai Slam 8 –

Charleston SC on December 10. Judo and Kosen Tournament. Join us while we transform our old dojo into the tournament hall. Beginner to advanced divisions for kids and adult sin judo. Tournament offers low entry fees, large brackets and a double elimination system for juniors and adults. Venue: **Charleston Self Defense Academy, 428A Red Bank Rd, Goose Creek, SC 29445** Registration Deadline: **12/7/2022 (Wednesday)** Register online only. By using the Smooth Comp interface, all matches will be scheduled and run through an automated bracketing and scoring system. Coaches are encouraged to build a free academy profile. Players will also make a free profile and add their academy. American Judo foundation will be using this platform to register for future Samurai Slam tournaments, and we hope it will save us all time and improve the efficiency of our events. Cost: **\$50/division, \$20 additional divisions** (Max 3 divisions) Exhibition matches available after official matches. **Host Hotel:** Homewood Suites - Charleston Airport, 5048 International Blvd, N. Charleston, SC 29418 (843) 735-5000

SCHEDULE

Friday night weigh ins 6-8 PM (Venue)

Saturday

8-10AM Check/Weigh-ins for Juniors under 16

9:00 AM Referee Meeting

10:00AM Players Meeting

11:00AM Competition Starts (look for your match time on [Smoothcomp.com/9448](https://smoothcomp.com/9448))

12-1PM Check/Weigh-ins for Seniors age 16 and up

Brackets will be combined at tournament organizers discretion with the goal of larger brackets and maximum number of matches for players. Samurai Slam tournaments are developmental, meaning that players should be challenged by a range of competitors to hone their skills.

Veteran's Day – College Park Judo provided a venue for Mindknit Research to partner with the Veteran Administration Veterans Health, Potawatomi Tribal Elders and Heritage Language Defenders, American Legion Cook-Pinkey Post 141, Jewish War Veterans, Veterans Mental health Advisory Councilin to present a “Veteran National Adaptive Judo Program” Zoom video event. To honor our veterans, a live demonstration was presented on Friday, November 11th form 130 to 4pm. It honored our Veteran's and active duty military member with disabilities who were at home, at work, in hospital beds, and on the move. We demonstrated balance, motion, fall safety and life strengths. Some participants had visual impairments, strokes, multiple sclerosis (MS), TBI/PTSD, Complex medical issues. Special thanks to Sensei Diane Jackson from Hui-O Judo Beltsville and Sensei Karl Tamai from College Park Judo for all of their support and assistance to make this event possible.

Jessica Klimkait clinic - World Champion and Olympic Bronze Medalist Jessica Klimkait, ranked #1 in the world in the -57 kg womens division, arrived on the mats of Wall 2 Wall Martial Arts in Fredericksburg, Virginia. Over the past 15 years, Wall2Wall Martial Arts have brought more than 20 of the best judoka in the world to their little dojo. Jessica has won over 25 International Judo Federation medals including winning the 2021 IJF World Championships, a Bronze medal at the 2022 World Championships, a bronze at the 2022 Olympics, Grand Prix plus 4 silver deals and 2 bronze medals. 4 Grand Slam Gold medals plus 2 silvers and 4 bronze medals. At the Continental Crown she earned 4 gold medals, 3 silver and 6 bronze medals. Jessica led two sessions. Session 1 was from 10am until 12pm, then a lunch break from 12pm to 1:30pm, a second session from at 1:30pm until 3:30pm

Jason Morris takedown clinic – was held in Sunday, November 13, 2022 from 12:00 PM – 5:00 PM EST. The event was organized and hosted by the **Harrisburg Brazilian Jiu Jitsu and Judo, L.L.C.** 322 Market Street Lemoyne, PA 17043. Jason Morris is among the foremost authorities on takedowns in the United States and is a highly sought after coach for Judo, BJJ, MMA and Wrestling. Jason has an unparalleled career that saw him become an NCAA Division 1 All-American Wrestler, a 2x NY State High School Wrestling Champion, a 4x Olympian in Judo including an Olympic silver medal, and the coach of the United States Olympic Judo Team. There were three different sessions open to elementary through high school athletes. We had plenty of assistants available to assist the different age ranges



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](#)

The Remarkable Benefits of Judo 0 ([The Remarkable Benefits of Judo \(amakella.com\)](#))-Judo can instill values, build character, and develop social and problem-solving skills, allowing you to stay focused and in good shape. Learning judo is more than simply learning and applying techniques, such as judo throws, chokes, or armbars. It also leads to a state of mind shaped by [judo principles](#) such as maximum efficiency with minimal effort, balance between mind and body, safety, and mutual support to bring prosperity for yourself and others. Judo is also good for self-defense purposes, preparing people for unexpected circumstances, with the stamina and skill to act in defense of oneself or others. It is better to have that ability and not need to use it than the other way around. Such readiness can help people know their own strengths and limitations, besides helping them develop situational awareness, which can be critical in helping them identify risky situations early on and take preventive measures.

The regular practice of judo can also keep while keeping you in good shape. Besides being an excellent cardiovascular activity and fat burner, even a 45-minute judo session is more than enough to intensify the production of endorphins, a group of natural hormones that reduce the body's feelings of discomfort and help people be in a positive and energizing mood, with a general feeling of well-being. One of its added benefits is that judo practice often feels more like playing than working out. Stress management is another benefit of judo. After a busy day at the office, school, or working on a personal or community project, judo can help people clear their minds, getting a break that can help them achieve peace of mind, and come back focused and ready to tackle challenging issues with renewed energy.

Judo can also be of significant help to develop values like respect, discipline, and perseverance. There is a long-standing tradition of respecting instructors and training partners, which even young children learn when starting judo practice. The achievement of goals, as a result of regular training and attention to technique, becomes evident for judo practitioners when they are able to stand their ground on the mat, backed up by the stamina and skill that comes with continuous practice. Judo is not only an end in itself but also a means to achieve higher social and community goals. As [Imada et al.](#) pointed out, several studies have addressed the positive effects of judo, including helping to redirect at-risk children's energy away from delinquency and crime in low-income areas, while also identifying a great potential for reducing aggressiveness.

Likewise, studies about the effects of judo on the development of handicapped children have shown significant benefits, in which interactions with other judo players helped them deal with personal problems without force or aggression, acquire coping skills, and become more socially adaptive. The practice of judo promotes teamwork, leadership, and self-confidence; it can also help prevent issues such as bullying, harassment, aggression, and discrimination. As [Matsumoto](#) pointed out, the ultimate goal of judo training is *"to develop oneself and one's character so that someday one could improve society and the lives of others."* Kayla Harrison's Fearless Foundation, which seeks to enrich the lives of survivors of child sexual abuse through education and sport, is another example of the ways judo can help make a difference in society.

The case of Majlinda Kelmendi from Kosovo further illustrates the social role of judo. As journalists [Morley and Hussain](#) described it, when she carries her country's flag at events like the Olympics, her shoulders also bear *"the weight of expectation of a nation finally gaining recognition after being ripped apart by war."* This exciting sport and martial art is now easier to learn thanks to [this handy book](#), which explains the key topics needed to get started in judo, purposely designed to let even the barest beginners get a quick handle on what it means to practice judo, and start applying its principles. Instead of trite philosophy, or mere techniques, this book cuts right to the core of what it means to be a judo practitioner. The video in [this link](#) illustrates some benefits of judo, in the words of people who practice this activity. Experience the positive influence that judo can have on your life. You do not have to spend a lifetime training to see its benefits, judo can be highly rewarding even for beginners.

Kata Corner

Recent events -

- A Ju no Kata/ Katame no kata clinic was held on November 12th in Portland, OR, with sensei Karen Nagai
- A Nage no Kata clinic with Frances Glaze and Diane Jackson was held on November 13th at Max Out Sports in Cleveland, OH
- USA Judo Kata Committee meeting was held on Sunday November 20th at 11am – 12:00 ET. The point of contact is Sensei Diane Jackson



USJF annual kata conference

On October 28 - 30, 2022, judoka gathered from all parts of the USA to participate in the annual USJF kata conference. This year it was held in St. Louis, MO. The clinician was Michel Kowlowski from Belgium. He is a member of the International Judo Federation Kata Committee and is the Head Commissioner on the European Judo Union Kata Committee. He led an excellent and information-packed seminar on all five of the competed katas at the IJF World Kata Championships. It was instructional for participants at all levels of kata expertise, from beginners to international players. It was also well attended by coaches, instructors, and kata judges. IJF World Kata Championships have two divisions for each kata - Under 23 years old and over 23 years old. Currently, the USA is looking for its first team to represent the USA in the Under 23 division for international tournaments. For international kata tournaments, the US team qualifies at the USAJudo Senior Nationals. Shufu has many kata experts willing to teach, coach and support training in any of the katas. [Shufu Judo | A member of the United States Judo Federation](#), [IJF.org - International Judo Federation](#) and, of course, [Kodokan Judo Institute](#).

Upcoming Kata events:

- 12/3/22 – monthly zoom kata analysis and discussion
- 12/3/22 – US Winter Nationals in Azusa, CA; Katame, Ju, Nage: Adult & Jr. divisions.
- 1/21/2023 – KDK Goshin Jutsu clinic – Philadelphia, PA POC: Kristen El Idrissi
- 2/18-19/2023 – Annual Lone Star Classic, TX, all katas, U23 and 23+
- 2/18-19/2023 – Tohkan annual kata clinic, Chicago, IL, POC: Doug Tono
- 2/24-25/2022 – Nage and Katame no kata clinic with Eiko Shepherd, Lincoln, NE
- 3/2023 – Belgian open kata tournament
- 3/2023 – Eastern Canadian open kata tournament
- 5/21/2023 – Senior Nationals, Spokane, WA, POC: Karen Nagai (for kata)
- 8/2023 – Koshiki no Kata clinic with David McFall and judge evaluation, Washington DC area, POC: Diane Jackson

Sensei Frances Glaze Kata Clinic Series - Thank you to Max Out Sports for hosting Sensei Frances Glaze and Sensei Diane Jackson for the next session in the kata series Kodokan Nage no Kata Clinic on Sunday November 13, 2022 at the Max Out Sports (23860 Miles Road in Bedford Heights, OH 44128) In this clinic, judoka were taught by Sensei Frances Glaze is a Shichidan, USJF A Level kata instructor, USA National Kata Judge in all 7 katas, IJF Kata Judge, World Masters Champion, National Champion in several katas and a Pan American Champion. Sensei Diane Jackson is a Rokudan from Hui-O-Judo in Beltsville, MD. She was a USA World team member for 8 World Kata Championships, Pan-American and National Champion in multiple katas, a Pan-American kata judge, and a National referee.

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 different 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 Yudansha Zoom meeting will be on Monday, December 12th from 5-6 pm.

Topics for discussion are:

What can Shufu do for you?

What can you do for Shufu?

Miki Takemori is inviting you to a scheduled Zoom meeting.

Topic: Shufu Yudansha Zoom Meeting

Time: Dec 12, 2022 05:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86846715622?pwd=TnBNUEExRM0FkKy82ZjkzOU5jSkI6UT09>

Meeting ID: 868 4671 5622

Passcode: ShufuJudo

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+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

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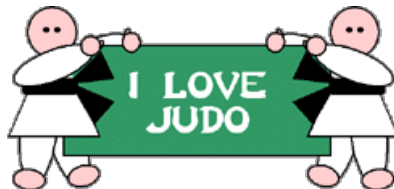
Find your local number: <https://us02web.zoom.us/u/kb91DsC0WH>



Club Updates from Shufu Judo Yudanshakai –

- Has your dojo started back to live in-person practices? Send us a write up about your club.
- **Please Share news about your club with us. Send us news, photos, and events.**

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



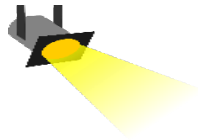
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Visit the website at <http://www.shufujudo.org>



Shufu Spotlight

Shufu legend – Donn Drager



USJF Hall of Fame 1994

Draeger reportedly began his involvement in the martial arts while living in the Chicago area, at around the age of 7 or 8. His first training was in jujutsu, but he soon changed to judo and by age 10, he reportedly achieved the grade of 2nd kyu (the lower of the two levels of brown belt).

Draeger served in the United States Marine Corps from 1943 to 1956. He began his recruit training at Marine Corps Recruit Depot San Diego in January 1943. After graduation, he attended officer candidate school at Marine Barracks Quantico. He was commissioned a second lieutenant in April 1943. Draeger received branch training as a signal officer, and in October 1944, he was assigned to Corps Signal Battalion, V Amphibious Corps. During February and March 1945, Corps Signal Battalion participated in the Battle of Iwo Jima. In April 1945, Draeger was promoted to first lieutenant, and transferred to III Amphibious Corps, which was preparing for the planned invasion of Japan. However, when the Pacific War ended in August 1945, III Amphibious Corps instead went to North China to accept the surrender of Japanese soldiers, and from October 1945 to February 1946, Draeger served with a signal unit in Tianjin, China. Draeger returned to the USA in the spring of 1946, and for the rest of the year, he served with Marine detachments in Illinois, Michigan, and Wisconsin.

In January 1947, he was reassigned to Camp Lejeune, North Carolina. While at Camp Lejeune, he was promoted to captain, commanded a company, and coached the base judo team. During the summer of 1951, Draeger was sent to Korea, where he served as a signal officer in the 1st Marine Division. While in Korea, his secondary duties included teaching judo in the division support area near Hongcheon. In October 1952, Draeger was reassigned to Headquarters Marine Corps. His primary duty assignment was with the Inter-American Defense Board. While in this billet, he held the rank of major. Upon completion of this assignment, Draeger reverted to his permanent rank of captain, and he separated from the service on June 30, 1956.

By 1948, Draeger was ranked 4th dan in judo. This grading occurred before 1947, so it probably occurred while he was stationed in China in 1946. His known judo instructors in Tianjin included Mike Matvey. In 1952, Draeger was one of the leaders of the newly established US Judo Black Belt Association. This was the first national-level judo organization in North America, and the forerunner of what later became the United States Judo Federation. Draeger's national-level postings included vice-president of the Pan-American Judo Association and chairman of the Public Relations Committee of the Amateur Judo Association of the United States. He also helped promote judo throughout the Mid-Atlantic region of the United States.

Draeger officially represented US judo interests during international contests held in Cuba and Belgium in 1953, and in 1964, he was named the United States Amateur Athletic Union judo representative in Japan, in anticipation of judo's inclusion in the 1964 Olympics.

Draeger also participated in judo activities in Japan. For instance, in 1961, Draeger and British judo athlete John Cornish were the first non-Japanese athletes selected to demonstrate nage-no-kata during the All-Japan Judo Championships. Draeger became a member of the Nihon Kobudo Shinkokai, the oldest Japanese cultural organization for the study and preservation of classical martial arts. He was the first non-Japanese practitioner of Tenshin Shoden Katori Shinto-ryu, achieving instructor status (kyoshi menkyo) in that system. He also held high ranks in Shindo Muso-ryu jodo and kendo.

Draeger studied the evolution and development of human combative behavior and was director of the International Hopology Society (IHC) in Tokyo until his death in 1982.

Draeger wrote dozens of books and articles about the Asian martial arts. Draeger briefly worked in film. Specifically, he served as martial arts coordinator for the James Bond film *You Only Live Twice*, where he also doubled for actor Sean Connery. He also appeared in at least one television documentary about the Japanese martial arts.