



Shufu Judo Yudanshakai

Shufu Shinbun

July 2022



Events:

9 July	Nutmeg Games	Middletown, CT
21-24 July	USJF -USJA Summer Nationals	Fort Lauderdale, FL
25-27 July	Training Camp	Fort Lauderdale, FL
28-31 July	US Open Judo Championships	Fort Lauderdale, FL
1-3 Aug	Training Camp	Fort Lauderdale, FL
6-7 Aug	Shufu USJF Koshiki No kata clinic	Springfield, VA
13 Aug	Shufu Board of Directors annual meeting	Beltsville, MD
13 Aug	Shufu Rank promotional event	Beltsville, MD
13 Aug	Shufu Board of Examiners meeting	Beltsville, MD
11 Sept	North American Judo Championships	Wayne, NJ



Save the date – We are excited to announce that North Jersey Judo will host the first North American Judo Championships on September 11.



Save the date – We are excited to announce that the Virginia Open Judo championships will return to the Northern Virginia Community College in Annandale VA on Saturday November 19. More details coming soon.



Shufu Central Promotional, Shufu Board of Examiner and Board of Director meeting will be held on Saturday, August 13th at Beltsville Community Center. Promotional – there are very specific deadlines for registration, Form 20, etc. Please see Shufu Website for details.

Board of Examiners meeting – contact Kevin Tamai at [email Kevin Tamai](mailto:Kevin.Tamai@usa-judo.org) for possible agenda items for the meeting.

Board of Directors meeting – contact Miki Takemori at ShufuPresident.Miki@gmail.com for agenda items for the meeting.



Congratulations – to our local judoka who represented this area and competed in the USA Judo National and International Junior Olympic Judo Championships in San Jose CA. There were 1482 entries from 828 competitors. Jake Tamai from College Park Judo and Leo Hanada from College Park both took home a gold medal. On the International event – Zack, Kai Hanada, Jake Tamai and Leo Hanada brought home 3 silver medals. We appreciate all of the time and energy these judokas took training hard to represent us on the national and international stage.



We want to help promote your club and its activities. Does your dojo or area have an event coming up? Share the news and the results with us.

In the interest of promoting judo, Shufu Judo Yudanshakai provides information about judo events that come to our attention. Shufu does not guarantee that any particular event, other than USJF events, is properly sanctioned. It is the individual's responsibility to check for a proper sanction.

New Judo club forming – Shufu Judo Yudanshakai is pleased to announce that Wes Wilson and Chris Round are launching a new judo club based out of High Noon BJJ in Alexandria, Virginia. The schedule for the senior judo program will be Monday and Wednesday from 7:30 to 9:30 PM, Tuesday and Thursday from 8 to 10 PM and Saturdays from 11 AM to noon. They will also be integrating into their junior program. More details to follow on practice times for juniors. The club will support both elite and recreational players, have a thorough and scientific approach to its curriculum, and will seek to be an inclusive and collaborative actor in the DC judo scene. High Noon BJJ is already a tremendously successful BJJ club, and we are excited to collaborate with them. We will offer private lessons, bring in top-level clinicians, and are working to offer international training opportunities. We are currently working on registering the club with the national orgs, including the USJF and thus Shufu. Please let me know if you have any questions, and we hope to see you soon!

2022 Nutmeg Games – Middletown CT July 9 –

[Click here to register now](#)

[Judo | Nutmeg State Games](#)



USJF-USJA Summer Nationals – We are proud to announce the United States Judo Federation and United States Judo Association are proud to be joining forces to host the 2022 summer National Championships in Fort Lauderdale, Florida on July 21-24. Senior Kata Competition will be held in the usual 5 categories: Nage no Kata, Katame no Kata, Ju no Kata, Kime no Kata, and Goshin Jutsu. Referee Evaluations: The Summer Nationals will conduct referee evaluation. If

you stay for the US Open the following week, that will mean that you will receive 2 evaluations a successive event that will count towards your referee rating for 2023.

Please see the attachments and visit the website for more information!! <https://www.usjf.com/2022-usjf-usja-summer-nationals/> "

Do you have news on one of your judokas or your club that we can share? Send us a note.



We are happy to announce that Shufu Judo Yudanshakai continues to grow and expand. We welcome a growing number of dojos joining us in the New England and northern areas. Shufu has clubs in Mississippi, South Carolina, North Carolina, West Virginia, Virginia, Maryland, Washington DC, Pennsylvania, Massachusetts, Connecticut, New York and lots of At-Large members around the country. Please encourage all of your club members to be members of USJF.



Koshiki-no-kata Clinic featuring David McFall on August 6 - 7, 2022 at Sport Judo in Springfield VA. Location: Sport Judo, 5405 Port Royal Rd.,

Springfield, VA, 22151 Sanctioned by: United States Judo Federation: # 22-XX-XX Clinician: David McFall, Godan Event Director: Diane Jackson Email: JudoDTJackson@gmail.com Clinic: Saturday Evening: 3:00pm – 6:30pm. Sunday 9:00am – 5:30pm(est) Registration: 2:30 – 3:00 pm (Saturday), 8:30 – 9:00 am (Sunday) There will be a break for lunch on your own. A refrigerator is available if you bring a lunch. Clinic fee: \$ 80.00 (\$10.00 discount for USJF members). Payment options: Cash, Check to Shufu Judo, or Venmo payment (add \$2.00) to @JudoDTJackson.

About the clinician: David McFall first took to the tatami at the Cranford Judo and Karate Center under the instruction Yonezuka-sensei. After moving to Japan in 2006, he has spent the past fifteen years training in Tokyo, primarily at the Kodokan. He developed an interest in kata, particularly Koshiki no Kata, while observing 10th-dan Daigo-sensei's study group, the Kudenkai, in the main dojo of the Kodokan. After a period of three months observing this group, he was invited to participate with and ultimately join the Kudenkai. Practicing twice a week for over ten years, he has performed the Koshiki no Kata literally hundreds of times under Daigo-sensei. In addition to practicing the Koshiki no Kata, he attended monthly lectures by Daigo-sensei focused on the theory, practice and history of the Koshiki no Kata. He is one of only four non-Japanese who has been awarded (jyukutatsu) "Mastery of the technique" grading for Koshiki no Kata. In addition to kata training, he has done commentary for the International Judo Federation for four world championships as well as the 2016 Rio Olympics and Paralympic Games.



Koshiki no Kata (*Form of the antique things*) is a Judo kata of 21 prearranged techniques. The set of forms is antique and were intended for "Kumiuchi", the grappling of armored warriors in the feudal ages. As such, the kata is to be performed with both partners imagining that they are clad in armor. Links to videos: [Koshiki no kata performed by N. Murata in 2013 on YouTube](#), [Koshiki no kata performed by M. Yamashita on YouTube](#); [Jigoro Kano Kito Ryu no Kata koshiki omote on YouTube](#). English description of [Koshiki No Kata by N. Saito at Shufu Judo](#)

Registration by google form [{Register here}](#) or participation intent by email is encouraged. Waivers and membership confirmation will be on-site. Participation Eligibility: USJF, USJA and USA Judo members. Membership cards must be presented on the day of the event to participate on the mat. Personal water bottles are encouraged. Be prepared to follow CDC, State or County guidance for local COVID conditions. No recordings. Travel: Washington area Airports: Reagan National (DCA), Baltimore-Washington International (BWI), Dulles International (IAD). Hotels: [Expedia](#) link for hotels with venue address.



North Jersey Judo Tournament Announcement: 1st Annual North American Judo Championships

USA Judo E Level Point Event, Run on Smoothcomp. Tournament Director: Ramon Hernandez. Chief Referee: Devin Cohen. Registration & Weigh-Ins: September 10th 12n – 4p
Tournament Date: September 11th 8am – 7pm
Tournament Site: Wayne PAL | 1 PAL Drive | Wayne, NJ 07470
Competitor Cap: 450 Athletes. it will be a USA Judo E Level Point Event and we will run the tournament on Smoothcomp. We are in the process of getting it already for you. How will this be a Win/Win for all of us? 1. Everyone will have assigned mats 2. The event will be computerized 3.

All brackets can be followed by athletes and families via the smoothcomp system with smart phones 4. All coaches will be able to follow when and where their players are on their smart phones 5. Easier Online Registration Process. As our events keeps getting bigger and bigger, we need to find solutions to help us run a smooth operation. Most Dojos are already registered in the smoothcomp system which will allow you to track your athletes. If your dojo isn't registered, please do that so you can better track your competitors. I'll be in touch shortly with more information.

Best, Ramon Hernandez, North Jersey Judo, 201-206-2705

ramon@northjerseyjudo.com

www.northjerseyjudo.com



News from United States Judo Federation

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.

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 Goshin Jutsu Clinic on Sunday June 12 2022 at the Max Out Sports (23860 Miles Road in Bedford Heights, OH 44128) In this clinic judoka were taught the 21 techniques of the Kodokan skills for self-defense from both arm and unarmed attacks. 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.

The **Arlington Judo Club** hosted a sanctioned 2022 Arlington Junior Novice Tournament for kids with little to no tournament experience. Approximately 20 juniors competed, and the kids matches went very well. Good sportsmanship and effort were displayed. Competitors were from the Arlington Judo Club, Dale City Judo Club and College Park Judo Club. The kids gained important shiai experience. New referees ran most of the matches and did a good job. Referees and helpers learned about running the CARE system. We had plenty of food for everyone who came. A nice day and perfect weather. I'm very pleased the way everyone pitched in and made it a fun event.

Michael Landstreet





USJF presents is a wonderful monthly series of interviews with amazing judokas. Topics include not just individuals inspiring life stories but also have covered topics like starting a dojo, marketing your club, developing judoka, On Sunday, June 12th at 1pm Pacific time - USJF Zoom presentation featured Hector Esteves “An Inspirational Story”. His life story is pretty amazing. He came from Cuba as a boy. He has been a shiai competitor, official, Olympian master competitor, President of Florida judo, a mentor, teacher, father, husband and so many other roles. Among the many things he said throughout his interview – Be Humble and work hard, the sky is the limit for your dreams. Always have a dream. Strive to improve and develop yourself every day. I am always thankful for my family for their love and support. As a referee – be firm but always fair. I am thankful for the opportunities I have been given, they challenge me to grow and develop myself to be better. Judo is dynamic – you should always be learning and improving. I have been inspired by all that have helped me over my lifetime of judo. Judo is about constant practice, improvement, learning, growth and development.

Shufu Promotions – Shufu Yudanshakai will hold the fall promotions on August 13 2022 at the Beltsville Community Center. Strict registration and paperwork deadlines are enforced.

Shufu Board of Directors meeting will be at the Beltsville Community Center on Saturday August 13 from 9am to 11am. All dan ranking judoka in Shufu are members of the BOD. All are expected to attend the meeting.

Shufu Promotion Committee – Board of Examiners will meet at the Beltsville Community Center on Saturday August 13 from 11 to 1. All Board of Examiners are expected to attend the meeting.



Seminars. Sensei Jim Bregman (10th Dan) will provide a fascinating account of his journey to becoming the USA’s first Olympic judo medalist, to being a founder of the USJA. He will also share his observations of the changes in our sport over many years.

The other seminar was on June 12th at pm with Dr. Lisa Capriotti. She shared her adventures and activities in the many aspects of judo in which she has been involved. Lisa is a world kata champion, a world master’s medalist, a national referee that is well traveled, and the co-owner of a judo school in South Carolina USA.

An updated version of the ‘*Jim Bregman invites you to...*’ program seminars is available at: <https://web.media.mit.edu/~reilly/BregmanUpdate.docx>
SAME DOCUMENT different format ALSO AT
<https://web.media.mit.edu/~reilly/BregmanUpdate.pdf>

The “Jim Bregman invites you to...” program offers a session featuring two-time Olympic medalist and world judo champion Jimmy Pedro. This is a terrifically insightful program into where the USA is on the world scene what a remedy is to our falling status on the international level. Sensei Pedro also offers advice to athletes who desire to compete on the international and Olympic level. Jim Bregman also injects his perspective of the situation. All-in-all this is a terrific zoom session. It is located on YouTube at:

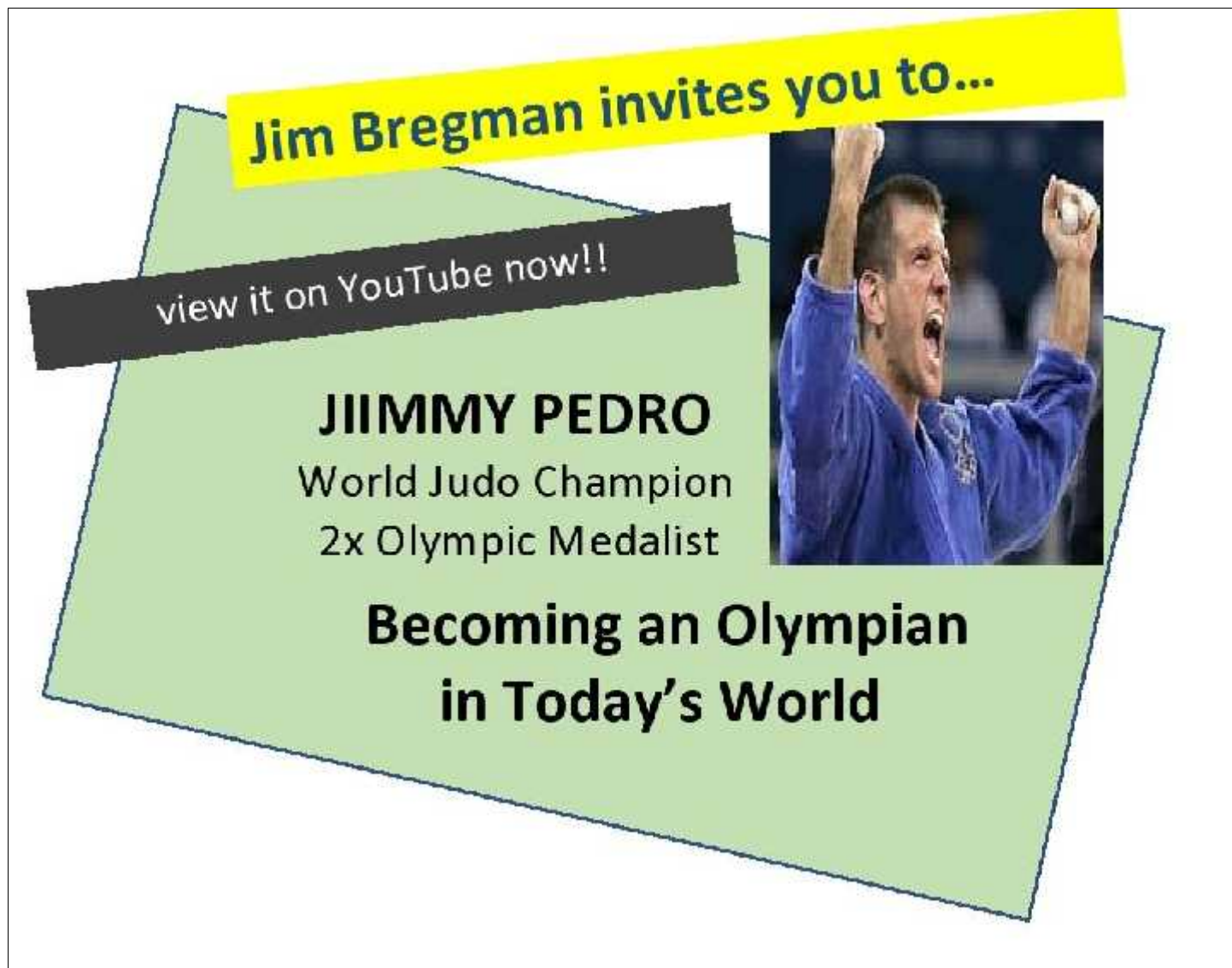
<https://youtu.be/kO49Mh4ksxo>

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

SAME DOCUMENT different format ALSO AT

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



Jim Bregman invites you to...

view it on YouTube now!!

JIIMMY PEDRO
World Judo Champion
2x Olympic Medalist

**Becoming an Olympian
in Today's World**

2022 South Carolina State Championships was held on June 4th at Charleston Area Convention Center in North Charleston SC. Congratulations to Robert Gouthro and Lisa Capriotti. The event included beginner to elite divisions for kids and adults, as well as USA Judo Points for Junior Advanced and Senior Elite divisions. National Referee testing and evaluation was conducted. Thank you to all of the referees and chief referee: Dr Gary Berliner. Thank you to the referee evaluators who were Gary Berliner, Hector Estevez and Mike Takata.

17th Annual Summer Slam Judo Championships – Thank you to all of the contestants, judoka, referees, technical officials and supports who came to the 2022 Summer Slam. It was a great success again with a packed house and great competition all day for our young 4 year old judokas to our top elite Black Belts on the East Coast!! Thanks to all that made it happen and to all the teams who supported our event !! Summer Slam was held on Sunday, June 5, 2022 at the J.F. Kennedy High School in Paterson, NJ. Congratulations and thank you to Tournament Director Anthony Camal, Tournament Coordinator Chris Skelley and Head Referee Saro Balagezyan for a very successful event. Judoka from 4 years & older received 1st Place, 2nd Place and two 3rd Places were awarded in each division. There were also awards for Outstanding Player for Junior, Teenager, Sr Novice & Brown/Black. Fighting Spirit Awards for Junior, Teenager, Senior Novice and Brown/Black. We hope to see you next year at the 18th Annual Summer Slam.

Looking ahead to 2023-

18-19 Mar 2023	USA Judo Youth National Championships	Lubbock, Texas
20-21 May 2023	USA Judo Senior National Championships	Spokane, Washington
TBD 2023	USA Judo Junior Olympic Championships	TBD
19 Nov 2023	USA Judo President's Cup Championships	Irving, Texas



Sunday kata practice – Sensei Diane, Sensei Karl, Sensei Margie and Sensei Karen are leading Sunday kata practice time. If you need to be evaluated for promotion, need to get some expert feedback 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 evaluations.



At the last **Shufu Yudanshakai Blackbelt meeting** we discussed the opportunity to have a professional Spotlight Video created for your Judo Dojo/Club. Brad Lewis is leading the effort and has gained the volunteer service of his friend and Video Producer, Patty Blue Hayes. Patty and Brad are planning out this summer's travel up and down the East Coast and would like you to reply directly to them to schedule a visit for them to put together a Video to both spotlight Your Club and Judo as a whole. Please reply back to all, so that Brad and Patty can put your

club into their travel plans! This is a great opportunity for your Club, Shufu and Judo as a whole! You can also contact Patty directly for some details about the Videography! **Patty Blue Hayes, Author • Life Coach**

e: pattybluehayes@gmail.com

p: (805) 242-6986

w: pattybluehayes.com



Club Updates from Shufu Judo Yudanshakai –

- Arlington Judo has stated back to in-person live classes. A large number of new judokas signed up for the new beginner classes. They offer two kids beginner classes, one on Tuesday and one on Thursday, an adult beginner class, and junior intermediate class and a senior intermediate class which both meet both Tuesday and Thursday. For more information on Arlington Judo visit our website at www.arlingtonjudoclub.org
- College Park Judo in Maryland has started back to live in-person classes. Classes are Tuesday and Thursdays from A large number of new judokas signed up for the new beginner, intermediate and advanced classes. For more information on College Park Judo, please visit our website at www.collegeparkjudo.org

- 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.**

Two of our judokas at the National Junior Olympics in San Jose CA on the gold medal stands. Congratulations to each of you. Thank you for your commitment and hard work that go you there. Thank you to the senseis who taught them, the coaches and parents who encouraged and supported them



精力善用 自他共榮

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



For more information contact :

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Shufu Vice Président, Michael Landstreet

Shufu Board of Examiner chairman - Kevin Tamai, (703) 622-686, Email – shufuboardofexaminerchairman.kevin@gmail.com

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



John C. Morrisson

APRIL 4, 1936 – MARCH 12, 2022

A tribute to John Morrison



Shufu Judo Yudanshakai is sad to announce the passing of Sensei John Morrison on Saturday, March 12, 2022. John (85 years old) was predeceased by his wife, Betty Jane. He is survived by his son Russell and wife Cyndee Morrison, 4 grandchildren and 5 great grandchildren. A graveside service was held on March 28th at 11am at the Forest Hills Memorial Park. He served his country in the Marine Reserves and enjoyed a career as a supervisor with AT&T. He enjoyed playing the bagpipes and gardening. John was active in judo in many different roles, but his main love and devotion was to his family.



In Shufu Yudanshakai, we have already lost many judo greats of his generation including Kenzo Uyneo, Don Drager, Prof. Ishikawa, Tim Dalton, Ken Tamai, Dr Koiwai, John Anderson, Jimmy Takemori and many others. Each of these are now watching over us to see how we will continue the judo traditions. They helped to build our judo community and set the foundation for who we are. I thought about how I could sum up and celebrate John's life. While there are so many stories that I could share with you from many years of judo together, each person reading this may have many memories and stories that you hold in your heart. Each may have known a different version or perspective of John. Each one of you he touched is part of his legacy and is a continuation of John's life.

John Morrisson started judo in the early 1950's. He was a member of several other JBBF and USJF clubs including Cranford Judo in Cranford, NJ under sensei Yoshisada Yoneska and Ishikawa Dojo in Philadelphia PA under Professor Ishikawa. He was a life member of the United States Judo Federation. He served as vice president and president of Shufu Judo Yudanshakai for 12 years and was a delegate at many national meetings. He helped to revise the USJF rank system. He was a member of the Shufu Judo Yudanshakai Board of Examiners, Chairman



of the Virginia Judo Inc Promotion Board, a national referee. He was a Shichidan (7th degree black belt) in judo. He joined the Arlington Judo Club in 1998 and served as their technical advisor.

Judo is the "gentle way". John was a quiet, gentle, caring presence. He helped to lead and guide us. In judo, one of our principles is "Jita Kyoie" which means mutual welfare and benefit. We learn from and help each other to grow into the best person we can be. Judo teaches us to continually improve ourselves and to contribute to society in a positive way. John embodied these parts of judo. He was happy to give his time as a friend, a teacher, a referee, a mentor, or whatever capacity he was asked to be. He was happy to share his love of judo with others. He never sought spotlight or recognition.



There are certain people who come into your life and leave an indelible mark on you. He was one of those people, to me and to many others he touched. We celebrate his life and the gift of the time each of us got to spend with him. Time is the greatest gift anyone can give. Money cannot buy time. Our time is precious, so who we share it with and how much we share with other makes a difference. Each person has enjoyed different memories of their time with John. He left a part of himself in each one of us. We do not mourn the loss of John, rather, we thank God that such a man lived. Please take a moment and reflect on the life and joy that John has brought to each one of us. He instilled a part of himself in each of us. He leaves a legacy for each one of us. We will love him always and cherish the gift of time we were able to spend with him.



Shufu Yudanshakai will host a celebration of life to honor Sensei Morrison life at the Beltsville Community Center on Saturday, August 13 from 1-3pm. Please RSVP if you plan to attend.



Shufu Club Spotlight

Arlington Judo Club

www.arlingtonjudoclub.org

Dawson Terrace Community Center

2133 N. Taft Street

Arlington, VA 22201

Head Sensei – Michael Landstreet, 6th Dan

The Arlington Judo Club (AJC) was founded in 1996 by Sensei Michael Landstreet who is the current Head Instructor. Over the years the AJC has grown and at this time has a membership of over 70 students. As a nationally recognized club the AJC is officially registered and affiliated with the United States Judo Federation, **Shufu Judo Yudanshakai**, United States Judo, Inc. (USA Judo), and Virginia Judo Inc. Traditional Kodokan Judo is taught to include its customs and ways. Mutual respect and manners are part of the dojo practice. The AJC has a quality staff that is composed of highly respected black belts who are actively involved both nationally and internationally in Judo. As an involved club, the AJC hosts State and Regional tournaments from time to time. We welcome all judoka to our club who wish to improve in both mind and body. Visitors are welcome but all participants must be current members of either USA Judo, USJF, or USJA and sign the standard waiver to participate. The Head Instructor can assist you with your national membership if needed. Our club membership is composed of both male and female, ages 5 to adult. Since 1996 the AJC has produced a number of medalists at many tournaments in both kata and shiai. At our club we strive to learn new techniques and to improve, coupled with the philosophy of having a fun but safe practice in the dojo.



Michael Landstreet – Sensei, Rokudan (6th Degree Black Belt)

Head Instructor. Mr. Landstreet has been involved in Judo for approximately 50 years. His certifications include being an International Coach, National Referee, and Master Teacher. He is the current President of Virginia Judo Inc., and is also actively involved with Shufu Judo Yudanshakai serving as current Chairman of Teacher Certification and as a member of the Board of Examiners. In 2005 he was the Tournament Director for the USA Judo Senior National Championships. With the assistance of helpful members of the Arlington Judo Club he continues to teach, coach, referee, run selected State and Regional level tournaments, and strive to make improvements within the dojo.

Sharon Landstreet – Sensei, Godan (5th Degree Black Belt)

Instructor. Mrs. Landstreet has been involved in Judo for approximately 30 years. She initially learned Judo from her parents at the Tri Valley Judo Club in Pennsylvania. Presently she is a certified IJF International Referee, Continental Coach, and an Associate Teacher. As a competitor she was the 2002 USJI National Masters Champion in her division. She has been active in Virginia Judo Inc. serving as past State Secretary and also assisted in planning the 2005 USA Judo Senior National Championships. Mrs. Landstreet is involved in all aspects of the Arlington Judo Club.

Robert Winston – Sensei, Godan (5th Degree Black Belt)

Instructor. Col. Winston recently retired from the United States Air Force after an outstanding 30 year career in the military. The AJC thanks him for dedication and service to his country. He has been

involved in Judo for over 40 years and is a former national competitor, current Regional Referee, and Master Teacher. Most of his training came from Mr. Song, 6th Dan, while he was residing in Georgia. As an instructor, Col. Winston enjoys sharing his knowledge, experience and genuine enthusiasm for Judo with others. Naturally both of his sons are active competitors in Judo. His wife, Kim, also assists the club behind the scenes from time to time.

Gaiv Tata, Sensei, Yodan (4th Degree Black Belt)

Mr. Tata has been a longtime member of the Arlington Judo Club since the late 1990's. His teaching method is well thought out and systematic. He helps the club out in various capacities. Besides being an active instructor, he assists at tournaments and events hosted by the club. Currently he is on the Shufu Judo Yudanshakai Executive Committee serving as treasurer. The Arlington Judo Club is very fortunate to have him on our staff.