



# Shufu Judo Yudanshakai

## Shufu Shinbun

### May 2022



**Events:**

<b>7 May</b>	<b>Wall2 Wall Judo clinic with Angie Delgado</b>	<b>Fredericksburg, VA</b>
<b>14 May</b>	<b>American Judo Tournament</b>	<b>Myrtle Beach, SC</b>
<b>14 May</b>	<b>Nick Depopolo Judo Seminar</b>	<b>Falls Church, VA</b>
<b>15 May</b>	<b>Mini Samurai Slam</b>	<b>Charleston, SC</b>
<b>21-22 May</b>	<b>USA Judo Senior National Championships</b>	<b>Daytona Beach, FL</b>
<b>4 June</b>	<b>South Carolina Judo Championships</b>	<b>Charleston, SC</b>
<b>24-26 June</b>	<b>USA Judo National Junior Olympics</b>	<b>San Jose, CA</b>
<b>21-27 July</b>	<b>USJF -USJA Summer Nationals</b>	<b>Fort Lauderdale, FL</b>

**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.

**Congratulations to Jake Tamai from College Park Judo in placing 3rd at the Infantile Pan American Championships in Guadalajara, Mexico**



**Congratulations to Sharon Landstreet from Arlington Judo for being chosen to represent the USA as a referee at the European Open Championships on April 23-24 in Dubrovnik, Croatia. She continued for the next event, the PJC Pan American Oceanic Judo Championships where she served as a commentator. She also attended a PJC Clinic**

**Congratulations and thank you to Dr Lisa Capriotti who was invited by the Dominican Republic to be a kata judge and referee at their Military and Police Judo Championships. Congratulations to Army to winning the kata and to Navy for winning the Overall team and the Men's and Women's team event.**

**Do you have news on one of your judoka 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.



Thank you to Ramon Hernandez and North Jersey Judo for hosting the Garden State Judo Classic. It was a great quality event. There was competition in Bantam, intermediate, juvenile, cadets, novice divisions, veteran, brown belts, Black belt elite, This was a USA Judo points event. Thank you to all of the judokas and staff who

participated in this event. Thank you to all of the referees and tournament officials who supported this event.

### **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.

### **Some upcoming event Information:**

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**Nick Depopolo Judo seminar** – Saturday May 14<sup>th</sup> from 1-3pm at 50/50BJJ, 929 W. Broad Street #103, Falls Church VA. Cost is \$55 for members, \$65 for guests and visitors. For more information contact 50/50 BJJ at 703-534-5414 or [www.5050BJJ.com](http://www.5050BJJ.com)

**American Judo Tournament – Saturday May 14** - AMERICAN JUDO WISCONSIN DELLS NUWAY Combat & American Judo have teamed up to bring judo events Nationwide. Nuway Combat has been organizing nationwide tournaments for 20 years. Join in on the competition and amazing destinations where we host our events.

#### **TOURNAMENT DETAILS:**

USA Judo Sanction: Event Licence ID: #00116 - Start Date 2022-05-13 / End Date 2022-05-15

Date: May 14th, 2022

Venue: Myrtle Beach Convention Center

Address: 2101 N Oak St, Myrtle Beach, SC 29577

Format: True Double Elimination or Round Robin for 5 or Less; All competitors guaranteed 2 matches or your entry fee back.

Age Standards: Age 5 and Up

Competitors and coaches will need to present a valid USA Judo, USJA, USJF and ATJA memberships

All States Welcome

**Two upcoming amazing 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 is with Dr. Lisa Capriotti. She will share with us her adventures and activities in the many aspects of judo in which she has been involved. Lisa is a world kata champion, a world masters 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>

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



**MARK YOUR CALENDARS!**

USA Judo is pleased to announce the following schedule for national events in 2022 and 2023. Details will be released as they become available.

2022 President's Cup Championships on November 20 in Irving, Texas  
2023 Youth National Championships on March 18-19 in Lubbock, Texas  
2023 Senior National Championships on May 20-21 in Spokane, Washington  
2023 Junior Olympic Championships - TBD  
2023 President's Cup Championships on November 19 in Irving, Texas



**Thank you to W2WMA for hosting the 2016 & 2020 US Olympian Angie Delgado on Saturday, May 7th 2022.**

What an amazing weekend of judo in the DC area. Thank you to Chuck Wall and Wall2Wall Martial Arts for hosting clinics with Angie Delgado. She was joined by her coach German Valezco, 2000 Olympian. And the following Kiitsusai National Champions. •Nicole Cancela, National Champion, 3 X Panamerican 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 Jaspe, National Champion, Silver in Spain European Cup. It was an incredible day of meeting and learning from some of our country's best., There were randori sessions on Friday night and Sunday morning. It was an incredible opportunity for local DC area judoka to meet, learn from and work with champions of this level. It is a success when we can have our local judoka introduced to, work with, learn from, know and meet some international champions and letting our upcoming local judoka know that this is possible for each one of them. Judo is about sharing our knowledge and love with others. It is a true feeling of jita kyoei. Thank you Sensei Chuck Wall and W2WMA for hosting.

**2022 South Carolina State Championships** – June 4<sup>th</sup> at Charleston Area Convention Center, 5001 Coliseum Drive, North Charleston SC 29418. Event will include beginner to elite divisions for kids and adults. USA Judo Points for Junior Advanced and Senior Elite divisions. National Referee testing and evaluation will be conducted. Early registration is 3-22 to 4-28. Normal Registration deadline is 6-1-2022. Late registration is June 1 to June 4. Registration is 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 dojo profile. Players can also make their own profile and link it to their dojo. American Judo Foundation will be using this platform to register for all future Samurai Slam events and tournaments. We hope that it will save all of us time and improve efficiency of all of our events. The cost is \$75/division, \$20 for each additional division (up to 3). Exhibition matches are available after official matches. (\$65 early registration by April 28) Chief referee: Dr Gary Berliner. Referee evaluators are Gary Berliner, Hector Estevez and Mike Takata. Schedule – 8-10am check-in form Juvenile and under, 10:30am player meeting, 11am Opening ceremony, 11:15am Kata, Juvenile under competition starts, 12-1 check-in for cadet and above. 2pm – competition starts for Cadet and above. 6pm Awards ceremony and clean up. You can download the registration packet at [www.americanjudofoundation.org](http://www.americanjudofoundation.org) or contact Dr Lisa Capriotti at 302-897-9106 or email at [americanjudofoundation@gmail.org](mailto:americanjudofoundation@gmail.org)

**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.



**Sunday kata practice** – Sensei Diane, Sensei Karl and Sensei Margie are hosting 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.

**Club Updates from Shufu Judo Yudanshakai** –

- Arlington Judo has stated back to in-person live classes. A large number of new judoka 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](http://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 judoka 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](http://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.**

## 精力善用 自他共榮

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 – highlighting some of our amazing judoka in Shufu Judo Yudanshakai

### Tim Redden – Fork Union Academy – Fork Union Judo Team – Charlottesville VA

Tim Redden began studying judo at West Georgia College in 1971 where he participated in many local, regional and national level judo tournaments for the next 4 years. In 1975, he was promoted to the rank of shodan in the Dixie States Yudanshikai and became the first Rokkyu to Shodan judoka at West Georgia College. In 1983, he was promoted to the rank of nidan and began more active coaching and kata competitions in US and Canada, continues to compete in open and masters divisions. In 1989, he was promoted to the rank of Sandan and retired of shiai competition. In 1990, he began coaching at the college level at Iowa State University Coaches first senior national judo champion (Carol Schied). In 1994, he moved to Ithaca, New York, begins coaching Cornell University Judo competition team. He was promoted to Yodan by Dr. Ashida. In 1996, he moved to Charlottesville and started a junior and senior judo club at the University of Virginia and at the Piedmont Family YMCA. Tim was a volunteer for 1996 Olympics in Atlanta where he served as a member of the team assigned to liaise with the international press, manage medal ceremonies and post ceremony press conferences. From 1999-2012, Tim begins to focus all of his judo energies at growing the competitive judo program at the Piedmont Family YMCA. For the next 23 years, he trains and brings junior and senior competitors to local regional national, Pan American and international invitational judo tournaments. 3 Students place in the junior Pan-American tournaments. 2 are invited to join the USA judo world team (P. Gorelov and Kim Minor) one senior student wins silver and 2 bronze medals at BJJ world championships in the purple belt division (Lamonte Tyler). Tim was promoted to Godan by Shufu Judo Yudanshikai on Feb 8, 2008. In 2014, Piedmont Family YMCA discontinues many program offerings as it builds a new facility including judo. In 2016, Tim moved the judo program to MMA of Charlottesville. and he voluntarily resigns from Board of Examiners. In 2017, Tim moves the judo program to Fork Union Military Academy, begins as a club sport. Average class size is 15 boys in grades 7-12. In 2018, Tim requests and receives varsity status for judo at Fork Union Military Academy. From 2018 to the present Tim prepares FUMA Team for and participates in local judo competitions. Begins putting on gi-and no gi throwing clinics at BJJ Schools in Central Virginia, including Virginia Military Institute. Fork Union Academy was the only high school judo team at the 2020 US Naval Academy military academy judo meet. Tim once again rejoined the Shufu Yudanshakai Board of Examiners. In 2021, Tim continues to instruct judo and have added hapkido (hold shodan rank) at Fork Union Military Academy. Limited space restricts the size of the FUMA judo team to 15-16.



# The Remarkable Benefits of Judo

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## 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 armlocks. 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.

### **Seven Amazing Benefits of Judo by Brandon- The Fight Talk – copyright 2022**

There are myriad benefits of judo, whether you train to compete, for self defense or simply to keep fit. Judo is a popular martial art, also an Olympic sport. Developed in Japan by Dr. Jigoro Kano in 1882, with its roots tracing back to the ancient samurai art of Jujutsu. It's a grappling based art that doesn't involve any form of striking, instead uses throws, trips, pins, chokeholds, joint locks to subdue opponents or until submission. In this write up, I share some of the most amazing benefits judo has to offer, as well as some of the potential downsides. Judo is one of the best martial arts to learn for both children and adults, here are some of the most notable benefits of judo that you may want to consider as reasons why you should start training judo.

#### **Great for Self Defense**

It might not be a popular opinion, but I think if you want to learn a martial art for all the benefits it offers, you might as well pick one that's great for self defense. Otherwise what's the point of picking a martial art specifically, as a lot of other sports and physical activities also offer similar benefits. But I can also understand and appreciate that some people simply enjoy martial arts training, without the added benefit of physical strength and self defense. Judo is one of the [best martial arts for self defense](#), period. Especially for those who don't want to inflict damage with strikes. As judo is great for controlling, subduing or even making someone unconscious if necessary, with throws, locks and choke holds.

#### **Improves Physical Health and Fitness**

It may not seem like it looking in from the outside, as you won't see powerful punches and kicks thrown, but judo training is one of the toughest there is. Even just the warm up exercises for judo can easily make you breath heavy and sweat buckets. Randori, also known as free sparring, is part of judo training where you practice your techniques against fully resisting opponents. This is easily one of the toughest workouts I've ever gone through. Similar to wrestling sparring, the constant engagement of your core and muscles is super taxing on your body. Just imagine trying to throw someone that's 200 lbs, and defending against someone trying to throw you for 30 to 45 minutes. It's a different type of workout compared to the likes of HITT, but it sure is one hell of a workout!

#### **Develops Core, Balance and Overall Strength**

As mentioned above, the constant engagement of core and muscles in judo training, greatly improves your core stability, balance, both overall and dynamic strength. I often hear people call it judo strength, it's the functional strength you gain from years of judo training, most notably your grip and pulling strength.

#### **Teaches Discipline and Respect**

One of the differences judo training offers from other sports and physical activities, is the built in discipline and respect culture in the art. In fact, when Dr. Jigoro Kano first developed judo, it was meant to serve as a physical, mental and moral pedagogy. Respect and discipline has been part of judo since the beginning of time, and it's not hard to see if you ever observed a judo training session. You bow before entering and leaving the dojo, bow

before and after a contest. My judo instructor always had a quick talk regarding respect and discipline before the training even started.

### **Builds Self Confidence and Belief**

Consistent judo training not only builds self confidence, but also instills self belief. It's done partly through hard training, where you feel a sense of achievement by getting good at certain moves or reaching the targets you set for yourself. Another way it helps with self confidence is knowing you are able to handle yourself, and others if required when things go out of hand. This in turn will raise self awareness, which in turn will help you avoid potential sticky situations.

### **Helps to Develop Determination and Perseverance**

In judo training and competition, it requires a great deal of determination and perseverance to get out of pins, escaping bad positions or defending chokes and locks. Equally it takes the same determination and perseverance trying to throw, pin your opponent, or trying to keep you advantageous position and getting that submission. This is one of the values that will help you in real life immensely, as you would have learned that nothing comes easy in life, you must work hard for the things you want. There'll be blocks and even failures, but you'll keep your head down and work through it.

### **Relieves Stress and Improves Mental Health**

I feel like in today's society, we don't talk enough about stress and mental health. There has always been stigma on mental health, I mean it's easier to admit you're an alcoholic than admitting you have mental health issues. Regular judo training and exercise help release a chemical called [endorphins](#) in your body. These endorphins trigger positive feelings in your body, leaving you relaxed both in the mind and body, accompanied by a positive and passionate outlook on life. Another way to look at this, is by focusing on getting better at judo, setting goals you want to achieve in judo, it helps take your mind off things that stress you out.

### **Are there Any Downsides or Cons of Judo?**

Just as pretty much everything in life, judo also has its pros and cons. To me, the biggest cons of judo are all related to it focusing too much on the sports aspect. First one being it's restricted to the Olympic judo rules, where a lot of very effective moves are not allowed or completely eliminated. This weakens the competitiveness and "martial arts" side of judo in my opinion. Second downside of judo is that it only offers training in a judo gi, while it's great to learn the fundamentals and drill techniques in a [good quality judo gi](#), I wish there was also some training done in no gi as well. From the self defense aspect, you are not gonna always defend against someone wearing a shirt right?

The final con of judo, again is related to most judo schools are too focused on the sports aspect of judo. Hence there's hardly any ground work at all in some schools, they mostly work on throws to try and end the contest with an ippon.

### ***Final Thoughts***

Judo is a great martial art that helps develop the physical body, mental strength and moral compass of the practitioners. Despite there being very minor downsides (may not even be downsides for some people), I think the many amazing benefits of judo like mentioned above, completely outweighs any downsides or perceived cons.