



Shufu Judo Yudanshakai

Shufu Shimbun

February 2023



Upcoming Events:

5 Feb	USJF Board of Directors meeting	
5-6 Feb	IJC Four Seasons Invitational	Flushings, NY
5 Feb	Shufu Judo Yudanshakai Nage No Kata Clinic	Springfield, VA
17-18 Feb	32 nd Annual Lone Star Classic	Fort Worth, TX
25 Feb	Shufu Judo Yudanshakai rank promotions	Silver Spring, MD
25 Feb	Shufu Judo Yudanshakai Board of Director meeting	Silver Spring, MD
25 Feb	Shufu Judo Yudanshakai Board of Examiners meeting	Silver Spring, MD
25 Feb	Florida Open Judo Championships	Pembroke Pines, FL

Nage no kata clinic on 2/5 at Sport judo. 9:00 registration. 9:30-3:30 on the mat. One hour break to go get your own lunch (or bring your own). \$20.00. All levels and ages are welcome. Registration on-site welcome. Clinicians: Karen Whilden and Diane Jackson. Hope to see you there!

Novice & Fundamentals Refereeing Clinic on Saturday, March 4th at Arlington Judo Club (Dawson Terrace Community Center, 2133 North Taft Street, Arlington, VA). The clinic will be led by Sharon Landstreet (IJF-A referee) and other guests. The fee is \$20. For further information contact Mike Landstreet at 571-216-8992, mwljudo@msn.com or sbojudo@msn.com.



Shufu Judo Yudanshakai Board of Directors Meeting – Will be on Saturday February 25th at the Compound in Silver Spring MD. Meeting is 9-11am. A zoom link will be provided if you can not attend in person. All black belts registered with Shufu should attend either in person or online

Shufu Judo Yudanshakai Board of Examiners meeting – will be Saturday February 25th at the Compound in Silver Spring MD. Meeting is planned for 11am -1pm but dependent on when testing and evaluations are complete.



Shufu Judo Yudanshakai has rescheduled the **James Takemori Memorial Clinic** series featuring **Kevin Asano** that was scheduled on October 22 to be rescheduled for March 11 at Hui-O Judo at the Beltsville Community Center in Beltsville MD.. There will be a morning session and an afternoon session. This is an amazing opportunity for our local judoka to learn from a living judo legend. Space is limited. Register now at Shufujudo.org



Congratulations to Brian Lopez – who won a first place gold medal at the 2023 USA Judo Veterans Championships in Texas. Brian was coached and supported by his son(Angel), wife (Emma), father (Gabriel) and mother (Celeste). Sensei Brian teaches at Hui-O-Judo in Beltsville and at the Compound in Silver Spring MD.



Shufu Judo Yudanshakai
James Takemori clinic series
Featuring Kevin Asano
March 11, 2023

Shufu Judo

Location: Beltsville Community Center,
3900 Sellman Road, Beltsville, MD
Sanctioned by: United States Judo Federation: # 23-03-??
Clinician: Kevin Asano
Event Director: Kevin Tamai (703-622-6861) Email:
huiosensei@gmail.com
Clinic: Session 1 (focused on juniors) is 9am-11am,
Session 2 (focused on Seniors) is 1-330pm



Registration: Please pre-register on Shufu website

There will be a break for lunch on your own.

Clinic fee: \$60 for morning (Junior), \$75 for afternoon (Senior), \$120 for both.

**** Annual Shufu/USJF members get a \$10 discount.(MUST present proof at registration and onsite)**

If your dojo is bringing more than 10 people, please have your sensei contact the event director.

Waivers and membership confirmation will be on-site.

Personal water bottles are encouraged.

Participation Eligibility: USJF, USJA and USA Judo members. Membership cards must be presented on the day of the event to participate on the mat.

Washington area airports: Reagan National (DCA), Baltimore-Washington (BWI), Dulles International (IAD).

Hotels: If you are coming in from out of the area, there are a variety of hotels in the area.

Pictures and autographs with Kevin Asano will be available before and after each session.



- **You MUST register online. Show proof of registration and payment**

About the clinician:

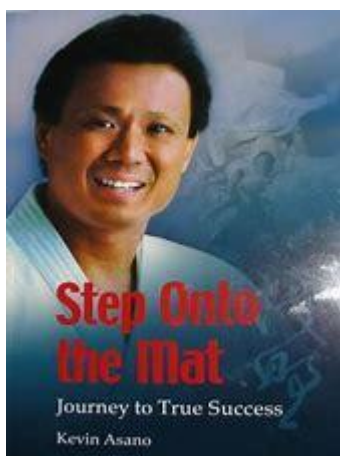


Shufu Judo Yudanshakai is pleased to announce the next clinic in the Takemori Clinic Series on October 22 at the DeMatha Catholic High School in Hyattsville, MD. The clinician will be Kevin Asano. **Kevin Yoshimi Asano** (born April 20, 1963), who won the silver medal in the men's extra-lightweight competition at the 1988

Summer Olympics. On his way to capturing the medal he beat Shinji Hosokawa, who was the reigning world champion and 1984 Gold Medalist. Asano came close to winning the gold medal, but lost it on a one-point penalty to Kim Jae-Yup of South Korea.



Among his many competitive judo accomplishments, some of his highlights were, Asano won a gold medal at the 1985 US Olympic Festival, a gold medal at 1986 Collegiate Championships, gold medal at the 1987 Collegiate Championships, gold medal at the 1987 US International Championships in Colorado Springs, Silver medal at the 1987 Pan American Championships in Indianapolis, Bronze medal at the 1987 World Championships in East Germany, Silver medal at the 1988 Olympics in Seoul Korea,



Asano was born in Hawaii. He graduated from Pearl City High School in Hawaii. in 1981, studied Japanese and trained in judo at Tokai University. for two years, then went on to study at San Jose State University where he graduated in 1989 in accounting. In 2008, Kevin Asano's autobiography, *Step Onto the Mat: Journey to True Success*, was published by White Mountain Castle Publishing LLC. He co-founded Pacific Rim Legacy Group, a financial planning organization and ptivision, a 501(c)3 organization.



He has served as President of Hawaii Judo, Inc., the state judo governing body of USA Judo and President of the United States Judo Federation., a grassroots national judo organization. He is also the head instructor of Leeward Judo Club in Hawaii. USA Judo announced Kevin Asano among its inaugural Hall of Fame inductees in 2008 along with Eddie Liddie, Mike Swain and Jimmy Pedro. He is also a member of the Hawaii Sports Hall of Fame 2000 inductees and is also a member of the San Jose State University Sports Hall of Fame. In 1988, Asano was named the US Olympic Committee's US Judo Athlete of the Year.

My personal mission statement is to empower other to discover their purpose in life and to pursue it with all of their hearts. The various platforms in my life help to share the message that every individual can live a life with purpose and achieve true success. Together with his business partner Del Fujinaka they founded Personal Transformation International which is a 501c3 charitable organization. Together they empower people in the areas of health, finances, and relationships. When Kevin is not working he spends his time playing with his children, napping, reading, and playing music.

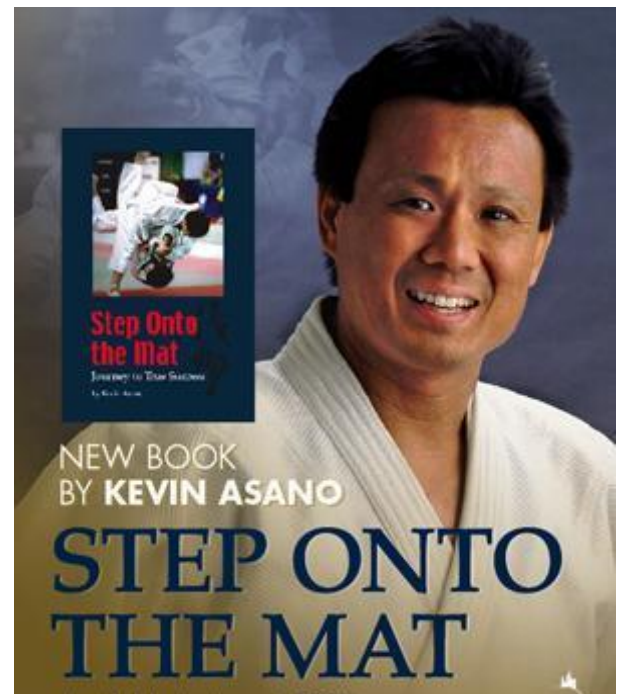


Step Onto The Mat

**“Step out of your comfort zone,
step onto the mat,
and seize your destiny.”**

One dream... One chance... One Moment...

Eighteen years of trials, triumphs and tears came down to a final instant for Kevin Asano. His journey began as a seven year old boy in a judo dojo in Okinawa... It ended as a man competing for gold in Seoul, Korea. Kevin embraced the elation of winning while being mercilessly taunted by doubts and disappointments. Yet always, he was certain it was his destiny. He was compelled beyond himself to “step onto the mat.”



Finally, Kevin’s childhood dream of competing in the world’s most prestigious sporting event was staring him in the face. Thousands packed the international arena, yet his only concern was to please an audience of One.

When you face your moment, your dream, your chance, there is only one question:

Will you step onto the mat?

**** Books will be available for purchase at the event. You can have them autographed.**

Upcoming events:

Shufu Judo Yudanshakai Rank Promotions – testing and evaluations for rank promotions is coming up on February 25th at the Compound in Silver Spring MD. You must register ahead of time for this event. Dan submission deadline has passed. Kyu promotion deadline is February 14. See the Shufu website (www.shufujudo.org) for more information.



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Shufu Judo Yudanshakai Board of Examiners meeting – will be Saturday February 25th at the Compound in Silver Spring MD. Meeting is planned for 11am -1pm but dependent on when testing and evaluations are complete. A zoom link will be provided for anyone who can not attend in person



Tournament Announcement: 2023 Garden State Judo Classic

When: Sunday, April 16, 2023

Where: Wayne PAL, 1 PAL Drive, Wayne, NJ

Online Registration: Open

www.gradenstatejudoclassic.com

<https://smoothcomp.com/en/event/8971>

You can also find it on the Smoothcomp events tab. We highlight the following for this year's event.

- E Level USA Judo Point Event
- Livestream on Smoothcom
- Shiai and kata competition
- National Referee Testing Site
- Live Brackets Night Before
- Cash Prize Elite Black Belt Divisions
- Kata before the event
- 6 Competition areas (Raising Cap to 650)
- Oh and Bigger Medals LOL

Any questions, please don't hesitate to call or email.

Best

Ramon Hernandez

North Jersey Judo

201-206-2705

ramon@northjerseyjudo.com

www.gardenstatejudoclassic.com

January Event wrap ups



Kodokan Goshin Jutsu in Philadelphia, PA - On 1/21/23, Frances Glaze (Shichidan, Board of Examiners (BOE) for promotion from Konan Yudanshakai, from Ohio) and Diane Jackson (Rokudan, BOE member from Shufu Yudanshakai, from MD) combined to present a clinic on Kodokan Goshin Jutsu at the El Idrissi Judo Club in Philadelphia, PA. Kodokan (KDK) Goshin Jutsu is a study and demonstration of judo principles in combative situations with modern weapons. KDK Goshin Jutsu was developed around 1956 to address the needs for training in modern situations. KDK Goshin Jutsu consists of 21 disarming and defensive techniques from attacks from a distance, attacks from close proximity, attacks from the rear, and attacks with a knife, stick/staff or gun/pistol. Through studying this kata, a judoka learns appropriate skill and timing for attack and counter attack. In KDK Goshin Jutsu, the technique often ends in a submission (i.e., armbar or choke), throw, and/or disarming of the weapon. The principles of judo ... maximum efficiency with minimum effort is clear through effective and efficient shisei and taisobaki, and executing the parts of a throw / technique...kuzushi, tsukuri and kake. Goshin Jutsu is one of the seven major KDK katas: Nage no Kata (throwing waza), Katame no Kata (mat waza), Ju no Kata (gentle / no gi kata), Kime no Kata (ancient weapons), KDK Goshin Jutsu (Modern weapons), Koshiki no Kata (kata in armor) and Itsutsu (Forms of Five). It is also one of the five competed kata by the International Judo Federation at the annual World Judo Kata Championships. for more on KDK Goshin Jutsu..

[Kodokan KATA Textbook](#) | [Kodokan Judo Institute](#)

and search on "Kodokan Goshin Jutsu" in Google and Youtube

Kodokan Goshin-jutsu : Names of the techniques ▼ Unarmed section 1. When held (1) Ryote-dori (2) Hidari-eri-dori (3) Migi-eri-dori (4) Kataude-dori (5) Ushiro-eri-dori (6) Ushiro-jime (7) Kakae-dori 2. When attacked from a distance (1) Naname-uchi (2) Ago-tsuki (3) Ganmen-tsuki (4) Mae-geri (5) Yoko-geri ▼ Weapons section 1. against Dagger (1) Tsukkake (2) Choku-tsuki (3) Naname-tsuki 2. against Staff /Stick (1) Furi-age (2) Furi-oroshi (3) Morote-tsuki 3. against Pistol (1) Shomen-zuke (2) Koshi-gamae (3) Haimen-zuk

2023 NEW JERSEY STATE JUDO OPEN SUCCESS - Thank you to Pedro Judo Center, Wayne Police Athletic League, American Judo & New Jersey State Judo who teamed up to provide the best tournament experience possible. American Judo Shiais are the perfect place for any judoka looking to gain experience in a competitive yet friendly tournament atmosphere. Our developmental tournament series offers as many matches as possible, so you can get the most out of your experience. With a modified rule set in place, everyone had a positive tournament experience.



Here are some other upcoming events

18-19 Mar	USA Judo Youth National Championships	Lubbock, Texas
25 Mar	New York Open	New York, NY
1 Apr	Pedro's Challenge	Danvers, MA
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 (Shiai and kata)	Staten Island, NY
27-30 July	US Open Judo Championships	Fort Lauderdale, FL
7 Oct	Waynesville Fall Brawl	Waynesboro, NC

7-8 Oct Jason Moris Tournament (shiai and kata)
18 Nov Dallas Open Judo Championships
19 Nov USA Judo Presidents Cup Championship

NY
Irving, TX
Irving, Texas

Kata Corner

Up coming kata events:

- 2/5-2023 Nage no Kata clinic -Springfield VA
- 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
- 2/24-25/2023 – Nage and Katame no kata clinic with Eiko Shepherd, Lincoln, NE
- 2/25/2023 – Katame no kata clinic with Frances Glaze and Diane Jackson, Cleveland, OH
- 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



Save the date/ FYI. **Nage no kata clinic on 2/5** at Sport judo. 9:00 registration. 9:30–3:30 on the mat. One hour break to go get your own lunch (or bring your own). \$20.00. All levels and ages are welcome. Registration on-site welcome. Clinicians: Karen Whilden and Diane Jackson. Hope to see you there!

Nage-no-kata "forms of throwing" is one of the two randori no kata. free practice forms. It is intended as an illustration of the various concepts of *nage-waza* (throwing techniques) that exist in judo, and is used both as a training method and as a demonstration of understanding. The *nage-no-kata* was developed by Jigoro Kano as a method of illustrating principles of throwing to allow students to more effectively apply them in randori. Initially the kata consisted of ten techniques. These were subsequently appended with the addition of a further five throws, including kata guruma and uki-otoshi. The Nage No Kata is composed of 3 techniques each from the five classifications of throwing in judo:

- *Te-waza* (hand techniques)
- *Koshi-waza* (hip techniques)
- *Ashi-waza* (foot techniques)
- *Ma-sutemi-waza* (rear sacrifice techniques)
- *Yoko-sutemi-waza* (side sacrifice techniques)

Each of these 15 techniques is performed twice in the specified order, both right and left handed. The kata is generally performed in a strictly formalized manner with clearly defined *Reigi sahō* (rules of etiquette).

[Nage-no-Kata | USJF Education Portal](#) Our USJF Kata Committee has developed a "Distance Learning" certification program for Nage-no-Kata. The Nage-no-Kata course is presented in five modules. The 1st set: Te-waza, 2nd set: Koshi-waza, 3rd set: Ashi-waza, 4th set: Ma-sutemi-waza and the 5th set: Yoko-sutemi-waza. After each module a quiz is presented. The passing score is 85%. You have the ability to retake the test. There is some helpful information and a few hints for successful completion of this course. For many of you, this may be your first experience with an online course. Online courses provide a different way to study. You will find that, as an online

learner, self-motivation and discipline are paramount. This means that you are completely responsible for establishing and maintaining a regular study system. It is important to get started right away and to maintain the pace outlined in your course materials. You will have a time limit of 30 days to complete the course once you start.

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.



USJF – Learning portal - Please visit the USJF for great teacher and educational resources

[Teaching Resources](#) | [USJF Education Portal](#)

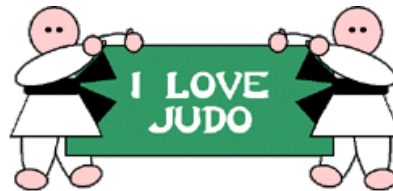
Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education](#) | [USJF Education Portal](#)



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



For more information contact :

Shufu Président, Miki Takemori, ShufuPresident.Miki@gmail.com

Shufu Vice-President, 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>

If you are traveling North, here is some information on Shufu dojos you may want to visit:



Toshi Budokai Judo, Braintree, MA - Classes are on Mondays and Thursdays 6:30-8 PM for all ages. Wednesdays are for advanced juniors and Seniors. Head Sensei is Miki Takemori (7th dan & IJF-B referee) and is joined by her husband, John Floyd (4th dan), William Sherwin (6th dan), Myrle Derbyshire (4th dan) and Tom Comerford (4th dan). We are a "5" Star USJF dojo with certifications in Refereeing, Teaching, Coaching, Self-Defense and Kata Instruction (Ju no kata, Katame no kata and Nage no kata) For further information, Toshibudokai.com or email Toshibudokai@gmail.com



Shodokan Dojo, (123 Park Street, Beverly, MA 01915) - Shodokan is a non-profit dojo started in 1962 by their founder, Bernie Mulligan. Sensei Mulligan brought judo back from Okinawa. She studied judo while stationed as a marine after WWII. He went on to earn his 5th dan in judo. He later studied Aikido under Kanai Sensei and achieved 6th Dan in that system. Kanai Sensei had no premises for a dojo when he arrived so Mr. Mulligan offered him the use of Shodokan, which Kanai accepted. Shodokan is a traditional dojo that enforces etiquette, respect, discipline and self control.

Five different martial arts are currently taught at Shokokan; Aikido, Arnis, Judo, Shotokan Karate and Kendo. Shodokan's judo program is currently led by Alberto Agudello (4th Dan and IJF-A referee).

For additional information see <https://www.shodokandojo.org> , shodokanmac@gmail.com or call 978-922-2000



Shinzan Dojo is located in the foothills of New Hampshire's White Mountains. Shinzan, meaning *deep mountain*, was built by Robert (Bob) Champy in the summer of 1988 and opened in January, 1989. Bob has been practicing judo for over 60 years. Bob (7th dan), is a certified instructor of 13 adult and 13 junior judoka at this time, but he has shared his judo knowledge with many judoka over the years. His members include

national level players, certified referees, certified coaches, certified kata instructors, and recreational players. Practices are every Tuesday and Thursday. Junior classes are from 5:00-6:00 pm and adult classes are from 6:00-7:30 pm. Shinzan Dojo is located at 61 Plummer Road in Sanbornton, NH, and can be found on facebook. For additional information or contact - wpietro552@gmail.com or 603-315-1164.



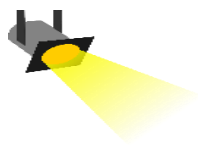
Next Generation Martial Arts Judo (310 Woodland Street, Holliston, MA) started in May 2021 and is led by Oliver Barre (2nd Dan). Judo classes are 4 days per week. Kids classes are 3:45-4:30 and adult classes are 7 - 8 on Mondays and Wednesdays. This year, Barre Sensei has started teaching Jiu-Jitsu classes for adults 6:15 - 7:15 on Tuesdays and Thursdays. <https://www.facebook.com/SenseiBarre>.

Judo classes also take place at a Martial Art Center <https://ngmaholiston.com>, where Kempo/Karate is taught too. Classes are daily from 3:30-8:30 by Grandmaster Woods (9th Dan), Sensei Commander (5th Dan), and Sensei Murphy (2nd Dan)

Blue Dragon Judo Club, Cromwell, CT - Pam Hinkle (6th Dan) head sensei. At The Cage-JSA, Cromwell, CT.

Classes: Mondays and Wednesdays 5-12 year olds 6:30-7:30, Teens and Adults 7:30-8:45,
Sunday - Open mat for 13 years + 9am - 10:30.

ALSO - family intro to judo; 6 - 7 Wednesdays @ Middletown Parks & Rec., Middletown, TC



Shufu Spotlight

James Takemori

(February 3, 1926 – May 15, 2015)



Takemori began practicing judo in 1937. He founded the Washington Judo Club with Donn Draeger and taught there from the end of World War II. The club became the largest in the area and while there he would reach 9th dan in judo (one of the handful of Americans to reach that rank). James Takemori was one of the founders of the Judo Black Belt Federation which became the United States Judo Federation. By 1965, he was considered one of the top 15 judo black belts in America. He served as a coach for the 1964 US Olympic judo bronze medalist Jim Bregman and served as a coach for the US men's and women's national teams. He served on selection committees for the US men's and women's national and international teams. He served as a coach for other US Teams as well including the Southern US Team. Takemori utilized his influence in getting Allen Coage named to the US 1976 Olympic Team in the open weight class where he won a bronze medal. It was under Takemori's leadership that the US Women won three bronze medals in the first women's Worlds Championships in judo. He served as the USJF Juniors chairman. He also served as Chairman of the AAU Junior Judo Program.



Takemori served in the all Japanese-American, 442 Infantry Regiment of the US Army in World War II. The 442nd, 100th Infantry Battalion, and the Military Intelligence Service were jointly awarded a Congressional Gold Medal (highest civilian honor bestowed by the United States Congress) for their efforts in World War II. Takemori would visit President Obama in February 2014 as part of this honor. James Takemori ultimately retired from the US Army.

During World War II, following the signing of Executive Order 9066, he was sent with his brother Edwin to the Gila River War Relocation Camp in Arizona. He eventually joined the US Army. He has four daughters Robin, Teri, Miki and Chrissy. His daughter Teri Takemori is married to Jason Morris (1992 Olympic Silver medalist in Judo). In 2004, Takemori received Order of the Rising Sun, Gold and Silver Rays. The Order of the Rising Sun is the third highest order bestowed by the Japanese government, however it is generally the highest ordinarily conferred order (the others two are reserved for heads of state and politicians). He died at the age of 89 on May 15, 2015.

