



Shufu Judo Yudanshakai

Shufu Shinbun

January 2023



Upcoming Events:

15 Jan	Starrett Cup	Brooklyn, NY
21 Jan	Goshin Jutsu Clinic	Philadelphia, PA
22 Jan	Liberty Bell Development Tournament	Philadelphia, PA
28 Jan	Veteran's Open	Plano, TX
29 Jan	New Jersey Open	Wayne, NJ
5-6 Feb	IJC Four Seasons Invitational	Flushing, NY
5 Feb	Shufu JudoYudanshakai Nage No Kata Clinic	Springfield, VA
17-18 Feb	32 nd Annual Lone Star Classic	Fort Worth, TX
25 or 26 Feb	Shufu Promotional (central)	DC/MD/VA area
25 Feb	Florida Open Judo Championships	Pembroke Pines, FL

Are you a member of Shufu Judo Yudanshakai? Has your membership lapsed. Please stay current with your membership. If you are a life member, you still have to submit a new waiver every year to stay current. Is your club a member of Shufu Judo Yudanshakai? Register your club with us.

Save
the
Date

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 welcome. Registration on site welcome. Clinicians: Karen Whilden and Diane Jackson. Hope to see you there!

Did you know that Shufu has an Athlete Funding Program? Shufu's Athlete Funding Program provides reimbursement (\$150 to \$300) for athletes competing in national and international level events. If you have been a member of Shufu for at least 2 years and have participated in national or international events, then you should consider applying for Shufu's Athlete Funding Program. Juniors, Seniors, Masters/Veterans, and Kata competitors can all apply to the Shufu Athlete Funding Program. Please see the Funding Support for Athletes link below for the complete details on the Shufu Athlete Funding Program

Shufu Judo Yudanshakai wishes all of our judoka and their families a Happy New Year at one of our tournaments, clinics, or other events.

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



2023 NEW JERSEY STATE JUDO OPEN American Judo & New Jersey State Judo have teamed up to provide the best tournament experience possible. American Judo Shiai 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 is sure to have a positive tournament experience.

TOURNAMENT DETAILS: USA Judo Sanctioned Event. Date: 01/29/23. Venue: Wayne Police Athletic League (PAL). Address: 1 Pal Dr, Wayne, NJ 07470. Format: Modified Double Elimination or Round Robin for 5 or Less; All competitors are guaranteed 2 matches or your entry fee back. Age Standards: Age 4 and Up. Competitors and coaches will need to present a valid USA Judo, USJA, USJF or ATJA membership. Non-US Competitors must contact USA Judo for a letter of invitation. All States Welcome! Funds raised go toward the New Jersey Judo Athlete Fund. QUESTIONS/NEED HELP: Questions? Email Riley McIlwain at events@americanjudo.com or call Pedro's Judo Center at 781-245-0644 and ask to speak with Riley

December Event wrap ups



of the referees, technical officials, volunteers and all of the judoka who participated in Roots Judo Winter Nationals Tournament. It was a two-day event on Saturday, Sunday, December 4. The venue was the Azusa Pacific University in Azusa, California, on Saturday, December 2nd from 5pm-8 pm there was a Hybrid Coaches-Referee Clinic. Competitors, referees, and requirements for coaches and referees were able to receive their Regional Coaches Clinic Certifications. On Saturday, there was a Marti Malloy & David Torres Vejar Clinic at 4-6

Samurai Slam 8 - Thank you to all of the referees, technical officials and volunteers who came to help make Samurai Slam 8 a success. Thank you to all of the judoka who participated in Samurai Slam 8 in Charleston SC on December 10. This was a Judo and Kosen Tournament with beginner to advanced divisions for kids and adults in judo. Tournament offered low entry fees, large brackets and a double elimination system for juniors and adults. The venue was the Charleston Self Defense Academy, 428A Red Bank Rd, Goose Creek, SC 29445. There was a referee clinic for judoka to learn the nuances of refereeing. Lisa Capriotti and Robert Gouthro trained 12 new referees, then they refereed in the tournament. Weigh-ins were Friday night and Saturday morning. There was a referee meeting followed by a competitors meeting on Saturday morning. There were three competition mat areas. Competition started at 11am. Juniors competed in the morning followed by seniors in the afternoon. Brackets were 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.

Seigneury Judo in Baltimore held a small development shiai at it's dojo on Sunday December 11. About 25 judoka competed in junior and senior divisions. It was a good afternoon of judo to see so many of our judoka from the regional area. Mike Veader, head sensei at Seigneury Judo, stated "We are happy to host and support small local development shiais for our judoka to get together. It is a great learning experience for the judoka, referees and parents. Judo is about jita kyoei - mutual welfare and benefit."



Shufu Judo Yudanshakai is currently planning to reschedule the **James Takemori Memorial Clinic** series featuring **Kevin Asano** that was scheduled on October 22 to be rescheduled for March 11 at **Sport Judo** in Springfield, VA. Plans are still in working stages. We will update as soon as we are definite. This is an amazing opportunity for our local judoka to learn from a living judo legend.



re 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
16 April	Garden State Classic	Wayne, NJ
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	Staten Island, 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 Presidents Cup Championship	Irving, Texas

Congratulations to the following judoka on recent promotions at their dojo:

Robert Hunt – Sandan -Budokan Judo, Chesapeake Beach, MD
Guilio Agetti – Nidan - Equilibrium Judo, Baltimore, MD
Tomas Winiarski – Orange/Green – Hui-O- Judo Beltsville MD
Anna Winiarski – Orange/Green – Hui-O-Judo Beltsville MD
Ethan Huang – Yellow/Orange – Hui-O-Judo Beltsville, MD
Abigail DeGaetano – Yellow/Orange – Hui-O-Judo Beltsville, MD
Joseph DeGaetano – Yellow/Orange – Hui-O-Judo Beltsville, MD
Anthony DeGaetano – Orange/Green – Hui-O Judo Beltsville, MD
Michael DeGaetano – Nidan – Hui-O-Judo, Beltsville, MD
Andrew Furjanic – Nidan – Hui-O-Judo, Beltsville, MD
Shaun Eddy – Nidan – Hui-O-Judo, Beltsville, MD
Evan Dworzecki – Orange Belt – St Mary's Judo Club, St Mary's, GA
Evan Hayes – Blue Belt– St Mary's Judo Club, St Mary's, GA
Jo Mounsey – Orange Belt - – St Mary's Judo Club, St Mary's, GA
Jarrod Williams – Orange Belt — St Mary's Judo Club, St Mary's, GA
Darec McDaniel – Green Belt — St Mary's Judo Club, St Mary's, GA
Margaret LaSenna – Orange Belt - – St Mary's Judo Club, St Mary's, GA
Eveleen Deip to Shodan from Sport Judo, Springfield, VA
Tristan Ramos to Shodan from Sport Judo, Springfield, VA
Mike Brimage to Shodan from Sport Judo, Springfield, VA
Elsa Clark to Sankyu from Sport Judo, Springfield, VA
Jan Walter to Sankyu from Sport Judo, Springfield, VA
Lily Oh to Sankyu from Sport Judo, Springfield, VA
Will Siddiqu to Sankyu from Sport Judo, Springfield, VA
Arjun Sehgal to Sankyu from Sport Judo, Springfield, VA
Kelani Ramos to Sankyu from Sport Judo, Springfield, VA
Riki Morikawa to Sankyu from Sport Judo, Springfield, VA
Ryan Bender to Sankyu from Sport Judo, Springfield, VA
Sangjun Kim to Sankyu from Sport Judo, Springfield, VA
Hana Coutts to Sankyu from Sport Judo, Springfield, VA
Zack Siddiqu to Sankyu from Sport Judo, Springfield, VA

Kata Corner

Up coming kata events:

- 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



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 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"



am 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.

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

Judo in St Mary's GA - St Mary's Judo Club at Training Pro, 2507 Osborne Road, #D, St Mary's, Ga 31558. Phone (904)534-3754. Adults and Kids classes are held twice a week on Mondays and Wednesdays from 5-6 (Kids) and 6-7 (Adults). Head sensei Michael Shenkman, started judo 34 years ago in 1988 at the Kokushi Budo Institute in New York City under Sensei Nobuyoshi Higashi. He is a 2nd Degree Black Belt through the United States Judo Federation, is registered as both a competitor and a coach, also registered with the USA Judo as a competitor. Sensei Shenkman regularly competes in local, regional, and national competitions. He enjoys competitive Judo and encourages his students who are interested, to compete in local, state, and national tournaments. He can be reached by text or phone at 904.534.3754 and by email at mdshenkman@gmail.com.

Judo in East Lansdowne, PA - Aldan Judo School is a place of faith-based martial arts instruction where life is taught. They are located at 700 Long Ln, East Lansdowne, PA, United States, Pennsylvania. They practice on Tuesday, Wednesday and Friday from 7 to 830pm. Come and join our classes on Mondays and Fridays. If you are vaccinated you don't have to wear a mask. We are accepting monthly donations in lieu of cash. For more information call (610) 812-1961 or email at aldanjudoschool.official@gmail.com



Judo in Baltimore, Maryland - Guilio Agetti started a new judo club in Baltimore. It is called Equilibrium. ([Mixed Movement School in Baltimore - Equilibrium \(equilibrium25.com\)](http://equilibrium25.com)) They practice on Tuesday, Thursday and on Saturdays. Guilio is an Italian, Warm, Fun-Food-Beer Loving, Compassionate, Passionate, To-the-point person. He started practicing judo when he was 5 years old at his father's dojo in Como, Italy. He grew to see his father practicing judo for 64 years (and counting, his father started when he was 14 years old and he is now 79 and still practicing). This made Guilio realize the importance of training in a traditional way to prevent long-term injuries. Guilio received my black belt (Shodan) in 2003. As an adult he started appreciating more and more the mindfulness, moral and public health aspects of this fun discipline.

Judo in Silver Spring, Maryland - "The Compound" is located at 12210 Plum Orchard Drive in Silver Spring MD. They have 2600 Sq Ft of tatami mats. Judo practices are Monday, Wednesday and Friday. The Compound is a martial arts school built on a foundation of Self-Defense and 3 main pillars - BJJ, Muay Thai, and Military/Law Enforcement Combatives. We seek to study and teach these martial arts, encourage integration of different styles of each, and ensure seamless integration into any Self-Defense/Combat scenario or Competition circuit. Regardless of background, The Compound aims to provide professional-level martial arts instruction and a premium facility to the community. The Team's goal is to use martial arts as a vehicle to enable each individual to reach their maximum human potential._

Judo in Damascus MD - The Maryland Judo Team practices at the Cedar Grove Elementary school in Damascus, Maryland. They are training some of Maryland's next junior champions! Located in upper Montgomery County, the Maryland Judo Team is a family-friendly dojo, helping young athletes learn the Olympic sport of judo for competition or self-defense. We build strength, endurance and confidence! Kids of all ages find our practices to be very active and challenging. No pricey contracts, just seriously fun workouts! Our classes are led by a US national coach, who has helped local What an honor to coach these young athletes at the US Open. Such a fantastic international tournament! and girls win more than 125 national championship crowns! For more information about our program, say hello at us@MarylandJudoTeam.com

Judo Principles - Jikono-kansay - striving for excellence/perfection

To develop yourself to the maximum extent possible, always so that you can share something of value to the world.

People often confuse perfectionism with excellence. When we strive for excellence, we have high standards. And in general, there's nothing wrong with having high standards. In fact, it can be a good thing. High standards can encourage us to make improvements, solve problems and do quality work.

"Strive for Excellence, Not Perfection"

Perfection is impossible except in scientific laboratory experiments and mathematical applications. Most of the time, emphasizing perfection rather than excellence acts as an obstacle to progress.

By Professor M.S. Rao, Ph.D. - November 3, 2015

The title of this article is a quote from H. Jackson Brown, Jr. People often put the emphasis on perfection without realizing that perfection is impossible except in scientific laboratory experiments and mathematical applications. Most of the time, emphasizing perfection rather than excellence acts as an obstacle to progress. As such, we will explore the cons of perfection and the pros of excellence in this article, as it will enable individuals and institutions to strive for excellence and effectiveness.

What Is Excellence?

Colin Powell said, "If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude." Excellence is about being the best, striving to be better, with an eye to delivering quality goods and services. People are not born with excellence. They cultivate it over a period of time through hard work, wise work, and smart work. It emerges from continuous improvement over the past. It is a corollary of passion and performance. Excellence differentiates extraordinary people from ordinary people. Those who strive for excellence will have longevity in their endeavors. It is both the yardstick and the benchmark. When you benchmark against other achievers, you tend to improve and grow.

How to Achieve Excellence?

People first must develop the mindset that achieving excellence is a journey, not a destination. They must set their goals in order to achieve excellence. There are certain tips that will help you achieve excellence, irrespective of your area of interest. Here are some nuggets of wisdom for achieving excellence:

- **Be passionate:** When you do what you love, you don't feel that you are working any more, as you derive pleasure from it. Hence, you have to be passionate about whatever you do. In addition, involvement is essential for excellence. When you involve yourself, the sky is your limit.
- **Spot your talents:** Once you know your passions, it becomes easy for you to hone them. Acquire skills and abilities in tune with talents. People often search for skills by ignoring their inherent talents. Hence, spot your talents and build your competencies and capabilities in and around them.
- **Read good books:** Read good books and upgrade your knowledge constantly. Continuous learning broadens your horizons. Never become complacent with your existing knowledge. Keep reading good books that enrich you with the latest knowledge from multiple perspectives. Books provide diversified knowledge, information, and ideas that you can choose and that can help you grow. Constant learning is a boon. Reading good books by great authors will inspire you. If possible, note key points for future reference. Sometimes people think they know everything. There is always something that can be learned from each book, provided you have an open mind to learn and grow. In addition, different authors present content from different perspectives, thus enriching your knowledge.

- **Work smart and wise:** You must learn to work smartly, wisely, and hard in order to achieve excellence. There is a difference between working hard and smart work. Working hard is all about perspiration without any planning and preparation. In contrast, working smart is about thorough preparation with a proper blueprint to proceed, along with perspiration. Hard work consumes a lot of time, money, and resources, while smart work conserves time, money, and resources.
- **Share your knowledge:** Knowledge grows when it is shared. Develop an attitude to help and serve others. We brought nothing into this world and will take away nothing from this world when we die. What we can do is share our knowledge so people can benefit. Sharing your knowledge, writing articles, and mentoring others will sharpen your mind. You will get great pleasure when you see people growing in front of you.
- **Solicit continuous feedback:** Continuous feedback is essential for excellence. As feedback is the breakfast of champions, people must take feedback from others without any false ego. Feedback spots the chinks in the armor. It helps people to know their weaknesses so they can work toward improvement. In fact, continuous improvement paves the way for excellence.
- **Manage constraints:** There will be several constraints and obstacles in the path to achieving excellence. Some are internally created by human errors, and many are externally created by forces beyond human control. Hence, learn to manage both external and internal forces and factors that prevent you from achieving excellence.

Excellence vs. Perfection

Do not confuse excellence with perfection as it is easy to achieve excellence, but tough to achieve perfection. Michael J. Fox once remarked, "I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business." Perfection is a phobia. When you emphasize perfection too much, you tend to make more mistakes, resulting in failures. However, when you emphasize excellence, you tend to be comfortable as you find it easier to execute and deliver. Excellence paves the way for improvement, while perfection paves the way for stagnation, limiting one's creativity and innovation. People often fail to deliver goods when emphasis is laid on perfection. However, excellence tolerates mistakes and failures, thus allowing people to explore and experiment, and, in turn, paving the way for excellence. Excellence is feasible and possible, while perfection is a fantasy and often difficult to attain. Excellence is pleasure, while perfection is pressure.

Tale of a Carpenter

Excellence is about how you contribute to others. What goes around comes around. If you deliver something good, you get back good things in return. If you deliver something poor, you get back bad things in return. Here is the story of a carpenter. A carpenter was very good at his work. He delivered his best and dedicated his entire life to his profession and services provided to his employer. Having reached old age, he told his employer about his intention to retire from service. The owner did not appreciate losing a dedicated carpenter. Since the carpenter had grown old and wanted to be relieved, the owner gave him his final assignment of constructing a home. The carpenter accepted the assignment unwillingly. He did his work without any interest for months, and somehow completed his final assignment. And then the carpenter went to the employer and informed him about the completion of the construction. The employer asked the carpenter to come the next day, as that would be his final working day. The next day, the employer gave the carpenter the keys to the newly constructed home as a gift for his retirement, and thanked him for his long service of dedication and excellence. The carpenter was shocked as he had not realized that the home he had made without any interest actually belonged to him. He regretted not maintaining enthusiasm and excellence during the construction. Had he maintained excellence toward the end of his career, he would have ended up with a better home. The moral of the story: What goes around, comes back to us.

Excellence Is Not an Act, but a Habit

I have collected many quotes from the last 30 years that I use when I write articles. I also have newspaper clippings from many years, detailing important events and activities. Whenever I write

articles or teach students, I refer to them. Above all, I have the habit of jotting down key ideas and insights that help me write articles and teach my students better. Every time I write an article, I always think of presenting it better than I did before and in a more succinct way without compromising the essence, and that has paved the way for my excellence in writing. However, I still need to improve a lot. Aristotle rightly said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” There is a growing interest in excellence on the part of organizations. For instance, McKinsey’s Tom Peters and Robert Waterman published a book, “In Search of Excellence—Lessons from America’s Best-Run Companies.” The book was famous for the 7S framework, where 7S stands for strategy, structure, systems, staff, skills, style, and shared values. It was researched at 43 of the Fortune 500 list of top-performing companies in America. In addition, Jim Collins’ book, “Built to Last,” was researched at 18 companies.

Currently, companies crave excellence to beat their competition and stay ahead of others. Excellence is the only thing that makes people walk on their toes to deliver amazing results.

Professor M.S.Rao, Ph.D., is an international leadership guru and leadership educator, executive coach, speaker, and consultant. He has 34 years of experience and is the author of 30 books including 21 Success Sutras for Leaders that was ranked as one of the Top 10 Leadership Books of the Year – 2013 by San Diego University. His award-winning book “Success Tools for CEO Coaches: Be a Learner, Leader, and Ladder,” is the Community Award Winner for 2014 by Small Business Trends (<http://bookawards.smallbiztrends.com/management-2014/success-tools-for-ceo-coaches-8/>). His award-winning book, “Smart Leadership: Lessons for Leaders” (<http://www.amazon.com/dp/B00D9S8SCW>) has been published as a Spanish language e-book. His vision is to build 1 million students as global leaders by 2030 (<http://professormsraovision2030.blogspot.in>). He has been honored as an upcoming International Leadership Guru by Leadership Gurus International and listed as one of the leading achievers around the world in Marquis Who’s Who in the World in 2013. He serves as an advisor and judge for several international organizations, including Global Leadership Awards, Malaysia. He received the International Coach of the Year 2013 Award from Comprehensive Coaching U, Inc. Professor Rao coined an innovative teaching tool called Meka’s Method; a leadership teaching tool, 11E Leadership Grid; and a new leadership tool called Soft Leadership Grid, based on his new leadership style, “Soft Leadership” copyrighted with Jossey Bass. He led a Webinar on Soft leadership organized by International Leadership Association (<http://www.ila-net.org/Webinars/Archive/Rao082012.html>). Most of his work is available free of charge in his three blogs <http://profmsr.blogspot.com> <http://professormsrao.blogspot.com> and <http://professormsraoguru.blogspot.com> Contact him via e-mail at msrlctrq@gmail.com and follow him on Twitter at @professormsrao.

WE NEED YOU! Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful sport for bringing people who share a common interest. Each one of us has unique talents and we can share. In order for judo to grow and develop we need your assistance. How do you do it? What can you do to make a difference in your dojo or in the judo community? Please share your thoughts about judo, your club, the experience? How has judo impacted your life? Please share your thoughts, feelings, and suggestions with us.



portal - Please visit the USJF for great teacher and educational resources [Teaching Resources 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](#)

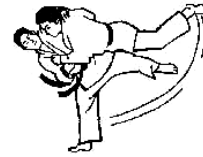
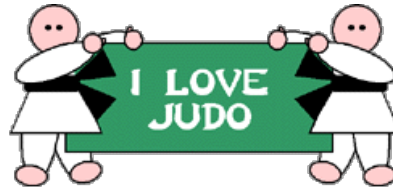


Club Updates from Shufu Judo Yudanshakai –

- 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>



Shufu Spotlight Legend

Dr Eichi Koiwai



He was strong and independent. He lived a life of excellence and humility. He was quiet and unassuming. He was born on February 21, 1920 in Seattle, WA. He studied judo and earned his Shodan at age 16. In 1941, he attended the University of Washington. During the war he was sent to Idaho to the Japanese internment camp Minidoka from 1942 to 1945. He joined the US Air Force Strategic Air Command and became chief pathologist. He studied on his own and was accepted into Hahnemann Medical University in Philadelphia, graduating in 1946. He was part of the Yuki Santa Shogun. The Megi War ended the shogun era. In 1952 He was the chairman of the AAU Olympic Committee.

In 1952 he helped start Shufu Yudanshakai, with Don Dreager, Kenzo Uyeno, James Takemori and John Anderson. He served as Shufu President in the 60's and 70's. He was the IJF Medical Chairman. The Philadelphia Judo Club began in 1949 as the Philadelphia Jiu Jitsu Club located within the center city YMHA. The head instructor was Jack Feinsinger. The Philadelphia Jiu Jitsu players would compete frequently in Judo tournaments, hosted by George Uchida. During this time period, Jiu Jitsu did not have a ranking system, so Mr. Uchida awarded Judo rank to the competing Jiu Jitsu players. In 1953, Dr. Eichi Koiwai took over as head instructor and changed the name to the Philadelphia Judo Club. From this time until the arrival of Sensei Takahiko Ishikawa in 1962, the Philadelphia Judo Club grew in numbers and was the home of the first black belts to be awarded in any martial art in Philadelphia in the 1970's. In 1972 he helped host the Senior Nationals in Philadelphia at Temple University. He served as the chief referee for the Liberty Bell Judo Championships. He attended the 1988 Olympics in Seoul, Korea. He lost his battle with cancer on February 23, 2009, of Legionnaires Disease just after turning 89 at his home with his three sons by his side.

"My first recollection of Dr. Koiwai and his wife Phyllis was at the 1969 Junior Nationals in San Francisco and, to me as a junior judo athlete, he was one of the most vivid faces of American judo in my young life," said USA Judo President **Lance Nading (Denver, Colo.)** "I had the good fortune of serving with him on the USA Judo Executive Committee from 1996 to 2000 and his selfless commitment and passion for the sport of American judo has only been equaled by very few in the judo community."

A former director of the USA Judo Standards and Certification Committee and President of the U.S. Judo Federation, Dr. Koiwai also brought his medical expertise to the judo community as the Chairman of the USA Judo Medical Subcommittee and a member of the International Judo Federation Medical Committee. Ultimately rising to the rank of eighth-degree black belt, Dr. Koiwai received his first-degree black belt at the age of 16 when he continued his study of judo while in an internment camp with his family in Idaho during World War II. Dr. Koiwai continued to give back to the sport as an IJF A-Level referee who ascended the ranks and served as a referee at the 1976 Olympic Games. He also received many honors during his lifetime, including being named Man of the Year by Black Belt Magazine in 1970; earning the John Osako Award for referees who have made outstanding contributions to the sport in 1987; and being honored with the Silver Award by the IJF.

"Dr. Koiwai's commitment to internationalizing judo in the 1960s was instrumental in broadening competition opportunities for athletes from all countries and he is one of a key few who can be credited with the introduction of judo to the Olympic Games for the first time in 1964," Nading said. "He touched so many during his life and the impact he had on American judo will continue to benefit us for years to come in ways we have yet to even realize." Among Dr. Koiwai's closest friends and colleagues was former USA Judo President and American judo pioneer **Yosh Uchida (San Jose, Calif.)** who said of Dr. Koiwai: "He was a real pioneer in the development of USA Judo; not only was he a competitor, but also a great administrator. This is a great loss to the judo community and I will miss the friendship we had over the past fifty years."

Dr. Koiwai was a former associate professor of pathology at the Hahnemann Medical College of Philadelphia who is survived by three sons and a daughter. "Doc, as we all called him, will be missed by his local judo community as he did so much for us in our area," said **Lou Moyerman (Philadelphia, Pa.)**, Head Coach of Liberty Bell Judo Club. "He was a mentor, father, coach and teacher to all us in the Philadelphia area."