



Shufu Judo Yudanshakai
and
Hui-O-Judo Beltsville



Goshin Jutsu Kata Clinic And Shufu Yudanshakai Promotional testing.

July 20, 2013

Sanctioned by : United States Judo Federation Sanction # 13-07-??

Site: DeMatha Catholic High School, Convocation Center, Wrestling Room
4313 Madison Street, Hyattsville, MD 20781

Clinicians: Eiko Saito Shepherd. 7th dan. Shepherd Sensei is the Co-Chairperson of WMJA's Kata Committee and right-hand woman to Kata's most famous figure –Miss Keiko Fukuda. She is a USJI Certified International Coach, USJI World Masters Level Teacher, USJI Kata Judge (National Class A), USJF Kata Instructor (National Class A), USJF Chairperson - Kata Development, National Youth Kata Coordinator, Certified Class A in all 7 Kata, Originally from the Kodokan - Tokyo, Japan

Event Director: Kevin Tamai, Godan, Hui-O-Judo Beltsville

Schedule:

8:00-9:00	Promotional testing – (Please register for ahead testing)
8:00 - 9:00	Registration
9:00 - 12:00	Clinic
12:00 - 1:00	Lunch break
1:00 - 4:00	Clinic
4:00-5:00	Promotional testing (Please register ahead for testing)

Fees:

Register before July 12, 2013	\$ 30.00
Register after July 12, 2013	\$ 40.00

Payment may be made by CHECK or MONEY ORDER to **Shufu Judo Yudanshakai**. You **MUST** include your name, complete address, phone number, driver license number, state of issue and name of the participant on the check.

Mail entry form, signed waiver and entry fee to:

Kevin Tamai, 2973 Fox Tail Court Woodbridge, VA 22192 Attn: Nage No Kata Clinic

Eligibility to participate:

All judoka with a current USJI, USJF or USJA membership card will be eligible to take part in this clinic. You must show your card at registration. USJF, USJI and USJA membership can be renewed or applied for during registration. There will be no refunds of the entry fee.

Information: For more information: On the clinic, contact Karen Whilden by email at rock913@cox.net or at 703-938-7238 (home). For logistical information contact Kevin Tamai at 703-497-1530 (home) or 703-622-6861 (cell).

For more information visit www.shufujudo.org or www.huiojudo.com



Shepherd-sensei Tori
Konan's Glaze-sensei Uki

Eiko Shepherd - 7th Dan

USJI Certified International Coach
USJI World Masters Level Teacher
USJI Kata Judge (National Class A)
USJF Kata Instructor (National Class A)
USJF Chairperson - Kata Development
National Youth Kata Coordinator
Certified Class A in all 7 Kata

Originally from the Kodokan - Tokyo, Japan

Authority on Kata Didn't Always Love the Forms

(from USA Judo) Eiko Saito Shepherd understands completely — there was a time when she didn't want to do kata either. In fact, she disliked the prospect of studying kata so much that when she was told at the Kodokan that she would be required to demonstrate the forms to receive a black belt, she nearly declined. "I told the Kodokan that if I have to practice kata, I do not want to take the test!" she recalled. "All I wanted to do was randori and shiai!"

But at the Kodokan, there was no room for leniency, and Shepherd soon agreed. Not only did she train in kata and pass the test for Shodan, she went on to become an leading authority on kata. She is now a 7th dan, the vice-chairman of USA Judo's committee on kata and the chairman of the US Judo Federation's kata committee. She frequently conducts clinics on kata

The Kodokan Goshin Jutsu was created in 1956 by a [Kodokan working group](#) to update the older kata with more modern forms of [self-defense](#). Many people feel it also shows the influence of [Kenji Tomiki](#), one of Professor Kano's students, who also studied Aikido under the founder of Aikido. It consists of 21 techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (toshu no bu) and three sets with weapons (buki no bu). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons. The intent in this kata is different than with normal Judo practice, in that this is a self-defense kata, the intent on the part of both participants is to hurt the other. While the actions are controlled, so that the attacker is not hurt, the defender's actions can easily be modified to disable the attacker. It is important to realize that all of the techniques in this kata are consistent with the principles of "Judo", the way of gentleness or yielding.

Whether you are a judoka with an interest in the traditional kata, or one with little kata experience, this clinic is an excellent opportunity to learn about a different aspect of judo!

Visit our web site at <http://www.huiojudo.com>
For more information contact Kevin Tamai 703-622-6861

GOSHIN JUTSU of KODOKAN JUDO

(Methods of Self-Defense)

The Kodokan Goshin Jutsu was created in 1956. The kata consists of [self-defense](#) techniques using throwing, jointlocking, striking, and kicking techniques. These combat forms are designed as defenses for various forms of armed or unarmed attacks. The Kata has twenty-one (21) techniques. Twelve (12) techniques are for use against an unarmed attacker and nine (9) techniques are for use against an armed attacker. The Goshin Jutsu Kata Techniques are as follows:

Against an unarmed attack

(When being grabbed)

1. Ryote-dori (Two-Hand Hold)
2. Hidari-eri-dori (Left-Lapel Hold)
3. Migi-eri-dori (Right-Lapel Hold)
4. Kataude-dori (Single-Hand Hold)
5. Ushiro-eri-dori (Collar Hold from Behind)
6. Ushiro-jime (Choke from Behind)
7. Kakae-dori (Seize and Hold from Behind)

(At a distance)

1. Naname-uchi (Slanting Strike)
2. Ago-tsuki (Uppercut) Gammen-Tsuki
3. (Thrust-Punch to Face)
4. Mae-geri (Front Kick)
5. Yoko-geri (Side Kick)

Against an armed attack -

(Knife)

1. Tsukkake (Thrust)
2. Choku-zuki (Straight Thrust)
3. Naname-zuki (Slanting Stab)

(Stick)

1. Furiage (Upswing against Stick)
2. Furioroshi (Downswing against Stick)
3. Morote-zuki (Two-Hand Thrust against Stick)

(Pistol)

1. Shomen-zuke (Pistol at the Abdomen)
2. Koshi-gamae (Pistol held at the Side)
3. Haimen-zuke (Pistol against the Back)



Entry Form for Goshin Jutsu Clinic

Sanctioned by: United States Judo Federation

Payment: Cash/Check

Event Director: Kevin Tamai

Ck # _____

Amount: _____

Name: _____

Home Address: _____

Phone Number: (H) _____ (W) _____

Email Address(Optional) _____ @ _____

Club Name: _____

UJSI/USJF/USJA Number(Circle One): _____ Expiration Date: _____

Only verified, current members will compete! ***New and Renewal applications will be taken on site ***

Rank: _____ Sex: M F Age: _____ Date of birth: _____

Goshin Jitsu level: ___ Novice (never done it) ___ Intermediate (know the basics) ___ Advance (competed)

___ I would only like to be tested, I will not participate in the clinic.

Please mail the completed entry form liability waiver and payment to:

Kevin Tamai, 2973 Fox Tail Court, Woodbridge, VA 22192, Attn; Goshin Jitsu Clinic

Payment may be make by CHECK or MONEY ORDER to **Shufu Judo Yudanshakai**

You MUST include your name, complete address, zip code, phone number, driver license number, state issue, and name of participant.

Check Verification: Name on Check _____ Date of Birth _____

Driver Lic State _____ **DriverLic #** _____ **exp date** _____

Verify that address on checks matches address on license. Verify phone number is on your check

If assistance/accommodation is needed (check off appropriate box): ___ VisionLoss/Blindness ___Hearing loss/Deafness

Type of assistance/accommodation requested or name of person requesting assistance _____

**You MUST read and sign waiver on back of this form!!
Entries will not be accepted without a completed & signed waiver!!**

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, the Hui-O-Judo Club, DeMatha Catholic High School, and the Archdiocese of Washington, I agree:**

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, Hui-O-Judo Club, DeMatha Catholic High School, Archdiocese of Washington,** together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

<p>I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.</p>
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Participant

Participant's Signature

Date

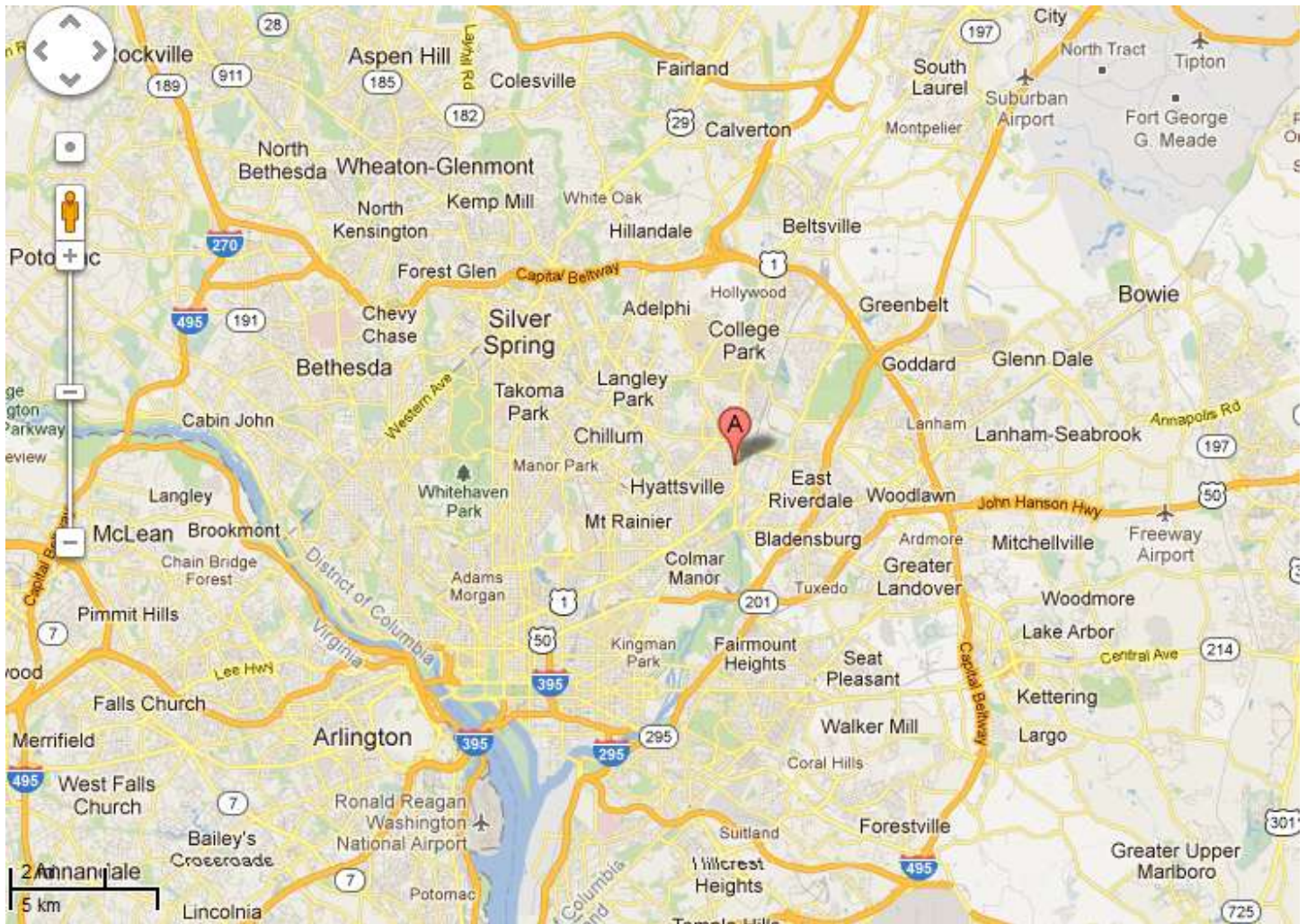
<p>FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)</p>
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This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

This Event is NOT at our normal Beltsville location!!

It is about 10 minutes south down Route 1 (5.2 miles from Route 95) in Hyattsville.

**DeMatha Catholic High School
Convocation Center Gym
4313 Madison Street
Hyattsville, Maryland 20781**



**USE THE MAIN FRONT ENTERANCE OF THE SCHOOL
PARK IN LOTS 7, 8 or 9**

USE THE MAIN FRONT ENTERANCE OF THE SCHOOL PARK IN LOTS 7, 8 or 9

DeMatha Catholic High School is located at 4313 Madison Street in Hyattsville, Maryland, less than two miles south of the University of Maryland on Route 1.



1. [Main Building \(Front of school\)](#)
2. [St. John DeMatha Hall](#)
3. [Brendan McCarthy '64 Activities Center](#)
4. [Anthony Fotos Arts Center](#)
5. [Convocation Center \(opening 2010\)](#)
6. [Back parking Lot](#)
7. [Amico Parking Lot \(White\)](#)
8. [Nusca Parking Lot \(Red\)](#)
9. [Nardone Lot \(Blue\)](#)
10. [Faculty/Staff Lot](#)
11. [Plaza](#)

