



OFFICE OF THE PRESIDENT - MITCHELL PALACIO
M.PALACIO@USJF.COM



President's Address

USJF Dojo Re-Opening Interactive Workshop

On Saturday, May 1st, 2021 at 3:00 pm Pacific // 6:00 pm Eastern // 12:00 pm Hawaii; Hannah Tsutsui, Julia Tsutsui, and Krista Steele of the Fresno Judo Club will host an interactive workshop on developing an USJF Dojo Re-opening plan.



Join them for an opportunity to create and enhance your dojo plans for re-opening! They will share ideas for socially distant, individual, and partner judo practices, provide step-by-step instructions on how to create a digital graphic to promote your dojo, as well as brainstorm ways to promote safety and comply with guidelines before, during, and after practices.

The interactive workshop, intend for everyone, will leave you with tangible tips, tricks, and tools to immediately support your dojo! In addition, you will have time to network, ask questions, and support one another as one USJF community.

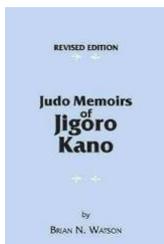
Click the link to Click the link to

Join: <https://us02web.zoom.us/j/85635862488?pwd=anhxRXBLUXAzRGNFQGNkaG54ME83QT09>

Meeting ID: 856 3586 2488

Passcode: USJF

Did you know...



From the book, *Judo Memoirs of Jigoro Kano* by Brian Watson

In those days, teaching methods were quite different from today. One method that I recall in particular was a day when Fukuda threw me down repeatedly. I immediately pick myself up the first time and ask him to explain how he did the throw. He merely said, "Attack again!", which I did and he threw me down once more. I faced him and repeated my question. Fukuda would only say; "Come on!" and yet again I was thrown. He then shouted, "Do you think you will learn judo by mere explanation each time? Attack again". Once more I was thrown to the mat. By this method, he taught me how to do the throw by my experiencing the sensation of being pulled off balance and thrown by that particular technique, Sumi-gaseshi