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President's Address

"Scavenger Hunt with Judo in Mind"

On Sunday, September 12th, at 1PM Pacific and 4PM Eastern, Sensei John Schaedler, President of the Budokan Dojo in Seattle, Washington will be the guest speaker in the USJF's continuing seminar series on building our communities and dojos throughout the country.

Sensei Schaedler was, as most club leaders, challenged with finding ways to engage with his students and give them ideas that they could work on to improve their judo technique and train in a manner that could be fun and challenging.

Since everyone was stuck at home, the home had to supply the training items, or "partners".

Join us for the "Scavenger Hunt with Judo in Mind" to hear, see and actively participate. Sensei Schaedler will share fun ideas for using props found in every home, and how they actually help with learning and refining the techniques the students were focusing on.

Topic: **"Scavenger Hunt with Judo in Mind"** with John Schaedler

Join Zoom Meeting

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Did you know... From the book, *Judo Memoirs of Jigoro Kano* by Brian Watson

The Vital Principle of Randori

I thus came to realize this important judo principle in which I can exploit my opponents reactions to my advantage. It is only by seizing the opportunity the moment the opponents balance is disturbed that one's attack will most likely succeed. One should, therefore, attempt a throwing technique in the same direction which the opponents balance is

momentary unstable.