



# 2023 USJF Spring Development Activities

**Sponsored by:**

United States Judo Federation (USJF)

**Project Manager:**

Joshua Kindelberger (208) 559-8790

**Hosted by:**

Boise State University Kodokan Judo Club (BSUKJC)

Daiheigen Judo Yudanshakai (DJY)

Intermountain Judo Yudanshakai (IJY)

**Dates & Location:**

Thu, 4/13/23 – Sun, 4/16/23

Boise State University

**Sanctioned by:**

United States Judo Federation (USJF) • Event #: 23-04-07

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**Eligibility & Purpose:**

- All participants must be currently registered and members in good standing with one of the following organizations: United States Judo Federation, Inc. (USJF) and/or the United States Judo Association (USJA), with proof of current insurance coverage. Please bring your current membership card or a photocopy of it to registration. **You must display your current membership card or you will not be permitted to participate.** You may purchase annual membership in USJF (\$70) at the time of your registration. \*\*\* **Please bring your own membership forms.**\*\*\*
- You may purchase USJF membership online at: <https://www.usjf.com/membership-program/>
- USA Judo members are not eligible to participate due to USA Judo's termination of the American Judo Alliance Agreement. USA Judo members may take advantage of purchasing a limited time specially discounted USJF membership offer for USA Judo member of \$35. Please visit the USJF website to purchase online at: <https://www.usjf.com/membership-program/>
- The workouts, clinics, and seminar are open to USJF & USJA members who are interested in the development activities as described in the activities section that appear later in this form.
- This is an opportunity to train with other athletes in the region and also learn from USJF experts and leaders.

**Required Forms:**

- To participate, you must correctly complete & sign where appropriate the following forms: Page 4 – Registration Form, Page 5 – Warning, Waiver, & Release Form, and Page 6 – USJF Consent Form and Waiver

**Location:**

- Boise State University • 1404 Bronco Lane • Boise, ID • 83706
- BSU Dojo: The BSU dojo is upstairs in the Kinesiology Annex Building. This is the building west of the old BSU Gymnasium, and there is an outside staircase to the dojo.

**Schedule:**

- Full schedule & activity descriptions start on page 6

**Instructors:**

- Please **ABSOLUTELY NO BEGINNERS.** We wish to avoid injuries to participants.
- Though these activities are development and educational, it presumes a good understanding of the fundamentals of judo and high proficiency in taking ukemi. **Please be sure that all participants from your dojo are VERY proficient in executing correct ukemi. They must be able and willing to take a lot of ukemi CORRECTLY & SAFELY.**
- All participants **MUST** be able to participate in both tachiwaza and newaza randori safely and at a rigorous level.

### **Things To Bring:**

- Your **current membership card** & record book. **NO CARD = NO PARTICIPATION. NO EXCEPTIONS.**
- A clean judo gi (preferably 2 gis), any individual with a dirty, smelly, or poorly maintained gi will be not be permitted to workout. Wash your gi & repair all tears and holes in it before you arrive.
- A towel to dry yourself as needed during the break and after the workout
- Footwear - zori, slippers, sandals, & etc. to keep your feet clean, anyone with dirty feet or walking off the tatami without footwear will be dismissed from the training session.
- Have & demonstrate good personal hygiene, respect, and appreciation for yourself and others. **KEEP YOUR BODY, FEET, & JUDO GI CLEAN!**
- Bring your own water bottle, fluids, towel, and etc.

### **Fees**

- There is are no fees for these events. These events are sponsored and funded by the United States Judo Federation's Development Committee and programs.

### **Meals/Food:**

- Meals, food, and fluids are your own responsibility. Please use metal and plastic water/drink bottles. **PLEASE NO GLASS.**

### **Photos & Video Recording:**

- People may take photos & video record the instruction and the training for personal/private use.
- Please refrain from becoming a nuisance/intrusion into the workouts.

### **COVID Guidelines:**

- USJF COVID guidelines are at the end of this document. Please be sure to know them and comply with them along with any local Boise guidelines as well.

### **Questions:**

USJF Development Committee Chairperson, Joshua Kindelberger @ (208) 559-8790

Sex: \_\_\_\_ Male \_\_\_\_ Female Age: \_\_\_\_ Yrs  
Rank: \_\_\_\_  
(sankyu and up, give exact kyu or dan)  
Time in Judo: \_\_\_\_ Yrs

## REGISTRATION FORM

(Please write legibly • Signatures required on waiver & release form)

If assistance/accommodation is needed (check off appropriate box): ☐ Vision Loss/Blindness ☐ Hearing Loss/Deafness

Type of assistance/accommodation requested or name of person assisting: \_\_\_\_\_

Name: \_\_\_\_\_  
First Last

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

Club/Dojo: \_\_\_\_\_

Yudanshakai: \_\_\_\_\_

Instructor: \_\_\_\_\_  
First Last

### Please check the boxes for the activities you are attending:

#### ***Friday, April 14, 2023***

- \_\_\_\_ 1100-1300: Master Class  
\_\_\_\_ 1430-1630: Youth & Senior Development Open Judo Practice  
\_\_\_\_ 1700-1900: Kata Class

#### ***Saturday, April 15, 2023***

- \_\_\_\_ 0900-1200: Youth Development Clinic  
\_\_\_\_ 1300-1630: Coach Certification Clinic

#### ***Sunday, April 16, 2023***

- \_\_\_\_ 1000-1300: Youth & Senior Development Clinic

**NOTE: BRING YOUR MEMBERSHIP CARD. MAKE SURE THAT YOUR GI IS CLEAN. BRING ZORI/SLIPPERS/SANDALS OR OTHER FOOTWEAR TO KEEP FEET CLEAN AT ALL TIMES. NO BARE FEET! KEEP YOUR BODY, FEET, & JUDOGI CLEAN.**

\*\*\* DO NOT WRITE BELOW THIS LINE – OFFICIAL USE ONLY \*\*\*

Proof of Membership & Insurance: USJF # \_\_\_\_\_ USJA # \_\_\_\_\_  
Exp Dt \_\_\_\_\_ Exp Dt \_\_\_\_\_

\_\_\_\_\_  
Verified by

## 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 **Boise State University, Boise State University Kodokan Judo Club, Daiheigen Judo Yudanshakai, Intermountain Judo Yudanshakai, United States Judo Federation**, and the officers, employees, volunteers, and agents, 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, including United States Judo Federation, 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 (Releasees), 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 of **Boise State University, Boise State University Kodokan Judo Club, Daiheigen Judo Yudanshakai, Intermountain Judo Yudanshakai, United States Judo Federation**, 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.

**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.**

Participant \_\_\_\_\_

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

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.

Parent/Legal Guardian \_\_\_\_\_

Parent/Legal Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_

**USJF CONSENT FORM AND WAIVER**  
**AUTHORIZATION FOR RELEASE OF INFORMATION AND/OR PUBLIC USE OF  
IMAGE (PHOTOGRAPH OR VIDEOTAPE) FOR MEDIA AND PUBLIC RELATIONS  
PURPOSES**

I hereby give consent to Boise State University Judo Club, Intermountain Judo Yudanshakai, Daiheigen Judo Yudanshakai, and the United States Judo Federation (hereinafter "USJF") to take and use images (photographs or videotape) or sounds recordings of me and/or my child/children and to disclose information about me and/or my child/children to or in any public media, including radio, television, internet or print, or in a publication. I understand that the intended use of such images and information is for advertising, marketing, fundraising or promotional purposes of Boise State University Judo Club, Intermountain Judo Yudanshakai, Daiheigen Judo Yudanshakai, and USJF. I hereby waive the right to or interest in the images or the confidentiality of the information disclosed to the public, as contemplated in this release. I acknowledge that this consent to use images and authorization for release of information is being made solely for the benefit of Boise State University Judo Club, Intermountain Judo Yudanshakai, Daiheigen Judo Yudanshakai, and USJF, and without any expectation of compensation or other benefit to me. To the extent that any benefit accrues or might accrue to Boise State University Judo Club, Intermountain Judo Yudanshakai and USJF from the use of images or disclosure of information, I hereby and forever waive any interest in or claim to such benefits. I hereby release and forever discharge Boise State University Judo Club, Intermountain Judo Yudanshakai, Daiheigen Judo Yudanshakai, and USJF (including without limitation all corporate affiliates and officers, directors, trustees, employees, medical staff members and agents) from any and all claims, liability, actions, suits, demands, costs, expenses or indebtedness arising out of, related to, or in any way connected with the use of images or disclosure of the information and materials described herein, and I hereby waive all rights and interest in and to such information and materials. I have been informed that this authorization is voluntary and is subject to revocation at any time, except to the extent that action has been taken in reliance thereon, by notifying Boise State University Judo Club in writing at: Boise State University Judo Club 3717 W. Crescent Rim, Boise, ID 83705

Name(s) of Participant(s):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_



# USJF Development Events April 2023

## Dojo Information

- Address: 1404 Bronco Ln, Boise, ID 83706
- Dojo: The BSU dojo is upstairs in the Kinesiology Annex Building. This is the building west of the old BSU Gymnasium, and there is an outside staircase to the dojo.

## April 14, 2023 - Friday Dojo events:

### Master Class

- 1100AM-1:00PM
- Head Clinician: Mitchell Palacio

### Open Dojo

- 1:00-2:30PM

### Youth and Senior Development Open Judo Practice

- 2:30 – 4:30PM
- Head Clinicians: Krista Tsutsui-Steele – Fresno/Seattle
- Assistant Clinicians:
  - Julia Tsutsui – Fresno
  - Karol Palacios – Seattle
  - Dr. Diba Mani – CCSF Judo, IJF B Referee
  - Hannah Tsutsui – Fresno
  - Victoria Liu – Bridgetown
  - Ariana Chandra – CCSF Judo
- Open practice for ages 13 and older
- Description:
  - This is an Open Judo Practice for all in the local community to attend, and for those who have traveled for the National Meeting. As a student in the class or an observer, one can expect to see and learn great judo from the talent within USJF.

### Open Dojo

- 4:30-5:30PM

### Kata Class

- 5:00-7:00PM
- Head Clinician: Ben Ott
- Kata class for ages 13 and older
- Minimum rank – white belt
- Description
  - This is a focused kata practice taught by Ben Ott and others from the USJF Kata Committee. This is a unique opportunity for students of all skill levels to share in a kata learning experience from some of the top kata clinicians in the country. Whether a student in the class or an observer, there will be something to take away from this rare occasion.

## April 15, 2023 - Saturday Dojo Events

### Open Dojo

- 8:00AM-9:00AM

### Youth Development Clinic

- 9:00AM-12:00PM
- Head Clinicians
  - Rod Conduragis – Obukan – Former #1 66kg, world team member
  - Karol Palacios – Seattle Judo Club – Former Columbian team member
- Assistant Clinicians
  - Elan Adre - Bridgetown Judo
  - Victoria Liu – Bridgetown
  - Ariana Chandra – CCSF Judo
  - Tanor Morinaka - Obukan
  - Dr. Diba Mani – CCSF Judo IJF B Referee
- Minimum rank – yellow belt
- Description:
  - This clinic will be a great opportunity for the youth in our judo community to receive teaching and coaching from high level competitors and coaches within USJF.

### Open Dojo

- 12:00-2:30PM
- No formal classes scheduled

### Coach Certification Clinic

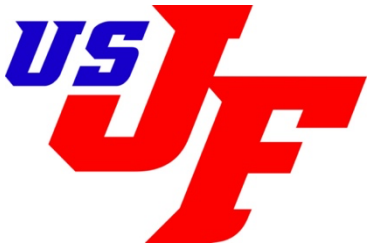
- 1:00-2:30 in the classroom for Coach Certification Clinic
- 2:30PM-4:30PM in the dojo for Coach Certification Clinic
  - Cost for Coach Certification:
    - Special in-person discounted price of 50%off
    - Link: [USJF Coach](#)
    - Coupon code: 500FF
    - Total cost \$50
  - Cost for students attending the clinic to receive coaching:
    - Free for USJF members
    - \$70 for non-USJF members
- The Head Clinicians:
  - Hayward Nishioka - 9th Dan
  - Dr. David Matsumoto - 8th Dan, Olympic and World Team Leader
  - Mitchell Palacio - 8th Dan, Olympic, World and PanAm Training Coach
- Assistant clinicians
  - Hannah Tsutsui – Fresno Judo
  - Rod Conduragis – Obukan
  - Tanor Morinaka – Obukan
  - Elan Adre – Bridgetown Judo
  - Karol Palacios – Seattle Judo Club
  - Victoria Liu – Bridgetown
- Open practice for ages 13 and older
- Description:
  - Coach Candidates - The seminar is designed for the coaches learning how to prepare their athletes for competition. What to do upon arrival at the event, scheduling practice, transportation to venue, what to look for at the venue, warmup, team cohesion.
  - Students - This clinic will be a great opportunity for the youth in our judo community to receive teaching and coaching from high level competitors and coaches within USJF.

## **April 16, 2023 - Sunday Dojo Events**

### **Youth and Senior Development Clinic**

- 10:00AM-1:00PM
- Head Clinicians
  - Mitchell Palacio- 8th Dan, Olympic and World Team Leader
  - Rod Conduragis – Obukan
  - Karol Palacios – Seattle Judo Club
- Assistant Clinicians
  - Elan Adre - Bridgetown Judo
  - Tanor Morinaka - Obukan
  - Victoria Lou – Bridgetown
  - Dr. Diba Mani – CCSF Judo IJF B Referee
  - Ariana Chandra – CCSF Judo
- Open practice for ages 13 and older
- Description
  - Students - This clinic will be a great opportunity for both the youth and senior judoka in our community to receive teaching and coaching from high level competitors and coaches within USJF.





# UNITED STATES JUDO FEDERATION

## Medical Committee

**Mailing Address:**

PO Box 338

Ontario, OR 97914-0338

**Telephone:**

(541) 889-8753

**FAX:**

(541) 889-5836

**Internet:**

[www.usjf.com](http://www.usjf.com)

## USJF Medical Committee - COVID Update 10/2022

Effective immediately, the following shall apply to all USJF Dojos and all USJF events, local and national:

### **Testing:**

1. USJF events will follow jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities
2. COVID testing is not a requirement from the USJF national office
3. Testing *may* be required at the discretion of the event medical director, depending on local conditions
4. International competitors from outside the United States will need to follow COVID-19 Testing and other protocols as required by the US State Department/CDC.

### **Vaccinations:**

1. There is no COVID-19 vaccine requirement for athletes, referees, staff, vendors, or spectators. However, COVID-19 vaccines are highly encouraged.

### **Masking:**

1. Masking should follow local/state health department guidelines
2. There is no masking requirement from the USJF national office

### **Symptom Screening:**

1. Symptoms screening, visitor logs, or temperature checks are not required
2. Symptom screening *may* be performed at the discretion of the head sensei, or event medical director
3. Individuals actively experiencing symptoms including fever, cough, sore throat, and fatigue should not practice/participate

### **Hygiene:**

1. Continue to sanitize/wash hands frequently
2. Clean mats and equipment regularly

### **Returning to Activity after COVID Infection:**

1. Members who were asymptomatic or had mild symptoms may return to activity on a gradual basis after an appropriate period of isolation. Please visit the CDC website for isolation guidelines:  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html> [cdc.gov]
2. Members who require hospitalization or experience new or prolonged cardiopulmonary symptoms should consult with their personal physician BEFORE returning to activity
3. If you have any questions or concerns, please consult your personal physician