



# USJF Self Defense Committee

## Self Defense Program Update Request for Continued Endorsement

Prepared for the USJF Board of Examiners  
Neil Simon, Self Defense Sub-committee Chair

# USJF Self Defense Committee History - Initial Strategy

- Expand judo
  - New service
  - Grow judo
- Laws vary from state to state and region to region therefore we cannot have a standard program
- Strategy - USJF Yudanshakai distribution program focus
  - Intent train key yudanshakai representatives so they could train their Trainers, Teachers, and Assistant Teachers
  - Outcomes
    - Low resources
    - Lack of interest
- The workshops centered about the Self Defense process
  - Never enough time for the detail
  - Overview about USJF Self Defense program.
    - The initial workshop started with 16 hours for then moved to 8 due to the inability of people to take 2 full days off
    - Developed a re-certification process which was about 8 hours in length



# USJF Self Defense Committee

## Timeline Development

- **Initiated About 2008**
  - Worked with key people trained in self defense as well as research on existing programs including:
    - Noboru Saito, Kuniko Takeuchi, Ph.D, Neil Simon, Don Flagg, Sgt. James Jarvis (Ret), Paul Jordan, Sgt. Lee Frank, Lt. Steve Kaufman, John Bidlake, Capt. Richard Shiraishi, Virginia Herte, Rebecca Simon
    - Legal advisor, Mr. Muller, worked with us on the legal issues we could face with our Self Defense Program.
    - Robert Fukuda, Executive Director, worked with the insurance company to see what would be covered for self-defense.
    - Board of Examiner's Chair, Robert Brink
    - Worked with the BoE on review and endorsement of the self-defense program.
- **About 2009 initial SD Training in Las Vegas**
  - Program slide presentation
  - Resource manual
  - Demonstrations by Saito and Jordan
- **About 2011 IJF Released “Judo for Self Defense”**
  - Validated Self Defense and Judo
- **About 2013 Self Defense Manual had it's first update and re-write**



# USJF Self Defense Committee

## Timeline Development

- Post Las Vegas trainings select yudanshakai requested and receive trainings

- Northwest Yudanshakai
- Chuka Yudanshakai
- Konan Yudanshakai

- Hawaii JBBAH Yudanshakai
- Shufu Yudanshakai
- Hokka Yudanshakai



# USJF Self Defense Committee

## Timeline Development

- CEU's were developed in 2016.
  - The CUE's would be required for the renewal process for certified Self-defense individuals.

<ul style="list-style-type: none"><li>• Philosophy</li><li>• Legal</li><li>• Developing a curriculum</li><li>• Creating a class</li><li>• Levels of certification</li></ul>	<ul style="list-style-type: none"><li>• Marketing</li><li>• Market Share</li><li>• Strategic Market Thinking</li><li>• Pricing</li></ul>
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# USJF Self Defense Committee

## Timeline Development

- During our committee meetings, we continually discussed
  - Potential workshops
  - How to get the yudanshakai to develop their committees
  - Insights on what and how to teach SD
  - Review of previous and new work
- Normal committee process work such as budget and reports



# USJF Self Defense Committee Current Status - Eligible Trainers, Teachers, and Assistant Teachers

- Total number trained = 91
  - Trainers = 43
  - Teachers = 39
  - Assistant Teachers = 3
- Deceased = 6
- Living = 85
- Did not apply for certification = 2
- Currently certified = 12
- Up for re-certification = 69



# USJF Self Defense Committee

## Current Status – Current Actions

- Goal is to bring back our existing Trainers, Teachers, and Assistant Teachers
  - Accept previous training
  - Offering re-certification without CEU's



# USJF Self Defense Committee

## Current Status - Continuing Education Units (CEU's)

- Continue offering the existing 9 CEU's for recertification
- Renewal
  - Earn 4 approved CEU's over two years
    - A single CEU is granted for each 2 hour of learning
    - Renew with the USJF Self Defense Committee
    - USJF or Yudanshakai Clinic - Will still offer USJF SD Committee workshops
- New accepted
  - Acceptance of outside USJF and inside USJF training
    - Need USJF Self Defense Committee approval
  - Educational Self Defense programs



USJF Self Defense Videos

Trainings courses

Books, pod casts, etc. on Self Defense  
Lectures, TED talks

USJF Teaching Program (initial certification and renewals)

USJF, USJA, or USA Judo Coaching Program (initial certification and renewals)

# USJF Self Defense Committee

## Current Status – New Training Delivery Program

- Development of a Learning Management System (LMS)
  - Training program for Trainers, Teachers, and Assistant Teachers and attendance at a ½ day application workshop at national meetings and/or in regions
    - Intent is to train the Trainers, Teachers, and Assistant Teachers in the basics of Self Defense training
      - Half-day meeting is a practicum
      - In concert with the USJF Teachers, Coaches, and Referee Program
    - The LMS allows the committee to shares more in-depth details
      - PowerPoint and information shared in slides
      - Videos and Picture
      - Resources that Trainers, Teachers, and Assistant Teachers in their development of their programs



# USJF Self Defense Committee

## Current Status - LMS Program Contents

- Build on the same course materials that were used to train existing Trainers, Teachers, and Assistant Teachers
- 12 segments with some sub-segments are presented in the Self Defense basic course includes:



<ul style="list-style-type: none"><li>• Orientation</li><li>• Teaching SD to Adults</li><li>• Basic Teaching Model</li><li>• Avoidance</li><li>• De-escalation and Deterrence</li><li>• Survival Skills Knowledge</li></ul>	<ul style="list-style-type: none"><li>• Survival Skills Techniques</li><li>• Fundamental Understanding of the Law</li><li>• Lesson Plans</li><li>• Summary</li><li>• Certification</li><li>• Live Assessment</li></ul>
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# USJF Self Defense Committee Request



- Course slides reviewed by Sensei's at the request of the BoE Chairperson
  - Richard Nakatsu EdD
  - Professor Hayward Nishioka
  - Mr. and Mrs. Mike and Delynn Purcell
- Request for continued endorsement

# USJF Self Defense Committee



# USJF Self Defense Committee



Thank  
You