SOUTH BAY JUDO NEWSLETTER -2026 – Vol 1

Happy New Year! 2026 Calendar of Events – SBJ Annual Awards Luncheon – Super Bowl 50/50 Fundraiser - 1Q-Winter Schedule & Upcoming Session Events - Testing and End of 1Q-Winter Session Shiai & Promotions, Upcoming SBJ Dining #1 and Registration for 2Q-Spring Session and MORE!

Start of 1Q-Winter-Session

Hello to the new students and families! Welcome back to the returning students and families and instructors. Hope everyone had a great holiday break and that you were all good boys and girls! It's going to be hectic first quarter of the year as we have a ton of activities. Here is a quick summary of the this session.

New SBJ Mascot

We wish to thank Magus Tran for going all the way to Japan to pickup and bring back this for South Bay Judo. Our very own SBJ Damura doll.





What is a Daruma doll?
A Daruma is a traditional Japanese good-luck doll symbolizing:

- **Goals & perseverance**
- **Resilience** ("fall down seven times, get up eight")
- **Good fortune**

It has only one eye drawn. Why?
This is the key feature:

1. **When you set a goal**, you color in **one eye.**
2. You keep the other eye blank while working toward it.
3. **When the goal is achieved**, you color in the second eye

So the unfinished eye represents **commitment and motivation**.

For SBJ, our goals are for those competing to set their goals to bring back some medals and to keep working to achieve them in 2026.

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Jan 22 (Thur) – Clinic with Megumi Ishikawa at SBJ (2nd & 3rd Class)



We wish to thank Sensei You Matsutani and Sensei Richie Endow inviting Megumi Ishikawa to our dojo. All students and instructors from the 1st class are welcome to stay and watch.

Megumi Ishikawa is a Japanese judoka (female judo athlete) known for competing at an international level in the –57 kg weight category and later working as a judo instructor and coach.

Megumi is known for strong **newaza (groundwork)** and throwing techniques - **attacking with o-soto gari and pinning skills**.

Here is a snapshot into her competitive career.
She was born on November 26,1988 in Nagoya, Aichi Prefecture, Japan.
She competed on the Japanese National Judo Team and was active internationally throughout the 2010s.
Her major achievements include:
Gold medal at the 2011 Universiade (World University Championships) in the –57 kg division.
Winner of the 2012 Judo World Cup in Jeju, South Korea.
Gold medalist at the 2013 Asian Judo Championships.
Medals at Grand Prix and European Open events, and 5th place at the Tokyo Grand Slam 2016 in her weight class. She competed internationally in World Tour events such as the IJF Grand Prix Ulaanbaatar and European Open Glasgow.

Style & Background
Megumi competed primarily in the **–57 kg weight class.** Post-Competition & Coaching
She retired from competitive judo in March 2020. After retiring, she **moved to the United States** and founded the **Global Kids Judo Network (GKJN)**, focusing on youth judo development and coaching. She actively teaches judo internationally through clinics, camps, and seminars.

Jan 25 (Sun) Annual SBJ Awards Luncheon

Our 2025 Annual Awards luncheon will be hosted on Sunday, Jan 25, 2026 at the Chevron Park in El Segundo as we recognize our outstanding judokas and spend some time with our judo family and friends.

If this will be your first time, this is a luncheon where we get together and recognize the following: Sensei's, Most Improved, Fighting Spirit, Most Inspirational and Outstanding Judoka and a few more new categories added this year!

We have food & drinks and have a "good time". This is also a good time for the instructors and parents to "actually" spend some time with each other. As instructors, we spend so much time with our students but may not know the parents.

See attached flyer with RSVP link. And if you cannot RSVP with that link, try this one

https://docs.google.com/forms/d/e/1FAIpQLSf86rmi1AdKbpxMey66DK66a9uqu3jWIa1Z-pKyGxUTO4czdQ/viewform

Feb 2 (Sun) – San Fernando Kohaku Shiai, San Fernando CA

For information about this tournament or if you're interested in going please see Sensei Milton. For tournament applications email Sensei Milton at instructors@southbayjudo.com

Feb 8 (Sun) - SBJ 5/50 SuperBowl Fundraiser

$100 per square with a chance of winning the following: ● 1st & 3rd Quarter - $300, Reverse 1st & 3rd Quarter - $100 ● HALF-TIME - $800, Reverse HALF-TIME - $ 200 ● FINAL - $2400, Reverse Final - $800 $5000 paid out to winners / $5000 fundraiser for SBJ.
Last year was a great game, Eagles 40 - Chiefs 22. Final score winners Pool #1 – Sensei Craig Shiosaki and Pool #2 – Chip Hino.



Will you be this year's winners?

For additional information please contact:
Mark Sakaguchi - 415-812-4603 or
Milton Shiosaki – 310-995-6991

Feb 10 (Tues) & Feb 12 (Thurs) Turn-In Check-Off List



This week we will be nearing the halfway point into the current judo session. What is the Check-Off List? These are the requirements needed to get to the next rank. We understand that this may be the first time you or your child is taking judo and may not know how or what you need to do to prepare for testing. Don't worry, the senseis will be more than happy to answer any questions you have.

Feb 16 (Mon) Start of On-Line Registration - 2Q-Spring Session

Dates for the 2Q-Spring classes are March 17 to May 14. You can go to register at www.southbayjudo.com and click the link for on-line registration or go to https://south-bay-judo.jumbula.com. Please remember to receive the family discount, you must register all immediate family members at the same time.

Where do we sign up?
New Students – Are those who are signing up to SBJ to do judo for the 1st time. You can be a beginner with no or little experience (white belt) or had taken judo before and achieve a rank.

Returning Students – Everyone else, current or past SBJ member who is "returning" that includes white belts and higher.

Feb 24 (Tues) - Testing

Evaluation & testing are for all students – 1st, 2nd and 3rd class. Please NOTE: all white belts, junior and seniors will be testing. Yellow and higher - optional. Student check-off list must be completed and turned-in by Thurs, Feb 18. However, if not, please do so no later than Thurs, Feb 20 so the instructors can prepare the testing forms beforehand.

Feb 26 (Thurs) – Testing & Make-Up Testing

Testing and Makeup testing for all students – 1st, 2nd and 3rd class. Don't forget, if you plan to test on makeup day, you must had made arrangements with your instructor and had turned in your check-off list (before hand).

SBJ dining night #1 - Lazy Dog - Feb 22-24



Lazy DOG
EAT. DRINK.

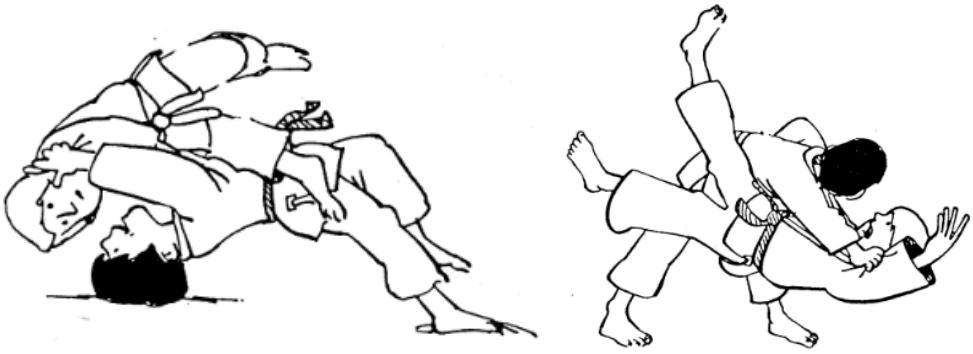


BACK BY POPULAR DEMAND. We will have our first SBJ Dining Night at Lazy Dog – Del Amo Mall, Torrance.

We're having a 3 night eating "frenzy". Let everyone know, email or text them our flyer. 15% of the food and drinks given to SBJ! Have your company go to Lazy Dog for lunch, brunch and dinner. Dine in or take out. We only get credit if they give them our coupon code – 01torrance. And take a picture of your dining experience.

Mar 4 (Tues) - Senior Shiai & Promotions - 7:45 to 9:15 pm)

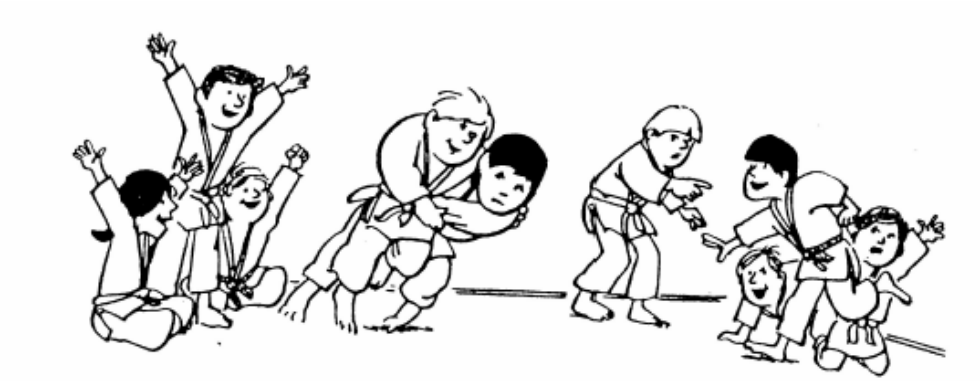
It's a regular judo day for the 1st & 2nd class. The 3rd class will be holding their in-house shiai and promotions that night. Everyone is welcome to come and watch and cheer on the seniors. It's also a good night for the older juniors to come out to learn about refereeing and parents to see how to work the scoreboard and pool sheets. Seniors please remember to sign-up if you're planning to participate for either Tachiwaza or Newaza or Both!



Mar 5 (Thurs) Junior Shiai & Promotions – Combined 1st & 2nd Class

This night is the last class of the 1Q-Winter Session and it's a combined night for both the 1st and 2nd class juniors with an In-House Shiai (Judo Tournament) and Promotions.

What is our Shiai for? This is just a "fun" introduction into tournament style "randori" or two students trying against each other to use what they have learned to throw or pin their opponent. We match all our students based on their size, age and judo experience. Please encourage your child to participate, they will find it FUN and a chance to win a medal and all participants get a mystery snack bag of goodies.



We do start a little earlier and here is the schedule,

- **5 to 5:30 pm – Tournament Setup**
- 5:30 to 5:45 pm - Warmups and Rules
- 5:45 to 7:45 pm – Shiai & Promotions
- **7:45 pm – Cleanup & Refreshments**

I understand that some of the 2nd class students cannot come earlier and participate, however, you can still come later to watch and also to find out if you got your promotion. **However, please note to get your promotion, you must be dressed in your judo gi (for pictures).**

If you have any questions or comments, please call or text Sensei Milton 310-995-6991 or email him at instructors@southbayjudo.com