Dear South Bay Judo Members, Families, and Friends,

We hope everyone is having a fun, safe, and enjoyable summer!

We are now at the halfway point of our **3rd Quarter 2026 Summer Session**. Time really flies when you're having fun! We still have plenty of exciting events, training opportunities, and activities ahead as we finish the summer strong.

South Bay Judo Website Updates

- **Events & Activities Page -** If you ever need to check class dates or upcoming South Bay Judo events, visit our website at **www.southbayjudo.com** and click on the **Events & Activities** page. Our online calendar is regularly updated with the latest information, event details, registration links, and important announcements. We do our best to post updates as soon as they become available, so check back often to stay informed.
- **Donation & Sponsorship -** We are excited to announce that our Donation & Sponsorship page has been updated and is now live! We have been reaching out to our past sponsors to thank them for their continued generosity, and we are grateful to those who have already renewed their support for the 2026–2027 year. Your commitment helps make our mission possible, and we sincerely appreciate your partnership.

Here is a quick recap for June & July
June 24 – SBJ Dining #3 at Panda Express

We would like to give a big THANK YOU for all the families and friends who joined us all across the nation to help support one of our favorite fundraisers – “eating”!!!” With your support we were able to raiser over $550 for the club.





June 27&28 – Jr Olympics and July 11&12 – USJF Summer Nationals
This summer, we were fortunate to have 2 major national judo championships on the west coast.

First was the Junior Olympics in Spokane WA, June 27 & 28. Enzo Sakaguchi went with Senseis Shane & Milton for his first taste of JO's. Enzo fought hard but did not place.

Then a few weeks ago was the USJF Summer Nationals, July 11 & 12. Enzo again was the "lone wolf" representing SBJudo. We are proud to say he fought really hard. In a tough 6-person pool, the other competitors were taller and stronger and looked to be a little more experienced. He won all his matches in the winners bracket and then had to wait. Why? This was a true double elimination tournament. You fight until you have two losses. This time, Enzo had to fight the winner of the loser's bracket for the championships. He fought hard but came up a little short but brought home a hard fought & well-earned 2nd place – Silver medal. Congrats ENZO!







June 30 – Clinic at SBJ with Anzu Yamamoto Sensei
We were very fortunate to be able to Anzu Yamamoto sensei to come to SBJ. She competed for Japan primarily in the **-57 kg** division before later moving to **-63 kg**, winning:

- 🥇 Junior World Championships (2010, 2011)
- 🥇 Asian Championships (2012, 2014)
- 🥇 Multiple IJF Grand Slam titles
- 🥇 Three All-Japan National Championships

Thank you Matsutani sensei & Kimono Fighters for their sponsorship and having Yamamoto sensei visit SBJudo.

July 13 to 15 – 3 Day Camp with Ishikawa Sensei
On July 15, Enzo Sakaguchi had the opportunity to attend **Day 3 of Megumi Ishikawa Sensei's training camp**, where he trained with a group of older and more experienced judoka.

Ishikawa Sensei led the group through an outstanding practice that focused on conditioning, movement drills, and one of the most important aspects of competitive judo—**grip fighting**. She emphasized the importance of establishing the first grip and using it to move your opponent to the left or right, creating the perfect angle and opportunity to launch an attack. It was a great learning experience and reinforced how critical good gripping strategy is in today's competitive judo.

Some of you may remember that **Ishikawa Sensei visited South Bay Judo this past January**, where she shared her training methods and taught several of her favorite techniques. It was wonderful to see her again and continue learning from one of Japan's top competitors.

Megumi Ishikawa was one of Japan's strongest **-57 kg judoka** during her competitive career. Her accomplishments include winning the **2013 Asian Judo Championships** and earning numerous medals on the **IJF World Tour**, making her one of the world's elite athletes in her weight class.

We appreciate Ishikawa Sensei for sharing her knowledge and helping inspire the next generation of judoka.

July 28 (Tues) & July 30 (Thurs) - Testing
If you are planning to test, you should have already turned in your **Belt Testing Checklist**.

Parents, we encourage **all white belts—both new and returning students—to participate in testing.** You may feel your child is not quite ready, but just like many experiences in life, sometimes you need to go through the process to better understand what is expected. Testing gives students valuable experience, helps build confidence, and shows them what they need to work on for the next level. It also gives parents a better understanding of how to help their child practice and prepare at home.

Even if you are **not testing**, please come to practice. The senseis who are not conducting the belt tests will be working with students to help prepare them for our **end-of-session in-house tournament (shiai).**

Aug 2 – Nikkei Games Budo Tournament
The annual **Nikkei Games Budo Tournament** will be held at the **Long Beach Pyramid**, offering a unique opportunity to watch **Judo, Kendo, and Karate** competitions all under one roof.

This year's judo competition will feature a **team tournament format**, making it an exciting event for both competitors and spectators. If you've never attended the Nikkei Games, this is a great chance to experience multiple Japanese martial arts in one venue. For event information, schedules, and registration details, visit:
https://nanka.smoothcomp.com/en/event/32858



Aug 6 – Senior Shiai & Promotions
Our **Senior Shiai and Promotion Night** will be held during the **3rd class period**.

Senior students, please let your sensei know if you plan to participate in the shiai. If you are interested in learning how to **referee** or **work the scoring table**, this is a great opportunity to gain valuable tournament experience, so please let your sensei know as well.

For our **1st and 2nd class students and parents**, **yes, classes will be held as usual that evening.** Students will have the opportunity to learn how a judo tournament operates, including how competitors enter the contest area, proper tournament etiquette, and the

correct bowing procedures before and after each match. It's a great chance to become familiar with the tournament environment before competing.

Aug 8 – SBJ Annual Summer Picnic
If you've never attended one of our **Annual Summer Picnics**, you've been missing out! It's always a fun afternoon filled with **great food, games, prizes, sunshine, and an opportunity to spend time with your fellow South Bay Judo families, senseis, and support staff.** Yes...our senseis are human too! 😊

Date: Sat, Aug 8, 2026
Times: 12:30 to 4:00 pm
Location: Deportola Park, 25615 Lazy Meadow Drive, Torrance CA 90505
Please RSVP by Sat, Aug 2, 2026

We'll be serving a catered lunch featuring **sandwiches, pizza, pasta, and desserts.** There will also be games and activities for all ages, with prizes for the winners!

Please RSVP online using the following link: **https://forms.gle/cA26sUThBb7Lm9HJ6**



Here are some highlights from last year's South Bay Judo Annual Summer Picnic. We hope to see everyone there again this year for another afternoon of great food, fun, and friendship!









Aug 11 – Junior Shiai & Promotions & End of 3Q-Summer Session
This night is the last class of the 3Q-Summer 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, if you are not planning to be in the shiai, we would like to have you wear your judo gi for pictures – receiving your promotion.**



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

Aug 18 – Start of the 4Q-Fall Judo Session
On-line registration starts on Monday, July 27 and ends on Wed, Aug12.

Fall classes - Aug 18 to Oct 20 (OFF – No class on Sept 8).



To register you can go **www.southbayjudo.com** and click onto the registration link or go to **https://south-bay-judo.jumbula.com**

Have a wonderful summer and thank you for being part of the South Bay Judo family!

"Building Character – Honor – Respect"
Helping to Strengthen the South Bay Community!

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