

Platform for Athlete Advisory Board - Kata Representative



Judo-4-Life

Let's open judo to a wider range of athletes through kata and alternative training programs.

The benefits and intensity of kata competition are not widely known in the US, even among those that study kata. Placing in a World Kata Competition is extremely difficult with only 5 divisions. There are no weight classes or gender classes; just 15 medals across about 50 countries each year. The competition is by invitation based on national rankings. The athletes who make it to finals are in top physical shape and have trained for years to get there. As with shiai, the number of participants in the US is low compared to other countries, yet the US does relatively well because the few who train are incredibly dedicated. These athletes can be in their 30-50's balancing judo with a professional career. Many are driven to continue in competition and have resources that young athletes do not. So, improving kata participation in ALL judoka is beneficial to improving funding for elite athletes by accessing this additional demographic. I hope to work with the Kata Committee to design educational resources, videos, and competition opportunities to help clubs improve their own kata programs.

Judo-4-All

Continuing USA Judo's growth across geographic and demographic sections is my life's work.

Judo-4-A-Living

Let's create a pathway for Judo athletes in the US to turn their love of judo into a profession.

Judo-4-Schools

Let's bring Judo to public and private schools in a way schools will love.

Judo-4-Mental-Health

Let's leverage the known mental health benefits of judo training to address the many mental health ills of modern America, including ADHD, depression, PTSD, and social dysfunction.

Just like many of you, I have a lot of ideas about how to grow judo, but only have limited time to pursue those ideas. Together athletes can make more of a difference by combining our ideas and efforts for mutual benefit. I am always open to new ideas, and invite you to share yours with me at any time. Whether elected or not I will be working just as hard to grow judo, and I am happy to share with whoever is elected as long as it helps our USA Judo continue to grow and improve.

Very respectfully,

Lisa Capriotti