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NEWSLETTER / NEWS RELEASE
From the Office of the Mayor

FOR IMMEDIATE RELEASE

OCTOBER 27, 2017

**MAYOR SCHNEIDER ATTENDS JUDO REPORT CARD NIGHT
THAT WAS HELD ON WEDNESDAY, OCTOBER 25TH**



Pictured above is Mayor Schneider, Judo instructor Eiko Shepherd and judo participants. Judo was founded in 1882 in Tokyo, Japan by Dr. Jigoro Kano, an educator and martial artist. Translated “ju-do” means “the gentle way”. Students are taught techniques include basic fallings techniques, throw and mat work. Classes are conducted on a soft mat and safety is a priority.

Sensei (Japanese for teacher) Eiko Saito Shepherd was trained at the Kodokan Institute in Tokyo, Japan and is the Judo instructor at the JJE. Classes are offered in the evenings on Tuesday, Wednesday and Thursday. Sensei Shepherd teaches beginners through international competitors.

In the Children’s classes, a special emphasis is placed on academic achievement in school. Once a year, a Report Card ceremony honors students who have done well the preceding school year. Parents appreciate the change they see in their children’s effort as a result of this program.

The adult judo classes (ages 13 and older) emphasize body conditioning and judo techniques. Judo can be placed on a noncompetitive or competitive basis. Sensei Shepherd and her competitive students frequently attend local, national and international tournaments.

Sensei Shepherd is recognized as one of the top Judo instructors in the United States. She was born and raised in Japan. She is 7th degree in Judo and wears a red and white belt indicating this high ranking.

Judo is designed for everyone of all ages. For more information, please contact JJE at 314-921-4466.

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Emergency 9-1-1