

# AMERICAN EMBASSY JUDO CLUB

SERVING THE TOKYO COMMUNITY FOR MORE THAN FIFTY-YEARS

AEJC began in 1957 with the combined efforts of Shizuya Sato, and key members of the U.S. State Department then serving at the U.S. Embassy Japan. Since its founding, the American Embassy Judo Club has become a cornerstone of the Tokyo diplomatic, expatriate, and local communities, where over two thousand men, women, and children have studied unique aspects of Japanese culture, and learned practical methods of self-defense.



Ambassador Douglas MacArthur Jr.  
1<sup>st</sup> Honorary AEJC President

During its more than fifty-year history, beginning with the first post WWII U.S. Ambassador to Japan, Douglas MacArthur Jr., resident U.S. Ambassadors have served as the Honorary Judo Club President. Please see some examples below.



Edwin Reischauer, U.S. Ambassador to Japan  
1961 - 1966



Armin H. Meyer, U.S. Ambassador to Japan  
1969 - 1972



Thomas S. Foley, U.S. Ambassador to Japan  
1998 - 2001



Howard H. Baker, Jr., U.S. Ambassador to  
Japan 2001 - 2005

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International Seminar Participants at AEJC Dojo



AEJC Jr. Judo



International Seminar Training at AEJC Dojo



Sato Sensei demonstrating seoi-nage (shoulder throw)



Sato Sensei demonstrating kuzushi (breaking an opponent's balance)

The philosophy and practical guidelines of Judo and Nihon Jujutsu practice at AEJC, under the direct tutelage of Sato Sensei, Nihon Jujutsu Hanshi 10<sup>th</sup> Dan, Judo Hanshi 9<sup>th</sup> Dan, can best be found in the Japanese proverbs:

精力善用自他用榮

(seiryoku zenyo jita kyoei)

*commit oneself to maximum efficiency  
and mutual benefit in all endeavors*

柔よく剛を制す

(jyu yoku go o seisu)

*flexibility overcomes strength*

[American Embassy Judo Club: www.usejc.com](http://www.usejc.com)

[Kokusai Budoin, International Martial Arts Federation \(IMAF\): www.imaf.com](http://www.imaf.com)