



Shizuya Sato
Nihon Jujutsu Founder

Nihon Jujutsu Hanshi 10th Dan
Judo Hanshi 9th Dan
Shihan & Examiner:
Judo & Nihon Jujutsu Divisions
Official Instructor Grade S.G1
Chief Director Kokusai Budoin, IMAF
Headquarters Japan

Born 1929 in Tokyo, Japan. Shizuya Sato's father was a senior Judo instructor for the Tokyo Metropolitan Police, and a close associate of Kyuzo Mifune, Hidekazu Nagaoka, Sumiyuki Kotani, and other prominent members of the Judo community. Upon his father's death in 1945, these three legendary figures, along with Kazuo Ito, Kodokan Judo 8th Dan, lent their personal guidance and lifelong support to the young Shizuya Sato.

1949: Upon graduation from Meiji Gakuin University, Shizuya Sato entered the International Section of the Kodokan.

1949 – 1952: In addition to his regular duties at the Kodokan, Shizuya Sato taught at various U.S. Air Force, Army, and Navy bases throughout the greater Tokyo area. Additionally, he was an assistant in the Strategic Air Command (SAC) training program, and worked extensively with Kenji Tomiki (Aikido), Sumiyuki Kotani (Judo), and other world-renowned instructors throughout its duration.

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

1951: Shizuya Sato was invited to join a group of Japan's most prominent martial artists from a variety of disciplines who established Kokusai Budoin, International Martial Arts Federation (IMAF). Its founders included Kyuzo Mifune, Kazuo Ito, and Shizuya Sato of Judo, Hakudo Nakayama and Hiromasa Takano of Kendo, Hironori Otsuka of Karate-do, and other prominent leaders of Japan. The aims of Kokusai Budoin, IMAF include:

The expansion of interest in Japanese Martial Arts; the establishment of communication, friendship, understanding and harmony among member chapters; the development of the minds and bodies of its members; and the promotion of global understanding and personal growth.



Shizuya Sato escorting senior U.S. diplomat at the 1st IMAF exhibition in 1952

1955 – 1978: Shihan, Meiji Gakuin University Judo Club.

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

1957 - present: Shihan, American Embassy Judo Club. 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.
1st Honorary AEJC President

1968: Traveled with Kazuo Ito to 12 countries where they promoted Judo with demonstrations in numerous major cities. This was the first Kokusai Budoin, IMAF World Tour.

1982: Appointed Kokusai Budoin, IMAF Chief Director.

Additionally, Shizuya Sato was formerly a teacher of Physical Education at Saint Mary's International School, Tokyo, Japan, Chief Director of the National Judo Advancement Society, and a Director of the Judo Advanced Rank Association in Japan.



Judo Kyosho (Judo textbook), by
Kazuo Ito with Shizuya Sato, *ura-
waza - kuki-nage*

Shizuya Sato Sensei has dedicated his life to the promotion of traditional Japanese martial arts worldwide through directing the American Embassy Judo Club, and leading workshops, seminars and other endeavors undertaken by Kokusai Budoin, IMAF in numerous countries throughout Asia, Europe, and the Americas during a career spanning more than fifty-years.



Shizuya Sato demonstrating
self-defense, 2004 IMAF
N. American seminar