

**Curriculum Vita
&
Platform for Board of Directors, Athlete Representative**

Lisa Capriotti, PhD, MBA
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Shiai Achievements

2015 US Ranked Senior Elite, -57kg
2016 World Veterans Champion, F2 -57kg
2021 World Veterans 3rd Place, F1-3 -57kg

Kata Achievements

2014 World Kata Championship
2015 World Kata Championship
2016 World Kata Championship
2017 World Kata Championship
2018 World Kata Championship - Kime no Kata Finalist
2019 World Kata Championship
2021 World Kata Championship - Kime no Kata Finalist
National Kata Instructor and Judge
USA Judo Kata Committee Member and Secretary

Clubs / Schools Founded

2015 Naval Weapons Station Youth Martial Arts Program
2014 Citadel Judo Team (re-founded)
2018 Charleston Self Defense, LLC
2021 Aspire Athletic Center, LLC

Coaching Credentials and Instructor Experience

2012, Regional Coach Certificate
2012-2018, Samurai Judo Association Instructor
2012-2018, American Judo and Jiu-jitsu Academy Instructor
2014-2020, Citadel Judo Team Coach
2020, National Coach Certificate
2020-present, Aspire Judo Team Coach
2021, IJF Undergraduate Course

Referee Credentials

2015 Regional Referee Certification

2016 National Referee Certification
2016 - 2021 Active Referee at Regional and National Events

Tournament Director

2016 Samurai Slam
2017 Spring Samurai Slam
2017 SC State Championships
2017 Fall Samurai Slam
2018 2017 Spring Samurai Slam
2018 SC State Championships
2018 Fall Samurai Slam
2019 Spring Samurai Slam
2019 SC State Championships
2019 Fall Samurai Slam
2020 Spring Samurai Slam
2021 Mini Slam
2021 SC State Championship (USA Judo National Referee Evaluation)
2021 Fall Samurai Slam

Education

BS Chemistry - Gettysburg College, 2002
PhD Chemistry and Biochemistry - University of Delaware, 2009
MBA - The Citadel, 2020
Doctorate of Physical Therapy - MUSC, 2025 anticipated

Military Service

2009 Officer Candidate School
2010 USS Vicksburg CG 69
2012 Surface Warfare Designation
2013 Nuclear Power Training
2015 Honorable Discharge

Research and Teaching

Analytical Chemistry - Data Science Expertise
Organic Chemistry - Peptides and Polymers
Biochemistry - Stem Cell Research
Tissue Engineering - Meniscus Regeneration
2014-2019, Chemistry Professor -The Citadel
2016-2017, Chemistry Video Professor/Editor - TopHat Monocle

Platform for Board of Directors, Athlete Representative

Judo-4-All

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



The good news is that past challenges have provided us unprecedented opportunities now. Embedded in the study of judo is the answer to many common problems facing Americans, including obesity, heart disease, stress, autism, bullying, domestic violence, self-control, problem-solving skills, cooperativity, and etiquette, to name a few. It often seems like we are powerless to make a difference in USA Judo. But, after talking to our CEO, Keith Bryant, and several current board members, I feel we have more opportunity than ever to provide creative solutions to help shape the future of USA Judo. To that end I will look for ways to continue to improve, safeguard our rights, energize fellow athletes to be involved at all levels, and represent your views and needs as athletes and future leaders in our judo community.

Judo-4-A-Living

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

After competition, athletes should have a variety of options for continuing judo as a profession. This is not a dream. Judo, in line with Professor Kano's vision, is both commercially feasible and socially necessary. For example, I have founded two schools in Charleston and employ full time instructors to teach judo. I am also working with local universities to explore multi-disciplinary programs in judo business management, judo for education, and physical therapy for grappling sports, so that judoka have established pathways to prepare them for a career in judo. I would bring my business perspective and wider vision of judo as a pathway to a career to the USA Judo BOD.

Judo-4-Schools

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

Have you ever wondered why schools with basketball, football, and wrestling programs will say that judo is too dangerous for public schools? It is largely because they think judo is just karate and don't wish to encourage punching and kicking. It is also because many instructors (and students) expect kids to start throwing each other on day 1. In Europe many countries have thriving public school judo programs because they have a recipe for success that starts with dispelling myths and teaching basic judo movements like tumbling, bear crawl, hopping on one foot, etc. They also base the system on games and fun drills. Lots of coaches in the US also do this. I am currently working on a system to put into public schools in Charleston this fall. If it is successfully implemented, I would like to share it with our entire USA Judo community to grow judo from the bottom up.

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. As a board member I hope to work with the Kata Committee to design educational resources, kata curriculums, videos, and competition opportunities as well as marketing materials to help clubs improve their own kata programs.

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.

Americans have an amazing work ethic, but it can lead to unmanageable stress when balanced against watching TV and other sedentary activities. Fitness is a natural remedy for stress because it increases endorphins. Judo is even better because it encourages interpersonal interactions that helps people look forward to practice. Just as with children, adults need physical outlets for stress, but judo also gives them a goal for weight loss, better range of motion, a chance to enter competitions, and skills that their friends will think are impossible. I will work to help dojo's design an appropriate curriculum and marketing tools to communicate these benefits to the public. Judo must also explore government and private grants and mental health initiatives that help Americans move away from expensive medications and therapy and towards a healthy lifestyle.

Closing

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 my ideas with whoever is elected as long as it helps our USA Judo continue to grow and improve.

Very respectfully,

Lisa Capriotti

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