



Celebrating Women in Judo USA Judo Video Campaign

As part of our “Celebration of Women in Judo” observance in October and November of this year that coincides with the 40th Anniversary of the Women’s World Judo Championships in New York, USA Judo is requesting that female judokas send in videos describing how judo has helped them in their lives and what they would say to Rena “Rusty” Kanokogi for being a pioneer for women’s judo. Here’s how it works:

- Every female judoka is welcomed to create a 60 second video (or less) of what Judo means to you and how it has developed you both on and off the mat. Think about what made you start practicing and why you would suggest it to others. Please also discuss any other female judoka that have inspired you or set a path for you to follow.
- At the beginning of each video please state your name, age, home dojo if you have one, city, state and how long you have been a part of the Judo family.
- You will submit your video to the link below and should include your name and email in the provided text boxes.

https://docs.google.com/forms/d/e/1FAIpQLSfpirRTvHGnWc9EHcLgtD6jp6n2yd5vgWubAESX3vjsxgB2A/viewform?usp=sf_link

- All videos must be submitted by the end of the day on Friday, October 9th so we can upload the videos to our website for International Day of the Girl on October 11th!
- Video requirements:
 - All video should be shot in 16:9 configuration (horizontal) – any video shot in 9:16 configuration (vertical) would need to be re-encoded as 16:9 and will have black bars on the sides. 4:3 configurations should not be considered.
 - Video should be at least 720p preferably 1080p so older webcams may not work.
 - All videos must be in MP4 format. All other forms will not be accepted.
 - Lighter backgrounds are always more easily viewed vs. darker backgrounds. The more motion that you have behind the shot will result in a larger file size and longer upload/download times.
 - Any video submitted with profanity or vulgar clothing/body language will not be published.

Disclaimer: By submitting this video you are giving USA Judo the right to use this video for social media and online purposes.