



# Shore Regional High School District

Monmouth Beach – Oceanport – Sea Bright – West Long Branch

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Superintendent

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For Shore Regional High School junior Jack Yonezka, Judo is in his blood.

“Judo is a sport that runs in my family,” he said. “My Grandpa was a two-time U.S. Olympic team coach for Judo (in 1988 and 1992) and my dad was a 1980 Olympian in Judo. I started at 5 years old.”

Unlike other types of martial arts, such as Karate, Taekwondo, Muay Thai, Judo has no kicking and punching. According to Yonezka, the objective of the sport is to throw your opponent, pin your opponent, or submit your opponent with a choke or armbar.

Training under his father, Sensei Nick Yonezka, at the Cranford Judo Karate Club, Yonezka explained his rise in the Judo ranks. Last summer, he made the Cadet Pan American Team, and represented the USA at the Cadet Pan American Championships in Cali, Colombia. The International Judo Federation (IJF) and the Pan American Judo Confederation (PJC) were the organizers of the event. He qualified for this team by taking 2nd place at the USA Judo Youth National Championships. Overall, he took third place. He lost his first match to the Bronze Medalist of the Cadet World Championships from Brazil. In the recharge, Yonezka said he beat an opponent from Uruguay and another from Mexico. Then, he won his Bronze Medal match to a Peruvian, who is ranked 16th in the world. This result put him at No. 33 on the World Ranking List in his division (Cadet 66kg).

“Jack’s accomplishments are pretty amazing by themselves,” said Nick Yonezka, Jack’s father and sensei. “However, the best thing about his Judo is his love of the sport and his will to improve.”

He continued, “This along with a work ethic that is one of the best I have ever seen, I know his future is very bright. He trains constantly, before school, and multiple times after school. I never tell him to train



Working in collaboration with all stakeholders, we pursue a shared vision of a high quality regional high school that puts *students first*.

ion of the Shore Regional High School District is to produce altruistic graduates who are lifelong learners, equipped with an  
capacity to compete in a superior manner.

*“Students First”*

