



**ACTIVITIES RECORD**  
**(DO NOT FILL OUT THIS SECTION)**

Activities participated in	Date(s)	Details

**Origins of Queen’s Park Judo Club**

The **Queen’s Park Judo Club** opened its doors to the public at the Royal Air Forces Association building, Queen’s Park East, on November 7<sup>th</sup> 1996. The club was established in an effort to offer judo to the wider public in the north-west peninsula. Other newly formed clubs in Arima and San Fernando followed suit in their areas. The QPJC was the first group to take up the challenge and remains today a steadfast advocate of the principles of judo, in the dojo and out. The club subsequently left the Queen’s Park area and moved to several locations over the years including downtown POS, Diego Martin, St James, the National Stadium and Newtown. The club eventually resettled close to its roots, near the Queen’s Park Savannah in Cascade in 2016. Our objective at the Queen’s Park Judo Club is to increase participation in judo at all levels, from children to adults primarily in the north-west of the island and in so doing, to infuse the principles of Kodokan Judo among the people of T&T.

**Mark Littrean** started judo in 1986 at St. John’s University in New York under Kiyoshi Shiina, sensei (8th dan), also owner and Head Instructor of Japan Judo Inc. in New York and Connecticut. Mark was New York City Collegiate Champion in the under 65kg category for 2 years (’87 and ’88) and eventually became the overall New York City Champion (to compete at the Empire State Games in Ithaca, New York) at the under 71kg category in 1989. After graduating in 1990 he returned to Trinidad as a brown belt where he continued to practice judo but on a less competitive scale. There was a deficiency of judo teachers in Trinidad and, as a result, his career in teaching judo began as soon as he received his black belt (shodan) in 1992. He taught and competed simultaneously at local and regional tournaments until his retirement from competition in 1998. His longstanding dream of running his own club was realized in 1996 when he formed the Queen’s Park Judo Club. At this stage of his judo career his progress in Trinidad was largely credited to a mentor of his Mr. Noel Le Hecho, 7<sup>th</sup> dan (Spain). Mark attended several judo courses organized by national, regional and international organizations, including the International Judo Federation (IJF) from which he received certification as an IJF Level 2 Coach in 2018. He has trained at and is a member of the world’s premier judo institute and the home of judo – the Kodokan Judo Institute in Tokyo, Japan. In 2020 he was awarded the Commendation of the Minister of Foreign Affairs of Japan for his contribution to judo and to peaceful relations between Japan and the world.



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**A member of Judo Trinidad and Tobago**