

Judo Profile

Mark LITTREAN

Date of Birth: 18 November 1967

Citizen of: Trinidad & Tobago

Address: 20A Nepaul Street, St. James, Port of Spain, Trinidad

Dojo: Queen's Park Judo Club, 53A Cascade Road, Cascade, Trinidad

Judo Rank: 5th Dan, Judo Trinidad and Tobago (JudoTT), 3rd Dan, Kodokan

Languages

- **English** – First Language
- **Spanish** – Working knowledge
- **French** – Working knowledge

Handbooks and Documents

- **Judo Development Program for T&T and the Lesser Antilles**, August 2015
- **Judo Trinidad & Tobago National Kyu Grading Syllabus**, April 2018
- **Judo Trinidad & Tobago National 1st Kyu and Dan Grading Syllabus**, April 2018
- **Long Term Athlete Development Framework of Judo in T&T**, August 2018
- **Long Term Athlete Development Framework of Judo Handbook**, February 2019

Affiliations, Achievements, Positions Held

- **Kodokan 3rd Dan** (promoted to), Kodokan Judo Institute, Tokyo, Japan (2024)
- **Minister of Foreign Affairs of Japan Commendation** (2020)
- **Director and Head Instructor**, Queen's Park Judo Club, Port of Spain (1996 –)
- **International Judo Federation Academy Level II Coach** (2018)
- **Member**, Sport For Life, Canada (2017-)
- **International Judo Federation Academy Level I Coach** (2016)
- **Citizens Security Programme, Judo For Peace Coordinator** (2015)
- **Member**, Kodokan Judo Institute, Tokyo, Japan (2009 –)
- **Head Instructor**, Bishop Anstey High School (1996–2007; 2016-2019), Providence Girls' Catholic School (1996–1999), St. Joseph's Convent POS (2007-2016), Queen's Royal College (2007-2015; 2023-), Holy Name Convent (2007-), Maria Regina Grade School (2007-2019), Dunross Preparatory School (2008-), Fatima College (2012-2014), St. James Police Youth Club (2013-2015)
- **Member of Refereeing Commission**, JudoTT (2001–)
- **National A Referee**, JudoTT (2001-)
- **Technical Director**, JudoTT (1999 – 2006; 2012–2022)

Courses completed, Seminars/Workshops attended

- **Kodokan Kata Course, Kodokan Judo Institute, Tokyo, Japan, July 2024**
- **Kodokan Waza Course, Kodokan Judo Institute, Tokyo, Japan, July 2024**
- **Trinidad and Tobago Red Cross Society First Aid Certification, 1992, 2016, 2018**
- **International Judo Federation Academy Level 2 Course (Coach), Santo Domingo, Dom. Rep., July 2018**
- **International Judo Federation Academy Level 1 Course (Instructor), Mexico City, Mexico, March 2016**
- **Fight For Peace Global Alumni Programme Course, Rio de Janeiro, Brazil, March 2015**
- **International Judo Federation Refereeing Seminar, Ft. Lauderdale, USA, January 2014**
- **TTOC Michael Johnson Performance (MJP) High Performance Coaching Workshops, Port of Spain, September 2013/April 2014**
- **Kodokan International Judo Seminar, Kodokan Judo Institute, Tokyo, Japan, February/March 2012**
- **Kodokan Kata Course, Kodokan Judo Institute, Tokyo, Japan, July 2009**
- **Planning and Periodization, Trinidad & Tobago Olympic Committee, Port of Spain, September 2006**
- **Continental Judo Coaching Course, Pan American Sports Organization, Havana, Cuba, March 2003**
- **National A Refereeing Course, Trinidad and Tobago Judo Association, Port of Spain, November 2001**
- **Psychology of Performance in Sport – Basic, WITCO Sports Foundation, Macoya, October 1999.**
- **Pan American Judo Union Coaching Course, Pan American Judo Union, Havana, Cuba, September 1998**
- **Olympic Solidarity Course in Judo, Trinidad & Tobago Olympic Committee, Port of Spain, October 1996**

Courses, Seminars and Workshops given

- **National Level I Instructor Course, JudoTT, Port of Spain, February – November 2020**
- **Long Term Athlete Development Workshop II, JudoTT, Port of Spain, February 2019**
- **Long Term Athlete Development Workshop I, JudoTT, Port of Spain, May 2018**
- **National Level I Instructor Course, JudoTT, Port of Spain, May 2017**
- **National Level I Instructor Course, JudoTT, Port of Spain, May 2016**
- **National Level I Instructor Course, JudoTT, Port of Spain, October 2015**
- **National High Performance Workshop, JudoTT, Port of Spain, February 2015**
- **National Level I Instructor Course, JudoTT, Port of Spain, August 2014**
- **National Refereeing Seminar (co-presenter), JudoTT, Port of Spain, June 2014**
- **National Level I Instructor Course, JudoTT, Port of Spain, August 2013**
- **Assistant Instructor Course, QPJC, Port of Spain, December 2011**
- **Assistant Instructor Course, QPJC, Port of Spain, February 2011**
- **National Level II Instructor Course, TTJA, Port of Spain, September 2004**
- **National Level I Instructor Course, TTJA, Port of Spain, 2001 – 2002**

Chronology of Other Achievements (in ascending order)

1986

- Began judo at St. John's University under Kiyoshi Shiina sensei, 7th dan (now 8th dan)

1988

- New York City Collegiate Champion, 71 kg & under

1989

- President, St. John's University Judo Club
- New York City Collegiate Champion, 65 kg & under
- New York City Senior Champion, 71 kg & under

1990

- Returned to Trinidad
- Joined the TTJA

1992

- Promoted to 1st dan, TTJA
- Instructor of Children at Olympic Martial Arts Center Judo Club, Woodbrook
- National Open Champion, TTJA
- Independence Judo Tournament, Lightweight Champion, Bridgetown, Barbados

1993

- Tournoi de Martinique, 3rd place 71 kg & under
- CAC Games, Ponce, Puerto Rico, 5th place 65kg & under
- National Open Champion, TTJA

1994

- TTJA Male Nominee, 1993 WITCO Sportsman of the Year Awards
- National Open Champion, TTJA
- Independence Judo Tournament, Runner-up Lightweight division, Bridgetown, Barbados

1995

- TTJA Male Nominee, 1994 WITCO Sportsman of the Year Awards
- National Open Champion, TTJA

1996

- Trained in St. Martin, FWI, for 3 months under Noel LE HECHO, 6th dan
- Promoted to 2nd dan (Noel LE HECHO 6th dan, Spanish Judo Federation)
- National Open Champion, TTJA
- Established the Queen's Park Judo Club (QPJC), Queen's Park East, Port of Spain
- Re-established Secondary Schools Judo After School Program (Bishop Anstey High School & Providence Girls Catholic School)
- National Open Champion, TTJA
- Independence Judo Tournament, Runner-up Lightweight division, Bridgetown, Barbados

1997

- TTJA Male Nominee, 1996 WITCO Sportsman of the Year Awards
- Hosted St. Barth. Judo Club, St. Barthelemy, FWI, at the Queen's Park Judo Club
- National Open Champion, TTJA

1998

- Competed at the CAC Games, Maracaibo, Venezuela
- Independence Judo Tournament, 1st place Open Division, Bridgetown, Barbados

1999

- T&T Coach / Manager V CAC Senior Judo Championship, Santo Domingo, Dominican Republic
- T&T Coach / Manager II Simon Bolivar Judo Tournament, Margarita, Venezuela

2000

- T&T Coach / Manager III Simon Bolivar Judo Tournament, Margarita, Venezuela
- T&T Coach / Manager VI CAC Senior Judo Championship, Santo Domingo, Dominican Republic
- Incorporated QPJC as T&T's first judo club as a non-profit organization

2001

- T&T Coach / Manager V CAC Junior Judo Championship, Santo Domingo, Dominican Republic

2002

- Promoted to 3rd dan (Noel LE HECHO 6th dan, Spanish Judo Federation)
- T&T Coach / Manager V Simon Bolivar Judo Tournament, Margarita, Venezuela

2003

- T&T Coach / Manager VII CAC Junior Judo Championship, Santo Domingo, Dominican Republic

2004

- T&T Coach / Manager VIII CAC Junior Judo Championship, Santo Domingo, Dominican Republic

2005

- Promoted to 4th dan (Noel LE HECHO 6th dan, Spanish Judo Federation)
- Appointed by Ministry of Education as External Examiner for Physical Education (judo)
- T&T Coach/Manager U.S. Open Judo Championships, Ft. Lauderdale, Florida, U.S.A.

2006

- T&T Coach/Manager Commonwealth Judo Championships, Derry, Northern Ireland

2007

- Established Primary Schools Judo After School Program (Maria Regina Grade School)

2008

- Ministry of Education External Examiner CXC (judo), JPC, Port of Spain
- Initiated regular schools judo tournaments

2009

- Ministry of Education External Examiner CXC (judo), Trinity East, Trincity
- Trained at the Kodokan Judo Institute, Tokyo, Japan, 3 June – 3 August

2012

- Participant at the Japan Foundation's Invitation Program for Cultural Cooperation, Tokyo, Japan, 15 February – 17 March
- Ministry of Education External Examiner CXC (judo), SRISA, Pleasantville
- T&T Team Manager, Barbados International Tournament, Barbados

2013

- Ministry of Education External Examiner CXC (judo), SRISA, Pleasantville
- T&T Team Manager, Barbados International Tournament, Barbados

2014

- Ministry of Education External Examiner CSEC (judo), SRISA, Pleasantville

2015

- Ministry of Education External Examiner CSEC (judo), Cascade, Port of Spain

- T&T Coach/Manager, USA Judo Junior Olympic National and International Championship, Irving, Texas, June
- T&T Coach/Manager, International Judo Federation World Judo Championships, Astana, Kazakhstan, August
- Promoted to 5th dan (Noel LE HECHO 7th dan, Spanish Judo Federation)

2016

- External Examiner CSEC (judo), Cascade, Port of Spain
- T&T Coach/Manager, Pan American Cup Open, Cadets and Juniors, Santo Domingo, Dom. Rep., March
- T&T Coach/Manager, USA Judo Junior Olympics, Cadets and Juniors, Irving, Texas, USA, June
- T&T Coach/Manager, Rio Summer Olympic Games, Rio de Janeiro, Brazil, August
- T&T Coach/Manager, Barbados International, Barbados, November

2017

- External Examiner CSEC (judo), Cascade, Port of Spain
- T&T Coach/Manager, Pan American Judo Open Cadets, Panama City, Panama, July
- T&T Coach/Manager, World Cadets Judo Championships, Santiago, Chile, August

2018

- External Examiner CSEC (judo), Cascade, Port of Spain
- T&T Coach Manager, Central American and Caribbean Games, Barranquilla, Colombia, August

2019

- External Examiner CSEC (judo), Cascade, Port of Spain
- T&T Coach/Manager, Pan American Games, Lima, Peru, August

2024

- Judo/Kendo Demonstration, Together 2024 [by the Embassy of Japan], Queen's Hall, Port of Spain – developed the original concept of the demonstration performed, September

Career Highlights of Club Athletes Trained - National, Regional and International

- Independence Judo Tournament, 1st place Girls lightweight division, (Barbados), 1998
- VI Pan American Judo Union International Junior Circuit, 2nd place Girls -52kg, (Dom. Rep.), 1999
- III CAC Junior Judo Championship, 3rd place Girls -52kg, (Dom. Rep.), 1999
- 2000 TTOC (T&T Olympic Committee) Sportswoman of the Year
- National Ladies Champion, TTJA, 1998 – 2000, 2005
- National Junior Boys Champion, TTJA, 2002
- VII CAC Junior Judo Champs., 2nd place Boys -66kg, (Dom. Rep.), 2003
- X Pan American Judo Union International Junior Circuit, 2nd place Boys -66kg, (Dom. Rep.), 2003
- VIII CAC Junior Judo Champs., 3rd place Boys -66kg, (Dom. Rep.), 2004
- National Men's Champion, -66kg, 2004, 2005
- Commonwealth Judo Championships (Junior), 5th place Boys -66kg (Northern Ireland), June 2006
- Caribbean Juvenile Judo Champs., 3rd place Boys -66kg (Martinique) 2006
- Franz Charles Denis, Juvenile Judo Tournament, 3rd place Boys -66kg (Martinique) 2006
- National Schools Championship, 7 National Champions 2010
- National Schools Championship, 6 National Champions 2011
- National Judo Championship, 7 National Champions 2012
- Barbados International Tournament, 1st places Men Open & Juvenile Female -57kg (Barbados) 2012
- National Championships, 7 National Champions out of 12, November 2013

- Barbados International Tournament, 1st places Men +100kg, Boys 11-12 +52kg, Girls 15-17 +70kg (Barbados) November 2013
- National Championships, 8 National Champions out of 9, October 2014
- Barbados International, 1st places Girls u.18 +70kg, Boys 13-14 -64kg, Boys 13-14 +64kg, Boys 11-12 -42kg, Boys 9-10 34kg, (Barbados) December 2014
- Pan Am Junior Circuit, 2nd place Junior Female +78kg (Panama) June 2015
- USA Judo Junior Olympic National and International Championship, 2nd place Juvenile Male +64kg (USA) June 2015
- IJF World Judo Championships, preliminaries Men -100kg (Kazakhstan) August 2015
- National Championships, 13 National Champions out of 15, November 2015
- First Citizens Bank Sports Foundation 2015 Youth Awards, January 2016 (athlete nominated to top 12)
- Pan American Cup, 2nd place Cadet Male -90kg; 3rd place Junior Female +78kg (Dom. Rep.) March 2016
- USA Judo Junior Olympics, 1st place Cadet Male -66kg; 3rd place Cadet Male -90kg; 3rd place Junior Female +78kg (USA) June 2016
- Schools Judo League 2015/2016, Overall Champion School, Champion Girls School, Champion Primary School, July 2016
- Rio Summer Olympic Games 2016, Preliminaries Men -100kg (Brazil) August 2016
- National Championships, 8 National Champions out of 13, November 2016
- Barbados International, 1st places Senior Female +78kg, Senior Male +100kg, Senior Male -90kg, (Barbados) November 2016
- CARIFTA Judo Championships, 1st places Boys u.21 -73kg, Boys u.15 -60kg (Bahamas) April 2017
- Bahamas Open, 1st places Senior Male +100kg, Senior Male -90kg (Bahamas) April 2017
- Pan American Judo Open Cadets, 1st place Male -90kg (Panama) June 2017
- World Judo Championships Cadets, 11th place Male -90kg (Chile) August 2017
- National Championships, 1st place Ladies Open November 2017
- International Judo Federation World Ranking List, Cadets Male -90kg World #9 December 2017
- Central American and Caribbean Games, 5th place Women +98kg (Colombia) August 2018
- National Championships, 1st place Boys under 18 years -66kg, 1st place Male Open November 2018
- National Championships, 1st place Male 13-15 years December 2019

Instructors that left a profound impact on my judo career

- **Kiyoshi SHIINA, 8th dan (Kodokan) retired**
Director and Head Instructor, Japan Judo Inc., Bay Parkway, Brooklyn, NY, U.S.A.
- **Noel LE HECHO, 7th dan (Royal Spanish Judo Federation) deceased**
Technical Advisor to TTJA 1998-2004
Marigot, St. Martin, FWI

Updated 10 February 2025