

## Judo Résumé

### **Mark LITTREAN**

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

**Judo Rank:** 5<sup>th</sup> Dan, Judo Trinidad and Tobago (JudoTT)

#### *Languages Spoken*

- **English** – First Language
- **Spanish** – Fluent
- **French** – Fluent
- **Japanese** – Working Knowledge

#### *Publications*

- **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 1<sup>st</sup> 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

#### *Positions Held, Affiliations and Achievements*

- **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), Holy Name Convent (2007- ), Maria Regina Grade School (2007- ), 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– )

#### *Courses, Seminars and Workshops completed*

- **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, 7<sup>th</sup> dan (now 8<sup>th</sup> 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 1<sup>st</sup> 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, 3<sup>rd</sup> place 71 kg & under
  - CAC Games, Ponce, Puerto Rico, 5<sup>th</sup> 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 3months under Noel LE HECHO, 6<sup>th</sup> dan
  - Promoted to 2<sup>nd</sup> dan (Noel LE HECHO 6<sup>th</sup> 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, 1<sup>st</sup> 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 3<sup>rd</sup> dan (Noel LE HECHO 6<sup>th</sup> 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 4<sup>th</sup> dan (Noel LE HECHO 6<sup>th</sup> 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 5<sup>th</sup> dan (Noel LE HECHO 7<sup>th</sup> 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

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

- Independence Judo Tournament, 1<sup>st</sup> place Girls lightweight division, (Barbados), 1998
- VI Pan American Judo Union International Junior Circuit, 2<sup>nd</sup> place Girls -52kg, (Dom. Rep.), 1999
- III CAC Junior Judo Championship, 3<sup>rd</sup> 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., 2<sup>nd</sup> place Boys -66kg, (Dom. Rep.), 2003
- X Pan American Judo Union International Junior Circuit, 2<sup>nd</sup> place Boys -66kg, (Dom. Rep.), 2003
- VIII CAC Junior Judo Champs., 3<sup>rd</sup> place Boys -66kg, (Dom. Rep.), 2004
- National Men's Champion, -66kg, 2004, 2005
- Commonwealth Judo Championships (Junior), 5<sup>th</sup> place Boys -66kg (Northern Ireland), June 2006
- Caribbean Juvenile Judo Champs., 3<sup>rd</sup> place Boys -66kg (Martinique) 2006
- Franz Charles Denis, Juvenile Judo Tournament, 3<sup>rd</sup> 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, 1<sup>st</sup> places Men Open & Juvenile Female -57kg (Barbados) 2012
- National Championships, 7 National Champions out of 12, November 2013
- Barbados International Tournament, 1<sup>st</sup> places Men +100kg, Boys 11-12 +52kg, Girls 15-17 +70kg (Barbados) November 2013

- Scottish Open, Runner-up Men -100 kg (Scotland) January 2014
- Central American and Caribbean Games, 3<sup>rd</sup> place Men -100kg (Mexico) November 2014
- National Championships, 8 National Champions out of 9, October 2014
- Barbados International, 1<sup>st</sup> 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 Senior Judo Championships, 5<sup>th</sup> place Men -100kg (Canada) April 2015
- Pan Am Junior Circuit, 2<sup>nd</sup> place Junior Female +78kg (Panama) June 2015
- USA Judo Junior Olympic National and International Championship, 2<sup>nd</sup> place Juvenile Male +64kg (USA) June 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 Am Senior Judo Championships, 7<sup>th</sup> place Men -100kg (Cuba) April 2016 (athlete subsequently qualified for Rio Summer Olympic Games 2016)
- Pan American Cup, 2<sup>nd</sup> place Cadet Male -90kg; 3<sup>rd</sup> place Junior Female +78kg (Dom. Rep.) March 2016
- USA Judo Junior Olympics, 1<sup>st</sup> place Cadet Male -66kg; 3<sup>rd</sup> place Cadet Male -90kg; 3<sup>rd</sup> place Junior Female +78kg (USA) June 2016
- International Judo Federation World Ranking List, Senior Male -100kg World #68 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, 1<sup>st</sup> places Senior Female +78kg, Senior Male +100kg, Senior Male -90kg, (Barbados) November 2016
- CARIFTA Judo Championships, 1<sup>st</sup> places Boys u.21 -73kg, Boys u.15 -60kg (Bahamas) April 2017
- Bahamas Open, 1<sup>st</sup> places Senior Male +100kg, Senior Male -90kg (Bahamas) April 2017
- Pan American Judo Open Cadets, 1<sup>st</sup> place Male -90kg (Panama) June 2017
- World Judo Championships Cadets, 11<sup>th</sup> place Male -90kg (Chile) August 2017
- National Championships, 1<sup>st</sup> place Ladies Open November 2017
- International Judo Federation World Ranking List, Cadets Male -90kg World #9 December 2017
- First Citizens Bank Sports Foundation 2017 Youth Awards, February 2018 (athlete nominated to top 12)
- Central American and Caribbean Games, 5<sup>th</sup> place Women +98kg (Colombia) August 2018
- National Championships, 1<sup>st</sup> place Boys under 18 years -66kg, 1<sup>st</sup> place Male Open November 2018
- Scottish Open, 2<sup>nd</sup> place Women +78kg (Glasgow) January 2019
- Pan American Open, 5<sup>th</sup> place Women +78kg (Panama) May 2019
- Texas State Championships, 2<sup>nd</sup> place Male 11-12 years (USA) May 2019
- Games of Texas, 1<sup>st</sup> place Male 11-12 years (USA) July 2019
- 62<sup>nd</sup> Annual Mose Woodson Judo Classic, 1<sup>st</sup> place Male 11-12 years (USA) July 2019

- Pan American Games, 7<sup>th</sup> place Women +78kg (Peru) August 2019
- Commonwealth Judo Championships, 2<sup>nd</sup> place Women +78kg (England) September 2019
- Texas A&M Go Shibata Memorial Judo Tournament, 1<sup>st</sup> place Male Youth (USA) October 2019
- International Judo Federation World Ranking List, Senior Female +78kg World #85 November 2019
- National Championships, 1<sup>st</sup> place Male 13-15 years December 2019

*Instructors that left a profound impact on my judo career*

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

*Updated 9 March 2023*