

# Growing Judo

## June 2012



Monthly publication of the  
Club Support Services Committee of the USJA

United States Judo Association  
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- \* A Proposal for COACHING DEVELOPMENT & CERTIFICATION
- \* Valuable Information on CONCUSSIONS
- \* What Is a Dojo?
- \* Judo News From Around the Country
- \* Club Profile: Riverside Judo Dojo
- \* *Regular Features:* Upcoming Events, New Clubs, Promotions, & more
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*Photos from the Stevens Point Judo Club's tournament (Wisconsin).*

*Left: Tyler is ready to take a grip. Right: Cindy Peterson & Kathy Huff, Racine Judo Club, perform Ju-No-Kata.*

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### Please contribute your news to Growing Judo! Make sure your submissions are:

- \* CONCISE, well-written and proofread.
- \* Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- \* In WORD format (not PDF!) or in the body of the email.
- \* Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- \* Your original work, or submitted with the permission of the creator.
- \* If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors. *Try to include ACTION shots!*
- \* Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
Vice-President, USJA  
Chair, Club Support Services/Regional Coordinators  
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**EDITOR'S NOTES:** Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

*The next issue of USJA's Growing Judo will be the July 2012 issue.*

*If you have any news and/or any planned events, please submit your information PROMPTLY: by June 24th or earlier if possible.*

*Please understand that it may not be possible to include information submitted after that date.*

## The USJA Website Has a New Look!

Have you noticed? The new USJA website has been operational since April 2012. Its Word Press base also makes it much easier to update and link into Facebook and Twitter.



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JUDO ▾ MEMBERSHIP CLUBS COMMITTEES ▾ EVENTS ANNOUNCEMENTS DOWNLOADS STORE GRASSROOTS JUDO™ GROWING JUDO

Welcome to the webpage of the United States Judo Association, America's service-oriented support organization for club leaders and their students. We work hard to provide accurate event listings for tournaments, clinics, and camps, plus contact information.

We provide contact information for those seeking clubs or information on judo. We provide DVDs, books, uniforms, and other supplies at reasonable prices and with speedy, efficient delivery. We assist coaches in building their clubs, and provide them with membership rosters, forms, and an on line coaches portal, all at no charge.

As a non-profit organization we strive to be the best at serving our members while keeping fees low and services high. Our goal is helping to grow American Judo!

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We have also just reopened the USJA Online store. We plan to automate all of our certification forms in short time as well.

*Many thanks to USJA Club Leader Chuck Wall of Wall 2 Wall Martial Arts in Fredericksburg, VA, for his hours of work in designing the new layout!*



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## A WARM WELCOME to Our NEW USJA Clubs!



**May, 2012**

Club Name: **Hong Kong Judokan USA #2 (Class B)**  
Head Instructor: **Philip Lee**  
Email: [hkjudokanusa@gmail.com](mailto:hkjudokanusa@gmail.com)

Location: **Garden Grove, CA**  
Phone: **714-963-5866**

Club Name: **Shinko Shin Judo (Class Regular)**  
Head Instructor: **Charles Ward**  
Email: [charlesw@redhedoil.com](mailto:charlesw@redhedoil.com)  
Website: [www.shinkoshinjudo.com](http://www.shinkoshinjudo.com)

Location: **Berea, KY**  
Phone: **859-893-2567**

### Congratulations to our Newly Certified USJA Coaches

- ★ J. W. Didier, Wall to Wall Martial Arts, Denham Springs, LA
- ★ Maristela M. Battilana, Naples Judo of Japan, Naples, FL

*We would like to express our sincere appreciation to the following individuals for their generous support of the United States Judo Association:*

- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **James Lally, Goltz Judo, Upland, CA**
- ★ **Edgardo Rodriguez Quilichini, Central Florida Judo and Jujitsu, Orlando, FL**

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### ***Treasurer's Report, March 2012***

The overall financial health of the organization after the first quarter of 2012 continues to remain good and stable. Current assets as of the end of March 2012 were \$43,754. Current liabilities were \$1,587. The current ratio is approximately a healthy over-25 to 1.

Revenue in March was \$48,405, with, as expected, the largest portion being generated from membership fees. Expenses were \$41,326 including cost of goods. The net profit for March was \$7,079. The year to date net income is \$15,792. This is up \$2,865 compared to the first quarter of 2011.

*--Paul Nogaki, Treasurer, USJA May 17, 2012*

## COACHING EDUCATION NEWS: It's Summer Time...HURRAY!

In this issue of *Growing Judo*, Mark Lonsdale has outlined a detailed plan for expanding our coaching program. Though he is a new member to the Coaching Committee, Mark has a long history not only in judo, but in coaching other sports as well. His thoughts are well worth serious consideration. Though it is currently just in a proposal stage, I believe that some of you may wish to comment on his idea.

Last month, I mentioned that our goal of having an online portion of the coaching program had been put on hold. However, since then one of our committee members, Bill Myers, has found a relatively simple way to accomplish this. As we progress, we will keep you informed.

The Junior Nationals are only about 5 weeks away. I hope that those of you who are planning on attending have prepared your athletes. Remember, the training they have been doing for the last several months (if not longer) will determine what they are capable of doing. Teaching a skill on Wednesday and then expecting the athlete to replicate it in the stress of a contest on the following Saturday is not realistic. Complicated strategies and tactics are usually not effective for young children. They just are not mentally or physically ready for this type of training or performance. As players enter their teens, strategy becomes more important, but remember that all the strategy and tactics in the world will do no good if your charges have no ability to throw, transition to the ground, turn disadvantages into advantages, etc. These skills should be a part of your own coaching scheme. If you have done this, your charges will do well. Notice I said they will *do well*; they may not win, but they can always learn from the experience to get better.

I hope to see some of you in Spokane, WA in July.

Bill Montgomery, Chair  
USJA Coach Education and Certification Committee  
[WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)



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## COACHING DEVELOPMENT & CERTIFICATION: A Proposal

*By Mark Lonsdale*

Over the past six months I have had several lengthy discussions with Bill Montgomery, Chair of the USJA coaching committee, Hayward Nishioka, Chair of the USJF coaching committee, and Gary Goltz, President of USJA, concerning the structure and content of multi-level coaching certification programs. I have also been in regular contact with respected judo coaches in Canada, the UK, New Zealand, and France about the same topic. So with a little encouragement from Joan Love, our illustrious editor, here is what I have learned . . . .

In many sports, national level coaching and instructor certifications require considerable time, effort and expense. To become a SCUBA instructor, for example, requires a candidate to complete 10 days of training and skills evaluations; deliver ten assessed lecture presentations; conduct simulated and actual training underwater in a pool and in the ocean; and then pass a 100-question written test. To become a certified coach in alpine skiing or skydiving requires a similar commitment in terms of time, and an equally arduous demonstration of skills and teaching ability.

In the world of high school education, a school coach will often have a degree in physical education or kinesiology, or Bachelors with a teaching credential, supported by formal training as a sports coach or PE teacher. And yet a judoka in the U.S. can attend a half-day clinic and earn a certificate that says “Coach.” Some judo programs take a whole day but often have no formal testing or evaluation and minimal requirement for active participation. The best program I have attended in the U.S. took two days, had hands-on practical exercises and mat work, and substantial academic reading and homework assignments. It was not surprising that the program was taught by a highly respected judo clinician who is also a professor in physical education.

But even with a two-day program, we are still falling well short of the academic, technical and practical requirements to become a certified judo coach in France, the UK or Canada. For their judoka, Level 1 is usually 2 ½ days and Level 2 is 5 days, and that does not include an additional month’s worth of homework assignments and skills development. It is also not unusual for a candidate to invest between one and three thousand dollars in the process.

The title of coach, in the world of athletic development, carries with it the assumption that the individual is formally educated and trained in a variety of subjects, to include: child development, sports physiology, nutrition, sportsmanship, gamesmanship, athlete development, cardio conditioning, strength training, risk management, sports injuries, ethics, psychology, etc. – and these are all generic topics, not sport specific. Once one has decided to become a coach in a specific sport, judo for example, then the list grows into the technical requirements of judo, age-appropriate training, dojo management, competition rules and tactics, mental preparation, long term development, prescriptive training, and the list goes on (*see proposed requirements below*).

In judo, however, we benefit from the fact that many candidates for coach certification have already had several years of judo training. This means that they should have already mastered many of the technical requirements of the sport, and may have a working knowledge of local level competition. Those who have competed or coached at the national level will usually have an even better developed understanding of competition techniques, rules and tactics.

However, most candidates going for entry level coaching credentials have had little to no formal education or training in ethics, risk management, the principles of learning, teaching methods, lesson planning, program management, or age-appropriate athlete development. Those going for national level coaching certifications often have not competed seriously at that level, so lack experience in high performance judo and elite athlete development.

Therefore, in an effort to bring a level of genuine respect and credibility to the title of “Certified Judo Coach,” there is an obvious need to considerably ramp up the training requirements for these programs. We need to move away from the concept that coaching clinics must be made more convenient, easier, cheaper, and completed in less time. As a sporting body, we should be more concerned with developing **qualified** coaches, not just certified coaches. In this we can take a lesson from traditional judo, where progress is neither easy nor quick. It takes years to earn the black belt or title of *Sensei*, so it should also require considerable time and effort to earn the title of Coach.

To this end, and to open the discussion to a wider audience, I have drawn up a multi-level coaching development program, based loosely on the Canadian and European models for coaching certification. Understand that this is not a USJA, USJF or USA Judo program, but merely a draft model or what a program could and should look like (my opinion at this point).

The purpose of the proposed program is to create the framework for a multi-level coaching development program, and career track for judo instructors, wishing to become more qualified educators and competent competition coaches. The following structure is based loosely on materials drawn from the British (BJA), Canadian (NCCP), French (FFJ), and European Judo Union (EJU) coaching programs.

**Levels 1 & 2** are “learning” programs that meet and exceed the current requirements for Club Coach & Coach. Heavy emphasis is placed on teaching good judo and effective teaching methods. Levels 1 & 2 should also carry Junior Coaching certifications (see below) for 15 to 18 year olds (sankyū and above) actively involved in club level coaching.

**Level 3** is a transition program from dojo judo to competition development, designed for the dojo instructor or club coach preparing students for state level competition.

**Level 4** meets and exceeds the current requirements for National Coach with the emphasis on competitive judo training and development of athletes for the US Nationals (Junior, Senior, or Masters).

**Level 5** is a High Performance coaching program designed for individuals with a genuine interest in elite coaching. The goal is to offer dedicated coaches, active within the grassroots judo community, the ability to not only maintain, but enhance their coaching skills up to the highest levels of competitive judo.

**Level 6** is for coaching clinicians and examiners; similar to the previous Master Coach Certification, except with two levels. One for clinicians to teach Levels 1, 2 & 3; and a higher level for clinicians qualified to teach and certify Levels 4, 5 & 6. The latter must be able to document national and international high performance judo experience (competing, coaching or refereeing).

For each program, the recommended format would be a balance of classroom and mat sessions. Maximum use would be made of audio-visual training aids and inter-active lectures to optimize learning and retention. How this is implemented or achieved is left to the individual clinician, based on his or her areas of expertise, but guidance would be available through the national coaching committee.

The basic prerequisites would be established by the NGB & Coaching Committee:

- Current USJA/USJF/USA Judo membership
- Sankyū for Level 1 (junior or senior); Ikkyū for Level 2 & 3; Shodan for Level 4; Nidan for Level 5; Sandan for Level 6
- Background screening
- There will be required “read ahead” material for each program (drawn from Human Kinetics online or hard copy version of **Successful Coaching**; and from selected coaching articles published in **Growing Judo**)
- At the National Level, coaches are encourage to own a copy of **Training for Competition Judo** by Hayward Nishioka (copies can be made available at each clinic)
- Note: Participants must be prepared to get on the mat and demonstrate techniques as part of the teaching, training and assessment process. (Allowances could be made for injuries but these may delay actual certification)

- Participants will also be assessed on communication, teaching and coaching skills at all levels

## **LEVEL 1 – CLUB COACH & JUNIOR CLUB COACH**

Training Objective:

- To prepare participants to function as assistant instructors at the club level
- To improve the participants' ability to teach and demonstrate the fundamentals of judo
- Emphasis is on how to teach, not what to teach

Minimum time requirements: Lectures 4 hours; Mat session 4 hours

Required academics (classroom):

- Introductions & Training Objectives; Responsibilities of an Assistant Instructor; Risk management & creating a safe training environment; Ethics & Appropriate behavior; Conditions for Learning; Teaching Methods / Communication Skills; Putting the fun in FUNdamentals; Program Development & Lesson Plans

Required practical applications / mat session

- Review of foundational judo techniques & bio-mechanics based on lower level Kyu grade requirements (clinician's choice); Whole-Part-Whole teaching exercises; Age-appropriate drills to emphasize the importance of dynamic movement in judo; Combinations / Sequencing techniques (*tachi-waza*); *Newaza* escapes & drills; Assessment: Demonstrate several basic techniques; then, "Teach" one standing technique and one ground technique

## **LEVEL 2 – COACH & JUNIOR COACH**

Training Objective:

- To help prepare participants to function as an instructor or coach at the dojo level
- To improve the participants' ability to teach and demonstrate technically sound judo

Minimum time requirements: Lectures 4 hours; Mat session 4 hours

Required academics (classroom):

- Introductions & Training Objectives; What are the obligations of a Dojo Instructor / Coach; Review dojo safety and risk management; Review Conditions of Learning; Principles of Teaching Skills (age-appropriate); Making judo FUN for juniors; Training Drills for Dynamic Judo; Training Program Development

Required practical applications / mat session

- Review selected judo techniques & variations (up to *Ikkyu* requirements); Review Whole-Part-Whole teaching; Age-appropriate & Decision-based learning on the mat; Decision-based learning applied to Combinations (or clinician's choice); Randori as a training tool; Participants required to develop and demonstrate 2- and 3-technique combinations; Transitions from *tachi-waza* to *newaza*; Assessment: Be prepared to teach one combination, one arm bar (*kansetsu-waza*) and one strangle (*shime-waza*) to the class

## **LEVEL 3 – COMPETITION DEVELOPMENT COACH**

Training Objective:

- To transition from club level coaching to state or regional competition coach
- To introduce participants to short and long term athlete development for competitive judo

Minimum time requirements: Lectures 4 hours; Mat session 4 hours

Required academics (classroom):

- Introductions & Training Objectives; What is a Competition Coach? Review Competition Environment & relevant IJF Rules; Basic Athlete Assessment; Goal Setting; Competitive Profiling / Scouting; Basic Periodization & Prescriptive Training; Mat-side Coaching skills

Required practical applications / mat session

- Review common competition judo techniques & combinations; Review competition tactics & gripping; single grip attacks; grip & go; left-handed attacks, etc (clinician's choice); Competition combinations and counters (clinician's choice); Mock player analysis & mat-side coaching; Assessment: Brief a player based on DVD analysis of an opponent (coach watches a match on DVD and then briefs his player based on his or her observations)

#### **LEVEL 4 – NATIONAL COACH**

Training Objective:

- To prepare club and regional coaches to function as **competent** National Level Coaches
- To expand a coach's knowledge of athlete performance development

Minimum time requirements: (2 - 3 days)

- Academics – 8 hours; Practical / mat session – 8 hours
- Preferably more time if feasible; Homework assignments, reading, training program development

Required academics (classroom):

- Introductions & Training Objectives; What is the role of a National Coach; The Coach / Player Contract; 2012 IJF Rule changes & Current Interpretations; Competitive Athlete Assessment (age appropriate); Cardio & Resistance Training; Introduction to Sports Psychology & Mental Preparation; Long Term Athlete Development (LTAD); Player Analysis / Competitive Profiling; Periodization & Prescriptive Training; Use of Video for Coaching; Communication & Mat-side Coaching

Required practical application / mat session

- Advanced Techniques used in competition; Competition tactics & gripping; illegal tactics, false attacks, leg grabs & penalties; Single grip attacks; grip & go; left-handed attacks; Low risk attacks; Use of the Hajime-Matte Model; Mock player analysis & coaching drills; Assessment: Brief a player based on DVD analysis of an opponent (coach watches a match on DVD and then briefs his player based on his or her observations)

#### **LEVEL 5 – HIGH PERFORMANCE COACH**

Training Objective:

- To provide National Coaches with advanced coaching development opportunities
- To improve the participants' ability to coach at higher performance levels

Minimum time requirements (2 days):

- Academics / classroom – 8 hours; Practical / mat session – 8 hours

Required academics (classroom):

- Introductions & Training Objectives; What is an elite athlete; What is a High Performance Coach; What's new in International Judo; Competition Preparation & Travel; Long Term Athlete Development (2 & 4 year plans); Periodization, Peaking & Tapering for Elite Players; Sports Psychology; Mental Preparation & Stress Management; Competitive Player Analysis; Hajime-Matte Model

Required practical application / mat session:

- Advanced Techniques used in competition; Review competition tactics & gripping; Review illegal tactics, false attacks, gripping & penalties; Review single grip attacks; grip & go; left-handed attacks; Use of the Hajime-Matte Model; Mock player analysis & coaching drills; Assessment: Brief a player based on DVD analysis of high level competition (coach watches a match on DVD and then briefs his player based on his or her observations)

## **LEVEL 6 – CLINICIAN DEVELOPMENT, ASSESSMENT & CERTIFICATION**

### **A. CERTIFIED COACHING CLINICIAN – Levels 1, 2 & 3**

### **B. MASTER COACHING CLINICIAN – Levels 4, 5 & 6**

Training Objective:

- To certify future coach clinicians
- Coaching Clinicians must have completed through Levels 4 & 5
- Master Clinicians must have completed the requirements through Levels 4 & 5 and have documented high performance sports experience (preferably international level judo competition and/or coaching)

Minimum time requirements (1 day for each level of assessment):

- Academics / classroom – 4 hours; Practical / mat session – 4 hours

Required academics (classroom):

- Introductions & Training Objectives; Review Coaching Program Structure; Course Management; Obligations of a clinician; What's new in teaching; What's new in high performance Judo; How to develop PowerPoint Presentations and Training Aids

Required practical application / mat session:

- Review judo bio-mechanics; Review and assess teaching and communication skills; Review mental preparation, tools and methods; Review and assess knowledge of competition tactics & gripping; Review knowledge of illegal tactics, false attacks, gripping & penalties; Participants will prepare and deliver a 15 minute lecture related to judo coaching at the national level or above

## **CEC – COACH CONTINUED EDUCATION CREDITS**

Training Objective:

- To maintain a solid base of high performance judo coaches

- To offer continued education in judo coaching and accrued promotion points
- To host guest clinicians, for example, elite athletes, international coaches, professional educators, and sports psychologists

Minimum time requirements (1 day clinics):

- Flexible – based on clinician availability
- A combination of classroom lectures and mat work

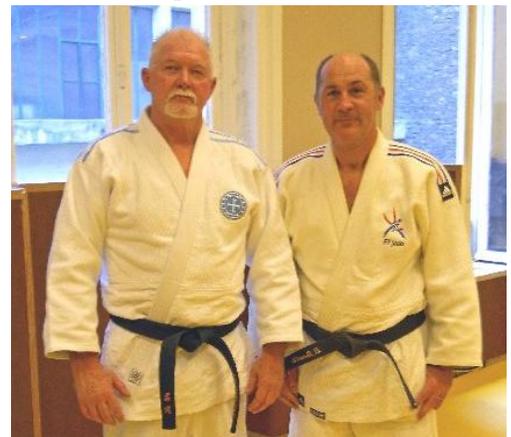
Sample academics (classroom):

- Introductions & Training Objectives; Trends in World Championship judo; Updates & IJF rule changes; Trends in International Coaching; Trends in Sports Psychology; Trends in Athlete Development; Training Program Design & Implementation.

## CONCLUSION

While the time requirements listed above fall painfully short of our European counterparts, the objective is to first create a framework for future expansion and development of the coaching certification program. In the short term, clinicians would be encouraged to meet and exceed the above minimum requirements, but it may take two years to generate the required shift in mindset from “quick and easy” to robust, challenging, and worthwhile. Only when participants are required to work and study for certifications, and feel that they have sweated and earned the title of Coach, will the certification process carry the necessary merit and respect within the national and international judo community.

Finally, this proposed program is being put forward to stimulate open and **constructive** discussion. The goal is to create a long term sustainable program, based on best practices in sports coaching, club level judo, and competition development. Well thought-out comments and **constructive** ideas, based on your experiences in judo training and modern sports development, are welcomed: email to Mark Lonsdale at [Judo93561@aol.com](mailto:Judo93561@aol.com).



Mark Lonsdale with Bertrand Bonelli, who were on the Racing and Paris team together "back when dinosaurs roamed the Earth."

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## **SPORTS CONCUSSION: What Every Judo Coach Should Know**

*by Mark Lonsdale*

*Note: The following article is for information only and should not be construed as medical advice.*

Gone are the days when an athlete took a hard hit and the crusty old coach just yelled, “Suck it up!” or “Get over it and get back in the game!” Coaching and sports medicine have both come a long way in the past two decades, driven in no small part by deaths attributed to head injuries and sports related concussions.

We have also learned a thing or two about heat related injuries. Traditionally, in old school judo, we would never allow students to leave the mat during class to get a drink of water. Now, knowing that heat and dehydration has contributed to the death of high school athletes, it is ill-

advised to deny any player the opportunity to drink and rehydrate. This is particularly important in the summer; the greatest number of heat-related sports injuries occur in the month of August.

Back to the subject of concussion, and the first question, what is a concussion?

According to medical research, the terms mild brain injury, mild traumatic brain injury (MTBI), mild head injury (MHI), minor head trauma, and concussion may be used interchangeably. Frequently defined as a head injury with a temporary loss of brain function, concussion can cause a variety of physical, cognitive, and emotional symptoms. Of particular concern to football coaches, and often detailed in investigative news reports, are repeated concussions which can cause cumulative brain damage, such as *dementia pugilistica*, or severe complications such as second-impact syndrome. Initial treatment of concussion involves monitoring and rest. Symptoms usually go away entirely within 3 weeks, though they may persist, or complications may occur.<sup>1</sup>

Based on statistical research, over 44% of documented concussions with children are caused by falls; 22% struck by an object; 17% collisions; 11% struck by a person. In the sport of judo, the majority of concussions are caused by hard throws, poor landings, or colliding with another player, wall or object.

In Japan, since 1983, over 110 students aged 12 to 18 have been killed in judo practice in schools; 60% from brain injury. 275 others suffered serious physical injury.<sup>2</sup> In 2011 a Japanese judo instructor was convicted of causing the death of a six-year-old boy, by “continuously slamming him to the ground.” The boy had died the previous year from brain swelling.<sup>3</sup>

By contrast, in a 2011 news report, the head of the French Judo Federation (FFJ), Jean-Luc Rougé, said he had not heard about judo deaths in France, which has the world's largest judoka population of 600,000 – of which 75 percent are children under 14.<sup>4</sup>

The deaths in Japan, versus other countries, is indicative of the “old school” style of judo where too much emphasis is placed on toughening (brutalizing) the students. Here in the United States we have adopted a more age-appropriate approach to judo training, where the emphasis with children is on FUN, judo games and recreational fitness. But for senior competitors, the old school training methods and hard randori sessions are still out there.

That said, we still have the not uncommon incident in the dojo where a student takes a hard fall that “rings their bell.” This is often accompanied by a look of shock, closely followed by a quivering lip and a few tears. In most cases the surprise of being thrown is more significant than the actual impact, especially if the mats have adequate cushioning. But instructors need to be careful about dismissing the significance of any hard fall or impact. Only the student knows how hard they hit their head.

For judo, the general recommendation is that if a student or player bangs his or her head, they sit out the rest of the training session. It is best not to send them home immediately, unless the parent chooses to take them to the hospital for evaluation, but to keep them at the dojo and

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<sup>1</sup> Wikipedia – Sports Concussions; [http://en.wikipedia.org/wiki/Concussion\\_grading\\_systems](http://en.wikipedia.org/wiki/Concussion_grading_systems)

<sup>2</sup> Japanese Accident Victims Association; <http://judojiko.net/eng/>

<sup>3</sup> AFP Article Japanese judo instructor guilty over child's death, October 5, 2011

<sup>4</sup> China Daily, Judo deaths alarm Japanese parents, January 6, 2011

Additional references: SportsConcussions.org

monitor their condition until the end of practice. Continued dizziness, loss of coordination, or vomiting, as examples, would indicate the need for emergency medical care.

Common signs and symptoms of concussion are headaches, dizziness, vomiting, nausea, lack of motor coordination, difficulty balancing, or other problems with movement or sensation. Visual symptoms include light sensitivity, seeing bright lights, blurred vision, and double vision. Tinnitus, or a ringing in the ears, is commonly reported. In one in about seventy concussions, concussive convulsions occur.

Indications that screening for more serious injury is needed include worsening of symptoms such as headache, persistent vomiting, increasing disorientation or a deteriorating level of consciousness, seizures, and unequal pupil size. Unequal pupil size is a sign of a brain injury that is more serious than just a concussion.

A few tips for prevention:

1. Students must be taught to fall correctly, and to keep their head and chin tucked while rolling, falling or being thrown (both left and right side).
2. Students must develop confidence in falling, first onto a crash pad and then onto the mats (tatami).
3. Ensure that there is adequate cushioning in the mats. Sprung floors are nice but not always practical. Add underlay if necessary, especially on concrete floors.
4. When being thrown, breakfalls must become reflexive.
5. Keep in mind that as students progress in judo, their throws become faster and harder, so more experienced students must limit their power when training with novices.
6. Mat areas should not be over-crowded.
7. Some throws and techniques are not suitable for young children.
8. Limit the number of partners doing *randori*.
9. Keep furniture and hard objects away from the mat area.
10. Pad walls, support pillars, and any hard edges.
11. Maintain vigilance and **close supervision**.
12. Have a plan for dealing with an injured or concussed student .

In conclusion, any blow to the head should be taken seriously, but successive blows to the head are extremely serious! After any blow to the head or hard fall, the athlete or player should be immediately removed from the activity, immaterial of player protests. They should sit and rest on the side of the mat where they can be closely monitored. In more serious cases, they should not be permitted to return to training without a doctor's clearance.

When parents come to pick-up their children, they should be advised to closely monitor their child and seek professional medical advice if any symptoms persist or worsen.

Finally, keep in mind that you are a judo instructor or coach and not a medical professional. Unless you are an MD or Paramedic, you are probably not qualified to render medical assistance beyond the basic Band Aids and CPR (if trained and certified). You shouldn't even recommend over the counter (OTC) drugs such as Aspirin or Advil since the individual may be allergic, and Aspirin is a blood thinner. When in doubt, always recommend a professional medical evaluation and follow up.

*Mark Lonsdale is an active instructor and coach, and can be contacted at [Judo93561@aol.com](mailto:Judo93561@aol.com).*

*Note: The author retains all rights and copyrights on these articles.*

## Further Comments on Concussions by Joan Love, Editor, Growing Judo

My own state of Connecticut was one of the first in the nation to adopt a concussion law; Oregon and Washington led the way in 2009. The CT law, passed unanimously in May of 2010, required that all coaches in the public school system (for all sports and at all levels) take a three-hour course in concussions by July of 2010. Following that a refresher course would be mandatory every five years to maintain a coaching permit. The law also states that athletes showing any signs or symptoms of a concussion must be removed from play immediately and are not permitted to return to practices or games until they have received written medical clearance from a qualified medical provider. Any coach who does not adhere to the law may have his/her permit revoked.

Currently, 39 states and the District of Columbia have passed similar concussion legislation; it is pending in a few other states. While most judo programs are not associated with public schools, it would certainly behoove all instructors to become more educated about concussions and the expected protocols where they reside. This topic is also included in the USJA Coaching Certification Course Curriculum.

There are many excellent websites with detailed information on concussions, including:

- SportsConcussions.org: <http://www.sportsconcussions.org/ibase/>
- The Connecticut Athletic Trainers' Association: <http://www.ctathletictrainers.org/concussion>
- A FREE Concussions Course is offered online by NFHS (the National Federation of State High School Associations): <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Here are some important points for coaches (and parents!) to keep in mind:

- Concussions can occur without a direct blow to the head. A jarring impact (as in a hard body hit in football) can also result in a concussion.
- The symptoms for concussions are not always obvious and may not appear until hours or even days after the injury. They can be nebulous and difficult to discern, such as difficulty concentrating, forgetfulness, moodiness and personality changes, feeling sluggish or "down," problems with sleep and/or complaining that lights are too bright or noises too loud. (*What adolescent does not exhibit these characteristics and behaviors at times?*)
- COMPLETE REST from physical and mental activity is required. This includes non-contact physical activity, schoolwork, television, video games and socializing online or by texting.
- Because the brain is still developing, the risks of long-term (or even permanent) effects of repeated concussions are especially high for children and teens. If symptoms (headache, etc.) appear when moderate physical and/or cognitive activity is resumed, it is a sign that the individual has not fully recovered.
- Concussions must be taken seriously. **Second Impact Syndrome** can result from a relatively minor blow if an initial concussion is not completely healed. SIS involves rapid swelling in the brain and typically results in permanent brain damage, if not death. Although it is not common, it is also not predictable.
- Dedicated athletes, especially teens, may not recognize or admit that they have symptoms of a possible concussion injury. Their friends and teammates may be the first ones to notice. If one of your students tells you that, "*Jimmy doesn't seem right,*" take it seriously!

## What is a Dojo? by Ed Carol

I got a shock the other day when I overheard two of my students talking about their experiences in judo so far. These are adult women who are fairly new to the sport of judo. Both came to class for self-defense instruction. The first lady told the other that she was a non-joiner kind of person who didn't trust anyone very much, if at all. The second one agreed with her and stated that she had never planned on rolling around on the floor with anyone but her husband but was now eager to try her judo skills on anyone on the mat. The first lady agreed with her and said that her feeling was that the dojo was like a family, with everyone helping everyone else to learn more and get stronger.

That pleased me but I had not planned on my dojo being like a family to anyone. Upon considering the issue for a while, I realized that probably most Judokas feel that way about their home dojo. I remember the camaraderie in my first dojo. Doctors, chiropractors, attorneys, engineers, truck drivers, sanitation workers, police officers, firemen, teachers and models were in the same classes together. We all got along because we shared a common interest. Now I find there are more classifications than just job occupations or genders to be considered in judo: competitors, recreationalists, exercisers and self-defense practitioners to name a few.

A dojo must meet the needs of all these folks. If a dojo is big enough with enough qualified instructors, holding separate classes for these groups could be a viable method. But most dojos are not that large or blessed with that many instructors or one who can dedicate that much time to teaching. So, the easiest way to do this is to make a family of the dojo.

Sometimes even in a smaller dojo, advanced classes can be scheduled on one set of days and beginner classes on another. However, in my case I have only two days to teach anyone who shows up so I have to mix all of my students. By encouraging my competitors to set the bar in training for the others, I get new assistants who are proud to be class leaders. Others admire and follow the competitors, and even cheer them on at tournaments. Everyone is taught to push harder to better themselves in each class, and they are constantly reminded that it is very hard to practice judo without someone to practice with.

By introducing each new student by name and reason for trying judo, we get that feeling of sharing with them. Part of my test for promotion is for judokas to name the instructors they have worked with and the person they feel has helped them in their judo education the most. Frequently it is not me!

Look at your dojo and the interactions of personalities in it. **Are your students concerned about others in class? Do they come to you to decide issues in training and practice? Do they hang around after class and chat or leave together? Is your dojo a family? Should it be?**

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### Well Wishes

*Best wishes to Sensei Bill Chaney of Budokan Judo Club in Maryland for a speedy recovery from surgery. We hope to see you back on the mat soon, Bill!*

## Judo News From Around the Country

### Utah, April 14

Zenbei Judo Club yellow and white belt promotions were held. The kids did great during process. Parents and Sensei Louis are proud of all the students who participated!

--Fred Louis, Zenbei Judo Club  
[www.zenbeijudo.com](http://www.zenbeijudo.com)

*Zenbei means All-American, a person of outstanding character.*



### New Mexico, April 14-15



Roswell Judo Club and New Mexico Military Institute Judo Club hosted a Coaching Education and Kelly's Capers Clinic. The clinician was Bill Myers from Ithaca, NY. The Saturday morning session began with discussion on the standard legal and ethical standards required for coaching certification. The active sessions began with simple movement patterns and gross motor skills development. By lunchtime all had four hours of hard work under their belts.

The afternoon session covered concepts like "dead-end judo" and changing instruction over time. The warm-up started with a "Monkey On Your Back" game and slow-motion ne waza drills from both sides. The first segment of the afternoon session focused on teaching judo with a games approach; for example, "Gimme Your Lunch Money" teaches children how to "give way" using Ippon Seoi Nage. Later we covered how to make spinning techniques like Sode Tsurikomi Goshi and Uchi Mata simpler to enter and apply. We ended the day's session with a discussion of the importance of lesson planning, developing drills, making the class "realistic and usable" for participants, and keeping everybody working "vigorously enough."

The Kelly's Capers portion on Sunday morning began with an introduction to the concepts behind Kelly's Capers and "simple" rolling techniques that provide the foundation for teaching various techniques like O Soto Gari and Tai Otoshi, to beginners while limiting the amount of confusion created by overemphasizing "perfect form." Once students are comfortable with these basic techniques, movement is added. The elements are eventually developed into action reaction combinations that foster good judo attacks, avoidance and counters without the dreaded stiff-arms. Kelly's Capers is an instructional process that de-emphasizes fear aspects (like falling as protection) and emphasizes fun elements and movement.



This was by far one of the best clinics I've ever attended. I was a skeptic about the need for a program like Kelly's Capers, however after experiencing this approach to instruction I changed my entire summer program to integrate the elements of Kelly's Capers. There is so much more to Kelly's Capers than I can write in a brief article, but if you have the chance to attend or host a Kelly's Capers clinic, I encourage you to do so!

*--Loren Bentley, Roswell Judo Club*

### **Wisconsin, April 28**

With school coming to a close, athletes are preparing for tournament season. The Stevens Point Judo Club held its 38<sup>th</sup> tournament in Berg Gym at the University of Wisconsin at Stevens Point. Fifty seven competitors from around the state of Wisconsin participated.

In Shiai, there were Senior Novice and Open, Juniors and Masters divisions. Once competition started there was no stopping the competitors. Each Judoka was fighting for grip, looking for an opening to apply technique for the Ippon. Katame-No-Kata and Ju-no-Kata was contested as well.

A more detailed summary of tournament results can be found here:  
[http://stevenspointjudo.com/news/20120430\\_SPJudoTourneyResults.aspx](http://stevenspointjudo.com/news/20120430_SPJudoTourneyResults.aspx)

Thanks to everyone who supported this event!

*--Tom Gustin  
 Stevens Point Judo Club*



*Right: Marissa, a UWSP Judo student with visually impairment, says, "I find Judo fun and exciting." Left: Bradley attempts to set up his throw.*

## Michigan, May 5-11

*I joined my instructors, Mike Snyder and Deb Fergus of Southside Dojo at the 25<sup>th</sup> Annual Sports Camp for the Visually Impaired at Western Michigan University. I was able to teach the 8-16 year olds judo techniques while encouraging them to strive for their goals not only in judo but also in life.*

*The teaching style was so different. When I teach a person with sight, I visually show them where their hands and feet need to go while explaining how to apply the technique. Senseis Mike and Deb told me that when teaching a visually impaired person, you have to be very detailed while explaining to them every single little step you do with your hands, feet, and body; the more verbal information you can give to the students the easier it is for them to grasp the concept of how to perform the techniques. We also worked individually with each participant (before they worked with each other) to give them a physical feeling of the techniques.*

*There were several sessions held during the week; the campers were organized into returning and first year groups. We worked on Ukemi, Nage, and Osaekomi waza, and ended each session with some randori.*

*Everyone was very eager to learn the judo techniques, whether for the very first time or to show me what they remembered from the previous year. On the last day of the Camp the organizers held competitions for the participants in the various sports. The Shiai competition for the aspiring Judoka was great and the students were also excited about having matches against brand new friends and people they have sparred with in the past. While I watched, I noticed that they didn't seem to care too much about who won or who lost. They were doing it more for the pure fun of judo.*

*--Andrea Reed,  
Southside Dojo, Portage, Michigan*





### **Club Profile: Riverside Judo Dojo** *by Brian Money*

Some really nice things have started from modest beginnings. Such is the case of the Riverside Judo Dojo in Riverside California. The club is led by Instructor Tadashi Hiraoka, 7<sup>th</sup> Dan. The Dojo is housed in the University of California, Riverside Student Recreation Center and, currently, has over 50 adult students. On Monday, May 14<sup>th</sup> 2012, USJA President Gary Goltz and his staff arrived to present promotions for the Dojo. Joshua Hiraoka (son of Tadashi Hiraoka) was promoted to Sandan, Brian Money was promoted to Nidan, and James Yoo was promoted to Shodan. There were also seven promotions to Ikkyu.



*James Yoo receives his Shodan from Hiraoka Sensei and USJA President Gary Goltz*

The Rec Center had offered beginning judo classes for years, but they were initially only meant for UCR students. In fact, the great Osvaldo Raul Zarantonello (Dr. Z), 9<sup>th</sup> Dan, was one of the original instructors for the class. UCR Judo was an actual P.E. class that UCR students would sign up for each quarter. Sadly, Dr. Z passed away and UCR needed a new judo instructor. They were referred to Tadashi Hiraoka in about 2003. Hiraoka Sensei had been an assistant instructor at the Kodokan for years and the principal instructor at the San Gabriel Judo Dojo for about 26 years. He was the U.S. Champion in 1968 and 1969. He also became a World's Masters Champion in 2001. Hiraoka Sensei agreed to teach the part time UCR class a few nights a week.

The judo classes at UCR were very small. They would average about five to fifteen college students each quarter. In about 2007, the UCR Rec Center allowed members of the public to attend the judo class. The class was changed into an extracurricular class from an actual UCR P.E. class. Members of the public began to slowly filter in. Classes slowly increased until we began advertising. We created and posted flyers around campus and solicited the aid of our resident computer expert (an Ikkyu in our class) to help create our website [www.riversidejudo.com](http://www.riversidejudo.com). Within a quarter or so, we were averaging classes of about 35-50 students at a time. The class make-up includes about half UCR students and half adult students from the public.

As the class size increased, we realized that we were becoming a true Judo club. In January 2010, the Riverside Judo Dojo was officially registered with USJA. A combination of traditional and internet advertising allowed the Riverside Judo Dojo to gain more notoriety within the Inland

Empire area. Our student enrollment remains at about 40-50 students at a time, which is about the limit of our room. However, our dojo is challenged by a few issues since we are housed within a major university. At this time, the UCR Rec Center will not allow us to have a children's class. We are hoping that this will change with a restructuring of the Rec Center over the next few years. Parking is another challenge for our students.



*Riverside Judo Dojo Instructors and Visiting Instructors: Hugo Messias (Portugal), Brian Money, Josh Hiraoka, Tadashi Hiraoka, Kris Hiraoka, Yuseke Matsuoka (Japan and Kota Sumida (Japan)*

The strengths of the Riverside Judo Dojo also are influenced by the University. Hiraoka Sensei is an outstanding and highly respected Judo instructor. We also have students from all over the world who attend UCR --- Many of them are Judokas. In fact, we have had several Japanese, South American, and European Champions attend our classes while studying at UCR.

We have also had the fortunate opportunity to include Satoshi "Ken" Nakama, 3<sup>rd</sup> Dan, as one of our permanent instructors at the Riverside Judo Dojo. Nakama Sensei became profoundly deaf as a young child. He has been an assistant instructor with the West Covina Judo Dojo for years. Now, he brings his knowledge and experience to our Dojo along with his two teenage sons, who are also deaf Judo competitors. Nakama Sensei is the only certified Deaf USJF coach, and has recently been selected by the American Martial Arts Association of the Deaf (AMAAD) as the USA judo team's coach for the 2013 Deaflympics in Greece.

We are very proud of our Dojo and our affiliation with the USJA. Our students, regularly, compete in local, state, and national tournaments. The interest in our Dojo increases each year along with our enrollment. As stated earlier, the UCR Rec Center will be expanding and (the word is) will include a "permanent" and larger Martial Arts room. This will permit us to have our mats set permanently and will also allow us to increase our class size. Again, we also hope to begin a children's class soon.

Please email us through our website if you are interested in visiting our Dojo. We can arrange for guest visits in advance. Jaa mata!



*Sensei Satoshi "Ken" Nakama teaching*

Free listings in the **Upcoming Events** section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

## **Upcoming Events**

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your information, in the format below, to Joan Love at: [judolady210@aol.com](mailto:judolady210@aol.com)*

**Month & date of event**

**Official Title of the Event**, location (building/institution, street address, city, STATE)

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price;

Contact person with phone number & email; url for forms if available.

*Please note that this information needs to be in a WORD document or in the text of an email. Full event flyers and PDF documents cannot be included. You may include a relevant photo if you have one.*

## **JUNE**

### **June 2 plus July 14 & August 4**

**3-day USJA National Coach Certification clinic** at Goltz Judo, Claremont, CA. 8:00 a.m.-2:00 p.m. each day. See [flyer](#) and contact Mark Lonsdale at [Judo93561@aol.com](mailto:Judo93561@aol.com) for full details on eligibility and requirements.

### **June 9**

**Asian Martial Arts Festival**, YMCA Hagerstown, 1100 Eastern Blvd N, Hagerstown, MD. Contact Vernon Medeiros, 301-739-3990.

### **June 9**

**Mahopac Judo Invitational**, American Legion Hall, 333 Bulks Hollow Rd., Mahopac, NY. Ages 5-16; must register by June 1st. Contact Jose Martinez, 917-821-3857; [mahopacjudo@aol.com](mailto:mahopacjudo@aol.com).

### **June 16**

**USJA Coach Certification Course**, Norwich Judo Dojo, 43 N. Main St., Norwich. 8:30 a.m. to 5:30 p.m. Club Coach (Sankyu-Ikkyu) and Coach (Shodan and up) initial certification and continuing education will be offered. Given by Bill Montgomery, Chair of the USJA Coach Education and Certification Committee, with assistance from Joan Love, National Coach and certified presenter for Kelly's Capers. Lunch will be provided for the candidates. Fee for the course is \$50. There are few things the candidates should bring and/or read prior to the course. For further information contact Bill Montgomery, [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com) (860) 917-6318.

### **June 21-23**

**Greatest Camp On Earth**, Next Level Center, 4317 Stevens Mill Rd., Stallings (Matthews), NC. This marks the 21st year of North America's largest martial arts training camp. Typically we have over 300 campers, with about half Juniors. Choose from dozens of sessions on various aspects of contest Judo, referee training, coach certification, kata, Sambo, traditional Jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, Aikido; karate, kyudo (Japanese archery), yawara, and police tactics. Promotional examinations are also offered. Instructors include Olympians and other champions and national/international coaches. This year, Kodokan Cup champion Shinjiro Sasaki



and our most requested instructor Nick Lowe will be our featured Judo instructors. World Masters champion Igor Yakimov, is returning to teach Sambo for his eighth consecutive year. Please see feature on pages 12-13 of the March issue of *Growing Judo*, visit [www.greatestcamp.com](http://www.greatestcamp.com) or email [greatestcamp@greatestcamp.com](mailto:greatestcamp@greatestcamp.com).

## JULY

### July 6-8

**USJF/USJA Junior Nationals**, Spokane, WA. <http://www.usif.com/2011/12/2012-junior-nationals/>

### July 15-20

**CAMP BUSHIDO WEST Judo & Jujitsu Training Camp**, Old Oak Ranch, Sonora, California.



Camp Bushido offers judo and jujitsu practitioners an opportunity to train in multiple classes daily with a core of top level regular instructors, "Featured Guest Instructors" who are known national or international competitors and/or high ranking judoka or jujitsuka who have studied in Japan, and of course Professor Charlie Robinson. Rank promotion tests and kata and coaching certifications are also offered. Please see feature on pages 14 of the March issue of *Growing Judo*, contact Joa Schwinn 707-523-3200 or Hans Ingebretsen 408-377-1787,

visit [www.campbushido.com](http://www.campbushido.com) or contact us via email: [info@campbushido.com](mailto:info@campbushido.com)

### July 26-29

**Important Announcement:** **Rise of the Phoenix Martial Arts Training Camp** in Bluffton, Ohio has been **CANCELLED** for 2012. We only had a handful of campers registered early and needed to have commitments from a lot more to financially support the camp. We are sorry, but the decision needed to be made in time for the staff to make travel arrangements. **Thank You** to those that gave us support. We will try again next year.

--Mark Hunter, 419-722-3476, [markjudo@aol.com](mailto:markjudo@aol.com)

## AUGUST

### August 4-5

**Fight Like A Girl Camp**, Southside Dojo, 8534 Portage Rd. Portage, MI. Advance registration is appreciated. Registration at the door starts Saturday, August 4, 2012 at 12:30pm. Please be on the mat by 1:30pm.

If you will be joining us for the Sunday Clinic only please register by 8:30am on Sunday as the on mat session starts at 9am. Saturday or Sunday only session \$25.00, Saturday and Sunday, \$40.00

Campers should bring a sleeping bag and all personal items. Cookout Saturday night, breakfast and a snack lunch on Sunday are included. Contact Deborah Fergus [defrgs6@att.net](mailto:defrgs6@att.net) [www.southsidedojo.com](http://www.southsidedojo.com)

### August 12-18

**INTERNATIONAL JUDO CAMP**, 300 Big Pond Rd., Huguenot, NY. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, Tai Chi, self-defense, refereeing and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats (over 7,500 sq. ft.); activities for young campers, including water activities, rock wall climbing, and horseback riding; and a "Kool Zone" where teens can socialize and relax after evening randori. Sessions are offered to meet the needs of judo players or all ages and levels. **Clyde Worthen**, 6th dan (*National Champion and Pan American*



*Gold Medalist*) will serve as camp Co-Director for the 2nd year and this year's guest instructor is **Liliko Ogasawara**, 5th dan (*two-time World Medalist, British Open Gold Medalist and 7-time National Champion*). Last year's very popular featured instructor, **Leonardo Victoria**, (*6-time Colombian National Champion and Pan American Medalist*) will also be returning. A **USJA National Coach Certification Course** will be offered this year as well; contact **Bill Montgomery** ([WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)) for more information. Financial Aid and team discount rates are available. Please see feature on pages 16-17 of the March issue of *Growing Judo*, visit [www.newyorkymcacamp.org/judo](http://www.newyorkymcacamp.org/judo) and contact George Pasiuk at [mr1judo@optonline.net](mailto:mr1judo@optonline.net) or 914-413-9944 if you have any questions.

slideshow: <http://www.flickr.com/photos/newyorkymcacamp/sets/72157616198437590/show/>

## August 12

**North Bay Developmental Shiai**, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd South, Petaluma, CA. Contact Henry Kaku, 707-778-8895; [www.deleonjudoclub.com](http://www.deleonjudoclub.com)

## SEPTEMBER

### Sept 21-23

**All Women's Judo Championship**, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio: a female-only tournament that affords competitors many matches. Coaching, Referee, Kata and Technical Clinics (TBD) are open to all (male & female); all referees are welcome. Contact: Deborah Fergus 269-208-1068, [defrgs6@att.net](mailto:defrgs6@att.net).

### Sept 22

**2012 Jack Bradford Memorial Tournament**, Highland Lakes School, 19000 N 63rd Ave., Glendale, AZ. Contact Cheri McKeown, 602-430-5361; [cheri.mckeown@gmail.com](mailto:cheri.mckeown@gmail.com)

## OCTOBER

### October 13

**Dr. Z Memorial Club Tournament**, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com) or go to [goltzjudo.com](http://goltzjudo.com) for more information.

## NOVEMBER/DECEMBER

### November 30

**Coach Certification Clinic**, in conjunction with the USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals. Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. and facilitated by Bill Montgomery, Chair of the USJA Coaching Education Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).



### November 30

**Kata Certification Clinic**, in conjunction with the USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals. Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA and led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).

### December 1-2

**USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals**, hosted by Goltz Judo at Damien High School's gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012). Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).

## USJA Promotions: May, 2012



*Congratulations to the following individuals on their achievements:*

### *Judo*

#### *Shodan*

- |                   |                       |                      |
|-------------------|-----------------------|----------------------|
| ★ Denise D'Antico | ★ Bryan Laschiver     | ★ Omar Martin Tejada |
| ★ Mark Coletta    | ★ Stephen E. McNamara | Perez                |
| ★ Paul J. Czech   | ★ Tricia M. Morris    | ★ James D. Yoo       |
| ★ Jeremy Gray     | ★ Daniel Myers        |                      |
| ★ Joshua Heebner  | ★ John W. Sullivan    |                      |

#### *Nidan*

- |                   |                  |                   |
|-------------------|------------------|-------------------|
| ★ Kyle Bendle     | ★ Jose Rodriguez | ★ Jimmy D. Threet |
| ★ Brian Lee Money |                  |                   |

#### *Sandan*

- |                     |                     |                  |
|---------------------|---------------------|------------------|
| ★ Kerry M. Davis    | ★ Joshua T. Hiraoka | ★ Changa Clinton |
| ★ Michael T. Fuller |                     | Ingram           |

#### *Yodan*

- |                   |                  |                     |
|-------------------|------------------|---------------------|
| ★ Gary G. Garnett | ★ Eleazar Garcia | ★ Pamela P. Russell |
|                   | Montesinos       |                     |

#### *Hachidan*

- ★ Jin Iizumi

### *Jujitsu*

#### *Yodan*

- ★ Michael Grosz

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### *In Memoriam*

We are saddened to report that the following members of the judo community have passed away this month. Our sympathies go out to their families and friends. They will be greatly missed:

- **Ralph Reyes**, longtime Sensei at Jamie Towers Judo Club in NY, and National Referee produced many national champions. He supported his students and judo events around the country as a coach and a referee.
- **Larry Lee** of NY was also a national referee and faithfully supported events like the AM-CAN for many years.

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5/8 X 1/2 inch surface, laser engraved.

Or...To buy outright

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USJA President Gary Goltz upgraded his LM to get the very first ring.

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