



Growing Judo

January/February

2013



A publication of the
Club Support Services Committee of the USJA

United States Judo Association
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USJA Winter Nationals clinic

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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 March, 2013 issue.

If you have any news and/or any planned events, please submit your information PROMPTLY: by February 20th or earlier if possible.

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

A WARM WELCOME to Our NEW USJA Chartered Clubs!



December, 2012

Club Name: **Kuma Judo (Class C)**
Head Instructor: **Maldwyn Cooper**
Email: bigboyjudo@yahoo.com

Location: **Collegeville, PA**
Phone: **610-389-5909**

Congratulations to our Newly Certified USJA Coaches

- ★ Dwain Allen, Unattached CA
- ★ Robert Aguilar, Ozeki Judo Dojo, Las Vegas, NV
- ★ Kyle Bendle, USJA Armed Services Judo and JJ Academy, Pensacola, FL
- ★ Niilo H. Blomquist, Jita Kyohei Judo Klub, Toms River, NJ
- ★ Charles Bonelli, Warrior Judo, Tehachapi, CA
- ★ Greg Dean, Emerald City Judo, Redmond, WA
- ★ Jose M. Diaz, Real Judo of Naples, Naples, FL
- ★ Enes Djesevic, Ryoku Judo Club, Las Vegas, NV
- ★ John Granado Sr., Ozeki Judo Dojo, Las Vegas, NV
- ★ Michael Hiatt, Emerald City Judo, Redmond, WA
- ★ Riley Isozaki, Industry Sheriff's Judo Club, Monterey Park, CA
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Hannah Kinsel, West Central Illinois Judo League, Pekin, IL
- ★ Leighton Koehler, Valley of Fire Judo, Overton, NV
- ★ Steven Elia McNamara, North East Arkansas Judo and Jujitsu, Jonesboro, AR
- ★ Mohsen Orodpour, Goltz Judo, Upland, CA
- ★ George V. Putnam, II, Unidos Judo and Karate Club, Murrieta, CA
- ★ Nelson P. Salazar, Emerald City Jufo, Redmond, WA
- ★ Sergio Sanchez, Jr., Ryoku Judo Club, Las Vegas, NV
- ★ Paul Schollmeier, UNLV Rebels Judo, Las Vegas, NV
- ★ Edward Smith, Roswell Judo Club, Roswell, NM
- ★ Sillapachai Toonrud, Ozeki Judo Dojo, Las Vegas, NV
- ★ Ernesto Vasquez, Jr., San Bernardino Judo Club, San Bernardino, CA

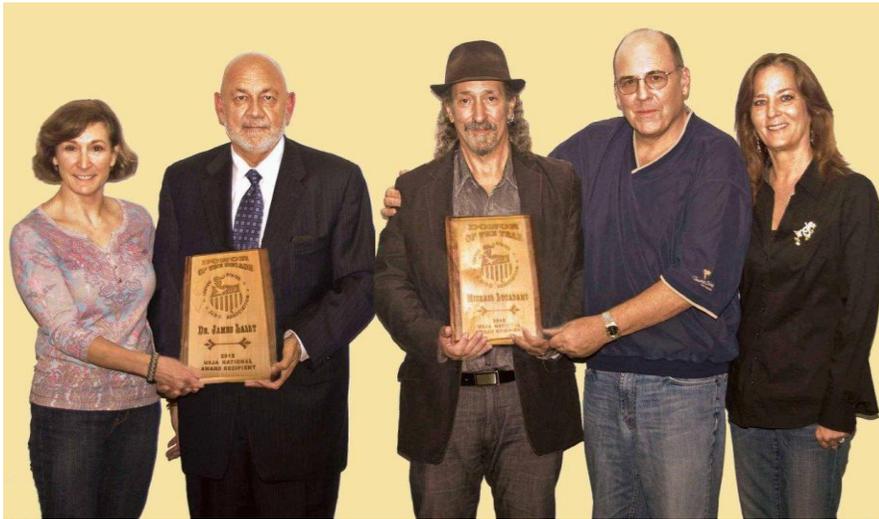
Special thanks to these new Life Members for their commitment to the USJA

- ★ Shane Lee, Rafael Family Mix Martial Arts Academy, North Kaia, Afghanistan

Editor's Note: The USJA is offering a special Life Membership promotion from January 1st through March 31st, 2013. During this time, you can become a USJA Life Member for just \$200 instead of the regular \$400. Make a resolution to take advantage of this great offer!

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

- ★ **Richard F. Andrade, River City Martial Arts/Grants Pass, Grants Pass, OR**
- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Dr. Matthew Doyle, Unattached Ohio**
- ★ **Thomas Dworkis, Twin Cities Judo Club, Marysville, CA**
- ★ **Virgil Goodwine, Ohio State University, Columbus, OH**
- ★ **Dr. James M. Lally, Goltz Judo, Upland, CA**
- ★ **Michael Lucadamo, Goltz Judo, Upland, CA**
- ★ **Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**
- ★ **John Weiner, Ozeki Judo Dojo, Las Vegas, NV**



*(From left) Joan Love, USJA Vice President, **Dr. James Lally, USJA Donor of the Decade, Michael Lucadamo, USJA Donor of the Year for 2012, Gary Goltz, USJA President, and Katrina Davis, USJA Executive Director.***

6th Annual March-is-Visit-Another-Dojo-Month!

With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. An interclub exchange is an economical way to add some variety to your club's workouts and help your students' judo to grow.

Please join us and make a commitment to do one or more of the following:

- * Publicize and host one or more open workouts at your club.
- * Arrange an exchange with one or more other clubs to have a joint workout.
- * Get a group from your club to attend another club's open workout.

In the spirit of Mutual Benefit and Welfare, we are asking that clubs waive their usual mat fees during the month of March to encourage more participation.

If you are hosting open workout at your dojo, please send your information on by February 20th (or sooner!) to be included in the March issue of *Growing Judo*. Also be sure to take a few photos and submit them with a brief description or caption for "USJA Judo News Around the Country."

Please see the next page of this magazine for a mini-poster to print out and display at your dojo!
(photo & layout courtesy of Connie Halporn)

**MARCH
IS
NATIONAL VISIT
ANOTHER
DOJO MONTH**



**IN ORDER TO
PROMOTE
MORE
ENTHUSIASM AND
CAMARADERIE IN
THE JUDO COMMUNITY**



New USJA Coaching Certification Policies and Procedures

The USJA is about to implement some changes for coaches. The first is that all coaches will be required to pass the USOC's Safe Sport program (<http://www.safesport.org>). This is an online course and may be taken at your convenience. Current coaches need to have completion of this course noted on their JA membership card. New coaches will need to pass this course before their certification is complete.

On the coaching section of the USJA site you will soon find a list of essential documents of which you need to be aware, including the "Team Travel Policy," and "Anti-Bullying Policy." I urge each coach to become very familiar with these two documents.

On a different note, a listing of suggested articles, texts and DVD's will be made available in the coaching section. These articles may or may not be directly related to judo, but will be of such a nature that they will be valuable to all coaches. The first listing will be put up in late January or early February. This is the beginning of our on-line library for coaching judo. As this resource grows, it should prove invaluable to every conscientious coach.

After the entire committee has reviewed some suggestions for using various electronic methods to evaluate a new coach, we will be putting out these procedures. Though it is best to take courses in person, this is not always possible. As a result of that, we will be working out this electronic approach.

I hope this message finds you busy with your charges and constantly striving to improve your own knowledge.

Talk to you soon,

Bill Montgomery, Chair
USJA Coach Education and Certification Committee

I decided to take the Safe Sport program. I have taken 3 other classes this year that are similar to it, but this one stands out due to the fact it helps with how to notice a predator ahead of time. I am the Chief of a rescue department and I have seen the aftermath of these predators and I truly don't want it to happen in USJA let alone any child or adult at all. . . . I think the answer to the problem is prevention so it never happens.

--Justin L. Weston, CCUMC Judo, judosensei@cableone.net

Current USJA Membership Statistics:

Active Annuals:	6,601
Active LM's:	1,231
Total Active USJA Members:	7,831

Editor's Note: The information on the following pages is being published in USJA's *Growing Judo* at the request of Dr. Martin Bregman, IJF International Referee and Chair, USJA Referee Committee, with credit given to the IJF Referee Commission, Juan Carlos Barcos, Chairman. The US Referee Commission will meet in January, 2013 to give their definitions and determine which, if any, of the recommendations will not be observed in the U.S. (For example, the U.S. allows the use of mouth pieces, which were banned last year by the IJF.)

Refereeing & Organization Rules Changes - Explanations

11th December 2012.

The International Judo Federation has made public the amendments to the competition regulation as well as to the refereeing rules for the upcoming Olympic period 2013-2016.

All proposals, made and approved by the IJF Executive Committee, based on the opinion of many international experts, will enter into an experimental phase, from the Judo Grand Slam Paris 2013 (February 9 and 10, 2013) on, to the World Championships in Rio (included – August 26 to September 1st).

On the occasion of the recent Judo Grand Slam in Tokyo, the IJF President, Mr. Marius L. Vizer, had the opportunity to re-explain the long process that led to these changes: "Since the London Olympics, we conducted a great brainstorming that involved more than the Executive Committee members. We first analyzed the impact of the changes that were initiated after 2007. We also analyzed, with a critical state of mind, the London Games. Then we gathered together a group of experts, including referees, but also, and this was a first time ever, coaches and former recognized champions. All these personalities have worked under the leadership of the IJF sports and refereeing directors and I must say that the commitment of everybody was total."

Since last summer and the end of the London Games, numerous meetings took place to determine the future of the judo. In recent years, Judo has been profoundly changing. A World Judo Tour was set up, the World Championship is now an annual event, the World Ranking List, that determines Olympic qualification, was invented ...

On the technical side also, several changes have been made. These changes have allowed us to propose a much more dramatic and attractive judo. "The results should not prevent us from analyzing what has worked or not," said Mr. Vizer, before adding: "London has been a real success in terms of organization and judo showed all its universality with 137 participating countries. We had beautiful and great champions, who are the judo ambassadors throughout the world. We also had great guest, who enjoyed our sport and our organization. But the stress of this outsized competition tended to block the judoka who, for some of them, failed to show themselves in the best light, while we had very positive signals after the Tokyo World Championships and the Paris edition, last year. '

The President Vizer also explained several important points that were recalled during the debates: "It is important to remember that all the decisions were unanimously taken by the executive committee members and that, from now on, they will all be tested. Thus, if we discover that a particular decision does not go in the right direction, we will review our position. There is nothing definitive, as we are not in an Olympic qualification period. It is now or never to make the changes that we consider necessary. Our aim is to preserve the spirit of judo, the neutrality of the refereeing, the transparency of the decisions and to do everything possible to promote beautiful and spectacular judo, where ippon

becomes the ultimate goal again. Judo is by definition the way of adaptation. We could do nothing, but that is not our philosophy. Judo must continue to adapt while maintaining its roots and values alive. ' In January 2013, before the first implementation of this new regulation, the IJF will organize refereeing and coaching seminars, on every continent, in order to explain and clarify the new rules. You will find in the following pages, the changes of the competition regulation and of the refereeing rules. You will also find food for thought that inspired these changes.

The Competitions Rules Explained

Proposals 2013 – 2016

Weigh in

The athlete's weigh in will be scheduled the day before the competition at 19:00h.

A weigh in will be operated the morning of the competition, during the Judogi control, prior to the first fight in order to assess the impact of this new decision on the weight of the athletes during the competition. If the collected data require further experimentation, then it will be maintained. A procedure will be implemented when a fighter has a weight over a certain weight tolerance percentage. Within his category (weight to be determined with sport doctors) a medical check may be done.

Why?

For many years, it has been an important topic related to the athletes' health. As they are organized today, weigh-ins force competitors to get up early, or very early, and sometimes to follow drastic diets until the last minute. The organization of the weigh-in the day before the competition will be set on an experimental basis. It will determine if it is beneficial and if it helps to protect athletes from injuries related to too restrictive weight loss. The test will be closely followed by the IJF medical staff. At any time it will be stopped if the observations are not positive. From the beginning of the experiment, "weigh-in tests" will be conducted, during the judogi control, to determine if the weight gain during the night is consistent with the weight categories. Athletes and coaches will also be asked to explain the changes it brings to their preparation for the competition. This new procedure should help to reduce to competition day for athletes, coaches, but for the organizers as well. It must also protect the health of the athletes.

Composition of the delegations for individual World Championships and Continental Championships

- 9 entries in total for men and 9 entries for women.
- The maximum of 2 athletes per category for men and the same for women.
- Maximum of total delegation men and women, 18 athletes.
- For cadets and juniors: same principle for the delegation composition

Why?

National Federations have the opportunity to enter two athletes per weight category for the World Championships, as well as for the continental championships. This procedure has been positive both in number of participants and quality of judo. It has enabled federations, who could not register athletes in all categories, still to engage their best athletes. In order to give the opportunity to all national federations to register their best players in the respect of the fairness of these major events, it will now be possible to register a maximum of two athletes per category, but delegations may not exceed a total of nine competitors (9 men / 9 women). Slightly reducing the number of participants, this measure will tighten up the level of the World Championships and Continental Championships.

Denomination World Cups

Name: "Continental" Open of "City". E.g.: European Open of Roma, Asian Open Ulaanbaatar....

Why?

The World Judo Tour consists of Judo World Championships, individual seniors, World Masters, Grand Slams, Grand Prix and World Cups. All these events are eligible for points for the world ranking list and for the Olympic qualifications. The World Cups are events organized by the Continental Unions. Thus, in order to make the system coherent and comprehensible and to highlight the work of the Continental Unions, the names of the World Cups (to become Continental Open) will change in 2013.

Cadets – U 18

- 3 years for Cadets (this proposal could be reviewed).
- Kansetsu-Waza authorized for Cadets.

Why?

To harmonize the age categories, with, amongst other, events such as the Youth Olympic Games, three years have been planned for the cadets. Based on the analyses that will be made (especially on the medical impact), the proposal may be modified.

Cadets are, for many of them, on the eve of an international career. Therefore, it seems obvious that they can practice the arm-locks, in order to prepare for the juniors. In fact, as soon as they enter in the juniors, athletes can participate in senior competitions. They need to be ready.

Tatami

10x10 m and 4 meters minimum for safety area for Olympics, Worlds and Masters. Recommended for Continental Championships.

Why?

To ensure the maximum performance and security for the major world competitions which are organized in venues that allow it. For all other competitions, a combat area of 8x8m will both ensure the performance and the safety, while allowing organizers to host major international competitions of the world circuit.

A 4 meters security area is necessary in regards to the rule that an action initiated inside the fighting area can be concluded outside.

Juniors - U 21

3 years for juniors (upgrade 1 more year)

Why?

To harmonize the age categories.

Ranking List Events

Only one annual event with IJF ranking list points can be organized in the same country except of World Championships, Masters or Continental Championships. The World Ranking List has been modified, see annex.

Why?

For instance, if you are organizing a Grand Prix, you cannot have a Grand Slam, in the same country, during the same year. This does not concern the World Championships, the World Masters and the Continental Championships.

The scale of points distributed at the world circuit events has been modified (see Appendix) to mark a clear difference between the events.

Delegation Participating Fees

Organizing countries should not request fee penalties for countries which cannot make bank transfers but can pay in cash money upon arrival. On the other hand, they should inform well in advance the organizing country and specify the number of participants before the deadline.

Why?

Not to penalize countries that have no bank transfer facilities.

Uniform IJF Competition System

Quarter Final / last 8 / repechage for all IJF events (including Master, GS and GP)

Why?

All IJF events will adopt the quarter-final repechage system. As a consequence, three winners of their last fight will be present on the podium (instead of one, in the knockout system. The only 'loser' will be the silver medalist). It will also raise the interest to the final blocks of the competitions, whose results will take more value. Finally, it will give a second chance for the quarter-final losers, while maintaining a compact system of competition.

The Refereeing Rules Explained Proposals 2013 – 2016

Referee and judges

Only one referee on the mat and one referee at a video check table with a radio communication assisted by a referee commission member or another referee will judge the fights. A rotation system will be implemented for the Referees. The IJF Jury will interfere only when they consider it to be necessary.

Why?

To the question: will there be only one referee to judge the fight? The answer is clearly no. There will always be three people. Only the distribution of the roles will change. Instead of having three referees on the mat, there will be one referee on the mat and one referee sitting at the table with the video. He will be assisted by a member of the refereeing commission or another referee, whose expertise in the use of video is recognized. So, there will always be three people to judge a fight. The IJF jury will intervene only in exceptional situations. The sole purpose of this approach is to ensure that the fighter who really won the fight, would leave the tatami as the winner. For this purpose, a direct and clear refereeing procedure on the mat, with a single referee, assisted by another referee and a member of the refereeing commission, must make things more fluid. A Rotation will be organized among the referees to maintain the fairness between the fighters and to ensure an optimal recovery of the referees. The referees will be directly involved in the video assistance.

Technical assessment

IPPON: to give more value «to take into account only the techniques with real impact on the ground on the back.

Why?

By definition, a clear ippon is a movement executed with strength, speed, and control, on the back. A return to this definition will be observed, in order to give real value to the objective of any competitor: to score ippon. Judo is a spectator sport as long as the goal is clearly defined.

Landing on the bridge position

All situations of landing on the bridge position will be considered Ippon.

Why?

Considered as a dangerous technique avoiding to be thrown, any attempt to land (for UKE - the one, who is thrown) on the bridge position will be considered as ippon for TORI (the one who has executed the throwing technique).

Penalties

- During the fight there will be three Shidos, and the fourth Hansoku-make (3 warnings and then disqualification). Shidos do not give points to the other fighter, only technical scores can give points on the scoreboard.
- At the end of the fight, if scoring is equal, the one with less Shido wins.
- If the fight continues to golden score (due to a draw), the first receiving a Shido loses, or the first scoring a technique will win.

Why?

In order to avoid that an increasing number of competitors try to win by penalties instead of trying to win with a score, and in order to restore the balance in favor of the scores obtained by judo techniques, the penalty philosophy completely changes. Penalties still exist and after four of them, the athlete is disqualified, as it has been the case until now. However, there are no more parallel between the scores (yuko, waza-ari) and penalties. The advantage is given to the fighter who attacks and scores. But if nothing is scored (no technical advantage), the one with the least penalties wins. Once again, this gives the advantage to the competitor who attempts the most to execute techniques and who is practicing the least anti-judo.

Penalized with Shido

- Breaking the grip with 2 hands.
- Cross gripping should be followed by an immediate attack. Same rule as for the belt gripping and one side gripping.
- The referees should strictly penalize the contestants who do not engage in a quick Kumikata grip or who try not to be gripped by the opponent.
- To hug the opponent for a throw. (Bear hug).

Why?

The take the grip (kumikata) is part of a judo contest. Searching the best kumikata to perform beautiful techniques is logical and necessary. But to prevent the opponent to grip, if there is no immediate attack, is not constructive. Recently, it was found that the process of blocking the opponent became predominant in many fights, leading to long and boring combats. Thus, the decisions that have been taken aim to correct this. The goal is not to prevent the kumikata work, but rather to make it active and constructive.

Penalized with Hansoku-make:

All attacks or blocking with one or two hands or with one or two arms below the belt in Tachi-waza.

Why?

The aim of judo, as is has already been pointed out is simple: to score ippon. For this, there are many possibilities, which make judo a spectacular sport, but nevertheless a technical activity. A greater clarity is needed to make it more understandable by judoka themselves, to make it easier to judge, but also to make it more affordable to the public. The direct leg grabs were banned from judo competition in recent years. The effects are obvious: some techniques disappeared for the benefit of the reappearance of spectacular movements that couldn't be executed due to the position of the fighters. The exception made for direct leg grab in case of cross grip made the refereeing yet

sometimes complicated, despite the intervention of the video. As such, any attack of blocking below the belt, during standing work, will now be sanctioned by Hansoku-make, without exception.

Osaekomi, Kansetsu-waza and Shime-waza

- Will continue also outside of the contest area as long as Osaekomi was called inside.
- Osaekomi scores 10 seconds for Yuko, 15 seconds for Waza-ari, and 20 seconds for Ippon.
- The Kansetsu-waza and Shime-waza initiated inside the contest area and recognized as being effective to the opponent can be maintained even if the contestants are outside the contest area.

Why?

A lack of consistency was observed due to the fact that an action, in standing work, could begin within the fighting area and end outside (giving a score), but it was not valid for the ground work.

From Paris Grand Slam on, an immobilization, which starts inside, can be completed outside the fighting area. The only possibility to stop the immobilization will be to get out of it. Just going out of the fighting area is not sufficient anymore. It is the same for arm locks and chokes. As long as they are clearly engaged inside the fighting area (outstretched arm, engaged arm lock or choke engaged), the conclusion may be held outside. If the arm is not stretched or if there is not throttling, the combat will stop and start again from the standing position.

Downtime is reduced to make combat more dynamic. Indeed, it is the first 10 seconds of immobilization that are the most important. In most cases, after 10 or 15 seconds, there is little chances to escape and abandonment often occur.

The bow

When entering the tatami area, fighters should walk to the entrance of the contest area at the same time and bow to each other into the contest area. The contestants must not shake hands BEFORE the start of the contest.

Why?

Judo is a sport whose values are worldwide known and recognized. In Judo, there is a 'ceremony', which is accepted by everybody and which is part of the DNA of our sport. It must be respected. It is the symbol of our moral code and it warns against any drift. That the fighters will be asked to really respect the bow procedure as it has been defined since the invention of judo. At the beginning of the bout, they will not be allowed to use other signs than the bow. At the end of the fight, after the bow, the fighters are allowed to shake hands and to congratulate themselves with respect.

Duration of Contests

No time limit for Golden Score (Hantei is cancelled).

Why?

Recently, everybody agreed that too many fights ended in golden score with a referee flag decision.

With the fight coming to an end (towards the referee decision), some fighters relied on that flag decision to decide between themselves, while the goal of judo is and will remain to score ippon, or at least to score an advantage. To avoid that, the removal of the flags decision (Hantei) was recorded.

The golden score will now be 'open' until a fighter scores an advantage or is penalized, the decision will be made only on the technical merits of judoka.

Judo Technician (Part 3): “Demonstration Quality Skills” by Mark Lonsdale

This article follows previous articles in *Growing Judo's* October and November 2012 issues.

There are three terms that I find myself routinely using in judo coaching clinics: competency, professionalism, and demonstration quality skills. The first two are somewhat self-explanatory in that a judo coach or instructor should have a measureable level of competency in judo, commensurate with his or her rank; and should be running a club or team in a professional manner. This does not mean professional in the sense of being highly paid; but professional in terms of style, manner, dress, communications, contact with the students, and general program management. “Demonstration quality skills,” however, is worth exploring in more detail.

In observing the participants in various judo coaching clinics it is apparent that more than a few are less than comfortable demonstrating even the most basic judo techniques in front of the class. Other high-grade clinicians have shared similar observations in their classes, so we will first define exactly what “demonstration quality” means and then look at some of the related issues.

Using *tachi-waza* as a starting point, every judo instructor should be able to teach all the techniques up to his or her rank. But in reality, at the dojo level, instructors spend more time teaching the techniques found in the lower level promotion syllabus than any others. Because of club turnover, the yellow, orange, and green belt techniques become the bread and butter of most club sensei and assistant instructors. So just as important as being able to demonstrate a perfect forward rolling breakfall (*zenpo-kaiten ukemi*), an instructor should also be able to demonstrate all the techniques in the *kyu-grade* syllabus.

To take this a step further, it is not sufficient to merely identify which technique is which, or the difference between an *osoto-gari* and an *osoto-otoshi*. The instructor should be able to demonstrate the classic forms of these throws in a smooth, controlled, and balance manner. *Tokui-waza* and competition variations come much later. In addition to simply demonstrating a particular throw, the instructor should also be able to explain the basic bio-mechanics and elements of *kuzushi*, *tsukuri* and *kake* accompanying each technique.

This ability also ties into one of the fundamental principles of teaching and an important Law of Learning called “**primacy**.” Primacy states that students tend to remember skills just as they were first taught, seen, or experienced. This places critical importance on the instructor to teach techniques correctly the first time. But as many of our coach candidates quickly discover in the coaching development clinics, they have allowed their technical skills to deteriorate, or they were not taught correctly the first time by their instructors. In addition, they had failed to practice the required techniques before coming to the coaching clinic, and evidently neglected the fact that it is necessary to train a good Uke if they want the demonstrations to be perfect. Without practice and a competent Uke, the demonstrations lack many of the essential components of a good technique. The evidence of this is Tori, all too often, losing his balance or falling over the prostrate Uke.

So why do you think these skill-sets were never developed, or permitted to deteriorate over time?

In discussing this with several respected coaching clinicians, the conclusion is that the loss of technical skills can be attributed to one primary factor – lack of formal testing for promotion.

Back in the “good old days,” to move up in rank a judoka had to test before a promotion board. This was before points and time in grade (TIG) were given precedence over competition experience and technical ability. With the current system, a promotion committee may review several hundred requests for promotion but never actually see or test the applicants. The end result is that there is no motivation for *dan-grade* judoka to gain or maintain demonstration

quality technical proficiency. Others have also allowed their physical condition to deteriorate to the point that they physically cannot execute nice throws (a discussion for another article).

In other countries, a promotion board is convened two or three times a year, and applicants for promotion are given ample time to review the grading syllabus and come up to standard. Quite often there was also a training camp the previous weekend where the applicants could train under the high-grade members of the promotion board, and learn exactly what they were looking for in each demonstration. This is not unlike the way referees are currently trained and assessed, in that they attend a training clinic one day and are reviewed on the mat the next.

The pre-promotion clinics were intense and highly beneficial since most of us were more focused on competition training than learning techniques that would not work in *shiai*. (See November's article, "From Competitor to Judo Technician"). More importantly, these clinics forced us to become better judoka and more well-rounded instructors. It was in these clinics that we learned to demonstrate techniques in true Kodokan form, and not just the bastardized variations we often used in competition.

But since training and testing is often-times (sadly) no longer the practice for promotion, it was suggested that we run "technical clinics," prior to the coaching clinics, to bring everyone up to speed on the requirements for the appropriate level of coach certification. Unfortunately, coach certification does not carry the same weight as promotion, so candidates will probably lack the motivation to attend the extra day of technical training. To be effective, the responsibility rests with the promotion committees to push for more rigorous standards and technical development.

But there is some light at the end of the tunnel. First, venerable Sensei Hal Sharp, 9th Dan, has proposed that applicants for higher grade submit a video or DVD of themselves demonstrating and teaching a variety of judo techniques. In this manner the promotion committee will have some tangible evidence of an individual's technical ability.

Second, since the first two levels of the USJA coaching certification program are focused on club level instruction, not competition coaching, then the goal will be to spend more time in these courses working on "demonstration quality skills." Without these skills, a dojo instructor lacks the foundation to grow as a judo coach, and is not able to meet the requirement of "primacy" – teaching and demonstrating skills correctly the first time.

That said, the real responsibility is not on the promotion committee or coach clinician, but on the individual. Every judo instructor and coach should take personal pride and satisfaction in their judo skills. This means actually practicing all the techniques they are required to teach at the *kyu-grade* levels, and not just their personal *tokui-waza* and favorite competition variations. Quite often, an individual's favorite technique is a modified version or variation of a fundamental technique, but probably not suitable for teaching at the lower *kyu-grade* levels.

Finally, it is worthwhile for every instructor to emphasize to his or her students the importance of developing their own demonstration quality techniques, particularly for *kyu-grade* promotion exams. A rank examiner does not want to see a spinning, drop-knee *seoi-otoshi* if he or she asks to see a basic *morote-seoinage* or *tai-otoshi*. While coaching methods and competition techniques change with time, the fundamental Kodokan techniques do not change. A well executed throw should look just like it appears in the original **Kodokan Judo** by Jigoro Kano or the more modern **Judo Unleashed** by Neil Ohlenkamp. Tori should be in control, demonstrating good *kuzushi* and *tsukuri*, while maintaining balance and good form throughout the execution (*kake*.)

Mark Lonsdale is a member of the USJA Coach Education & Certification Committee; he can be contacted at: Judo93561@aol.com.

USJA News From Around the Country

Arkansas, December 1

I reluctantly attended a USJA Coaching class given by Ed Thibedeau in Little Rock, AR. I rarely drive to Judo happenings and almost never leave the great state of Texas. After driving from Kaufman to Little Rock, spending the night beforehand in a nearby motel and eating dinner, I unhappily counted up what I was spending. In the morning, I found the location of the class. I didn't get everyone's name, but Ben Andrews from ArkJudo, David Howard from ASU, Elia McNamara from Jonesboro, AR, Michael and Ronnie from Goshinkan Judo and Kevin and Kyle from TN were some of the 12 participants there. Presenter Ed Thibedeau was well-prepared with a computer video. He carefully explained each point on and asked for questions or comments.



Suddenly it was one o'clock and everyone realized they were hungry. After lunch, we finished the lecture part of the program, then put on our gi to demonstrate our skills at teaching. Sensei Thibedeau had class members comment on each presentation and he pointed out mistakes. I found that I was not a perfect teacher and have changed my teaching accordingly. This fine class was well worth the money and time spent. Arkansas Judokas are very lucky to have such a great Instructor right there in their state!

--Ed Carol, Ichi Ni San Judo and JiuJutsu

Texas, December 15

Young Judoka from Ichi Ni San Judo and JiuJutsu participated in a Beginner Tournament at Ruben Martin's dojo in Burleson. Every child fought hard and the parents were great. After each match there was much applause and cheering for the young competitors; you could actually see their little chests swell up with pride. Medals for 1st, 2nd, 3rd and participation were awarded to all, as photos were taken and more cheering was done. Many parents and their little competitors stayed to support the older kids and young adults in their matches. I am patting myself on the back for entering my young Judokas in a really fun situation organized and run by men who know their Judo and understand kids; we will definitely be back!

--Ed Carol, Ichi Ni San Judo and JiuJutsu, Kaufman, Tx



California, November 30-December 2

The town of La Verne, a suburb of Los Angeles hosted another highly successful USJA / USJF Winter Nationals. The 7-year success of this event can be attributed to the hard work of the Goltz Judo crew, the Nanka referees along with some of the best referees in the country. The tournament director was USJA President Gary Goltz; assistant tournament director, O.J. Soler; head referee, Dan Takata, and kata coordinator, Kenji Osugi. Tony Farah organized registration and pooling, with Dave Guerrero and volunteers from Goltz Judo, Discover Judo and CEM Judo. Special thanks to the ladies of Industry Sheriff's PAL Judo for the great catering and food stalls.

On Friday, prior to the tournament, events at Goltz Judo included a Kata clinic, taught by the renowned Sensei Eiko Shepherd (*left*), and the annual USJA Coach Certification clinic, presented by Mark Lonsdale, a professional in training and development.



Thirty attendees from Sankyu-Rokudan comprised the 24 participants (for certification or renewal) and the 6 guests who were auditing the coaching program. This clinic was the roll-out for the newly formatted Level 1 & 2 (E & D) courseware for Assistant Coach and Coach Certification. On hand to introduce the program and contribute to the discussions were Bill Montgomery, Chair of the USJA Coaching Education and Certification

Committee and member of the USJA Board of Directors; and Joan Love, USJA Vice-President, National Coach & Kelly's Capers presenter, and Editor of USJA's *Growing Judo*.

After introductions, the class kicked off with a PowerPoint presentation covering the qualities of a coach, long term athlete development (LTAD), coaching style, and talent development in young people. This was followed by a PPT lecture on the principles of learning, modern teaching methods, the importance of age-



appropriate training, and the value of setting attainable goals for both recreational judoka and competitive athletes. The third presentation for the morning covered traditional methods of teaching Kodokan Judo, but then delved into how to best integrate more modern methods of coaching and student development. Age-appropriate training methods were emphasized, along with the importance of fun and judo-related games for the younger students.

After lunch, there was a brief review of risk management before moving to the mat session, where participants moved through a few judo-specific warm-up exercises, *Ukemi*, and into an analysis of "demonstration quality skills." One of the key requirements for a dojo instructor or *Sensei* is the

ability to demonstrate fundamental judo techniques correctly but, as several discovered, this is not as easy as it sounds. It is one thing to teach in the comfort of your own dojo, but quite another to demonstrate in front of a peer group and several high-grade examiners. This exercise also highlighted the importance of practicing *tachi-waza* regularly and having a good *Uke* who can float for your demonstrations.

This was followed by discussions and demonstrations of teaching methods such as whole-part-whole and guided discovery. For these drills the participants focused on *newaza*, *osaekomi-waza*, escapes, and basic arm-bars such as *juji-gatame*, from the throw and from the guard. Throughout the mat session the importance of dynamic judo was reinforced with moving *uchi-komi*, combinations (*renraku-waza*), linking techniques, and direct transitions into *newaza*.

As with the National Level programs run last summer, feedback from the participants on the new format and academically comprehensive course was very positive and encouraging. So moving forward, it is hoped that anyone with a vested interest in U.S. judo coaching will attend future coaching development and certification programs. Clubs in Seattle, WA, and Yuma, AZ, have already expressed an interest in hosting coach certification programs, as have clubs in the Los Angeles and San Diego areas.

Note: *We have begun taking sign-ups for the Coach and National Coach Certification courses in 2013. Courses will be scheduled as soon as we have a minimum of eight individuals signed up, or any dojo offers to host one of these programs. Email [Mark Lonsdale](mailto:Mark.Lonsdale@judo.org) for more information or to get your name on the coaching development email list.*

Saturday kicked off with a superb rendition of the National Anthem by referee and Masters competitor Gary Pederson, followed by welcoming speeches and a bow in for the seniors, masters, referees and tournament officials. Spectator and family attendance was good and the lineup of referees was quite impressive.

Early morning on Sunday the competition area was occupied by over 350 juniors warming up with their coaches for the day's events. At the end of the day the top three teams were Goltz Judo (89 points), Hayastan (84 points) and Kenam (63 points), closely followed by Mojica (58 points) and Kodokan Judo of Cape Coral (50 points) that brought sizable team from Florida!



The Winter Nationals drew 497 *shiai* competitors and 14 *kata* competitors from 86 clubs, traveling from as far away as New York, Pennsylvania, Texas, and Mexico. It is safe to say that a good time was had by all and next year's Winter Nationals may be even bigger and better. Click here for [Winter Nationals 2012 Results](#).



Video of [Goltz Judo's Sensei Brad Karmann](#) scoring an ippon!

After the first day of competition, Tokuzo Takahashi of LA Tenri Dojo (*below, left*) and Paulo Augusto of San Marcos (*below, right*) put on an excellent training clinic covering both ground fighting and throwing. There were over 50 senior judoka along with some dedicated juniors on the mat and the training focused on Paulo's grappling techniques and Tokuzo's devastating *uchi-mata*.



--information submitted by Mark Lonsdale

California, December 8

Following the Winter Nationals, on December 8th at Goltz Judo, Sid Kelly ran a comprehensive 5-hour clinic on Kelly's Capers. There were a dozen participants in the class along with many high-grades on hand to audit the program; including USJA President, Gary Goltz, Hayward Nishioka, Low Dong, and OJ Soler. Hal Sharp was also on the mat videoing the entire program so hopefully we will see a DVD of the program available in the near future.

Also known as "the Road to Randori," Kelly's Capers is an innovative system of introducing beginners to judo. It is also designed to lay a foundation of more fluid and dynamic judo by emphasizing avoidance, movement and counter attack over the dead-end tactics of blocking or stiff-arming with no follow-up.



The analogy that Sid presented in the class was one of novice baseball players. When first introducing kids to baseball, it is not necessary to go into great detail concerning the finer points of gripping and swinging a bat, or the terminology and rules of the game. It is sufficient to simply have the kids take a bat and swing at the ball, and in most cases, they will probably pick up on the skills required to connect with the ball quite quickly. In other words, within the first few minutes they could be out in a field having fun and playing something resembling baseball.

This concept has been applied to initiating a novice into the mysterious world of martial arts – in this case judo. While all the movements taught in the class would be recognizable to an experienced judoka, it is not necessary at this early stage to burden a beginner with lists of judo terminology or to lecture him/her on the Japanese principles of *kuzushi*, *tsukuri* and *kake*. The training progression can be quite rapid, moving from simple methods of teaching *ukemi* to basic throwing grips, movements and avoidance. Instead of a traditional lapel and sleeve grip, students are taught to take a double lapel or double pocket grip. In this manner they can move seamlessly between right and left handed movements without having to transition grips. The goal is to get the players “feeling a sense of movement” and accomplishment rather than being put through a long, tedious process of detailed step-by-step instruction.

The three stages, introduced in the classroom and then taught on the mat, consisted of:

1. A basic introduction to throws by teaching without actually demonstrating
2. Developing judo skills (not techniques) through the use of sport-fighting exercises. These were both standing and on the ground.
3. Pre-randori exercises such as the Bull and the Matador

This latter term “Bull and the Matador” offers some insight into the philosophy of Kelly’s Capers. The matador challenges the bull to attack and then avoids the attack. As with a real bull, you would not try to block it or stiff-arm the animal. The logical tactic is to avoid the attack and then immediately capitalize on the attacker’s loss of balance. The concept of winning and losing is also replaced with a more mutually beneficial style of “form fighting.”

While Kelly's Capers is not a substitute for traditional Kodokan judo training in the long term, it does offer several useful tools for the judo instructor, especially when introducing novices to the feel of judo, throwing, and dynamic randori. So if you see a clinic being offered in your area, be sure to register for the program.

--Mark Lonsdale



SENSEI

by Ronald Allan Charles

The old Sensei lay quietly in the hospital bed, eyes closed. To the nurse's casual glance he seemed asleep. Actually he was thinking of Judo, visualizing a match he'd fought long ago as a white belt. Into the room came the Judoka, the assistant instructor and disciple of the master. Concern over his Sensei's fate showed on his face. He performed Rei, a standing bow, as he approached the bed, and as he did so, Sensei's eyes slowly opened.



The Judoka took his hand. Although Sensei's grip was firm, the Judoka knew the strength was gone, though that didn't matter now. They were not on the mat. Those days seemed part of another lifetime.

Looking into his Sensei's eyes was hard. They appeared cloudy, no longer those sharp, eagle-like eyes that used to pierce his Judogi, his uniform, during training, finding flaws in his technique that even the Judoka didn't know existed. Still the Judoka tried to maintain eye contact with his mentor, searching beyond the haze and wrinkles that mapped the weathered face. The Judoka began to think of each wrinkle as a line on a map leading to an out-of-town tournament. The lines went everywhere, he thought -- so many tournaments.

"How are you feeling, Sensei?"

"I've been better," replied Sensei, with hint of a smile. "How's Judo?"

"Not the same without you. We're working out, but it's different. I'm not sure I can handle class without you. I wish you could be there so I could help you teach."

"I am there," said Sensei, stressing each word. Sensing uncertainty in his disciple's voice, the Sensei went on. "Have no fear in your new teaching role. You have the skills that your belt rank represents. You have learned well the many ways to pass on your techniques to others."

"But how will I hold everything together? There's so much to do, to think about and plan," said the Judoka, bewilderment in his voice.

"Remember your first Judo class?" asked Sensei. "There was fear -- of falling, injury, failure. Now there is no fear from throws. You have mastered Ukemi, the art of falling ways. You cannot be injured, because you have learned to prepare your body for training. You cannot fail, simply because others now depend upon you."

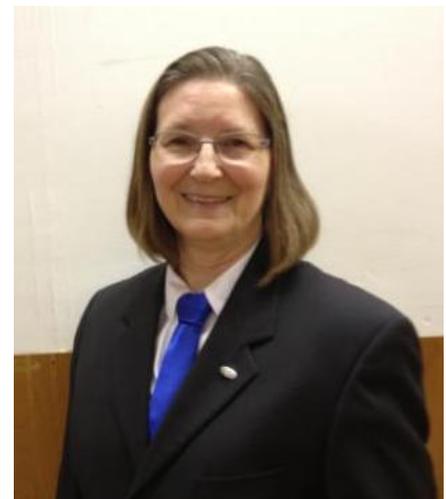
The Sensei closed his eyes for the longest time. The Judoka thought for a moment that he had fallen asleep. Just as he was wondering if he should take his leave, Sensei continued, as though he hadn't broken off the conversation at all.

"You have watched me teach Judo for years. I still teach, only now I teach through you. When you stand before your students, my presence is there. My Judo spirit fills the Dojo, always. I am both beside and behind you. When you feel unsure, look deep inside for my guidance. Calm yourself first, and then the right course of action will come, flowing just as surely as the river flows to the sea. I experienced identical feelings when I took over from my own Sensei. These feelings are natural." Sensei paused, closing his eyes.

"Carry on," he said, eyes still closed. "Remember, I am with you always. Always," he repeated. Then he was quiet. After the longest while, during which time Sensei appeared to be asleep, the Judoka turned to go. Before leaving the room, he turned to bow to his teacher. He stood tall, taller than when he had come into the room. As he walked out, now himself the Sensei, he thought he heard a whisper, a single word: "Always."

Dr. Ronald Allan Charles, 8th dan in judo and 6th in jujitsu, lives in Goose Creek, South Carolina, where he operates the Samurai Judo Association, the largest club in the United States Judo Association.

Claudia Smith, 6th Dan and a Life Member of USJA for over 25 years recently travelled to Pordenone, Italy for the 2012 World Kata Championships. There were 133 teams from 28 countries participating. She served as a judge for Goshin Jitsu. She participated in the IJF Kata Judges Seminar that was held before the tournament and took **the IJF Kata Judges certification** tests that was offered. There were about 56 judges who attended the seminar and about 35 who took some form of the certification. Claudia is the 1st American kata judge to achieve the International Level of Kata certification. She received the certification in all 5 katas she tested for: Juno Kata, Goshin Jutsu, Katame No Kata, Nage No Kata and Itsutsu No Kata.



Sensei John Weiner, head instructor at Ozeki Judo Dojo in Las Vegas, Nevada is shown giving Josh Claunch his Sankyu [3rd brown] certificate after Josh won his brown belt [batsugan] at a recent tournament in California.

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*

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 submitted separately from your sanction application in WORD format or the text of an email. Event flyers and PDF documents cannot be included.

JANUARY

January 12

The Frozen Tundra Tournament, Hosted by Roughrider Judo Club. Dickinson High School, 979 13th Ave West, Dickinson, ND. Contact Jeff Ficek, 701-227-4329; <http://roughriderjudo.com>.

January 13

FREE Judo scrimmage, Hicksville Athletic Center 167 Broadway (Rt.107) Hicksville, NY, 1:00-3:00 p.m. Contact Dave Passoff, dpassoff@hotmail.com.

January 19

7th Annual Gulf Coast Judo Open Tournament, St. Alphonses Catholic School Gymnasium, 411 Washington Ave., Ocean Springs, MS. Contact Jim Hunt/Ken Altman, (228) 806-8125/(228) 229-8975, gulfcoastjudo@yahoo.com

January 19

The Tenth TwinCity Winter Classic, USJA State Tournament, Rice Street Recreation Center, 1021 Marion St., St. Paul, MN. Contact Dan Hoffman, 651-208-5650; Ken Otto, 651-774-4041 k-d-otto@msn.com.

January 19

Judo Referee and Shiai Clinic

Yama Hogosha Dojo , Mountaineer Martial Arts, 1065 Greenbag Road, Morgantown, WV. Contact William Scott Anderson, 304-376-9832, <http://www.mountaineermartialarts.com>

January 26-27

Ryan Reser Judo Seminar, Martial Arts Academy of Billings, 528 Lake Elmo Dr., Billings, MT. Contact David Allen, 406-860-7959

FEBRUARY

February 10

FREE Judo scrimmage, Hicksville Athletic Center 167 Broadway (Rt.107) Hicksville, NY, 1:00-3:00 p.m. Contact Dave Passoff, dpassoff@hotmail.com.

February 9

Kelly's Capers Clinic & Competitor's Workout, TK Martial Arts Academy, 106 N. Bloomington Suite V, Lowell, AR. 9:00 a.m. session will be Kelly's Capers, a unique method for introducing beginners to randori and also develops proper body movement. 1:30 p.m. session will be a fast-paced workout designed to challenge you physically and mentally utilizing new drills and training techniques. Cost is \$30 for one or both sessions. Contact Jeremy Bushong at 479-221-1382, arkjudo@gmail.com, <https://sites.google.com/site/arkjudo/news/clinic>.

February 15-16

2013 Arizona State Open Judo Championships, Tucson Dojos, Deer Valley Middle School, 21100 N 27th Ave., Phoenix, AZ. Contact Cheri McKeown, 602-430-5361, cheri.mckeown@gmail.com.

February 23, 2013

Chippewa Valley Judo Shiai and Kata Competition. Sleep Inn & Suites, Eau Claire, WI. Contact Roy Gay, 715-864-0494, chivaljudo@juno.com.

MARCH

March 3

FREE Judo scrimmage, Hicksville Athletic Center 167 Broadway (Rt.107) Hicksville, NY, 1:00-3:00 p.m. Contact Dave Passoff, dpassoff@hotmail.com.

APRIL

April 14

FREE Judo scrimmage, Hicksville Athletic Center 167 Broadway (Rt.107) Hicksville, NY, 1:00-3:00 p.m. Contact Dave Passoff, dpassoff@hotmail.com.

April 20

Stevens Point Judo Tournament, UWSP Berg Gym, 4th Ave., Stevens Point, WI. Tom Gustin, 715-343-0665.

April 20-21

The Midwest Regional Judo Tournament and Mixed Martial Arts Clinic, North Dale Rec Center, 1414 St. Albans St N, St. Paul, MN. Contact Dan Hoffman, 651-208-5650; Ken Otto, 651-774-4041 k-d-otto@msn.com

MAY

2013 Wisconsin Sr. & Jr. Judo Championship, West Bend Judo Club, U.W. Washington County, 400 University Dr., West Bend, WI. Contact Jon Sanfilippo, 262-644-8211.

AUGUST 2013

August 3-4

"Fight Like A Girl" Camp, 2013 Southside Dojo, 8534 Portage Rd. Portage, Mi. For the 9th year, this camp will provide an opportunity for female Judoka to network, play and have fun. Open to Juniors, Seniors & Masters. All but your sleeping bag and personal items will be supplied. Contact Deborah Fergus, 269-208-1068 or defrgs6@att.net, mention FLAG Camp in subject.

August 11-17

INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. <http://www.newyorkymcacamp.org/judo/>

Sept. 20-22, 2013

9th All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. Kata and Shiai open to female competitors of all ages. Referee, Kata and Technical Clinics open to all (male & female). Referee volunteers requested. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net.

USJA Promotions: December, 2012



Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|-------------------------|-------------------|--------------------|
| ★ Eric J. Gordon | ★ Ben Lujan | ★ Jeff Peppers |
| ★ Christopher D. Holmes | ★ Timothy Milanak | ★ Laudelino Solano |
| ★ Roby D. Jorstad | ★ Everett R. Park | |

Nidan

- | | | |
|-------------------|-----------------------------|--------------------|
| ★ Tony Borges | ★ Christopher J. Lapeyrouse | ★ Joseph R. Sawyer |
| ★ Kambiz Keshvari | ★ Scott A. Rakowski | ★ Patty Wall |

Sandan

- | | | |
|----------------------|-----------------|-----------------------|
| ★ Alan L. Best | ★ Dale Grudier | ★ Peter R. Rissland |
| ★ Daniel J. Dawson | ★ Loren Martin | ★ Denis Kemel Solano |
| ★ Mark L. Dillingham | ★ Chad R. Purdy | ★ Williams A. Vasallo |

Godan

- | | |
|--------------------|----------------|
| ★ Calvin G. Potter | ★ Ed Thibedeau |
|--------------------|----------------|

Jujitsu

Shodan

- ★ Jason M. Campbell

Nidan

- | | |
|----------------------|-------------------------|
| ★ Rafael Jovet-Ramos | ★ Pavel V. Shaposhnikov |
|----------------------|-------------------------|

USJA Points app now in iTunes

When I started judo at Santa Rosa Junior College in 2001, my judo coach Terry Kelly told us to keep track of our promotion points, but I would forget. When promotion time came around I would rack my brain trying to remember every match I fought and clinic I attended. My husband Dennis and I have the same challenges with our students at Shining Together Judo club. When I began writing iPhone apps I knew that the first one should be an app that tracks your USJA promotion points; with one click, e-mail your sensei everything they need to fill out the USJA recommendation for promotion form. The "USJA Points" app is now available in iTunes for iPhone/iPad/iPod Touch at <http://itunes.apple.com/us/app/usja-points/id531238555?mt=8>. I hope you will enjoy using it! Youtube <http://youtu.be/-opuXK5dmwM>



Laura McCarter, Shining Together Judo, Santa Rosa CA

2013 USJA/USJF Junior National Judo Championships



Coming to Pittsburgh, PA -- *the City of Champions*

**Mark Your Calendars!
July 5th, 6th and 7th
Robert Morris University**

**Bantam through IJF Junior,
Novice and Open, Kata Competition**

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