

Growing Judo

April, 2011



Monthly publication of the
Club Support Services Committee of the
United States Judo Association
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*Reaching Out
to our friends
in Japan*



In this month's issue:

- ★ "My Trip to Japan" by Gerry Lafon
- ★ "Garage Judo" & Important Liability Issues for Coaches
- ★ Summer Judo Camps
- ★ Lots of "Judo News Around the Country" in observance of Visit-Another-Dojo Month
- ★ "A Brief History of Judo" by Hal Sharp
- ★ New Clubs, Promotions, Events and more regular features

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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 includes the expressed 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 NOTE: Our sincere thanks to Deborah Shapiro, Connie Halporn & the many other 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.

*The next issue of USJA's Growing Judo will be May, 2011. If you have any news and/or any planned events, please submit your information by **April 22nd** or earlier if possible.*

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



Coach Lafon visited the Yamagata University Medical School Judo Club, our sister club in Japan.

My trip to Japan by Gerry Lafon

Many of us with friends and relatives in Japan have been glued to the TV these past weeks wondering how they are doing after the devastating earthquake and tsunami. Three months ago, I was in the northern part of Japan, specifically in Kuji, whose port was hit hard, and in Yamagata City, just forty miles from Sendai which was wiped out by the tsunami. Fortunately, all my friends and my wife's relatives are safe.



Kuji is home to the Mifune Judan Memorial Museum and Judo club. I visited Mifune Judan with a former student of mine, Dr. Hiroshi Takei. He is now head coach of Yamagata University Medical School Judo Club. It was a wonderful visit that apparently not too many "gaijin" or foreigners make. When we arrived at the dojo, kids were running up and down the stairs pointing and staring at the gaijin -- me!

After watching the session for a good amount of time, Dr. Takei and I decided we wanted to practice randori with the kids. We asked Hisamatsu sensei for

permission to join the class. With permission granted, we climbed into our gi and got on the mat. More stares, more curiosity: I was in my blue gi!

All the kids I randoried with had great fighting spirit, which I welcomed; my own students often lack this spirit. After practice and all the formalities, I was mobbed by a bunch of curious kids. They were definitely interested in that blue gi of mine. They wanted to touch it and rub up against it. A group of playful students dragged me into a cross-cultural game of rock-paper-scissors. Lots of smiles, laughter, happiness . . . priceless.



The following morning we were greeted by Hisamatsu Sensei as we arrived to tour the Mifune Judo Museum. He arranged free entrance for our group. From my perspective, the highlight of the museum was two pictures of Mifune. Most people know that Mifune was extremely small, even for a Japanese. What most don't know is that within his small frame was the musculature of a body builder. Three video clips, each around six minutes long, were also well worth the trip.

Upon our return to Yamagata City, it was time to practice with Dr. Takei's club members, which includes kids and university players. On the second day, I was asked to lead the final hour of training. From past experience working with Japanese players, I know they are very curious about alternative methods of training and European-style Judo, and excited about the change of pace from their traditional practices. The Yamagata students were no different.

Since Japanese Judo revolves around the big "ippon," transitions tend to be ignored. So for one hour that's what we worked on. The logic of this type of training was readily apparent and accepted by the players. At the beginning of practice, they were curious as to why a gaijin was teaching them Judo, but after, many of them were declaring their desire to come to San Diego to train with me. Again, priceless.





Thankfully, the Mifune Judan Judo Club and the Yamagata Judo Club survived the disaster. Watching TV Japan, I've noticed that many evacuated people are being housed on the green and red tatami of local Judo clubs. Sadly, many lives have been lost, and no doubt many Judo clubs have ceased to exist. I hope you will join me in contributing to the ongoing relief efforts.

--Gerry Lafon

The sweet, friendly faces of these Japanese children are a stark contrast to recent events. How their lives have changed! Even though, as Gerry Lafon reports, their families and towns have withstood the immediate threats of earthquake and tsunami, the danger of nuclear accidents looms large and still threatens their well-being.

Please remember them in your thoughts and prayers, and consider contributing to an organization of your choice. For your convenience, the USJA homepage, www.usja-judo.org, has a link to the American Red Cross' [Japan Earthquake Fund](#).

In addition, the following hyperlinks may be helpful:

www.facebook.com/event.php?eid=152522111474268

google.com/crisisresponse/japanquake2011.html

us.emb-japan.go.jp/j/anzen/jishin_message.html

donate.ifrc.org/?wt.mc_id=CMEM_BNftsbB8Zlv4De

--Joan Love, Editor, *Growing Judo*

Editor's Note: If you or your club has already or is going to do an event or activity to raise money for Japan relief and would like to share your news, please send your information for the next issue of *Growing Judo*.

As Jennifer Kendrick stated it, "The point of this is for all Judoka to remember their martial arts roots, and to give a helping hand back to the very place that gave us this wonderful opportunity. If it weren't for Japan, we wouldn't have Judo!"



A WARM WELCOME to Our NEW USJA Clubs!

March 2011

Club Name: **Yama Hogosha Dojo**
Head Instructor: **William Scott Anderson**
Email: anderman123@gmail.com

Location: **Morgantown, WV**
Phone: **304-376-9832**

Club Name: **Hit The Mat Martial Arts Center**
Head Instructor: **Todd Thomas**
Email: hmmaromeny@yahoo.com

Location: **Rome, NY**
Phone: **315-335-5836**

Club Name: **Gendai Martial Arts**
Head Instructor: **Keith Douglas Cobb ("Doug")**
Email: sokecobb@gendaima.com
Website: www.GendaiMartialArts.com

Location: **Wake Forest, NC**
Phone: **919-872-0005**

Club Name: **Sud'n Impact Judo (Class C Club)**
Head Instructor: **Sean Vosmeier**
Email: s.vosmeier@gmail.com
Website: www.sudnimpact.com

Location: **Fort Wayne, IN**
Phone: **260-496-9341**

Club Name: **Cumming Martial Arts Center (Class C Club)**
Head Instructor: **Robert F. Byrd**
Email: byrdjudo@gmail.com

Location: **Woodstock, GA**
Phone: **770-205-4300**

Club Name: **River City Martial Arts**
Head Instructor: **Daniel Dawson**
Email: dawsondaniel@hotmail.com

Location: **Grants Pass, OR**
Phone: **541-761-8081**

Club Name: **FSH Judo**
Head Instructor: **Troy Banks**
Email: armyko@yahoo.com

Location: **San Antonio, TX**
Phone: **210-602-5609**

Club Name: **Coastal Winds Martial Arts**
Head Instructor: **Dallas Lloyd**
Email: info@coastalwindsmartialarts.com
Website: www.coastalwindsmartialarts.com

Location: **Long Beach, MS**
Phone: **228-234-8928**

USJA membership data as of March, 2011:

- **8,358 Active USJA Members**
- **920 Active Chartered Clubs**

--Katrina R. Davis, USJA Executive Director

Congratulations to our Newly Certified USJA Coaches

- ★ Lois A. Balestrieri, Legros Sports-Starrett Judo, Lindenhurst, NY
- ★ Shong W. Chiu, Philadelphia Judo Club, Philadelphia, PA
- ★ Joseph Corbin, III, Washington State University Judo Club, Manchester, NH
- ★ John F. Fox, President Theodore Roosevelt Judo Club, Centerport, NY
- ★ Charles Hurd, Main Line Judo, Norristown, PA 19401
- ★ Michael Kutis, Ball Sate Judo Club, Gaston, IN
- ★ David Lavelle, Clarksville Budo Club, Woodlawn, TN
- ★ Chris Maurer, Ridgewood Judo, Mahwah, NJ
- ★ Brad Miller, Chester County Judo Club, LLC, Wagontown, PA
- ★ Seung Jun Oh, Goltz Judo Club, Fontana, CA
- ★ Alma Qualli, Philadelphia Judo Club, Philadelphia, PA
- ★ Margo Reed, Anderson YMCA Judo Club, Bloomington, IN
- ★ Terence Sharp, Cohoes Judo Club, Rensselaer, NY
- ★ Andrew Souder, Bloomington, IN
- ★ Roy Shirwindt, U & K Martial Arts Academy, Closter, NJ
- ★ Edward J. Snyder, Biwako, Woodcliff Lake, NJ
- ★ Lawrence Lee Wentz, Philadelphia Judo Club, Philadelphia, PA
- ★ Alexander A. Wold, Jr., Albuquerque Judokai, Albuquerque, NM

USJA Treasurer's Report through January, 2011

The overall financial health of the organization after the first month of 2011 continues to remain good and stable. Current assets as of the end of January 2011 were \$56,525 which includes the endowment fund. Current liabilities were \$5,600. The current ratio is approximately a healthy over 10 to 1.

Revenue in January was \$38,009 and as expected with the largest portion being generated from membership fees. Expenses were \$38,893 including cost of goods. The expenses for January were unusually high due to payment of insurance premiums for members and health insurance premiums. The net loss for was January \$894.

--Paul Nogaki, Treasurer, United States Judo Association

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

★ **L.V. Davis, North Plainfield, NJ, \$650.00**

Garage Judo

I believe that each community in America could support a Judo club if only we had enough coaches. Since we don't have enough coaches maybe we should take a page from the American Youth Soccer Association (AYSO) when it set up shop almost fifty years ago. The AYSO recruited volunteer parents, mostly with little knowledge of soccer or coaching, provided them with a manual, a brief coaching clinic, a few balls and cones, and then cut them loose to coach their child's soccer team. Many of these neophyte volunteers actually developed into relatively good soccer coaches after several years, in spite of knowing little initially or never having played the game themselves.

The naysayers will say that Judo is so special that only trained experts- read "black belts"- should teach clubs. I say that, yes, Judo is special, but not so special that we can't develop a program to support coaches and provide them with the necessary tools to run good beginning programs in their neighborhoods.

Running an AYSO-like Judo program is not complicated. I know it is contrary to our mentality, but we need to encourage and empower non-black belts to teach Judo. We then need to provide them with an easy to follow and easy to practice curriculum (either Internet-based or in DVD format), a basic course on teaching methodologies, and a mentor to help solve issues and offer encouragement. Lastly, an Internet-based continuing education program will help these coaches grow into Judo and coaching. It might come to you as a shock, but this is how many high school sports programs are taught- some academic teacher with no coaching background in the sport gets volunteered to coach a team, and grows with the students.

I know that developing a Judo club from scratch is no piece of cake. I talk to enough Judo players to know that there is interest in setting up a new club, but once you factor in cost of mats and finding a facility you can afford to rent, it often becomes prohibitive to get started. To help with the financial burden, my solution is garage Judo. That's right. Turn that area of the house where junk is stored into a Judo dojo.

Garage Judo is a cost effective way to start a Judo club. I know that most people very seldom think about the garage as an option, but it is a great one until you can develop a decent membership to support renting a larger, commercial facility. Your typical two-car garage is large enough for a 6 x 6m mat. That's eighteen tatami mats measuring a few inches short of 20 x 20 ft.

If you are used to larger surfaces, a 20' x 20' mat might seem too small to run a Judo program. It isn't. I had a garage program for eight years. My mat was a permanent spring-loaded one. Standing in the garage now, I can't quite fathom how four adult couples did randori in it at the same time, but that's what we did, safely and productively. Valerie Lafon Gotay (2x U.S. Olympian) and Todd Brehe (2x U.S. World Team) both cut their Judo teeth in my garage.

Jesse Jones, the former USJA President also ran a garage program for years before moving to a commercial location. Many of the Brazilian Jiu-Jitsu clubs in my area started with a few guys rolling around in someone's garage. Once the sport and membership picked up steam, out went the garage and in came the commercial location. This sort of transition is still valid today for those just starting out.

To make Judo grow in the U.S. we need more coaches and more clubs. We can develop more coaches if we stop thinking they must be black belts before they can teach basic skills to beginners. Trying to find a location for a club in a community center or a YMCA that has a decent time slot and mats for a Judo class can be frustrating, and mostly a fruitless search, depending on the community you live in. By using your garage- or barn or room addition- you control every aspect of your club. Teach there permanently or use it as a stepping stone to a bigger facility. Above all, commit to teaching Judo somewhere!

Gerald Lafon, USMC, RVN 70-71
Director, Judo America San Diego
www.judoamerica.com; www.betterjudo.com

It's just the way we do it in judo

. . . . The judge won't buy it!

There are certain things that we do in judo that put us in potential jeopardy should an accident occur and an injury result. Many times we see nothing wrong with our actions, for we have done it this way for a very long time. Yet, at times the most innocuous and traditional judo practices may lead to some serious liability issues.

Taking a look at just a few of these may be useful. First and foremost is the familiar diving-over-bodies ukemi. We have come to accept this as normal, when in fact it has little to do with real ukemi. I can already hear the uproar: "I have been doing it this way for forty years and nothing has happened." You are very lucky! In a coaching course I ran several years ago, a well-known and high-ranking sensei on the East Coast related how he almost lost his dojo, his house, his car, etc. when a student was injured doing this kind of "diving ukemi." Although the case was finally decided in his favor, it cost him \$5,000. He no longer allows this kind of ukemi practice. There are other, more prudent ways to successfully teach ukemi.

Turning your back to your class while you focus on two students could easily be considered negligence. You need to ensure that you can see the entire mat area at all times if you are instructing alone. Jumping in to do randori with your students during a class you are running is also ill-advised, unless you have designated a competent and responsible person to watch the class while you do so.

These are only a few examples. As instructors, we need to look honestly and critically at our habits and determine if they are in fact useful and safe.

*--Bill Montgomery
USJA Coaching Education Chair*



The Gentle Way of Life by Joe Vukson, Rokudan

My father introduced Judo to my middle brother and me in 1960. Back then Judo was something you read about only on the back of comic books.

Why was this Sport for me? I was short and regardless of my athletic ability it was a tall man's world, or so I thought... My brother and I quickly excelled, size was not a handicap. Later in 1963 my youngest brother joined the Judoka ranks and for many years the 3 brothers dominated Pittsburgh and the Tri-State area. Every weekend we would load up the car and travel to another tournament. My dad bragged about his boys and my mother joyfully complained about dusting endless number of trophies. If he were still alive my dad would have been proud when we took our first National title, but not as proud as seeing his grandchildren and 4th generation great grandchildren as Judoka.

Not all Judoka want to be heavy competitors though. That's what I love most about this sport: it has something for everyone; young and old, men and women, elite or casual player. You can be a great athlete in Randori, a technician at Kata, a casual player, a referee/judge, or a coach/sensei for future generations. My father wasn't an elite player. He was just a Brown Belt, but he was our best coach ever. I can still remember his words: "Someone has to win and someone has to lose; do your best that's all that counts".

I saw the rise of Judo throughout the United States in the 60's, 70's and 80's and also its gradual decline today. Why did Judo stop growing? In my opinion it's pressure. There is too much pressure in every sport and everything we do today. You *must* win! There is pressure from the coaches, parents and our peers. Reward the winner and shun the loser; so the loser gives up and quits...

Not everyone can be a winner, not everyone has the ability or desire to be a winner. The casual Judoka is the heart of Judo. Who is the casual Judoka? She or he is the mother or father who wants to participate with their children. Maybe they want self-defense, exercise or just want to learn something



different. The casual Judoka maybe be the kid who is impaired or not coordinated enough to make the team. As a Judoka each student may progress at their own speed. Judo does not discriminate against the mentally or physically challenged. Judo is all about self-confidence and self-discipline.

Judo can start growing again but it is up to us to make it grow. Show the same attention to the casual player as you do to the elite player. It is time we start giving back to the sport for the mutual welfare and benefit of all Judoka.

We had a visit to our Dojo this past week from a former rival and friend Gary Goltz. Back in the 60's Gary was a long bushy hair kid and now he is the President of USJA. We talked about the old days and memories almost forgotten but always cherished. He said that our members reminded him of his own club back in California; a mixture of all levels and types of Judoka. This is the true heart of Judo. Gary talked about the USJA Grass Roots program and his vision of growing the USJA. It reminded me of my own Judo roots. What a refreshing change!

I was amazed at the response from our students. They could not believe that the President of USJA set aside time to visit their Dojo and show so much interest in all the Judoka. Needless to say we are on board with USJA!



Joe Vukson, Tom Vukson, Gary Goltz, & John Englert at Kodokan of Pittsburgh. Combined, there is over 175 years of experience in this photo.

Judo News From Around the Country

Montana, March 8

The Martial Arts Academy of Billings, Montana, a USJA club owned and operated by David and Eve Allen, Ed and Stacey Thompson and Kirt and Dru Wagner, hosted a clinic with Deborah Fergus of Southside Dojo in Portage, Michigan. There were three sessions: Junior Beginners, Intermediate Juniors, and Adults. Sensei Fergus had the students work on Ukemi, Uchikomi, Ne-Waza, Tachi-Waza and all enjoyed playing games designed to enhance and strengthen their Judo.



Ohio, February 26

USJA President Gary Goltz paid a visit to Top-10 USJA club Ameri-Kan Judo, in Findlay, Ohio. Head instructor Mark Hunter and his students enjoyed the workout. Gary went over some techniques with the group during Open Mats. Ameri-Kan Judo welcomes guests, so please visit if you are in Findlay!



Alberta, Canada March 7

Sensei Mark Healy of St. Albert Judo (www.stalbertjudo.com) welcomed Sensei Nick (Godan) and Jason Bruce (Nidan) from Goltz Judo in Claremont, CA) to his dojo. He has a great club with an awesome mat. After a warm-up, newaza and uchi komi, Sensei Nick was asked to share some of his techniques: a modified Osoto Gari and Harai O Goshi, and a long Randori session followed. The students at St. Albert Judo were awesome and worked hard and welcomed us. Sensei Jason had a ton of air time and spent much of his training day on his back. If you ever get into the Edmonton Alberta Canada area, contact Sensei Mark at www.stalbertjudo.com to stop by and train at this excellent dojo.



New York, February 12

The Niagara Judo Yudanshakai in Upstate New York held a Nage-no-Kata Clinic and grading at Kin Tora Judo Club in Buffalo. The clinic was very well attended, with almost 30 people participating and four clubs represented. Kata instructors were Janet Ashida-Johnson, Eric Joseph, Heiko Rommelmann, Jr. and Jeff Giunta. Also attending the clinic was Mr. Ogasawara.



New York, March 6

On March 6th, 2011 Renshinkan Judo Club in Brockport, NY hosted a clinic with National Kata Champion Heiko Rommelmann, Jr. on Ukemi (breakfalls). The clinic was three hours, covered all aspects of breakfalls and some throwing techniques and included lunch with the clinic fee.

It was expected that this subject would attract and be geared more towards non-judo people and beginners, but there was much support from intermediate kyu grades and dan grades, too. Because of the turnout, Heiko not only taught ukemi, but also methods to teach ukemi. This approach allowed the beginners to learn fundamental skills while more advanced people were able to not only learn the important aspects of ukemi, but also ways to teach it effectively and safely.





California, March 5th

Four longtime USJA members were among the honorees at the Nanka Judo Yudanshakai 2011 Awards Luncheon.

Harold "Hal" Sharp (center) received the Nanka Lifetime Referee Achievement Award, while Gary Goltz (left), John Weiner (right) and Michael "Mike" Couchigan (not pictured) were among those recognized with Nanka Outstanding Dedication to Judo Awards.

New Jersey, March 5-6

The two day clinics were a huge success! Bill and Joan did a fantastic job! The buzz from all attending was 100-percent positive.

Bill gave the coaches a lot to think about. He was very thorough, and peppered his lectures about vital topics such as goal-setting, lesson planning and liability issues with terrific stories personal stories about greats like Anton Geesink, Geoff Gleeson and Jim Bregman. Participants like Parnell Legros of Starrett Judo contributed valuable insights to the discussion. Everyone left the clinic recharged and formulating new teaching methods to incorporate in their home clubs. The drill-training methods and transitions were a huge hit. As you can see, we had a packed house!



"Now let's have one bull and one matador," instructed Joan Love to a packed dojo at New Jersey's Ridgewood Y. The students, from as far away as New Hampshire and Pennsylvania, watched intently as Joan demonstrated how to avoid ippon seoi nage by jumping around the attacker while guiding her lapel hand over her opponent's head to the other side.

The mix of orange belts through high dan grade coaches returned to their partners to practice this unusual combination of attacking and dodging. Ironically, the beginners seemed to catch on the quickest. "Don't worry," Joan assured one coach who couldn't seem to help himself from blocking with a grip fighting technique, "We're asking you to undo a lot of what you've spent years doing; try to keep your arms very relaxed and move freely."

Beginners, competitors, and high dan grade instructors traveled from as far away as New Hampshire and Pennsylvania to Ridgewood Judo for the Northeast's first ever "Kelly's Capers" clinics. Joan Love is one of only six certified "Kelly's Capers" clinicians in the country.

"Kelly's Capers" was developed by Sid Kelly, 8th Dan. The five-part system progressively prepares the judo beginner for randori through a series of playful jumps and small steps. The main goal of the system is to improve retention in the dojo. The beauty of this system is that beginners are engaged from the very first day of judo. They can "play the game" and experience a feeling of success. They learn the basic skills of randori: attacking, avoiding and countering so that when they are ready, they can join in randori with confidence.

In addition, the Kelly's Capers system isn't only for beginners; the movement skills it develops benefit intermediate and advanced judoka as well. One seasoned Masters competitor remarked that Kelly's Capers is having him rethink his strategy. "Next time I go out on the mat," he said with a wink, "they're not going to know what hit them!"

--Chris Maurer, head instructor & host, Ridgewood Judo

Here is some feedback from one of the clinic participants:

I just wanted to give you a heads-up on the clinic information that has been implemented: last Tuesday, I introduced it and started to have class practice the new approach. Needless to say they loved it and there was great enthusiasm. The head coach was told (by some of the parents watching because he had to leave early) about the practice and how there was such an enthusiastic response, so now for the next month or so I will be teaching the classes and implementing the new approach. We have had 3 new people join the dojo and possible another this coming Thursday will join. Thanks again for the clinics! Jita Kyohei!



--Kirk DeVere, Lancaster Judo Club, PA

Maryland, March 15 - 24

This year Budokan Judo Club expanded its Visit-Another-Dojo Month activities with mutual exchanges with two other clubs. On March 15th, we traveled to Beltsville, MD to visit Huio Judo Club under the instruction of Karl Tamai and Mark Smith. On March 21st, Huio visited our Club in Chesapeake Beach, MD. Huio Judo Club, a longtime friend to Budokan Judo Club, was founded by the late Sensei Ken Tamai in 1968.



On March 18th, Southern Maryland Jujitsu Academy (SMJA) brought 16 club members to visit our club. There were 33 on the mat. On March 24th Budokan Judo Club visited Southern Maryland Jujitsu Academy (USJA) under the instruction of Sensei Sean McBroom, Jujitsu Shichidan, in White Plains, MD.



Finally, we had a surprise visit from Sensei Edwin Takemori, Shichidan, a longtime friend of Budokan Judo Club visited on March 18th. Sensei Edwin presently instructs and coaches the United States Naval Academy Judo Team.

Summer Judo Camps!

Summer is a great time to spend a little extra time on your judo training. Whatever your schedule, location or age, there are some great judo camps to choose from. Here are three well-established programs that you may want to attend:

Thursday June 23 - Saturday, June 25, 2011: THE GREATEST CAMP ON EARTH
Next Level Center, 4317 Stevens Mill Road, Matthews, NC

Happy Birthday to The Greatest Camp On Earth! 2011 marks the 20th year of what has grown to be North America's largest martial arts training camp. Starting in Virginia in 1992, for about a decade The Greatest Camp has called Matthews, North Carolina home.

In a new venue for 2011, this year's schedule is not yet complete, but in 2010 there were well over 300 Campers; about half were Juniors. This year there will be more than 20 scheduled instructors and several additional instructors; more than 120 scheduled training sessions and about a dozen randori sessions. About two out of three sessions will focus on various aspects of contest Judo. Other sessions will teach various kata: sambo, traditional jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, referee training, coach certification training, aikido, karate, kyudo (Japanese archery), yawara, police tactics, dealing with multiple attacks, conditioning methods and promotional examinations.



Instructors at The Greatest Camp every year include Olympians and national champions from various countries; coaches of national teams; and others of similar standing. This year US Olympian Ryan Reser and Nick Lowe (our most requested instructor) will be our featured Judo instructors; four-time World BJJ Champion Vitor "Shaolin" Ribeiro will be teaching Brazilian Jiu Jitsu; and world Masters champion Igor Yakimov, a perennial favorite with all of us, is returning to teach sambo for his seventh consecutive year.

The Greatest Camp welcomes campers from all regions of the United States, Europe, and other continents as well. A great many of our campers return year after year to continue training and to renew lifelong friendships. Newcomers are made welcome and almost always return to the "Greatest Camp!"



For full information, including lodging & registration forms, please visit: <http://www.greatestcamp.com/>



**Monday, July 18th - Friday, July 22nd: CAMP BUSHIDO, Judo & Jujitsu Training Camp
Old Oak Ranch, Sonora, California**

Camp Bushido offers a full program in both judo and jujitsu training with nationally and internationally-known featured guest instructors and a core group of regular instructors. The camp fee includes room and board, swimming, and many other fun activities. Opportunities for belt rank promotions and kata and coaching certifications are also offered in the beautiful foothills of the High Sierras.

For full information and forms, please visit www.campbushido.com





Sunday, August 14 - Saturday, August 20: INTERNATIONAL JUDO CAMP, Huguenot, NY

“Amp the Camp” is the theme for this summer’s 39th YMCA International Judo Camp. Newly named camp Co-Director **Clyde Worthen**, 6th Dan (*Head instructor at Tech Judo, National Champion, National Collegiate Champion, Pan American Gold Medalist, 4-time US World Team Member*) along with guest instructor **Leonardo Victoria**, 2nd dan, (*Instructor at Tech Judo, 6X Colombian National Champion, World Team Member, Pan American Medalist, National and President’s Cup Silver Medalist*) promise to “amp” all aspects of an already great traditional judo camp. Returning campers will enjoy the fine facilities and beautiful lakeside setting they have in the past, but everything else will be aimed at creating great judo instruction and workouts geared for specific age and ability levels and enhancing the non judo aspect of camp for juniors.



Judo Mat: The “new” mat area will be a combination of Zebra tatami and 2” Swain flexi-roll mats and cover over 5,400 sq. ft., including 6 competition areas. The mat area and set up is guaranteed to create an exciting judo atmosphere and be ideal for drills and group specific instruction. Kata practitioners will appreciate the 2” flexi rolls when taking falls on a daily basis.

Camp Activities: The judo staff is coordinating with the Y staff to allow junior campers to take full advantage of all the wonderful activities available such as rock wall climbing, swimming,

horseback riding, fishing and boating, to name a few. For teenagers there will be a "Cool Zone" where they can socialize and be teenagers in the evening after judo.

Judo: We will have our many high-ranking instructors and staff returning to make sure campers have plenty of high quality instruction. Leonardo Victoria will bring his exciting style of "ippon" judo that makes him one of the most exciting national competitors to watch. Clyde Worthen will bring his years of experience and drills that have helped develop many fine judoka. Outstanding national kata champion Heiko Rommmelman has promised every young camper will leave camp this year taking great break falls and having a better understanding of the importance of kata.



The whole staff is "amped" and ready to make this the best year of judo camp ever! This year our camp is dedicated to co-founder George Harris who sadly passed earlier this year. We know he will be watching with a smile at what he sees.

The Judo Camp staff and the New York YMCA work to ensure that quality staff care for and work with you child. All instructors and counselors go through a rigorous selection process, background check and drug screening. The "Key Principles" of the YMCA focus "on what is important; the safety of your child, teaching them new skills, and helping them build new friendships."



For more information, go to:

www.newyorkymcacamp.org/judo;

brochure: <http://www.newyorkymcacamp.org/forms/judo/2011-Judo-Brochure-WEB.PDF>

For team discount rates see: <http://www.newyorkymcacamp.org/judo/datesandrates.php>

Financial aid: <http://www.newyorkymcacamp.org/forms/Financial%20Assistance%20Packet.pdf>

Please contact camp co-founder/co-Director George Pasiuk at mr1judo@optonline.net or 914-413-9944 if you have any questions.

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

Day, 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.

APRIL

April 16

The Midwest Regional Judo Tournament, North Dale Rec Center 1414 St. Albans St N, St. Paul, MN. Junior, Senior, Masters & Novice and Kata. Clinic with Steve Scott on 4/17, 10:00 a.m. - 1:00 p.m. Contact Ken Otto: k-d-otto@msn.com

April 30

MidWest Judo Challenge (Standing Only Tournament), Lima YMCA, 345 South Elizabeth St., Lima, Ohio. For Masters, Seniors, and Juniors, featuring one-minute matches, no mat work, and round-robin divisions. Rebates for the Top 3 Clubs that bring Judokas to compete. Contact: Russ Conkle @ 567-712-4621 conklegr@embarqmail.com or Mark Hunter@ 419-722-3476 www.AmerikanJudo.org

April 30

Kelly's Capers clinic, YMCA, Middletown CT. contact Mail@Middletown-Judo.com

MAY

May 6 - 8

Judo Clinic/Workout with Ryan Reser (2008 Olympian, World Team Member & US Open Champion) focusing on fundamentals, strategy, and competitive techniques. Findlay YMCA East - 1400 Manor Hill Road - Findlay, Ohio. Friday 6:30 to 8:30PM; Saturday 9:30AM to 11:30AM; Saturday 1:30PM to 5:00PM; Sunday 1:15PM to 3:15PM. \$25/ 1 session \$40.00/2 or sessions. Contact Mark Hunter 419-722-3476, markjudo@aol.com, www.amerikanjudo.org

May 22

Kelly's Capers Clinic - The Centurion Judo Club at the Corning, NY YMCA will host a Kelly's Capers clinic on Sunday, May 22nd from 12 to 5pm. The clinician will be Bill Myers, head judo instructor at Cornell University, who has used Kelly's Capers for three years to teach beginning judo players. While created to increase student retention by easing the beginner's transition into standing randori, the method is also useful for drill training for more advanced judo players. The clinic will cost \$35 per participant. If interested, please contact Heidi Reed (heidi_reed@hotmail.com, 607-738-8743).

May 28-29

39th Annual AM-CAN International Judo Challenge, Canisius College, Buffalo NY. See www.amcanjudo.org for entry forms and complete information on the event, lodging, etc.

JUNE

June 4

Rokugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

June 11

Sensei Gary's Birthday Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.

June 17-19

JA/USJA Sport Jujitsu US National Championship Tournament, Foster City, CA. www.jujitsuamerica.org.

June 23-25, 2011

THE GREATEST CAMP ON EARTH, Next Level Center, 4317 Stevens Mill Road, Matthews, NC. See *article in this issue*. <http://www.greatestcamp.com/>

JULY

July 1-3

Second annual USJA / USJF Junior National Championships and Novice Tournament and Kata Competition, Owens Community College in Toledo, Ohio. Complete information at 2011judojuniornationals.com. Contact: Gary Monto, 419-283-6319, JudanJudo@aol.com or JudanJudoToledo@bex.net

July 18-22

CAMP BUSHIDO, Judo & Jujitsu Training Camp, Old Oak Ranch, Sonora, California. See *article in this issue*. www.campbushido.com

AUGUST

August 13-14

Fight Like a Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, Michigan. Doors open at noon on 8/13 and 8:30 a.m. on 8/14. Open workout after camp 1:00 p.m. 8/14. \$30.00/both days; \$20.00/one day. Campers bring sleeping bag; meals Saturday night/Sunday daytime included. Contact: Deborah Fergus, defrgs6@att.net or 269-208-1068.

August 14-20

INTERNATIONAL JUDO CAMP, Huguenot, NY. See *article in this issue*. Information: www.newyorkymcacamp.org/judo; brochure: <http://www.newyorkymcacamp.org/forms/judo/2011-Judo-Brochure-WEB.PDF>

SEPTEMBER

September 24-25, 2011

7th All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. Registration, weigh-in, Kata, Coaches & Referee Certification Clinics 9/24 (evening); Kata and Shiai Competition on 9/25. Contact: Deborah Fergus, defrgs6@att.net or 269-208-1068.

OCTOBER

October 1

Juugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

October 15 (*note date change*)

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.

DECEMBER

December 2-4

Friday – National Coaching Clinic, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

Saturday & Sunday – USJA/USJF 6th Winter Nationals at Damien High School, La Verne, CA.

Go to [Winter Nationals Website](http://WinterNationalsWebsite) or contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.

In Memoriam

We are saddened to report that Dan Alan Dombrowsky (1945-2011), Godan, has passed away. He was a lifelong judoka, with 46 years of "mat time" as a competitor and a sensei. He was a life member of the USJA and was inducted into the Martial Arts Master Hall of Fame in 2007 for his outstanding contribution to the Martial Arts. During his competitive years, Dan won the Ohio State Judo Championship fourteen times.

For more about Dan Dombrosky's life, go to:

<http://www.legacy.com/obituaries/toledoblade/obituary.aspx?n=dan-alan-dombrowsky&pid=149152352>

Well Wishes

*The USJA community sends its best wishes to **Harry Glackin** (Martial Arts Training Academy, NJ) for a speedy recovery and good health.*

USJA Promotions: March, 2011



Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|--------------------|-------------------|---------------------|
| ★ Michelle D. Ber | ★ David D. Grover | ★ Sabra M. McGrew |
| ★ John Dean | ★ Stefan Habsburg | ★ James J. Morawski |
| ★ Charmaine Galvez | ★ Abel Jacobo | ★ Chris Ritchie |
| ★ Zachary Graham | ★ Erick M. Jordan | |

Nidan

- | | | |
|---------------------------|--------------------------|---------------------|
| ★ Brechtje C.M.
Beuker | ★ Abigail S. Herman | ★ Jennifer Paccione |
| ★ Ben Castillo | ★ Matthew L.
McDaniel | ★ Matt A. Weiner |

Sandan

- | | | |
|----------------------|---------------------|-------------|
| ★ Niilo H. Blomquist | ★ Kimberly Garcia | ★ Alex Vega |
| ★ Michael Dean | ★ Michael A. Munoz | |
| ★ Pedro Fleitas | ★ Theodore T. Tripp | |

Jujitsu

Shodan

- | | |
|------------------------|-----------------|
| ★ Nicholas A. Dreiling | ★ Chris Ritchie |
|------------------------|-----------------|

Advertise your Judo-related product in Growing Judo

We are now accepting commercial advertising in Growing Judo magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively.

Multiple issue discounts are also available.

If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or katrina.davis@usja-judo.org.

2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships in Toledo, Ohio is only **3 months away**.
The registration fees for the tournament are listed below:

PRE-REGISTRATION: Must be postmarked no later than Saturday, June 18th, 2011.



POSTMARKED BY SATURDAY, JUNE 18, 2011	
Shiai – Individual Entry Fee	\$50.00
Kata Team – One Kata	\$60.00
Kata Team – Two Katas	\$75.00
Kata Team – Three Katas	\$90.00
Spectator Fee (children 7 and under Free)	\$10.00 for both days

ONE DAY WALK-UP REGISTRATION:

NO PERSONAL CHECKS. Cash, money order, cashier's check or credit cards will be accepted. **(ABSOLUTELY No registration will be accepted after 4 pm)**

FRIDAY, JULY 1, 2011 ONLY	
Shiai – Individual Entry Fee	\$75.00
Kata Team – One Kata	\$80.00
Kata Team – Two Katas	\$95.00
Kata Team – Three Katas	\$110.00
Coaches Fee (Badge)	\$50.00
Spectator Fee (children 7 and under Free)	\$15.00 for both days



There will be NO SATURDAY REGISTRATION or WEIGH INS

ENTRY FEES ARE NON-REFUNDABLE

MAIL TO: Judan Judo – 2011 Jr. Nationals

PO Box 167440, Oregon, OH 43616

Please visit web site 2011judojuniornationals.com for complete entry packet and rules.

Judan Judo is looking for clubs/groups that would be willing to work the tables for Jr. Nationals. The tournament will pay \$250 per club/group per day that they worked on the tables. If your club/group is interested in working at the Jr. Nationals please send an email to judanjudoledo@bex.net requesting the application for club/group table workers.

A Brief History of Judo

By Hal Sharp, 8th Dan

In 1877 there was a seventeen year old scholarly Japanese student named Jigoro Kano who later founded Kodokan Judo. He majored in English and German, pitched for his school baseball team and enjoyed rowing and hiking. Because he was frail he was often bullied, and thus he studied jujutsu for protection. His body became stronger and he discovered the ability to defeat a stronger opponent by using the opponent's power, position and movement. In the 1800's jujutsu texts only consisted of scrolls with technique names and crude sketches. Students of jujutsu often had to take a blood oath of secrecy.

In 1882 at the age of 22 Kano started a new school of jujutsu named Kodokan Judo (a place to study the way of judo). Jujutsu contained many self defense techniques that were dangerous to practice in competition. Therefore Kano divided Judo into two areas of study, sport and self-defense. By prohibiting dangerous techniques, Judo could be practiced as a sport using free practice (randori) and tournaments (shiai). The sport of judo included throwing, holding, choking and arm locks. Safe practice was essential; therefore uniforms (judo gi) were worn to safely throw and control the opponent. The self defense aspect of judo was practiced with prearranged drills (kata). There are kata for the technical demonstration of judo techniques and principles.

The original Kodokan had a mat area of 12 by 18 feet and 10 to 20 students. Competitions, often between judo and jujutsu players were brutal, with no time limit and very few rules.

In the 1900's, Judo grew in Japan because it was practiced in most high schools, colleges, and police institutions. This was a young man's sport that created power judo and wrestler type physiques. At that time there were few competing sports so judo players (judoka) usually practiced many hours every day. During that period about 1200 schools specialized in mat work (Kosen Judo), which became the basis for Brazilian Jujitsu. In Japan over 99 percent of Kodokan Judo competitions were based on full-point (ippon) wins generally fought in a line-up in which one kept fighting until he lost or had a draw. Championship (elimination) contests were few with wins often based on a decision, not ippon. These contests were refereed by high ranking teachers (Sensei).

Jigoro Kano became Japan's Minister of Education and Olympic Representative. Judo spread throughout the world as a result of visiting Japanese judo teachers and foreigners who trained in Japan. Kano was pleased with the spread of judo, but disappointed by the use of power judo and lack of self-defense practice which emphasized the use of the opponent's power and movement. Unfortunately Kano died in 1938 before he could change the trend. After World War II Judo grew into a significant sport and by 1964 became an Olympic Sport. The International Judo Federation (IJF) created new judo contest rules making championship (elimination) judo contests more popular than ippon judo contests. To develop judo, European countries emphasized the technical and cultural aspect of judo thereby making it a major sport in their countries. France, with a population of 65 million, has over 600,000 judo members and is second in winning Olympic and World Gold Medals. The United Kingdom, with a population of 62 million, has 65,000 members. The United States, with a population of 312 million, has approximately 20,000 judo members and very few medals. The detriment to the growth of judo in this country may be caused by an over emphasis on competitive judo. France and the UK emphasize development of black belts and teachers before competitors. In these countries judo is for everyone, not for a few athletes. For over 50 years, the US judo membership has been stagnant. Recently, USA Judo, USJA and USJF have agreed that the competitive model does not work well. They now want recreational and technical judo and self defense.



UNITED STATES JUDO ASSOCIATION

21 North Union Boulevard, Suite 200, Colorado Springs, CO 80909-5784
Telephone: (877) 411-3409 Fax: (719) 633-4041

April 1st, 2011

DUE TO POPULAR DEMAND, WE EXTENDED THIS OFFER FOR ANOTHER MONTH!!

To All USJA Members:

USJA Board Member, Neil Ohlenkamp has graciously offered to personally autograph a copy of his book, [Judo Unleashed](#) for anyone who donates \$100.00 or more over the next 60 days.

The USJA has many more services to offer and we can achieve our goals sooner with help from all of you. Our main goal here at the National Office is to provide the best possible service and we want to thank all of you for supporting the USJA and hope that you continue to do so.

I am asking you to please support the USJA and give what you can. For those that can give \$100.00 or more you will have a great book, signed by the author and something to cherish and share for years.

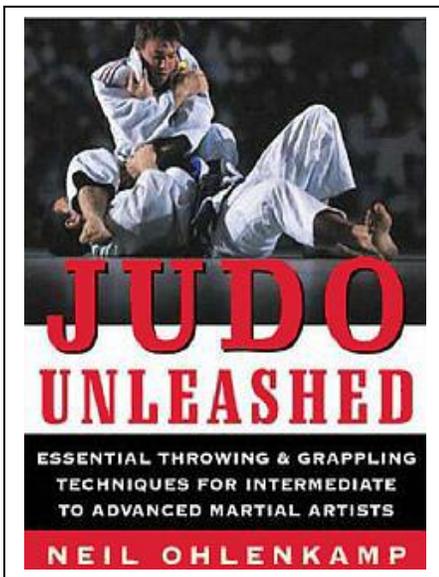
Sincerely,

Katrina R. Davis

USJA Executive Director

JUDO UNLEASHED

By Neil Ohlenkamp



This comprehensive 160-page book includes theory, principles, and techniques. A unique, modern judo manual with 390 professional full-color action photos and illustrations covering every official Kodokan technique, variations, and combinations with advice.

Neil Ohlenkamp, 6th dan has been practicing and teaching judo continuously since 1968. Mr. Ohlenkamp was the 1988 US Paralympic Team Coach in Seoul, Korea, 1999 USJA Coach of the Year, and has been the head instructor of the Encino Judo Club producing champions for many years. He is also the creator of the Judo Information Site (Judoinfo.com), the most comprehensive judo website in the world since 1995. Neil is a member of the USJA's Board of Directors.

"I really like this as a textbook for my students. It is very comprehensive with many photos and diagrams. The overview of judo's history and its evolution into a popular Olympic sport is well-explained with a reverence for its martial roots."

--Gary Goltz, USJA President

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