

# Growing Judo

## October 2011

Monthly publication of the  
Club Support Services Committee of the USJA

United States Judo Association  
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*Elko Shepard assisting Ken Camlek and Betsy Gauthier-Koth (Stevens Point Judo Club) with Ryogan Tsuki a technique from Ju-No-Kata. Doug Tono looks on.*

### In this month's issue:

- ★ New SPECIAL OFFER for USJA Donor and New Life members!
- ★ Coaching News: "What Are We Trying To Do?"
- ★ An Introduction to Foam Rolling
- ★ Inspirational Stories from Ed Carol
- ★ Aikido Committee News
- ★ Judo Etiquette--a handout for your students!
- ★ Regular Features: New Clubs, New Coaches, Promotions and more!

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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  
[judolady210@aol.com](mailto:judolady210@aol.com)

**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 a combined November/December 2011 issue. If you have any news and/or any planned events, please submit your information PROMPTLY: by October 25th or earlier if possible.*

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

## A Message to Our Membership:

The United States Judo Association strives to give its members and clubs the best possible service at an affordable price. Our membership, promotion, and certification fees have remained the same for many years, despite rising operating costs.

As of December 1st, 2011, we will be instituting a slight increase in these fees. Annual memberships, Sustaining Life Memberships, and various certification fees will generally be raised \$5 each. There will also be modest increases in sanctions, promotion fees, etc.

We will be posting a comprehensive list of the new fee structure in next month's *Growing Judo* and on the USJA website within the next few weeks. **In the meantime, you can still renew/extend your membership, get promotions processed, and sanction future events at the current prices.**

For the fastest service, please remember to send regular mail to the new USJA address:

**United States Judo Association, P.O. Box 1880, Tarpon Springs, FL 34688-1880**

Many people are still sending mail to Colorado, which may cause delays of a week or more.

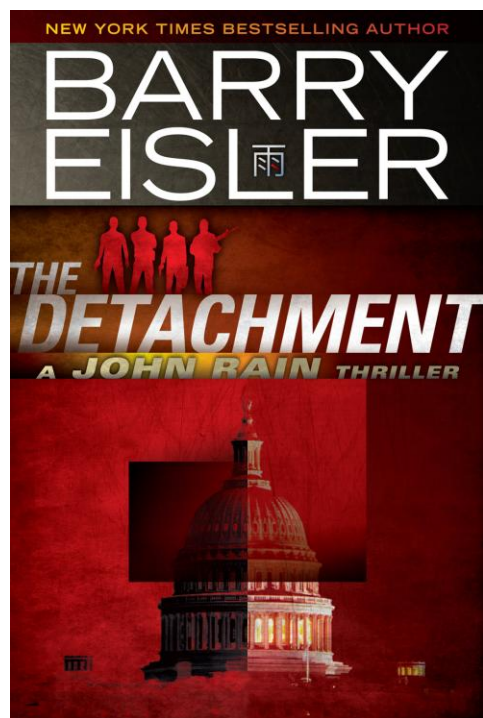
*--Joan Love, Vice-President, USJA; Editor, Growing Judo*

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## Now until November 30, 2011:

We are pleased to offer the latest installment of the *John Rain* series *personally autographed* by the author, Barry Eisler, to anyone who donates \$100.00 or more to the USJA, OR who purchases a new USJA Life Membership.

**Contact the USJA National Office and get your copy today!**



*John Rain is back. When legendary black ops veteran Colonel Scott "Hort" Horton tracks Rain down in Tokyo, Rain can't resist the offer: a multi-million dollar payday for the "natural causes" demise of three ultra-high-profile targets who are dangerously close to launching a coup in America.*

*But the opposition on this job is going to be too much for even Rain to pull it off alone. He'll need a detachment of other deniable irregulars: his partner, the former Marine sniper, Dox. Ben Treven, a covert operator with ambivalent motives and conflicted loyalties. And Larison, a man with a hair trigger and a secret he'll kill to protect.*

*From the shadowy backstreets of Tokyo and Vienna, to the deceptive glitz and glamour of Los Angeles and Las Vegas, and finally to a Washington, D.C. in a permanent state of war, these four lone-wolf killers will have to survive presidential hit teams, secret CIA prisons, and a national security state as obsessed with guarding its own secrets as it is with invading the privacy of the populace.*

*But first, they'll have to survive each other.*

***The Detachment, available to the public on October 18th, features an opening sequence at the Kodokan***



## WHAT ARE WE TRYING TO DO?

At some point every judo instructor should be asking, *What is it that I am trying to accomplish?* For many, each class is a mindless process of seoi nage and kesa gatame, etc., etc. Little or no thought is given to where it will all lead. Just do judo and things will fall into place. With the best of intentions, some develop elaborate schemes for reinforcing behavior. These schemes become so meaningless that they do not reinforce anything—the children know they are false. Others choose to treat children like *little adults*, but they are not adults and should not be treated as such. For those of you who have decided that one of these two categories fits you and you know your approach works, read no further. This little piece is not about the one answer, it is about investigating and evaluating your own program.

Educators know that humans learn differently at different ages. Schools have been broken into elementary, middle and high school. Within these divisions, further separation is made. In most judo classes, the luxury of splitting

participants up by age is not always possible. Sometimes separate 12-and-under, and 13-and-over classes are possible. In some situations 5-7 year olds are mixed in with 12 year olds; not a good plan—but it may be necessary. As a coach you should at least familiarize yourself with how these groups learn differently. You can study about these in any education text. It is not necessary to become a certified teacher, but it is helpful to be aware. It may also be helpful to understand the four basic ways that people learn. With these tools in tow, you might well improve your actual sessions.

Athletic skills are not built in static environs. Though basic body position can be taught statically, movement needs to be introduced quickly. Allowing body position to be developed statically does not further one's judo. Initial movements are not going to look like a 4<sup>th</sup> dan. Hopefully, they will logically develop toward that. Within 20 – 30 minutes your charges should be engaging in some kind of controlled randori . . . this in their first class. We want to involve them in the process from the very beginning. Putting artificial barriers up only grows problems down the road.

Recently I have heard various short pieces on National Public Radio about youth sport—soccer, baseball, over-participation, etc. There is an interesting phenomena occurring. Across the board coaches are being told to back off on very prescriptive instruction and *allow children to play the game*. These other organizations are finding that over-emphasis on developing “athletes” takes away from the end result. Children that are regimented in sport tend to drop out at 11-13 years of age. On the other hand in countries where the “play” is emphasized, better athletes are developed and they seem to have more of them. In many instances, this play is done in the absence of adults; in our rush to assist, we sometimes cause more problems than we solve! In judo we probably need more coach involvement, but it should be almost invisible. Having a plan is great, but it must allow students to progress largely on their own. The instructor guides, leads, cajoles . . . and every once in awhile interjects some specific instruction. ***Too much instruction is just as bad as no instruction.***



If the above is true and I believe it is, what can we do? First, we need to agree on a goal. For this piece the goal is to develop “on-going skills.” In other words, to introduce skills, throws if you will, that can be used as building blocks. There are no bad throws, just poor methods of utilizing them. Let's look at the weak sisters, or brothers if you will, and how they become dead-end skills.

In my opinion the following moves become dead-end in most dojo: koshi guruma, tani otoshi, soto makikomi and leg take downs. Taken alone, nothing is wrong with any of these. From time to time they have all been used to some success at the international level. The weakness comes when a youngster achieves initial success with one of these moves and does not integrate it into a broader base of skills. Let me take one of my pet peeves: Tani otoshi, or as done by an 8 year old, *fall on your bottom and hope you can pull the person over your leg*. There is seldom any direction taught for the throw, no functional body position, and little attention to when it is done. Just “fall on your bottom and pull the person over” (I might use this myself for the first time this is taught). The child is successful with this move until they are about 12 years old. They now attempt this counter and their opponent switches on them and bounces their head off the mat. No fault of the opponent, they simply reacted to an ineffective counter, with an effective reaction. The child continues trying to make “the move work.” It has worked in the past; it should work again. The coach offers no real functional help, for he/she is also lost. What to do?

Do not allow this kind of pattern to develop. Make sure that your classes have a plan for the long haul. Well-planned sessions can benefit a wide range of players. If this kind of situation does arise you must take positive steps to eliminate the weak skill and replace it with others. (I know how difficult this can be, I am going through it right now with a 10 year old boy. He is making progress but sometimes it is crushing to watch him fall back into the same old traps.) You may need to disallow a move, substitute another for it or switch sides . . . and be honestly positive. Kids recognize insincerity even if we do not.

Though I have geared this piece toward children the same is true for teens and adults. The skills you teach today should benefit the player at 4<sup>th</sup> kyu and still be viable when they are 4<sup>th</sup> dan. If you are not planning in this manner, you are shortchanging your students.

--Bill Montgomery, USJA Coaching Education Committee Chair

NOTE: *Many of the ideas I have asserted here are not my own. I have been influenced by a wide variety of people over my 50 years in judo. If you wish to explore texts which cover some of these ideas, go to USJA Coaching Manuals for Level I, II and III by Dr. Chris Dewey. Dr. Dewey has codified a wide range of information within these three manuals they are a great resource. If you can find it, Judo For The West by Geoff Gleeson is excellent. For straight educational information you might do best to get with a teacher in your club or someone you know. Successful Coaching, by Rainer Martens is a fine general approach to coaching. Ron Angus of Canada, and Steve Scott of Kansas City have both published excellent books, and there are many others, so investigate!*

**USJA COACHING GUIDE NOW ON THE USJA WEB SITE!**

**<http://www.usja-judo.org/forms/Docs2011/USJAcoachingguide.pdf>**

***This is the first of many more references for coaches***



## **A WARM WELCOME to Our NEW USJA Clubs!**

**August/September, 2011**

Club Name: **Tortola Judo Club** (Class Regular) Location: **Tortola, Virgin Islands VG1110**  
Head Instructor: **Mark Hooper**  
Phone: **284-495-4416**  
Email: [markh@surfbvi.com](mailto:markh@surfbvi.com)

Club Name: **Shining Together Judo Club (Class C Club)** Location: **Santa Rosa, CA 95403**  
Head Instructor: **Dennis McCarter**  
Phone: **707-324-9233**  
Email: [dennismccrtr@gmail.com](mailto:dennismccrtr@gmail.com)

Club Name: **Gokei Judo** (Class Regular) Location: **Castaic, CA 91384**  
Head Instructor: **Mark Guerrero**  
Phone: **805-886-8086**  
Email: [gokiejudo@yahoo.com](mailto:gokiejudo@yahoo.com)

Club Name: **Suzaku Judo & Jujitsu** (Class Regular) Location: **Henderson, NV 89052**  
Head Instructor: **Dan Sisson**  
Phone: **602-799-0321**  
Email: [1dansisson@gmail.com](mailto:1dansisson@gmail.com)

Club Name: **Kizuna Martial Arts, Inc.** (Class Regular) Location: **West Palm Beach, FL 33415**  
Head Instructor: **Williams A. Vasallo**  
Phone: **786-286-9556**  
Email: [gatekeeperone@netzero.com](mailto:gatekeeperone@netzero.com)

## **Congratulations to our Newly Certified USJA Coaches**

- ★ Jeffrey John Bradway, Bushido Kai, Penfield, NY
- ★ H. Blair Gentry, Hwang's Judo, Hamden, CT
- ★ Bill Hudson, Delray Judo Institute, Delray Beach, FL
- ★ Joshua Love, Budokan Judo Club, Dunkirk, MD
- ★ Michael W. Loy, Lakeside Judo, Syracuse, IN
- ★ Lorenzo Menzel, Tomodachi Judo Club, Boynton Beach, FL
- ★ Richard B. Moon, GAKA Judo Club, Jamestown, NY
- ★ Daniel Paull, Delray Judo Institute, Delray Beach, FL
- ★ Mark Tamulionis, Kodokan Judo of Cape Coral, Cape Coral, FL
- ★ Davin Tillman, DeLeon Judo Club, Petaluma, CA
- ★ Williams A. Vasallo, Tomodachi Judo Club, Boynton Beach, FL

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

- ★ Kerry M. Davis, Shinkai Judo, New Iberia, LA
- ★ Everett Park, Nikko Judo School, Victor, ID
- ★ Michael A. Ritchart, Clarksville Budo Club, Clarksville, TN
- ★ Celita Schutz, Kokushikai Inc., New York, NY
- ★ Martel Smith, Combat Defense USA, Fort Knox, KY
- ★ David Tarbassian, RPI Judo Club, Troy, NY

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

- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**

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## **An Introduction to Foam Rolling, Part I**

*by Jeremy Bushong, MS, CSCS*

Foam rolling has recently become popular in the realms of athletic training, strength and conditioning, and fitness enthusiasts as a means to decrease stiffness, improve flexibility, and manage pain in joints and body parts. While there hasn't been much formal research regarding foam rolling, many coaches, therapists, and athletes vouch for its effectiveness.

Chances are you may have seen someone using a foam roller at the gym or off the mat. As the popularity rises, so do the questions. What is it? Does it work? How can I use it? The purpose of this article is to introduce the foam roller and its therapeutic benefits to the judoka.

The theory behind foam rolling is very similar to that of a massage. Applying pressure to muscles and other tissue allows them to relax, reducing tightness and pain. Surrounding muscle and organs is a tissue known as fascia. While fascia itself does not contract or move the body like muscle, it can become restricted due to factors such as injury or repetitive motion. Restriction in fascia can contribute to stiffness and pain, limit normal range of motion, and change posture.

Have you ever had pain or stiffness in your neck, unable to turn your head, yet the "trigger" for this pain is lower near your shoulder blades? This is an example of a myofascial restriction. The knot may be located in the upper back or lower trapezius muscle yet the pain is referred up through the neck. Because fascia is a large, three dimensional network of fibers encompassing many muscles, restrictions in one part of the body, such as the back, can affect other body parts such as the neck or shoulder. A trained therapist can sometimes detect these restrictions and work them out with manual pressure (referred to as myofascial release). Unfortunately, unless you're visiting a therapist on a weekly basis, these restrictions can add up and start to become a problem. This is where use of the foam roller can pay off.

Just recently I completed my master's thesis discussing the use of the foam roller for increasing flexibility. I did a small study using participants over the age of 50 and compared foam rolling to standard stretching and aerobic warm-up routines. Surprisingly, the foam roller was just as effective at increasing flexibility as stretching or aerobic warm-ups, and using the roller for only 5 minutes resulted in nearly 20% increase in range of motion of the lower body. In addition, the pain management and massaging properties of the roller made it the preferred warm-up method among the participants. Basically, using the foam roller on the back, hips, glutes, and legs loosened up joints and muscles, increased flexibility, allowed for greater range of motion, and helped reduce pain in muscles and joints.

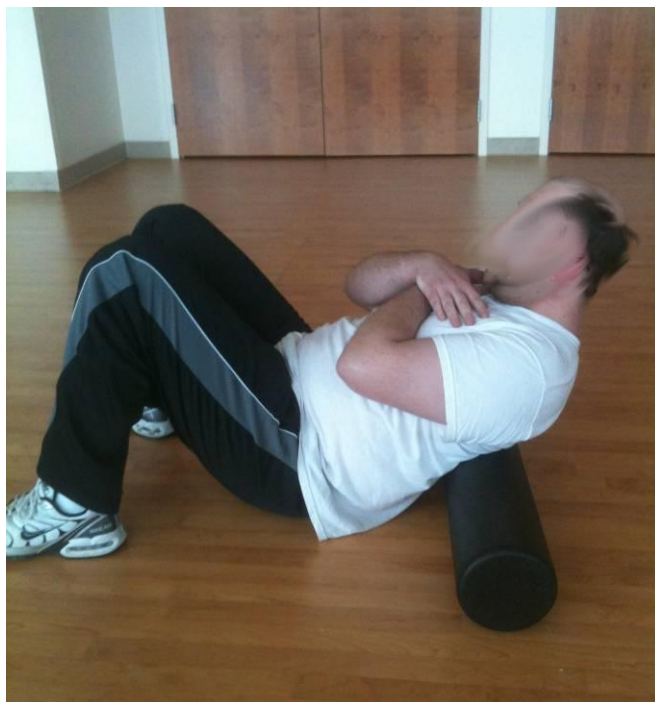
When we look at judo techniques, how many require flexible hips, legs, and shoulders? How many of us would like to help decrease pain and tenderness between training sessions? How many judoka are looking for new and interesting methods of warming-up before class? I found the foam roller works for me and many of my training partners, and I want to share this information with as many people as possible. It's nothing revolutionary--people have been using massage therapy for a very long time. However I think athletes often overlook simple methods which can complement their training.

Foam rollers are fairly inexpensive. If you search online, you can find more information on foam rolling, including example videos and tutorials. In next month's article, I will share specific foam rolling techniques and alternative methods if you don't have a roller.



Best of luck!

*Jeremy Bushong, Nikyu, began his judo training at Ark Judo in Springdale, AR. He currently works as a personal trainer and trains at Norwich Judo Dojo, Norwich, CT.*



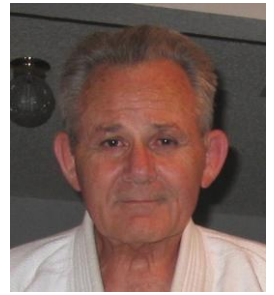
*Using the foam roller for the back and legs*





*Editor's Note: Below are a couple of inspirational stories shared by Ed Carol. They were originally written a couple of years ago, so there are updates following them. While I believe everyone DOES have stories like these, it's important to celebrate the ways that Judo and its teachers make a difference, and appreciate the rewards that are less tangible than medals and trophies.*

*E. E. Carol, Godan and former Police Olympics silver medalist, has practiced martial arts for 40 years, and teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas.*



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## Jamie

Slim and dainty with short brown hair and blue eyes, Jamie crossed the mat all smiles, the shy, small kind hinting of uncertainty and hurt. I had met this 27-year-old in dog training class and knew that Jamie had a confidence problem. She had a hard time finding the right dog for her and so far had been unsuccessful.

Now someone at school had threatened her, and Jamie was determined to stand up for herself. I had recommended judo or jujitsu classes but not expected her to show up because she lived so far away. I suggested to her father a school closer to them, but he would not consider that because it was an issue of trust rather than distance.

Jamie became my student. She did push-ups, sit-ups, and falls. She did standing ones on the big blue crash mat because she couldn't fold her body quite right yet. Jamie was eager and willing to try anything once or twice. I paired her with an adult on light practice with an injured knee. They worked well together although he let her slack off on some throws. I corrected her efforts and received a dirty look from her partner. Seems Jamie already had conquered one person.

Her upper body strength was good, and she had a lot of control. Her balance was better than I expected, and she could move very well a couple of steps at a time. I include a lot of judo in self-defense classes because it can be good practice for using jujitsu. After the first class Jamie sat down and promptly fell asleep! We'd tired her completely.

During her second class I introduced her to de-ashi-hari, osoto-gari, ouchi-gari, and sase-turikomi-ashi. She took instruction well and tried very hard to do the techniques. I assigned her to work with Mike, a smart and understanding shodan. I also let her work with my son, another shodan.

One student had a minor injury that kept her from training for a major tournament. I assigned her to Jamie's group. That she was nine wasn't a factor when they were doing mat work. The nine-year-old considerably challenged Jamie. After the general class Jamie stayed for the adult self-defense session, in which I paired her with a 71-year-old woman that she had met in dog training class. They worked well together. Then she worked with my partner, Jim Brown, who is so heavy on technique that he expends almost no effort in using self-defense. Jamie was interested and working hard when class ended. Upon entering the car after class she promptly went to sleep!



When I returned her to her parents, they thanked me profusely. Jamie is a challenge and not often accepted by normal people. Many do not understand her problem and give her a hard time about it. Jamie has actually been threatened at college because her condition requires some privileges. She rides horses regularly because horses accept her for being who she is. Jamie, you see, has cerebral palsy.

*Editor's Note/Update: Jamie studied Judo for 3 years. She learned how to stand up for herself, and her dad believes that judo has kept her out of a wheelchair.*

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## Hope For Hope

My current class consists of four misused and abused children recently adopted by their foster mother, three kids who are home schooled and naively self-confident, and four normal children. Well, kinda normal. Hope and her brother Jacob are two of my supposedly normal kids.

Hope is beautiful, and she knows it. Hope is eight. When she began judo, I told her she'd have to pay attention, work hard, and attend regularly to attain promotions.

Her reply was, "I don't have to do that. You're a man, and all men do what I want because I'm pretty!" Now is that a challenge or what?

Hope is physically coordinated and works hard at judo. She attends class regularly and has learned well. When she finally earned her promotion and was returning to her place in line with her new yellow belt, she told her mother, "Momma! I got this myself, not just because I'm pretty."

Though she earned this over a month ago, I'm told that she still sleeps with the belt. Hope tends to wait for others to fall on the mat for her because she wants them to. Getting her to attack is like pulling teeth, though when she does, she generally throws her opponent. She's more defensive than aggressive and waits for her looks to dominate.

Another of my other normal kids is Brian, who likes Hope. Brian's nine, an age at which demonstration of affection hurts. The rest of the kids are unimpressed by her looks and go after her like a dog on a bone. Getting Hope to throw around my black belts doesn't increase her confidence in her judo abilities because she expects men to obey her and hasn't connected her actions with the results.

Hope won't always be beautiful. Neither will her beauty stop bad people.

Her personal confidence level has skyrocketed with judo practice. She insists that adults treat her fairly and will not obey her elders blindly. That doesn't bother me, because I'm used to explaining to kids why I want them to do something a certain way.

I worry about Hope. How can I get her to rely on herself and not her looks? Did I mention that she earns straight A's in school and usually is the teacher's pet? In reality she's a neat child, typical of those in class right now. Each has his or her own challenges.

Doesn't everybody enjoy teaching kids? Even though Hope is one of my blessed children she is still a challenge. Her character grows with each class. I'm pleased that all children are not alike and am open to suggestions on how to teach judo successfully to Hope.

*Editor's Note/Update: Recently Hope quit judo but hopefully will return to it someday.*



## Concluding Thoughts

*You have to be big and tough to play football and you have to be male. To play basketball you have to be tall and very agile. To run track or to swim you have to be competitive. To play golf you have to have money. To be in the band you have to have talent. To play Judo you only need a gi and the desire. Everyone wins in the practice of Judo because you get better with every class. As a Self Defense, Judo is unrivaled because the mere attendance in class gives students an air of confidence that only the most determined and twisted bully would dare to challenge. The first class is frightening. Stepping on the mat with all those accomplished Judokas is a daunting task. But class will be over before you know it and you will be tired. After 3 months of two classes a week, your body will be hard and conditioned. All the things that frightened you about Judo will be behind you. Your next rank promotion will be eagerly anticipated, and you will be doing what you can do in a sport that everyone can do. Blind, hearing challenged, crippled and mentally challenged work out with normal and athletic Judokas to everyone's benefit. Each Judo Club is like a family affair. We help each other to achieve our goals in our chosen sport. We are male, female, short, tall, medium, black, white, Asian, Latino, and just people. We are laborers, dock workers, lawyers, doctors, educators, police and cab drivers. We are rich, poor, middle class and young and old. We are Judokas.*

--Ed Carol

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## USJA Aikido Committee Update



As the new chair of the USJA Committee, it is my goal to move forward and to teach and promote traditional Aikido under the auspices of this organization. In the past few months, I have contacted committee members, updated posted Aikido information and created new USJA Aikido test requirements/guidelines, a new Aikido glossary and new USJA Aikido Certificate.

Anyone seeking Aikido promotion is required to attend a minimum of two Aikido seminars per year, conducted by the Aikido Chairman. A new Aikido promotion form and other information is available on the USJA website. I want to thank Mr. Wilks, Mr. Southam, Mr. Deren and Mr. Albino Jr. for sharing comments and suggestions.





Since I became the USJA Aikido Chairman in March 2010, I have been actively promoting Aikido through clinics and demonstrations in Florida, California and Indiana. During the September 2011 America's Cup Judo Championship in, Pendleton, Indiana, many participants expressed interest in learning and incorporating Aikido principles into their Judo and Jujitsu. During the Aikido seminar, wrist locks, strikes at vital points (atemi) and proper body movements (irimi, tenkan, etc) were demonstrated. In addition, the training covered defense techniques against kicks (keriwaza), jab, unarmed technique (taijutsu), variation technique (henkawaza), countering technique (kaeshiwaza), and armed technique (bukiwaza). Many senior students and instructors expressed a strong desire to study traditional Japanese budo through Aikido and to revive original practical elements of Judo which have disappeared during the natural evolution of the art. I have also been invited by Mr. Braye to conduct an Aikido seminar at his state of the art 8,000 sq. ft Club Bushido in Evansville, Indiana.



I like to thank Mr. Slaven, USJA Jujitsu Chairman for his continued effort in making all this happen. I am appreciative of his special influence, wisdom and spiritual guidance and to have him as a friend.

Future USJA Aikido events will be posted in *Growing Judo*. If you are interested in learning more about Aikido including hosting seminars, or if you have any questions or concerns please do not hesitate to contact me.



Jose Andrade, M.D., 7<sup>th</sup>  
Dan Aikido  
USJA Aikido Chairman  
407-694-3388;  
[aikidotenshi@hotmail.com](mailto:aikidotenshi@hotmail.com)

Indiana 9/11/11 Seminar



*The following is a paid advertisement:*

### **Yoko-shiho-gatame in Judo: A Guide for Coaches**

This is the latest in the "A guide for coaches" series by Jim Sheedy of Australia. This text is for the more advanced coach or judoka.

Detailed descriptions of the technique are provided with variations and counterattacks accompanied by 200 black and white photos. This 100 page paperback is not your standard judo text.

Very detailed practical examples of both mental and physical preparation programs are provided. A number of Coaching Tips and clear descriptions of training drills complement the text.

Available from [sheedyjk@bluemaxx.com.au](mailto:sheedyjk@bluemaxx.com.au) for \$19.95 AU plus postage.

## **Judo News From Around the Country**

### **Wisconsin, September 23-24**

A Kata clinic was held at Welcome Mat Judo Club of Fond du Lac, WI. The guest clinicians were Eiko Shepard and Doug Tono. The Friday evening session began with a warm-up of Tandoku Renshu and then focused on the Itsutsu-No-Kata or Forms of Five.

The full-day Saturday clinic was devoted to the Ju-No-Kata. The intensity of the class was so demanding that near the end of the class Judokas were actually falling or being thrown in Ju-No-Kata. Twenty kata students participated in the week-end event, and testing was available for any interested.

*--Tom Gustin, Stevens Point Judo Club, Stevens Point, WI.*



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***Editor's Note:*** The "Judo Etiquette" piece on the next page is intended as a handout to explain traditional bowing etiquette to beginning students. Please feel free to make hard copies of it if you wish to teach these customs in your dojo. Please remember that adhering to these customs is an individual choice.

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## Judo Etiquette: When, how and why we bow (rei) in judo.

*by Michael Dunn, Motor City Judo*



Judo is a product of Jiu Jitsu, the hand to hand martial art of the ancient Samurai. Many of rituals we perform in Judo are from, or resemble, samurai etiquette, including bowing.

A Samurai was a right handed swordsman and the right foot was the lead foot when correctly drawing his sword. Therefore stepping with the right foot first would have been a show of aggression. When we step with the left foot first we display respect and non-aggression.

### ➤ **Bow when entering and exiting through the doorway of the school (dojo).**

Enter the dojo stepping respectfully with the left foot first.

Exit the dojo stepping with the right foot first. (The Samurai would lead with right foot to be prepared to correctly draw his sword)

### ➤ **Bow when stepping onto the mat (tatami) and again stepping off the mat (tatami).**

Step onto the mat with the left foot first and bring the heels together, perform a standing bow (see below) then step forward with the left foot first respectfully. When leaving the mat, perform a standing bow at the edge of the mat stepping back with the right foot first.

### ➤ **At the beginning and end of each class everyone will line up and bow in.**

All non-black belts line up with the highest rank on the right and lower ranks to the left facing the head Sensei and all of the black belts standing at the front of the class known as Joseki or Shomen. When class is properly lined up and ready, the highest ranking non-black belt on the right will call out **kyotsuke** (attention) and **rei** (bow).

After bowing, the Sensei and the black belts will step back out of line one by one before any non-black belts can move, after they have all moved the lower ranks may move after the person to their right falls out of line.

- **Before and after practice or randori with a partner.**
- **After receiving instruction during class.**
- **Before and after a contest. (shiai)**
- **Before and after receiving promotions and awards.**

**Standing Bow:** Standing with a straight back, hands at your side with the heels of your feet together and the toes pointing out at a 35 degree angle, bend at the waist while sliding your hands along your legs and in toward your knees, hold for a couple seconds and then return to attention.

**Judo Kneeling Bow:** Start in the standing ready position, with hands at the sides while resting on the upper thighs, fingers slightly pointing inward. Start by placing the left knee on the mat with the toes on the mat while the right foot remains flat on the mat. Next lower the right knee placing the toes on the mat. (live toes) Lower the buttock onto the heels as the instep of the feet are placed flat on the mat and both big toes touching each other. Both hands are resting on the lower thighs with the fingers pointing slightly inward.

The distance between the knees should be the width of two fists for men and one fist for women. Slide the hands down the legs and onto the mat with the hands placed flat, palms down, the index fingers are touching and the thumbs touching each other forming a triangle shape.

Bending forward with the forehead towards the triangle but not touching the hands or mat, pause in the bowing position.

To return to the normal kneeling position, slide the hands flat on the mat and up the legs back to the original position on the lower thigh as the torso straightens and the head raises back to the starting position. Return to standing ready position by rising onto the knees with live toes and a straight back. Place the right foot flat on the mat and rise back to the standing ready position.

**Editor's note:** With the increased popularity of USJA's *Growing Judo* magazine, has come numerous requests to publicize events that are not sanctioned by the USJA. Please understand that this magazine is a huge undertaking by USJA volunteers and the national office staff, and that there are expenses associated with its production and distribution. Our policy is:

- Free listings in the Upcoming Events section are offered for USJA-sanctioned events.
- Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:
  - \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
  - 1/4, 1/2 or full-page paid ads are also available.
  - For either of these options, please contact USJA Executive Director Katrina Davis.

## **Upcoming Events**

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

**Month & date of event**

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

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

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

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

## **OCTOBER**

### **Sunday, October 2nd**

**Juugatsu Open Judo Tournament** hosted by Gentle Way Judo Club at the Boys & Girls Club and Family Center of Bristol, 105 Laurel Street, Bristol, CT. Junior, Senior, Masters, Newaza Divisions, plus a special guest seminar for juniors. Two competition mat areas. Event flyer/details at [www.gentlewayjudoclub.com](http://www.gentlewayjudoclub.com)

### **October 7-8**

**Jack Bradford Memorial Tournament & Clinic**, Deer Valley Middle School, 21100 N 27th Ave., Phoenix, AZ. Contact Steven Owen, 602-430-5361 or [cheri.mckeown@gmail.com](mailto:cheri.mckeown@gmail.com)

### **October 8**

**19th Semi Annual Ippon Judo Open**, Kedron Field House, 202 Kedron Dr., Peachtree City, GA. Contact David Wojcik, (770) 632-2669, <http://judocrew@numail.org>

### **October 8**

**Maumee Bay Classic**, Bedford High School, 8285 Jackman Rd, Temperance, MI. Junior, Senior, Master shiai and, Kata. contact Ted Whittaker, 419-215-4023/419-726-8388, [Judosnsa@gmail.com](mailto:Judosnsa@gmail.com)

### **October 15**

**2011 LA Open Judo Tournament**, Hebron Baptist Church Gym, 24063 Hwy 16, Denham Springs, LA.

Annual event hosted by Wall to Wall Martial Arts. Divisions for Kata, Juniors, Masters, and Seniors. Individual medals and Team Awards. Contact James Wall [wallmartialarts@att.net](mailto:wallmartialarts@att.net).

### **October 15**

**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](mailto:gary@goltzjudo.com), for more information.

## **OCTOBER 15, 2011.**

**Rapid Fire Judo Tourney** at Manchester Police Athletic League, 409 Beech Street, Manchester, NH.

Stand up only tournament based on European Style Developmental Judo designed to get people lots of judo and fights. Every division is round robin up to 7 people in the division. Start time: 9:30 am (Jr) and 10:30 am (Sr); \$20.00 for registration. Contact: [Robert@gsji.org](mailto:Robert@gsji.org) or website info/registr: [www.gsji.org](http://www.gsji.org).

## **OCTOBER 21-22, 2011.**

**INTERNATIONAL JUDO CAMP with Dutch World Champions and Polish Judoka** at Manchester Police Athletic League, 409 Beech Street, Manchester, NH. European and World Judo Champions: Dutch brothers Dex and Guillaume Elmont coming to the USA for the first time. Camp fee is \$100.00/3x sessions or \$50.00/1x session. Contact [Robert@gsji.org](mailto:Robert@gsji.org) or website info/registration: [www.gsji.org](http://www.gsji.org).

Here are videos of [Dex Elmont](#) and [Guillaume Elmont](#).

## **October 29**

**Kelly's Capers Clinic**, Pharr YMCA, 208 Main St., McAdenville, NC. The clinician will be Lynn Roethke, 2-time Olympian (Silver Medal in 1988). Assistant Instructors and their students aged 13-up are all welcome to attend. Time schedule TBD; contact Vic Reavis, [sensei\\_vic@belmontjudo.com](mailto:sensei_vic@belmontjudo.com)

## **NOVEMBER**

### **November 5**

**1st Annual Gateway Invitational Judo Tournament**, Overland Community Center, 9225 Lackland Rd, Overland, MO. For Juniors, Seniors & Masters and featuring a Men's and Women's Grand Master Champion division. Hosted by White Dragon Judo. Contact Tracy Hangle, 314-960-4228

### **November 12**

**Annual Judo Tournament**, University of Tennessee Judo Club, 1914 Andy Holt Avenue, Knoxville, TN. Contact Don Tyrell, 865-689-5733, <http://dtyrell@comcast.net>

### **November 12**

**9th Annual Red White & Blue Classic**, at St Paul Parish School, 1009 Kem Road, Marion, IN. Hosted by Marion Pal Judo Club. Junior, Senior, Master, Kata; also a test site for Regional Referee Certification. Contact Bruce Bender, 765-603-0354

### **November 27**

**Nakabayashi Judo Championships**, hosted by the Metropolitan Judo Association, Salesian High School 148 East Main St. New Rochelle, NY. Shiai & Kata; also a testing Site for USJA Referee, Kata Judge, and Technical Officials. For entry forms and information contact George Pasiuk (718) 430-9385/ [mr1judo@optonline.net](mailto:mr1judo@optonline.net) ; or Charles Schweizer [esg939603@yahoo.com](mailto:esg939603@yahoo.com).

## **DECEMBER**

### **December 2-4**

[USJA/USJF 6th Annual Winter Nationals](#)

### **Friday December 2:**

**Coaching Certification Clinic** at Goltz Judo, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, 909-399-5490. For initial certification or continuing education. 9:00 a.m.-5:00 p.m. \$50 fee for clinic includes lunch. Registration form:

<http://judowinternationals.com/Coaching%20Clinic%202011.pdf>

Contact Bill Montgomery, USJA coaching education Chair: [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)



**Saturday & Sunday – USJA/USJF 6th Winter Nationals** at Damien High School, 2280 Damien Ave., La Verne, CA. Seniors, Masters, Juniors & Kata. Free clinic following Saturday competition. Advance registration by 11/23/11; form:

<http://judowinternationals.com/Winter%20Nationals%202011.pdf>.

Contact Gary Goltz, [g.goltz@verizon.net](mailto:g.goltz@verizon.net), 909-702-3250; or Tony Farah, [tony@farahfamily.com](mailto:tony@farahfamily.com),



**JULY, 2012**

**July 26-29 2012.**

**Rise of the Phoenix Camp, Ohio.** More details to follow!

Contact Ted Whittaker, 419-215-4023/419-726-8388, [judosnsa@gmail.com](mailto:judosnsa@gmail.com)

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## **USJA Promotions: August/September, 2011**



*Congratulations to the following individuals on their achievements:*

### *Judo*

#### *Shodan*

- |                        |                     |                        |
|------------------------|---------------------|------------------------|
| ★ Neldo Angeles        | ★ Edward M. Moran   | ★ Jusin E. Sperringer  |
| ★ Robert Clark         | ★ Dmitry S. Olevsky | ★ Andres Trujillo      |
| ★ Robyn Culley         | ★ Shane Pan         | ★ Juan C. Villalobos   |
| ★ Nicholas M. Fredette | ★ Christopher       | ★ Joseph T. Wunderlich |
| ★ Matthew Hill         | Pinkenburg          |                        |
| ★ Anthony Kalani       | ★ Jared R. Riley    |                        |

#### *Nidan*

- |                        |                       |                       |
|------------------------|-----------------------|-----------------------|
| ★ Robert J. Gleason    | ★ Chad Morrison       | ★ Christopher Sweeney |
| ★ Lazeric F. Hudson    | ★ Junior Negron       |                       |
| ★ Vincent Kotchounian- | ★ Daniel L. Simmerson |                       |
| Robinson               | ★ James A. Smith, III |                       |

#### *Sandan*

- |                |                     |
|----------------|---------------------|
| ★ Guy Manville | ★ Lorenzo P. Menzel |
|----------------|---------------------|

#### *Yodan*

- |                  |
|------------------|
| ★ Jeff J. Giunta |
|------------------|

## In Memoriam

**Ken Millay (1930-2011)**, USJA Executive Director in the early 1970's, passed away peacefully on August 3rd in Florida. Ken started up the USJA National Office in St. Louis following the resignation of Rick Mertens. Ken was married for 56 years to Joan Millay, a USJA Board member for several years and a several-time national kata champion. Ken was a graduate of the United States Naval Academy Class of 1955. He was a career Air Force Officer and a fighter pilot in Vietnam, where he was awarded the Bronze Star, the Silver Star and the Distinguished Flying Cross for gallantry in combat. Ken was also a NASA space shuttle engineer. He will be buried at Arlington National Cemetery with full military honors.

**Dr. Edward Swartz (1938-2011)**, USJA Life member #7761, passed away on August 3, 2011. He was a USJA Sandan in Judo and Yodan in Jujitsu. Dr. Swartz was dedicated to judo for over 40 years, beginning in Niles, IL. In 1985, he moved to Tampa, FL and served as the Head Coach of Florida Yutora Judo Club. Over the years, many of his students became black belts in Judo and Jujitsu. Dr Swartz took great pride in his students and became forever friends with many of them. He will be remembered and honored as a quiet man with a strong hand and a good heart.



**Robert K. Clark (1967-2011)** of Toledo, Ohio passed away suddenly on August 31st, at the age of 44. Rob was self-employed as a handyman. He enjoyed spending time with his family, fishing, watching television, computers and his dogs, but his real passion was judo. He was a valued instructor at Ohio Judan Judo Club.



*I only had the privilege of meeting Rob this past July, at the USJA/USJF Joint Junior Nationals. People talk about "growing grassroots judo," but Rob clearly lived it. He was there to greet us at the Coaching Certification course, made sure we had everything we needed, and arranged for lunch for everyone. The rest of the weekend, I saw him pitching in wherever he could: solving problems, giving special attention to VIP guests like Janice Harris, and so on . . . all with cheerful enthusiasm and a friendly smile. If he can make that kind of impression upon people in a couple of days, I can only imagine what a special man he was and how much he meant to his family, friends and everyone at Judan Judo. Rob will be very much missed.*

*--Joan Love, Vice-President, USJA*

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