



March 2014

In this month's issue:

- USJA Coach of the Year Award
- USJA Donor of the Year
- Ridgewood YMCA Judo
- Ashley Interviews Bobby Lee

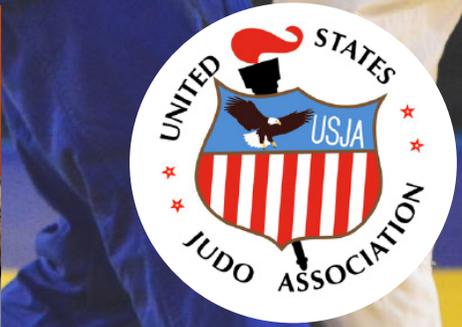
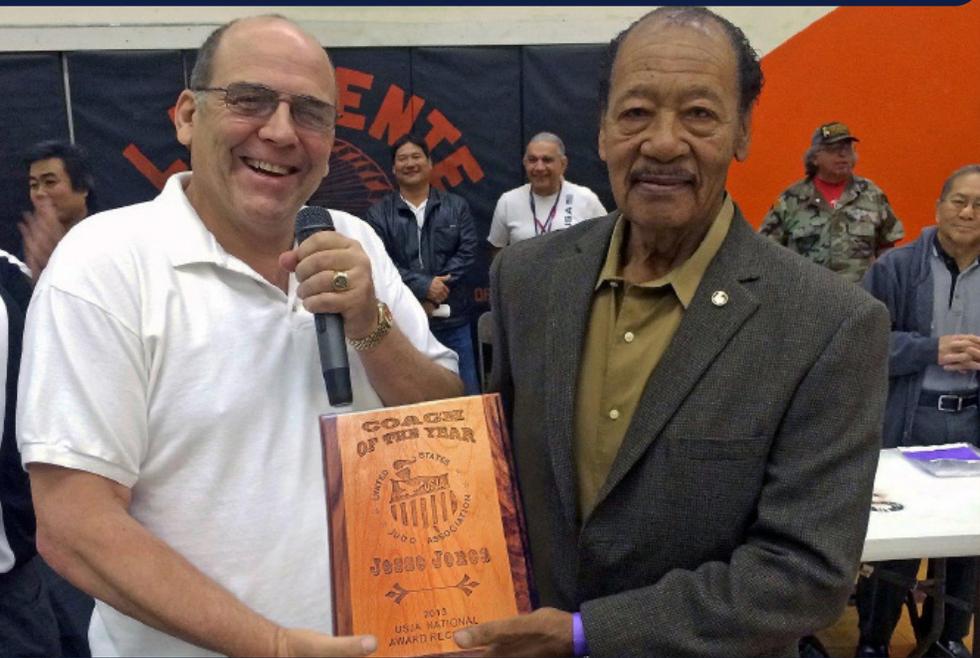


Photo by: Lou DiGesare/realjudo.net



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Leadership Forum

USJA Olympians

The USJA is and was, and always will be known as a grass roots Judo organization, the place where Judo began for so many people. From its inception, it focused on helping people start Judo clubs and allowed them to begin their journey in Judo. Some of those people are still involved and engaged on some level. For many, Judo was part of a longer and more complicated journey where they learned goal setting, which became an integral part of their lives and their identities; many of these people are our current leaders and club coaches. For a very few, membership and lessons from their USJA clubs were a springboard to much, much greater heights: the quest for an Olympic Medal.

The following USJA members won medals in Olympic competition:

1964	James Bregman	Bronze
1976	Allen Coage	Bronze
1984	Eddie Liddie	Bronze
1984	Robert Berland	Silver
1988	Kevin Asano	Silver
1988	Michael Swain	Bronze
1988	Lynn Roethke	Silver
1992	Jason Morris	Silver
1996	Jimmy Pedro	Bronze
2004	Jimmy Pedro	Bronze
2008	Ronda Rousey	Bronze
2012	Kayla Harrison	Gold
2012	Marti Malloy	Bronze

I don't want to marginalize the many USJA members that fought in the Olympics, but didn't medal; their accomplishment speaks for itself: they are Olympians:

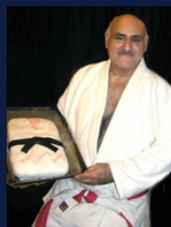
Celita Schutz, Liliko Ogasawara, James Wooley, Leo White, Doug Nelson, Tommy Martin, Brett Barron, Eve Trivella, Kate Danahoo, Grace Jividen, Valerie Lafon, Colleen Rosensteel, and all the others that I inadvertently failed to mention.

I challenge our readers and friends to email me and let me know about anyone that was left off this list of Olympians and to the Olympians themselves, email and let us know where you are and how Judo is still a part of your life.

You can comment as you see fit by emailing me at marccohen55@gmail.com.

As an added bonus, anyone who can guess why I use 55 in my email address gets the added bonus of a free mention in Growing Judo and a full explanation of why I use it (hint: I was not born or married in 1955).

Marc Cohen's Bio



Marc Cohen has been competing and teaching Judo for over 50 years in New York City and Long Island. He holds a 6th degree black in Judo and heads up the Go Rin Dojo in Long Beach, NY.



Editor's Message

March 1, 2014

Dear Friends:

I hope you enjoy this issue of Growing Judo. I honestly feel that we are starting to develop a format that works for our members.

I respectfully request that you send me pictures, articles, announcements and any other materials that you feel our membership would appreciate.

This is your magazine and I hope you will become a part of it. My job as editor-in-chief is to compile your work and aid in the dissemination of it. Please send me items that you would like to see in future editions.

I feel like the Growing Judo team has been working handicapped for the past few days. My Executive Assistant, Bernice Reyes, has been dealing with a sick child. We wish him a speedy recovery. And, at the same time, I must publically thank Irimie Mircea for helping with the extra work and preventing this from being much later than it already is.

Respectfully,

A handwritten signature in black ink that reads "Michael Hall". The signature is written in a cursive style.

Michael Hall
Editor-In-Chief
Growing Judo
michael@judopro.com

A large, faded watermark of the USJA logo is centered on the page. It features the same shield emblem with the two children and the text "GROWING JUDO" at the top and "USJA" in a large, bold font at the bottom, all in a light gray color.



The Office Corner

Greetings from the USJA Office Staff. We would like to ask all of you to take a moment to become aware of a new program called **Amazon Smile** that benefits charities. Amazon will donate 0.5% of the purchase price of most purchases on their site to the user's charity of choice. Users must register, select their charity, and then initiate every purchase at www.smile.amazon.com. We are always looking for ways to boost revenue so that we can continue to improve our services especially as new technology unfolds so quickly.

On another positive note regarding technology, we are in the process of improving various things that make the programs that our membership utilizes more "user friendly" which will address some of the feedback we have received.

As many of you know, we began the concept of the Coaches Portal and it has received much praise. We will continue to think along those lines to make almost everything you do with us as effortless as possible and keep up with present technology at the same time.

No "Office Corner" would be complete without thanking our monthly donors and those of you that simply take it upon yourselves to donate. It is appreciated more than you know.

On a personal note we want to send our thoughts and best wishes to any of our members that have been affected by the severe weather our country has been experiencing.

As always, we wish our membership the best of everything.

Katrina R. Davis – Executive Director
Michael Lucadamo (Marra) – Office Manager
Robin Ridley – Membership Services
Teresa Smith – Membership Services



USJA



Regional Coordinator's Message

Hello from the Regional Coordinators Committee; We have had a busy first two months of the year with several dojos joining the USJA and developing new judoka. Dave Goodwin of Bushido Dojo in Staten Island, New York has been doing a great job coordinating events. He is now working with Celita Schutz to hold a major tournament at Farrell High School in Staten Island.

Gary Goltz is making his way down to Florida for the Yoichiro Matsumura Judo Championships being held on March 8th. He will most likely stop at a few locations such as the main office on the way down. We look forward to seeing him.

Mindy Buehman will be holding a referee clinic on the 7th of March at Kodokan Judo of Cape Coral and Sensei Matsumura along with 3X Olympian Celita Schutz will hold a Competitors Clinic on March 9th at the same location.

The Development fund is poised to distribute its first award in early March and we will give more information on that after it is awarded.

If you have ideas and want to join the Regional Coordinators Committee please contact me at sijudo1@aol.com.

Yours in Judo,
John Paccione



USJA



Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Daniel Kallai, WOFA Judo Club, Grants Pass, OR

Newly Certified USJA Coaches

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

- ★ Dr. Richard H. Iglesias, Dr. Iglesias MMA Academy, Bronx, NY
- ★ Evan Lo, Nassau County PAL Judo Club, Great Neck, NY

USJA Donors



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
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX



Judo News from Around the Country

Olympic Bronze Medalist



Joey Hetzel, Will Chapin, Betsy Gauthier-Koth, Marti Malloy and her bronze medal, Tom Gustin, Stevens Point Coach



Marti Malloy giving Betsy Gauthier-Koth final instructions to complete the turn over.



Judo News from Around the Country

Nokido Grand Opening and Open House

Hello Everyone,

As most of you know, our dojo has grown and we have moved into our new location. We will be having a grand opening/open house on March 29th, 2014. We would love to have you come by and see our new facility and you may train with us as well.

BJJ and Self Defense from 10:00am - 11:30am

Lunch from 11:30am - 12:30pm

Judo and Ju-Jitsu from 1:00pm - 2:00pm

Our new address is: 1050 Innovation Ave., Unit 109, North Port, FL 34289

RSVP with Sensei Chris Ritchie (941) 258-5652 or email senseichris@gmail.com and let us know if your going to stop in. We look forward to seeing you on the 29th!





Judo News from Around the Country

Nokido Grand Opening and Open House



Ju-Jitsu is alive and well in Florida! Nokido Ju-Jitsu, Judo and BJJ is located in North Port, FL. The chief Instructors are Sensei Earl DeValle and Sensei Chris Ritchie. Nokido was established in 2003, and has grown to be one of the largest Ju-Jitsu schools in the Central Florida region. The Ju-Jitsu and Judo program is the core class that is offered at the Dojo and last year Brazilian Jiu-Jitsu was added as well. Classes are offered for all ages and many students are family members.

Nokido means “Way of the Spirit”. The Nokido style of Ju-Jitsu is a traditional Ju-Jitsu system that has been recognized by the USJA Ju-Jitsu program, USJJF, and Ju-Jitsu America. The Nokido students have enjoyed competitions as well and have won numerous Sport Ju-Jitsu tournaments including the 2012 USJA/JA Ju-Jitsu Nationals held in Ft. Lauderdale, Florida and the 2009 USJJF Ju-Jitsu Nationals held in Niagara, NY. The students also are able to compete in Judo, Ju-Jitsu and BJJ through Nokido and are proud to be certified in Judo and Ju-Jitsu under the USJA.

Sensei Earl DeValle is a Rokudan in Ju-Jitsu, Yodan in Judo, Brown Belt in BJJ, and has practiced Judo and Ju-Jitsu for over 27 years. Sensei DeValle is the newest member of the USJA Ju-Jitsu Board. Sensei Ritchie is a Nidan in Ju-Jitsu, Judo and is a Purple Belt in BJJ. The Nokido dojo recently moved to its new location at 1050 Innovation Ave., Unit 109, in North Port, FL. The Grand opening is going to be in late March/Early April. Feel free to visit our web site at www.nokido.net

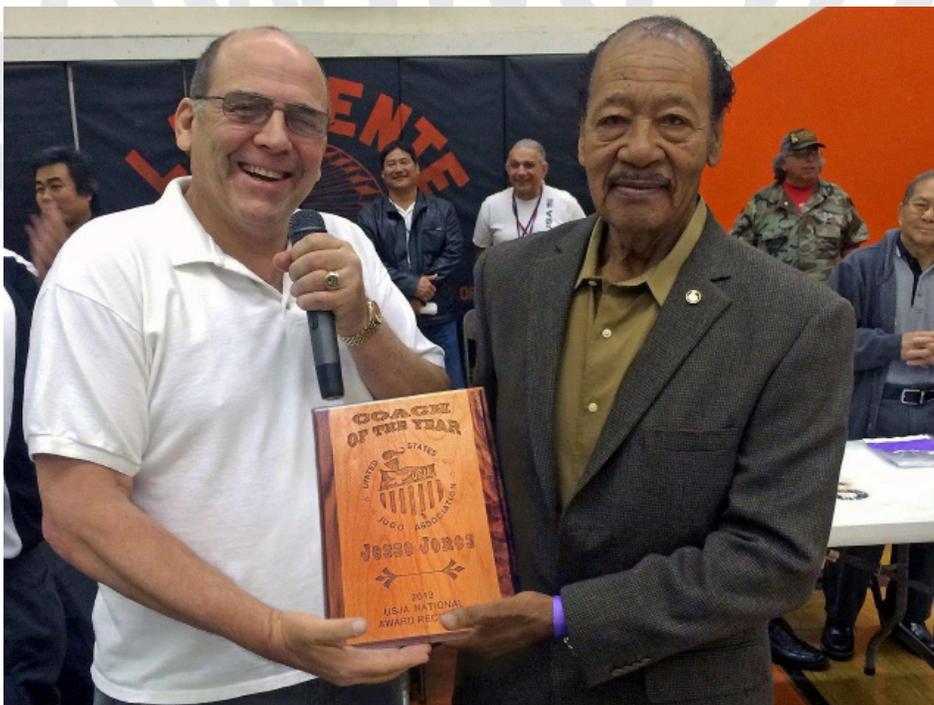




Judo News from Around the Country

USJA Coach of the Year Award

I presented the USJA Coach of the Year Award to our former President Jesse Jones who runs our 5th largest club and has hosted national tournaments for over 20 years. This was taken at the opening ceremonies at the West Covina Tournament today with 300 competitors, plus referees, families, and friends in the venue.





Judo News from Around the Country

Platte River Judo's Juniors Winter Promotions

These are just some photos taken during winter promotions for our kids' program on February 25th. We were missing some folks, but most of the kiddos were there. Sensei Chuck Drust from Black Hills Judo and Jujitsu drove over all the way from Rapid City, SD to be there and help recognize our juniors.

This took place at our club, Platte River Judo, in Casper, WY. Our club is housed in the Casper Family YMCA.





Judo News from Around the Country





Real Judo

The two judoka bowed onto the mat. From their determined look it was obvious that this battle was serious. Onlookers hushed and tensed as the competitors bowed to the referee and each other, then waited for the referee's signal.

"Hajime!" cried the referee, and without hesitation the two lunged at each other attempting a grip advantage. It quickly became apparent that they were evenly matched and neither could gain the better grip. The match became more dance than fight.

Suddenly the referee hollered, "Matte" and grabbing each fighter by his collar, lifted them. He swung them around back to back, put them down, and sang, "You put your right foot in, you put your right foot out, and you shake it all about!" The two 7-year-old competitors giggled and did as the song directed. The crowd laughed.

The referee restarted the match. This time there was an obvious difference between the competitors. Now they were having fun playing judo. The fight was no less technical, nor was there less effort on the part of the participants, but the tension was gone.

After four or five matches, awards were presented: ten medals for ten players. Almost as one the crowd leaned forward with camera phones to capture delighted

faces of family members receiving recognition of their first judo win. The referee, a large dark man with solid, economical movements, completed arrangements for the next set of matches and turned the mat over to a new referee.

When Ruben Martin hosts his annual Beginners Tournament, half his floor is covered with mats and the other half with chairs. Spectators always outnumber competitors at this event where everyone receives a medal. There is much in-house joking: "Why does the chicken cross the road?" shouts Martin Sensei. "To get to the other side!" respond his giggling students.

Martin's intensity while coaching borders on dangerous. He concentrates on helping his students do their best and have the best possible learning experience. If someone saw him only in that role, he would appear unfriendly and unapproachable. However he exposes his true personality at his Beginners Tournaments.

Martin Sensei enjoys his judo and sharing that joy. He doesn't take judo or teaching lightly, but his sense of humor and affection for judo reflect what judo is all about.

If we cannot laugh at ourselves, play judo, and respect the sport, we have nothing. Martin Sensei has it all and has brought it to his Burseson, Texas Dojo.



Ed Carol's Bio



Ed Carol holds yodan judo rank and sandan jujitsu rank. He teaches judo and jujitsu at his Ichi Ni San Judo and Jujitsu Club in Ennis, Texas. Thanks to his training, his USJA, USJF, USA Judo, and USJF life memberships have not expired. Carol Sensei also is an American Kennel Club Judge for Companion Dog Certification, though not licensed to promote canines to Showdog rank.

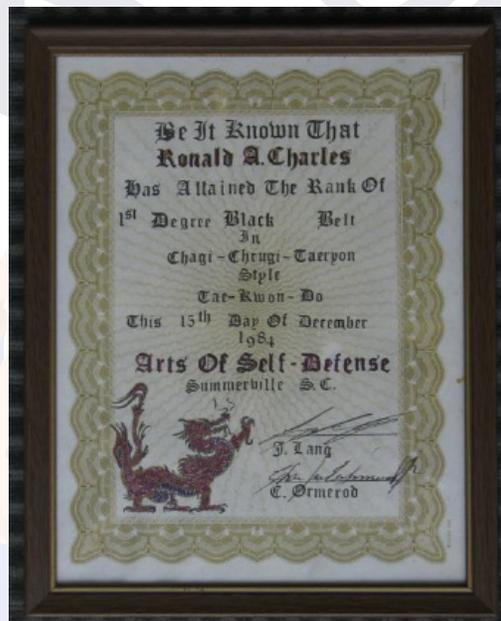
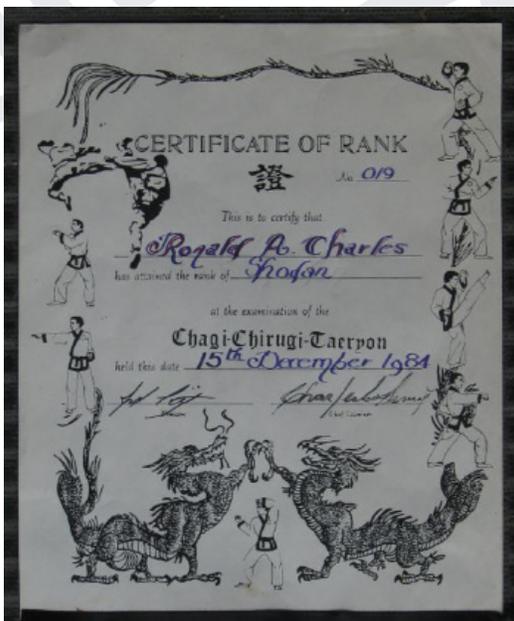


Licenses to Kill

In 1984 my black belt judo student asked if his karate sensei might, at my next judo tournament, present me with an honorary black belt. I asked if this was customary, because I didn't know anything about karate. He replied that for people like me, it was. I wondered about me.

His sensei also wanted to demonstrate karate, in a break before the finals. I imagined the breaking of boards, and though his demo included that, I became apprehensive when the sensei whipped out a whip as his assistant inserted between his lips an unlit cigarette. I appreciated his assistant not smoking in the school gym.

Before I could say anything, the cigarette flew from his mouth. Fortunately, no lips or teeth followed. That's one way to stop smoking! Then the sensei and my student presented me with two documents making me a Chagi-Chirugi-Taerpon style Taekwondo 1st degree black belt.



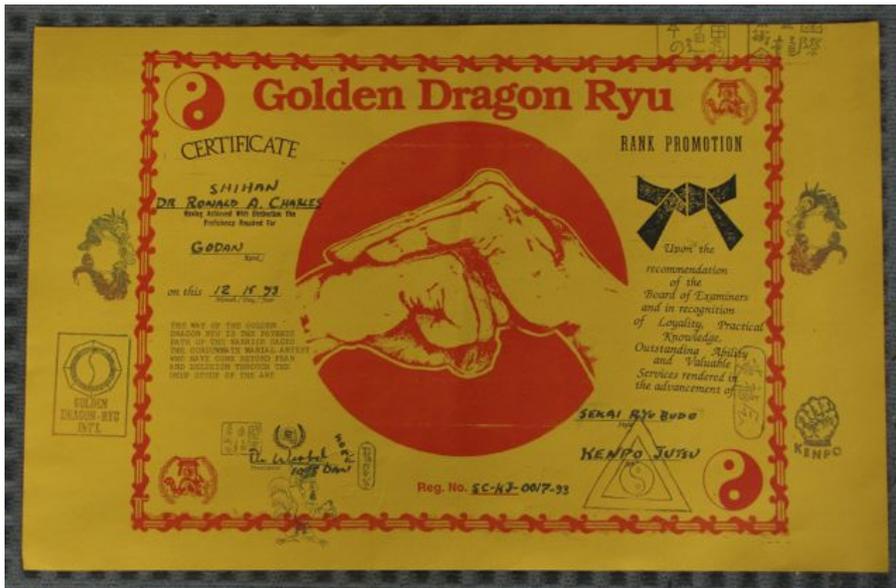
I know the credentials are authentic because the black and white certificate shows nine karateka demonstrating or engaged in combat and two dragons, identical except for smoke rising from one's nostrils. The nicer-looking certificate spells the style differently from the other one and is short one dragon and lacking karateka. Maybe the second dragon ate them and departed.

In 1993 a high-ranking black belt acquaintance visited Charleston to retrieve a prisoner from jail to transport to Indiana for trial. With time to kill, he accepted my offer to show him around. First he wanted to give me something in his motel room.

Carefully he presented a large orange 5th degree black belt promotion parchment with red images of two fire-breathing dragons. Whatever else would dragons breathe, really? No cigarette here. Kanji characters, a black belt, a hand over fist, the yin-yang symbol, a clenched fist over the word Kenpo, and the 10th dan president's signature cluttered the document, which also mentioned loyalty [sic], practical knowledge, and outstanding ability and valuable services rendered in the advancement of Sekai Ryu Budo style of Kenpo Jutsu. It declares, "The way of the Golden Dragon Ryu is the path [sic] path of the warrior sages the consummate martial [sic] artist who have gone beyond fear and delusion through the deep study of the art." Beyond fear and delusion? Hmm, that's me!

Most unusual of all, a fighting cock wearing a headband brandishes a nunchaku in each hand. I earned a doctorate in education from the University of South Carolina, where the football team is the Gamecocks and the logo a fighting cock. Rooster-costumed Cocky struts about

Licenses to Kill



during football games. But nunchaku? How can a winged creature HOLD any weapon? Oh yeah, this one has hands. How fowl is that? Sucking up my comments, I asked what all this meant.

My judo colleague wished to honor me for my skills. When I confessed ignorance to skills in his art, he assured me that it didn't matter. Whatever I taught was likely already in his curriculum, and if it wasn't, it should be. Nobody would question ME. The professor assured me that others paid in many ways for these highly treasured certificates.

I expressed gratitude at my fortune, after which he doubly honored me by presenting another document, including the nunchaku-armed cock plus different dragon images, symbols, and a seal verifying that I had attained 5th degree black belt in Nippon Tendo Sekai Ryu Budo.

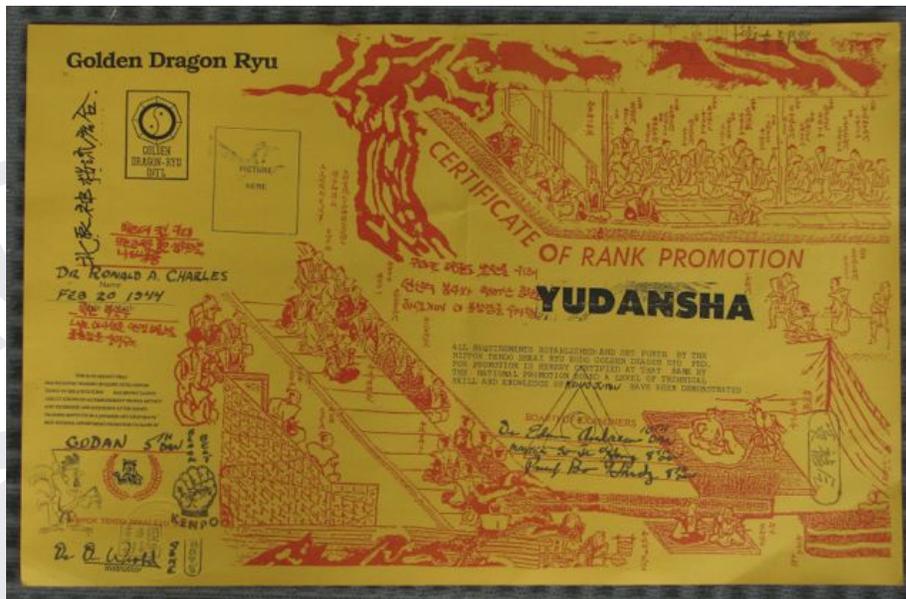


Before I could catch my breath, he produced yet a third cock-adorned credential, this from the Nippon Tendo Sekai Ryu Budo Golden Dragon Ryu Federation, attesting to my "talent, ability, strength, accomplishment, proper method (SIC), and technique and efficiency (SIC) at the kenpo training institute in a Japanese art legitimate self defense appointment promotion to rank of 5th dan black belt." This last embossed certificate shows 54 samurai, seated for the most part, observing two engaged in seppuku, the ritual art of disembowelment, and sports signatures from another 10th and two 8th dan. With so much embellishment, it seemed heavier than the other

He explained that he'd presented similar but higher-ranking certificates to our judo organization's president at the National Judo Institute during a traditional green tea ceremony. Apparently he'd decided to forgo my tea, perhaps because in South Carolina sweet iced trumped hot green. I stifled my urge to swoon at receiving 15 black belt degrees in a couple of minutes.



Licenses to Kill



I showed him the town, though he was somewhat surprised when I asked him to pay for his share of the barbecue order at a drive-through. Hey, I was a lowly paid schoolteacher who earned no money from martial arts.

Sometime later I learned that he was serving a 30-year sentence for murder for hire, battery and, more serious felony convictions. I hope he never wants to rescind my certificates or collect for his barbecue expense. I sincerely appreciated his appreciation of my skills.

It occurs to me that I could take over his martial arts organization, now that I am credentialed and he's incarcerated. I could make up things. This story, however, I didn't.

Ronald Allan Charles' Bio



Dr. Ronald Allan Charles is proud of his two real credentials, both from the United States Judo Association: His 8th dan in judo and 6th dan in jujitsu. He teaches both arts to the military at Joint Base Charleston Naval Weapons Station in beautiful, romantic Goose Creek, SC.



Judo: The Forgotten Martial Art



Taken at the Kodokan Judo Institute after finishing a private class taught by Shinro Fujita 8th dan sensei, myself, Sensei Fujita and Bob Brown who is a USJA 5th dan). Another sensei assisted Fujuta Sensei named Harukuni Shimoyama 5 th dan sensei.

Since the 1964 Olympics, the martial art of Kodokan Judo has been neglected and forgotten, in favor of the sporting aspect in the USA and probably in many other countries as well. All one needs to do is look at the majority of judo websites for both schools and organizations, and one can see that sport and shiai take center stage over any mention of the martial art aspect of judo. This fact along with the rank requirements of the USJA, USJF, and USA Judo, not including any mention of or the listing of martial art application of judo for promotion, cannot be disputed. Yes, you may read on a website that a specific dojo has special days where they teach Self Defense, but that does not represent a dojo that teaches the martial art of judo.

Why, because judo is Professor Kano's jujutsu system, and if taught correctly, an individual would have all the tools necessary for defending themselves, or come to the aide of another. You would not have to enroll in a Judo division for sport activity, and a Jujutsu division for Self Defense. You could enroll in the Jujutsu division, if their curriculum has a specific appeal to you, and that is fine. However, Judo stands on its own merits if taught as a serious martial art.

The sporting aspect of judo has run its course in attracting members into the USJA, and the leadership is looking at other avenues to attract members, and being all inclusive by talking about recreational members. However, no mention of those of us who study and teach judo as a martial art.

People who are looking for a school that teaches Self Defense walk pass judo schools and join the local Karate or Taekwondo school, to meet their needs. Sport judo has been so emphasized that it isn't looked at as an extremely effective form of Self Defense. Just read the comments on various martial art forums, with questions such as "Is judo effective on the street."

Wonder why people are asking on martial art forums, as to why new Judo organizations are being created beyond the USJA, USJF, and USA Judo? It is due to whatever respective organization they belong to, not meeting their needs. These new groups for the most part, are developed to meet the needs of those wanting to study Judo as an art, with sport as a secondary interest if any. With rank advancement based on skill, and knowledge of judo areas other than sport or competition participation/ involvement of some sort.

There is no area in the current USJA curriculum, for those of us who study and teach Judo as a traditional martial art, concerning rank promotion. If you want to be all inclusive, and reach out to many new members. You must if you want to compete with all these new organizations being developed. Include the martial art aspect of Judo in the USJA Handbook either as a separate Division with sport being what currently is in place (Traditional Judo Division/ Olympic or Sport Judo Division) or mix with the current curriculum. Either approach would be easy to accomplish.



Judo: The Forgotten Martial Art



Bob and I in the main dojo



At the Hoakkoryu Jujutsu hombu with Nidai soke Okuyama and Shihan Joseph Miller (North American Director)

Fellow USJA members and leadership, The USJA has the people and expertise to develop and keep traditional Judo alive (TOTAL JUDO) and compete with these new groups. To grow in membership and reach out to a large segment of the population that has been ignored and to be all inclusive. Have Olympic Judo if you must, but inform people Judo is an effective martial art, and they will choose which organization meets their needs.

The United States Judo Association can take the lead in keeping the martial art of Judo alive.

Barry E. Southam's Bio



BIO



The Sign

Eastside Dojo is the dream of many years coming together for two really good Judo men. I have known Kenny Patteson since he started Judo at 9 years of age. Ken has trained at the Olympic Training Camp and competed all over the world. He has trained under many outstanding coaches, including Y. Vincent Tamura, so he knows coaching. When Eastside Dojo started up in Plano, Texas, in September, 2013, they only had 18 or 19 students. Now they have close to 50.

I met Ken Scialo when he first came to Tamura's as a Sandan. He carried me through my Yodan test. My back was very bad at the time. He had been a Sandan for many years so he took the Yodan test with me. I think he is a Godan now. Ken is one of the most patient men working with kids I have ever met. He is devoted to Judo.

The Dojo has spring loaded floors to eliminate injuries and new mats. Ken and Ken are hosting randori meets, seminars with Judo heroes, and workout offerings at least once a month. These men and their dojo is a force to be reckoned with in Texas.



1st day at East Side Dojo



Ken Scialo coaching



Kenny Patteson back in his fighting days with unknown competitor

Ed Carol 's Bio



Ed Carol holds yodan judo rank and sandan jujitsu rank. He teaches judo and jujitsu at his Ichi Ni San Judo and Jujitsu Club in Ennis, Texas. Thanks to his training, his USJA, USJF, USA Judo, and USJF life memberships have not expired. Carol Sensei also is an American Kennel Club Judge for Companion Dog Certification, though not licensed to promote canines to Showdog rank.



Beyond Grappling



**FIGHT
MEDICINE**

the world what is truly in a grappler's heart!" says Dr. Gelber.

Along with the standard divisions based on belt level and weight, the divisions will be further broken down into categories based on ability. Though there are 20 fighters (and counting) already showing interest, Grappler's Heart is still looking for BJJ practitioners with the following attributes:

- Upper Extremity Amputee
- Lower Extremity Amputee
- Neuromuscular Disorder (ex. CP)
- Visually Impaired
- Hearing Impaired
- Special Needs
- Other Disability

If you, or a fighter you know, anywhere in the world fits the bill, go to <http://www.grapplersheart.com> to sign up for more information. If you're interested in sponsoring the event or volunteering over the tournament weekend please e-mail Grappler's Heart director Jon Gelber at jon@fightmedicine.net.

FightMedicine.net Launches the First Ever BJJ Tournament for Grapplers with Disabilities

LOS ANGELES (Feb. 8, 2014) – FightMedicine.net, the MMA world's #1 resource for injury, training and health information, is joining forces with **UFC Legend Pat Miletich**, **NCAA '01 National Wrestling Champion Nick Ackerman**, **Bellator fighter Keith Miner**, and a host of other talented and disabled mma and bjj fighters, to create the world's first grappling tournament just for martial artists with disabilities.

"Grapplers Heart will provide grapplers of all abilities to enter their first tournament, return to physical competition after a life-altering event, or just simply to inspire others. We hope to show

Jon Gelber's Bio



Dr. Gelber is a doctor and columnist who writes for Fox Sports and the international MMA magazine Train Hard Fight Easy. His articles have also appeared on Sherdog, Bleacher Report, and Bloody Elbow. He can also be heard on MMA podcasts and radio stations.



USJA Developmental Fund

The mission of the USJA's Development Committee is to build stronger communities and better people through the discipline, physical conditioning, focus and ethical values learned in judo. Goals and activities of the USJA Development Program are aimed at making these quality programs available throughout America. The committee members are very dedicated individuals from USJA Judo clubs all across the country. They include:

- Justin Weston - Chair, Christ's Community Judo
- David Goodwin - Vice Chair, Bushido Dojo of Staten Island
- Marshall Coffman – Member, Budokan Judo Club
- Gary Gucciano – Member, Ikikata Judo Club
- Sanders Ishisaka – Member, Industry Sheriffs PAL
- Brian Money – Member, Riverside Youth Judo Club P.A.L.
- Bob Rush – Member, CEM Judo

These members are there to help USJA students, and coaches in their quests in developing Judo programs and students. I would like to thank these seven gentlemen for all their ideas and efforts.

For the past several months we have been creating a "first step" plan to help develop Judo programs and students. We are proudly ready to present the USJA Development Fund. We are in the beginning stages of a fund that will grow and grow with the focus to add some financial assistance for various Judo events, clinics, activities, guidance, and general club and student development.

On the USJA website, click on Committees and then scroll down to Development;

<http://www.usja-judo.org/development-committee/>

You can also download the Funding Application Form on this page;

<http://www.usja-judo.org/wp-content/uploads/2014/02/USJA-Development-Fund-Form-2-14.pdf>

Please let us know your suggestions and feedback as they are really important to us.

Justin L. Weston's Bio



Justin is from Christ's Community Judo. He serves as USJA De-velopment Committee Chair and USJA Midwest Regional Coordi-nator.



USJA Donor of the Year 2013

Dr. James Lally, 3rd dan and former board member from Goltz Judo once again receives this honor. He has been the biggest donor for over a decade. We salute his steadfast support of the USJA and American Judo!



USJA



The Business of Judo

This will be one of the first in a series of articles that I will be writing over the next few months. These articles will focus on the topic of opening and operating a full-time martial arts (Judo) school for the purposes of not only teaching and spreading Judo but also making a profit. If you have absolutely no interest in opening or running your school for profit or if you are offended by the idea of someone doing so then this series of articles is probably not for you. All of the thoughts and ideas expressed in these articles are based on my personal experiences. I am not a lawyer or a CPA so any advice offered should always be verified by yourself through consultation with the appropriate professional in the field at question.

Welcome back! This is the second in my series of articles on starting and running a full-time, for-profit Judo school. If you read the first article in the February issue of Growing Judo then you remember that I talked about the need for properly identifying your goals, strengths, and weaknesses. I also talked about overcoming a lot of negative pre-conceived notions that exist in the Judo community and also the need to surround yourself and to learn from like-minded, successful people even if they are teaching a martial art other than Judo. Now let's push forward and delve into some really meaty topics!

Two very heated topics of discussion when it comes to running a martial arts school are EFT's and Contracts. Most of the "old school" type of instructors, the ones that propagate the pre-conceived notions that I talked about last month, will be quick to tell you just how wrong it is to use either of these tools. They are especially negative when it comes to the use of contracts. The line usually goes something like this "I only want students training with me because they WANT to be here" or some version of that. I myself used to say the exact same thing. For years we have been taught that it is morally and ethically wrong to require someone to sign a contract but the fact of the matter is that if you want to run a successful, full-time school then contracts are pretty much a necessity. Furthermore, when used correctly there is absolutely nothing wrong with them.

For years I struggled to build and maintain my numbers. We would sign up 10 people in January only to lose 5 in February. This is a very common problem in the martial arts (and a lot of other industries as well) The fact of the matter is that people by their very nature are fickle and kids in particular are very prone to jumping from activity to activity. You also hear a lot of talk about how people today just aren't as tough as they used to be and that's what so many people quit Judo. There may be SOME truth to this but I think that even more of a factor is the tremendous array of other activities and distractions that kids and adults have today. 20-30 years ago it wasn't like this in most places but now it is. If you are going to be successful then you MUST get serious about getting people to commit to your programs. One old saying that I've heard for years is that a Black Belt is just a White Belt that never quit. It is your job as an instructor to offer a program that is challenging and rewarding BUT you have to also sometimes be able to help your students stay the course and not just give up. Using a contract is one of our best ways to do this.

Typically I have new students sign a 12 month contract when they start with me. They have the option of a 3 month buy-out meaning that at any point they can pay me 3 months' worth of dues and I will release them from the contract. At the end of the 12 month period the plan goes month to month but I require a 30 day notice to terminate. These options are both very powerful tools. The 3 month buy-out means that they will have to approach you if they are thinking of quitting. This gives you a chance to save the account. Many times you'll find that you can. Maybe it's a Mom and she is frustrated because she doesn't feel that her son is advancing quickly enough. Maybe you can offer to meet with him for a private lesson or two? Maybe it's time to look at him for possible movement to another class? Maybe Mom and Son both just need some personal attention from the Head Instructor? If you can't turn the situation around then at least getting 3 months' worth of dues allows you time to sign up a new student to replace the one you just lost. This can be a real life-saver when you are just getting started and counting every dollar to be able to cover overhead costs. Even after the account goes month to month requiring the 30 day notice still gives you another chance to turn things around and save the account. Some schools also implement a "renewal" plan that requires students to sign another contract when the old one expires. I think this is a great idea and I am looking into it as an option for the future and I recommend that you do as well.



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What about exceptions you ask? I will allow a person to sign up under a 6 month contract or even pay month to month with no contract but in both cases the monthly tuition price increases accordingly. I currently have no students doing this. I will also let someone out of their contract if they are moving out of the area or if there are extenuating circumstances (custody issues, health issues, etc.). I will also "freeze" or "pause" the monthly payments if a student wants to participate in another sport for a month or two. In this case the parent(s) and I agree ahead of time on when the payments will stop and when they will re-start. How many times have you heard a statement similar to this one "Johnny really wants to play Baseball this season, BUT we promise that he'll be back in Judo as soon as Baseball season is over" How many times does Johnny actually end up back in Judo? Very few. The Contract is your tool to help overcome that problem. The contract is like any other tool however. It can be incredibly powerful for you but it should be used with care and compassion and never to take advantage of anyone. When used properly it can be a tremendous asset to the growth of your school.

EFT's – Now that you understand the importance of using Contracts let's talk a little bit about the use of EFT's. EFT stands for Electronic Fund Transfer. This in conjunction with the use of Contracts will make a HUGE difference in the success of your club. EFT's are not complicated. You and the student/parent agree on what day of the month their tuition will come due and on that day a payment is automatically processed to their checking account or credit/debit card and the funds are deposited into your school's checking account. There are many companies out there that will provide the EFT service at a minimum cost to you. Some of these companies also provide advice and marketing materials to help you grow your school. One great example of a company like this is EFC, Educational Funding Company. The USJA has an agreement in place with EFC that allows new customers to get a discounted sign-up with EFC if they are a USJA Chartered Club. Another option is APS, or Automated Payment Systems. APS does not provide any advice or marketing material but they do process EFT payments from checking accounts and credit/debit cards at a very affordable rate. APS is the company that I use and I have been very happy with their customer service and performance. We will talk in more detail about martial arts management companies in a future article but there are tons of them out there that you can research for yourself.

Choosing to use Contracts and EFT's is not easy. I fought against doing it for YEARS. If you spend some time researching successful martial arts schools (successful meaning lots of paying students) as I suggested in the first article of this series you will find that pretty much all of them use Contracts and EFT's. The fact of the matter is that in today's world people EXPECT to sign a contract and be billed automatically for martial arts classes. This is what happens with almost everything else from their mortgage payment to their gym membership. I remember being so nervous when it came time to sign up my first person using a Contract and EFT. I was so worried that I would lose the potential student. As it turned out the customer didn't even blink an eye! They even remarked that they were glad they would be billed automatically and not have to worry about remembering to pay me every month! You will occasionally get someone who is hesitant or reluctant to sign a Contract or use an EFT for payment. You must decide in advance how to handle these situations. As I mentioned earlier we have several options available including higher monthly fees. The person can also choose to pay in advance for 6 months or 12 months of classes if they want to. We actually just had this happen last week at our Denham Springs location. At the end of the day it's up to you to stick to your guns. The use of Contracts and EFT's is commonplace in the modern martial arts marketplace. If you want to be successful you will need to embrace these concepts. The key to making them successful is for YOU to believe in them 100% yourself! I think that once you do you will be amazed by the growth that your school will experience.

Our last topic this month is another tough one: Perceived Value. This is perhaps one of the toughest concepts for Judo instructors to embrace. For decades Judo has largely been taught for free or for very, very small fees and usually in YMCA's, Community Centers, or Church Gyms. There is absolutely nothing wrong with that. If you want to run a Judo program as just a means to "give back" to the community or to share and spread Judo then I commend you. If however your goal is to do all of those things PLUS make a living then you must change your mindset! When we talk about Perceived Value it really isn't all that hard to understand: In modern society people have been taught to believe that if something is more expensive then it MUST be better. Simple. If you are comparing two automobiles and one is much more expensive then it MUST be a better automobile. It's the same with everything from houses to hamburgers and it's not different with martial arts. Let me ask you a question.



The Business of Judo

And I want you to really stop and think about this before answering yourself. Do you think that the Judo you have to offer is an inferior product? Now be honest! If you answered yes then read no further. If you truly believe that your Judo is inferior to BJJ, Karate, TKD, or any other martial art then you are wasting your time even considering running a full-time school! Period. I personally believe that the Judo I teach is the BEST martial arts out there and furthermore I firmly believe that I can change the world, at least on a small scale, by teaching it!

Now if you answered No then you, like I, believe that your Judo has tremendous value. If that's the case then why would you give it away for free?? Why would you give it away for \$25 or \$50 per month? If you did your research then you probably know that the Karate/TKD schools in your region probably average around \$100 per month for a basic program. If you checked out any BJJ programs then you probably found similar numbers. There are of course always anomalies but in general most successful martial arts schools charge around \$100 per month. When you position yourself as the "cheapest" option in your market then you are devaluing the product that you have to offer. It's that simple. You are telling the world that the martial art you have to offer is inferior in some important way to all of the other martial arts in your area. You can rationalize it any way you like but it doesn't change the facts. This is the harsh reality of Perceived Value. This doesn't mean that you have to be the absolute MOST expensive option for people, although there is a LOT to be said for that line of thought. This also doesn't mean that you have to turn people away or kick them out if they can't pay. As always your heart should be your guide and compassion should rule the day. But it does mean that you need to also think like a business-person. Another hard to swallow fact is this: if you have someone interested in martial arts training and their budget is SO tight that they can't afford \$100 per month then in all actuality that person has MUCH bigger issues to worry about than looking for martial arts training. This may seem harsh, I know it did to me when I first heard it, but it's the truth. We want to do what we can to help make the world a better place but we can't help everyone. Do your research. Find out what your competitors charge. Analyze your product (you and your Judo) and price yourself as a serious contender with a great martial art to offer. Again, believe in yourself!

OK, in my first two articles I have covered a LOT of material. You have probably read some things that you like and you have probably also read some things that you don't like so much. The fact of the matter is that it's not easy to run a successful, full-time Judo school. It is a difficult challenge and you are going to have to overcome your fears and hesitations if you want to make it happen. The good news is that it is VERY possible. I'm doing it. And in a very small market with a LOT of competition. If I can do it then so can you.

Tune in again next month when we'll talk a bit about class structure and curriculum.

James Wall's Bio



James Wall lives in Watson, LA where he and his wife Patty own and operate Wall to Wall Martial Arts. He is a USJA Yodan in Judo and JuJitsu, a Sandan in Aikido, and a Brown Belt in Machado BJJ. He is a USJA Regional Coordinator and a member of the Coach Education Committee. He can be reached at wallmartialarts@att.net or through his school's website, www.wallmartialarts.com



Upcoming PBS Broadcast

MRS JUDO is being offered for PBS broadcast in May of this year. May is Asian Heritage month.

CAAM (Center for Asian American Media) is offering it. The states and communities with Asian populations will most likely program it, but the tough sell is in the midwest and the south and areas with limited Asian populations.

I would love some help with this. If you could put out a message to your membership (I'm guessing it is all over the US) and request letters and emails to their local PBS stations. Any judo list-serves and other ways to reach the community that wants to see this. This will hopefully encourage the PBS affiliates to program the show. I've been told that they need to be personal notes to the individual's local affiliate and if they had a reason why they want to see it, that is most persuasive.

Thanks!

Gary Goltz

Gary Goltz's Bio



Gary Goltz, President of the USJA, 7th Dan, started judo in 1965 at the Young Men and Women's Hebrew Association in his hometown of Pittsburgh, Pennsylvania - (1968 news story on Sensei Gary). There he met Kyu Ha Kim, 9th Dan, a two-time All Korean Champion. Gary trained under Mr. Kim for over a decade - (film clip at Mr. Kim's in 1970). He also trained under Dr. Kiel Soon Park, 9th Dan, a 1967 World Silver Medalist, who today is President of Korean Sports in America.

HAWAII

2014

www.50statejudo.com/Table/2014-USJF-Junior-Nationals

Judo

JR NATIONALS

JUNIOR, SENIOR &
MASTERS COMPETITIONS



JULY 4-6, 2014 • NEAL BLAISDELL ARENA



Alex learns about Ridgewood YMCA Judo

Ridgewood YMCA Judo

112 Oak Street Ridgewood, NJ 07450

201-444-5600 ext 351

<http://ridgewoodjudo.com>



1) What kind of person would benefit from training at your dojo?

At Ridgewood Judo, it's all about fun. At one time, we were a very competitive club. That's because I'm very competitive. In the 70's and 80's I was competing internationally... eating, drinking and sleeping judo. I thought everyone else was like me, but over the years I found that only a small percentage of kids and adults like tournaments.. and even a smaller group has the burning desire, dedication and passion to become a champion, so we've shifted our emphasis. There's so much more to be gained from judo besides trophies and medals. Judo draws shy kids out of their shells, gives them healthy self-confidence and self-esteem, teaches leadership, self-discipline, and respect for others. It's also a great tool for children to avoid being bullied.

2) Are you a competitive club?

We offer competition to those who are interested, but it's not our main emphasis anymore.

3) How many hours a week do you have class?

We offer two age group classes twice a week.

4) Do you have another class besides judo?

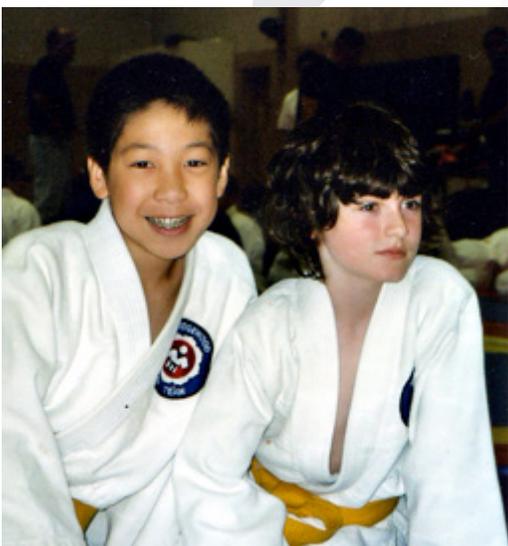
We offer a program called Lil' Dragons. It's for kids aged 4 through 7. In addition to learning basic judo skills, kids work on developing their motor skills as well as learning about personal safety. They earn patches in things like stranger danger, say no to drugs, fire safety, exercise, discipline and memory.

5) What do you specialize in?

Since we're based out of the YWCA, we attract a lot of children and teens.

6) If someone wanted to come and visit your club how much would the mat fee be?

I have never charged a mat fee, but I do ask that they call ahead of time. I love when we have visitors, because I believe strongly in Dr. Jigoro Kano's principle of mutual benefit and welfare. Visitors learn from us, and our students learn from them.





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7) Do the members socialize outside the dojo?

Our instructors get together every so often for dinner. Two years ago, we had a huge 25th anniversary party.

8) Does your Club have a team image?

We use the international symbol of Judo on the kodokan flower with a blue background—to give us the red, white, and blue theme of the U.S.

9) Tell me about your club culture.

We are first and foremost a “safe” club. We rarely have injuries. We stress good technique and good sportsmanship. We emphasize the principles of judo, and like our founder-- believe judo is not just a physical sport, but a great way to develop human character. And we have fun doing it!



Alex Hall's Bio



My name is Alex Hall. I am 15 years old blue belt. I am in 10th grade. My goal is to make the 2024 Olympic team . I started judo 6 years ago at the age of 9. After my dreams of becoming an Olympian I would like to be a veterinarian and go to West Point or the Naval Academy.

Ashley Interviews Bobby Lee



How many times per week do you do judo? For how many hours?

4-5 times a week and 2 hours each practice.

Tell me about your diet:

I'm actually in the process now of getting started with a nutritionist so as of right now I kind of just do my own thing but I stick to lots of proteins.

What did you have to give up to get where you are now?

Well when I was younger, as most of us do, I gave up every summer to travel around and compete in all the junior nationals. Now that I'm older, Judo is more of a year round martial art with not much down time. I sacrifice a lot of time with my

family. They are the ones who have sacrificed the most both financially and just with their time. I owe everything to my family for being behind me 110%.

What is your exercise schedule? (weight lifting, running, etc.)

It varies depending on my tournament schedule and if I'm trying to peak for a specific tournament or not but usually I lift 3 days a week and run 2 days a week.

What would you do differently if you could start over now?

Great question...for one, I would have competed more on the international circuit as a junior going to Junior A level events. I also would have waited to compete in Senior A level events until I was a little more mentally ready. I started competing at Senior A level events when I was 17 and I feel I just wasn't quite ready for that mentally, physically and emotionally.

What is your favorite gi brand?

Mizuno.

What are your goals as a judoka?

To crack into the top 15 in the world and also become an Olympian.

What is something funny that happened during one of your matches?

Well, I don't know if you would classify it as funny but I was competing in the 2011 NYAC Team tournament for Team NYAC and I was fighting 2 weight divisions above what I fight at now (73kg) and 45 seconds into the match I came in for a throw and felt a pop in my ankle. Tried to stand on it but couldn't so I had to hop around for the last 4:45 of the match and I threw my Canadian opponent for Ippon with 2 seconds left. I found out the next day my ankle was broken. Haha!

What is your proudest and most disappointing moment in judo?

Proudest moment I would say is winning the Senior US Open when I was 17 years old in front of my hometown at the time in Miami, FL. Most disappointing would have to be the 2008 Olympic trials. I was a bit of a longshot to win the trials but I had very high hopes as I had won the Senior Nationals that same year beating the guy (Chuck Jefferson) in the finals who I lost to at the trials.



Ashley Interviews Bobby Lee

I am a 14 year old girl, who is a blue belt. What advice would you give me to improve my judo?

I feel with how judo has evolved in the past few years that technique is more important than ever. I would suggest many throws on a crashpad to get down the fundamentals and grow a solid base of techniques that you feel works best with your body type and skill set. Also, competing in as many local or regional tournaments as you can to get the experience of being out on the mat.

If someone wanted to get intouch with you, how can they do that?

My personal Email is B.lee73kg@yahoo.com



Ashley Hall's Bio



My name is Ashley Hall. I am a 14 year old blue belt, and have been doing Judo since I was 8. Before that I did kickboxing. I am in 9th grade. My goal is to be a national champion and teach Judo on the side.



Announcements

Don't Call Me Sir!

The movie's website is now up at www.supportdontcallmesir.com

For those of you who wish to participate in Free Sunday scrimmages here are the dates:

3/16/2014 will be held at the Hicksville AC. - 169 N. Broadway, Hicksville, New York

4/5/2014 will be held at Combat Judo and BJJ - 1127 N. Broadway, North Massapequa, New York

Members under 13 will compete from 12 noon- 1 pm

Members 13 and older will compete from 1:15 pm- 2:30 pm

The scrimmages will be held at the Hicksville AC.

169 NY, Broadway, Hicksville, New York

If there are any questions please contact Dave Passoff at (516) 650-8987

Jr, Youtube: JA now has a YouTube Channel!

http://www.youtube.com/channel/UC6EA_Cxr8B3HcQwDCvDJ7bQ

There are 26 videos which is about 4.7 hours of viewing time that's stock full of the Legendary Hal Sharp's archives and instructional videos initially aim at juniors.



USJA and the Movie "Don't Call Me Sir!"

Fellow USJA Judoka,

Something happened at the 1959 New York State YMCA Judo Championships that changed judo forever.

Rusty Glickman beat the reigning state champion but had to return the medal to the tournament organizers.

You see, Rusty was a single mother who had disguised herself as a man in order to compete, because at that time women were hardly allowed to leave the kitchen, much less compete in judo.

Rusty went on to train at the Kodokan, married judo great Ryohei Kanokogi, had two more children - and got women's judo accepted as a competitive sport and an Olympic event!

By the way, I earned my shodan at the Kodokan in 1961.

Rusty's amazing accomplishment has inspired me to make the movie "Don't Call Me Sir!" with Kayla Harrison, the 2012 Olympic gold medalist in judo, portraying Rusty - and I need your support!

Hollywood loves the script but would prefer that a named Actor portray Rusty and that stunt people do the judo and martial arts sequences. I can't have that!

I knew Bruce Lee and know that Hollywood was also apprehensive about him at first!

I have been an actor, writer, producer and director in Hollywood for over forty years during which I have worked with over a hundred Academy Award winners and/or nominees, and I earned my first black belts in judo and aikido in Japan in 1961 and I am a USA Judo National Coach.

In short, I know something about talent and judo.

I KNOW, not THINK, that Kayla Harrison is every bit a world champion as a person as she is as a judoka and that she will be GREAT as Rusty! Not good, but GREAT!

Okay, you wonder, what does this have to do with you? The answer is that we need your support to make this movie the way it should be made.

The less money we need from Hollywood to make this movie, the more creative control we will have to show the world great judo.

If you go to www.supportdontcallmesir.com you'll see what you get for your contribution. We appreciate that you ask others to do the same.

Kayla and Bo vs. Hollywood is a David vs. Goliath match that you can help us win.

Bo Svenson's Bio



The United States Olympic Committee's Team USA has through USA Judo appointed Mr. Svenson Chairman of USA Judo Masters and team manager for the USA Judo Masters Team competing in the World Judo Masters Championships in Abu Dhabi November 18-24, 2013. For more information: <http://www.bosvenson.com/bio.htm>



Upcoming Events

Ippon National Judo Championship

Welcome to the 1st Annual Ippon National Judo Championships. There will be cash awards as well as trophies.

Event Type: Tournament
Start Time: 03/09/2014 7:30 AM
End Time: 03/09/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-089

Club Name: BMA Judo Club
Contact: Reginald Sutton
Location: Hamden Middle School
Address: 2623 Dixwell Ave
City: Hamden
State: CT
Zip: 06514
Phone: 203-676-4335
E-mail: bashtama@aol.com

CHP 11-99 Foundation

This Annual Club Scrimmage is one of the most popular events and for a great cause as well. Come join us to learn, compete and improve your skills.

Event Type: Camp/Competition
Start Time: 03/15/2014 8:00 AM
End Time: 03/15/2014 5:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-001

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

2014 USJA WI State Sr. & Jr. Championship

This event is open to all Wisconsin Judoka. Awards: 1st, 2nd, & 3rd Place Trophies. Come join us to have fun, compete and improve your skills.

Event Type: Championship
Start Time: 05/03/2014 9:00 AM
End Time: 05/03/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-092

Club Name: West Bend Judo Club
Contact: Jon Sanfilippo
Location: U.W. Washington County
Address: 400 University Drive
City: West Bend
State: WI
Zip: 53095
Phone: 262-644-8211



Upcoming Events

Spring Inter Club Scrimmage

Everyone is encouraged to enter. There will be no classes on this date. Come join us and learn from some of the very best.

Event Type: Camp/Competition
Start Time: 05/10/2014 9:00 AM
End Time: 05/10/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-002

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

Sensei Gary's Annual Birthday Scrimmage

This Annual event is a great deal of fun while also learning to improve your skills. Come and join us for a great time and learning experience.

Event Type: Camp/Competition
Start Time: 06/14/2014 8:00 AM
End Time: 06/14/2014 6:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-003

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

Camp/Clinic

If you are looking for the Competitive Edge come join us at The Greatest Camp on Earth. This annual event helps you learn and improve your skills from a variety of Instructors.

Event Type: Camp/Clinic
Start Time: 06/19/2014 9:00 AM
End Time: 06/21/2014 8:00 PM
Competition: -
Level D Local: Regional
Sanction(s): 13-078

Club Name: Carolinas American Judo Assoc
Contact: Patrick Szejter
Location: Socrates Academy
Address: 3909 Weddington Road
City: Matthews
State: NC
Zip: 28105
Phone: 704-458-1222
Web: <http://www.greatestcamp.com>



Upcoming Events

14th Annual Dr. Z Memorial

This Annual Event speaks to the memory of a great man and his devotion to the sport of Judo. Be sure to join us for this Annual Celebration of Dr. Z.

Event Type: Camp/Competition
Start Time: 10/11/2014 8:00 AM
End Time: 10/11/2014 5:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-004

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

Fall Inter Club Scrimmage

Everyone is encouraged to enter this event. There will be no classes on this date. Come and participate and compete, learn and have fun.

Event Type: Camp/Competition
Start Time: 11/08/2014 9:00 AM
End Time: 11/08/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-005

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

USJA



From our friends at



Michael Larsen, Deaf-Blind Judoka Travels to Germany for International Judo Camp and German Judo Championship Tournament



Determination, Dedication and Drive Will Not Stop Deaf-Blind Impaired Judoka From Dreaming of Olympic Gold And To Potentially Become a Candidate for the 2016 US Paralympic Judo Team Competing in Rio de Janeiro

At six months of age the doctors told Michael Larsen's parents that he was visually impaired which took another twenty-five years to get a definitive diagnosis of Leber's Congenital Amaurosis disease. Now at thirty-four and member of the Blind Judo Foundation is on his way using the sport of Judo for building his life.

It's not been easy coming from being bullied, harassed, bloody noses and ridiculed by fellow students along the way. Because of being bullied, Michael would eat lunches in the teacher's lounge to avoid the constant harassment. Constantly wearing dark glasses to shield the penetrating light didn't help matters either.

Other children his age would corner Michael in the boys-room with continued bullying thinking they were out of sight from the school Principal and Teachers. Add to the distress of being blind, Michael realized he was having problems hearing. Constant visits to the doctors revealed scars on his ear drums. Besides being blind Michael now had to wear hearing-aids.

You can almost imagine the verbal, physical and psychological abuse Michael was under. But if you know Michael's determination, dedications and drive, you will also know the saying "if it's to be it's up to me," says Michael. Michael knew what he had to do to turn what some people considers as a disadvantage into an advantage.

Having endured enough abuse by others with the latest spout of spitting on him, it was time to take charge of his situation as his parents felt the whole problem was Michael's fault. Of course this wasn't really the case.

In 1987 at the age of 8 Michael signed up for Jujitsu to develop his own self-worth and to learn how-to cope with the negative effects of bullying. Judo is an offshoot of Jujitsu, which was started at the age of 12 and Michael has been a consummate student of the sport training under the legendary Judo Coach Willy Cahill.



Competition, camps and tournaments have always been a spark that has kept Michael dedicated to becoming a master. Hence, in February 2014 he will head to Germany for the Training Camp and International German Judo Championships for the Blind and Visually Impaired.

The Blind Judo Foundation is a nonprofit 501(c) (3) organization whose mission is to empower the blind and visually impaired using the tools and tenets of Judo. These include but are not limited to confidence building, character development, how-to make commitments and follow through, humility, respect and responsibility. All members of the Foundation are volunteers. Funding of blind and visually impaired athletes to train, travel locally, nationally and internationally are through tax exempt donations, the financial life-line. Donations are tax exempt. To learn more about the Foundation, check out blindjudofoundation.org and at <http://www.facebook.com/BlindJudoFoundation> or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 1-425-444-8256.



From our friends at



Range of Motion and Nagekomi

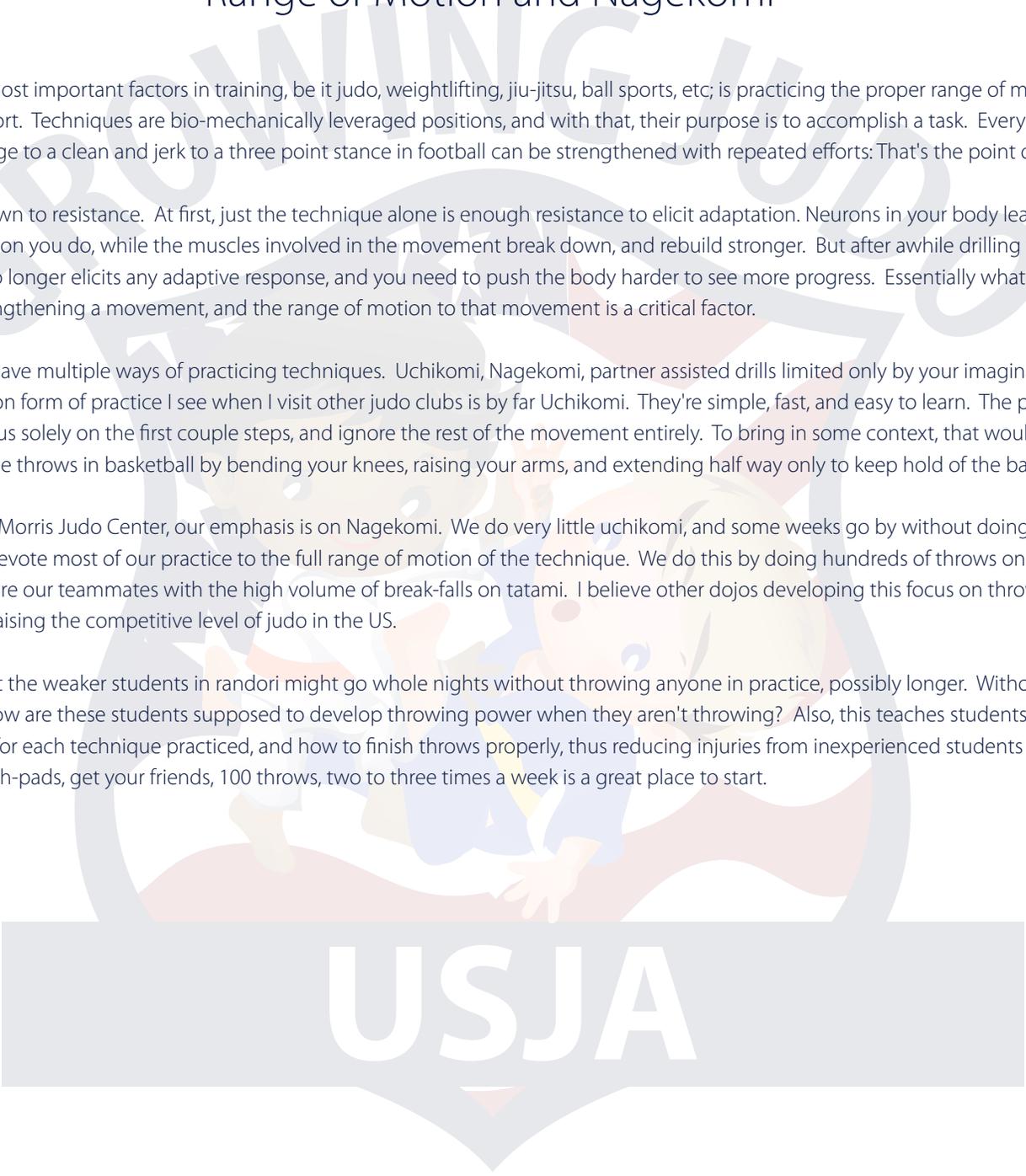
One of the most important factors in training, be it judo, weightlifting, jiu-jitsu, ball sports, etc; is practicing the proper range of motion for the given sport. Techniques are bio-mechanically leveraged positions, and with that, their purpose is to accomplish a task. Every technique from seio-nage to a clean and jerk to a three point stance in football can be strengthened with repeated efforts: That's the point of practice.

It all boils down to resistance. At first, just the technique alone is enough resistance to elicit adaptation. Neurons in your body learn with every repetition you do, while the muscles involved in the movement break down, and rebuild stronger. But after awhile drilling the technique no longer elicits any adaptive response, and you need to push the body harder to see more progress. Essentially what we're doing is strengthening a movement, and the range of motion to that movement is a critical factor.

In Judo, we have multiple ways of practicing techniques. Uchikomi, Nagekomi, partner assisted drills limited only by your imagination. The most common form of practice I see when I visit other judo clubs is by far Uchikomi. They're simple, fast, and easy to learn. The problem is that they focus solely on the first couple steps, and ignore the rest of the movement entirely. To bring in some context, that would be like practicing free throws in basketball by bending your knees, raising your arms, and extending half way only to keep hold of the ball.

At the Jason Morris Judo Center, our emphasis is on Nagekomi. We do very little uchikomi, and some weeks go by without doing any. Instead we devote most of our practice to the full range of motion of the technique. We do this by doing hundreds of throws on crash-pads, so not to injure our teammates with the high volume of break-falls on tatami. I believe other dojos developing this focus on throwing power is crucial to raising the competitive level of judo in the US.

Consider that the weaker students in randori might go whole nights without throwing anyone in practice, possibly longer. Without any Nagekomi how are these students supposed to develop throwing power when they aren't throwing? Also, this teaches students how to properly fall for each technique practiced, and how to finish throws properly, thus reducing injuries from inexperienced students two fold. Get your crash-pads, get your friends, 100 throws, two to three times a week is a great place to start.



USJA



From our friends at



The *vision* of USJF is to have JUDO in every American community and school.



JIGORO KANO SAID,
“JUDO IS THE WAY OF THE HIGHEST OR MOST EFFICIENT USE OF BOTH PHYSICAL AND MENTAL ENERGY. THROUGH TRAINING IN THE TECHNIQUES OF JUDO, THE PRACTITIONER NURTURES THEIR PHYSICAL AND MENTAL STRENGTH, AND GRADUALLY EMBODIES THE ESSENCE OF THE WAY OF JUDO. THE ULTIMATE OBJECTIVE OF JUDO DISCIPLINE IS TO BE USED AS A MEANS TO SELF-PERFECTION, AND SO TO MAKE A POSITIVE CONTRIBUTION TO SOCIETY.”



Our *mission* is to serve and support its members in the American judo community while upholding the principles of mutual welfare and benefit.

visit www.usjf.com



From our friends at



**28TH SUMMER UNIVERSIADE
JULY 3-14, 2015 - GWANGJU, KOREA**



2015 World University Games - Team to be Selected at the NCJA Championships at Texas A & M March 8th.

In collaboration with USA Judo, the 2014 NCJA Championships will be the event to select the World University Team that will attend the World University Games in Korea in 2015. All Gold Medallists in the advanced divisions will become primaries and Silver medallists will be alternates in addition of receiving their E level points in the USA Judo National Roster. Please forward the information to all your eligible student-athletes. This is a great opportunity for international competition and exposure. Looking forward to seeing you all at the Texas A & M.

USJA

Dr. Hector Morales

ncja_president@aol.com



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- ★ Brandon Johnson
- ★ Christopher M. Reynolds
- ★ Patrick Lynch, M.D.
- ★ Michael A. Saxton

Sandan

- ★ Justin W. Guerrero
- ★ Christian L. Landel

Honorary Godan

- ★ Clifford Wolff

JUJITSU

Shodan

- ★ Jake K. Barrett

USJA

Current USJA Membership Statistics:

Active Annuals:	6,582
Active LM's:	1,410
Total Active USJA Members:	7,992



Disclaimer

Please note that all material contained in this magazine is provided for informational purposes only. Martial Arts training is a potentially dangerous activity. Before beginning any Martial Arts training or exercise program, you should consult your physician. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, and torn ligaments, though not all students encounter such serious injuries. As with any physical activity, there also exists the remote possibility of crippling or death.

You should always be aware that if you engage in any Martial Arts course you are doing so entirely at your own risk (as described in the Doctrine of Assumed Risk and Liability), including any present and/or future physical or psychological pain or injury that you may incur. The United States Judo Association (hereafter called the USJA), the editor of Growing Judo magazine, the article writers and contributors contained therein cannot assume any responsibility or liability for any injuries or losses that you may incur as a result of acting upon any information provided by this magazine or any links to sites found herein. Nor can the USJA, the editor of Growing Judo magazine, the article writers and contributors assume any third party liability arising out of any legal actions you may be involved in as a result of the training you received by engaging in a study of any Martial Art as presented by this magazine or any other source cited herein either directly, or through the use of hyperlinks. Although there may be a number of instructors, dojo, other organizations, seminars and other activities listed in this magazine, the USJA, its officers, the editor of Growing Judo magazine, the article writers and contributors cannot be responsible for their claims, instructional strategies, materials, facilities, or consequences that may arise by studying any Martial Art under their supervision and can make no recommendations or inferences as to the quality or effectiveness of their instructional programs.



USJA



USJA Online Publication Advertising Agreement

The USJA offers advertising space in its current and future on-line magazine(s). All advertising copy, including artwork, must be submitted to the Editor(s) at least 30 days in advance of the schedule publication date.

Advertising copy and artwork must be submitted in MS Word format and will be converted to Adobe Acrobat PDF by the editorial staff of the publication prior to publication.

All advertising must be approved by the Editor prior to insertion. The Editor has the right to reject any advertisement that is questionable in either fact or format.

All advertisers are legally bound by the USJA's rules regarding indemnification, duty or cooperation and limitations of liability.

Monthly advertising rates are as follow:

- **Full Page (color or b/w)** \$100.00
- **Half Page (color or b/w)** \$55.00
- **Quarter Page (color or b/w)** \$30.00

Ad location within the publication will be at the sole discretion of the Editor and the editorial staff.

Contiguous multi-month advertising discounts are as follow for the same ad sizes:

- **3 month continuous insertion discount** 5%
- **Six month continuous insertion discount** 10%
- **One year (12 calendar continuous months)** 15%

Payment for advertising must be made directly to the National Office at PO Box 1880, Tarpon Springs, FL 34688-1880 and to the attention of Ms. Katrina Davis, Executive Director. Payments must be submitted along with the advertising copy 30 days prior to the desired publication date along with this signed agreement. The Executive Director will sign, date and return a copy of the agreement to the advertiser.

Indemnification, Duty of Cooperation and Limitations of Liability

Regarding Indemnification, the Advertiser assumes full and complete responsibility and liability for the content of all advertising copy submitted, printed, and published pursuant to this Agreement, and the content of any product sold through the submitted advertising copy, and shall indemnify and hold the USJA totally harmless against any and all demands, claims or liabilities in any way arising from the requested USJA on line publication including, but not limited to, any and all sales and services that is processed by the Advertiser through the web site referral.

The Advertiser shall reimburse the USJA for any amount paid by the USJA in settlement of claims or in satisfaction of judgments related to or arising out of the on line publication of the Advertiser's copy and product sold together with all expenses incurred in connection therewith, including, but not limited to, attorney's fees and costs of litigation.

Regarding a Duty of Cooperation, in the event of any court action or other proceeding challenging any advertising copy submitted, printed, and published for Advertiser pursuant to this Agreement, Advertiser shall assist in the preparation of the defense of such action or proceeding and cooperate with USJA and USJA's attorneys to the extent that USJA is a participating party in said court action or other proceeding.



USJA Online Publication Advertising Agreement

Regarding Limitations of Liability, in the event that the USJA fails to publish, or fails to deliver the full time period of the Advertising Order (if any), or in the event of any other failure, technical or otherwise of the submitted advertisement to appear as provided in the advertising order, the sole liability of the USJA and the exclusive remedy of the Advertiser shall be limited to placement of the advertisement at a later time in a comparable position until the total advertising time is delivered.

In no event shall USJA be liable under this agreement for any consequential, special, lost profits, indirect or other damages, whether based in contract, tort or otherwise, even if USJA has been advised of the possibility of such damages and notwithstanding any failure of essential purpose of any limited remedy. USJA's aggregate liability under this agreement for any claim is limited to a maximum of the amount received by USJA from Advertiser for the advertising order giving rise to the claim. Without limiting the foregoing, USJA shall have no liability for any failure or delay resulting from any condition affecting production or delivery in any manner beyond the control of USJA. Advertiser acknowledges that the USJA has entered into this Agreement in reliance upon the indemnification, duty of cooperation and limitations of liability language set forth herein and that the same is an essential basis of the bargain between the parties.

This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser. This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to all parties to this agreement upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser.

This Agreement, and all of the language, terms and conditions contained therein, shall be governed by the law of the State of Florida.

Dated: _____

Advertiser: _____

Signature: _____

Dated: _____

USJA: _____

Signature: _____





Advertise your Judo-related product in Growing Judo

Beginning in March 2014, we will be 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.

CONCISE, well-written and proofread.

Contain correct details (like dates and contact information) and include hyperlinks to event forms.

In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.

Your original work, which 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.

Has "Growing Judo" or "GJ" in the subject line of your email.

- Full Page (color or b/w) \$100.00
- Half Page (color or b/w) \$55.00
- Quarter Page (color or b/w) \$30.00

Contiguous multi-issue advertising discounts are as follows for the same-size ad:

- 3 consecutive issues 5% discount
- 6 consecutive issues 10% discount
- One year of consecutive issues (12 calendar months; 10-12 issues TBD) 15% discount
- (November/December & perhaps July/August may be combined issues).

When the ad has been accepted and the Advertising Agreement has been signed by the Advertiser and the USJA Executive Director, payment must be submitted along with the advertising copy 30 days prior to the desired publication date.

Acceptable form of payment, Credit/Debit card, MasterCard, Visa or Discover. Also, certified funds/money order.

Deadline for submitting your ad is the 23rd of each month.

USJA