



August 2014

In this month's issue:

- Alex learns about Kokushikai
- Ashley Interviews Maria Dhami
- Judo News from Around the Country
- Upcoming Events





Table of Contents

Leadership Forum	1
The Office Corner	2
Regional Coordinator's Message	3
Our NEW USJA Clubs!	4
Newly Certified USJA Coaches	4
New Life Members	5
USJA Donors	5
Judo News Around the Country	7
From The Vice President's Desk	13
The Blind Judoka	15
The USJA Senior Program	17
Great Experiences At The Greatest Camp	19
Where Will Our Future Judo Champions Come From?	21
USJA Senior Promotion System Manual	23
Alex learns about Kokushikai	25
Ashley Interviews Maria Dhami	27
Beyond The Bell Summer Judo Program	29
HIIT for Judoka	30
The Bow in Judo	31
Announcements	34
Upcoming Events	35
From our friends at Blind Judo	38
USJA Promotions	39
Memorial	41
USJA Financial Report	42



It is with great sadness that we announced that Jesse Jones, 9th dan and former USJA President passed away yesterday in his sleep at home in Murrieta, California. He was 76 years old and served proudly in the US Marine Corps. Jesse had just completed a big weekend of judo, the sport he loved the most, winding up the final details of another successful the California State Games.

As the Sensei and founder of Unidos Judo, a top 10 USJA club, Jesse initiated and implemented judo programs at Southwestern College and several schools in the San Diego area. He has trained and inspired thousands of judoka over his 55 years in judo. Most recently Jesse was honored when he received the USJA's Coach of the Year Award for 2013, last February.

Funeral arrangements are pending, but at last word it will be held on August 9 at Trinity Lutheran Church in Temecula, California. More details will be forthcoming.

Our thoughts and prayers are with Jesse's family and his students at this time. The American Judo Community has lost a wonderful, kind leader and gentleman who will be missed by many. For me personally, he both a close friend and a trusted adviser who navigated our organization back to life from the brink of bankruptcy.

Thanks Jesse and rest in peace.

Gary Goltz, USJA President

USJA



The Office Corner

Did you know that any chartered club or member can use our USJA banner logos on their websites? It's true, there are five great banners with a double USJA eagle logo that is there for the asking and clicking. The page on our website to find and download them is:

<http://www.usja-judo.org/banners>

Dress up your web site, your stationery, your envelopes, and your note pads, anything that you can think of. Display the banner proudly, it's been through 45 years of growth, innovation and service to the Judo Community.





Regional Coordinator's Message

We are in the middle of the summer and Judo is going strong. Several camps are coming up such as Kokushikai Camp in PA and the YMCA camp in New York. Both are great choices.

The USJA/ USJF Nationals in Hawaii had over 1000 competitors which show that Grass roots are strong. The competition was tough and plentiful. Next we are looking forward to the USJA/JF Winter Nationals which are expecting 600 competitors.

In case many of you don't know our USJA President has conference call every week with the other two organizations and the cooperation between the three organizations is at an all time high.

Many things have been discussed from the All American card to Drop knee Seionage . It seems that two of the USJF Yudanshikai have banned the technique. USA Judo has informed the JA and JF that the IJF did not ban the technique and that if they start banning these techniques where will it end. I agree I have never had anyone hurt in all the time I have been teaching or going to tournament using Drop knee.

This was something the Europeans implemented years back and would limit training people under 13 years old. This was they stated to prevent injuries. I asked for statistics in Drop Seionage injuries and it seems we have none.

At a time where other grappling arts are getting judo player from our organizations because we are restricting technique, it is time to say STOP this a bread and butter technique for the kids.

John Paccione
Chairman Regional Coordinators

A large, semi-transparent watermark of the Growing Judo USJA logo is centered in the background of the page. It features the same shield emblem with the text "GROWING JUDO" at the top and "USJA" at the bottom, overlaid on a light gray background.

USJA



Our NEW USJA Clubs!



Staten Island Judo Jujitsu (Class Regular)

www.sijjd.com

Head Instructor: Joseph Cannizzo
Email: josephcannizzo@gmail.com

Location: Staten Island, NY
Phone: 954-830-4057

Yama Bushi Judo (Class Regular)

Head Instructor: James Nagy
Email: sonny_bono220@sbcglobal.net

Location: Jalisco, Mexico
Phone: 440-853-6417

Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Francisco M. Bartolome, Samurai Judo Association, Goose Creek, SC
- ★ James F. DeLise, Unattached NY
- ★ William Edelbrock, Riverside Youth Judo Club P.A.L., Riverside, CA
- ★ Elijah Fletcher, Samurai Judo Association, Goose Creek, SC
- ★ Christopher R. Gonzalez, Emerald City Judo, Redmond, WA
- ★ Alex Hall, Go Rin Dojo, Baldwin Harbor, NY
- ★ Ricky J. Kamp, Southside Judo and JuJitsu School, Tulsa, OK
- ★ James J. Morawaski, Chicago Police Judo Club, Chicago, IL
- ★ Michael J. Schultz, Huntsville Judo Club, Huntsville, IL



New USJA Life Members

- ★ Tadashi Hiraoka, Riverside Judo Dojo, Riverside, CA
- ★ Jorn Kaevel, Ohio State University, Columbus, OH

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
- ★ Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ Edward Shirey, Yongsan Garrison Judo Club, APO

USJA



Judo News from Around the Country

1100 competitors converge in Honolulu for the USJA/USJF Grassroots Judo™ Summer Nationals

Tournament was a rousing success sponsored by the 50th State Judo Yudanshukai. Players from all parts of the US plus Tahiti, Japan and other countries enjoying the tropical atmosphere over the Fourth of July weekend. Competition was very tough as Hawaii has a full blown judo program in all of its high schools. This year's event marked the first time the tournament was expanded to include Seniors and Masters, along with Juniors of course, and Kata.

Sensei George Tsubota was recipient of the USJF's Jeremy Glick Award (pictured with President & Olympic Silver Medalist, Kevin Asano as well as USJA President, Gary Goltz)



The next large jointly sponsored event is the the USJA/USJF Grassroots Judo™ Winter Nationals to be held in Los Angeles which is expected to draw 700 competitors.

For more information go to

<http://judowinternationals.com/USJA-JF%202014%20Winter%20Nationals%20&%20Coach%20Clinic.pdf>

<http://judowinternationals.com>

<http://grassrootsjudo.com>



Judo News from Around the Country

Judo National Champions crowned at the Blaisdell Center

July 7, 2014

Judo National Champions crowned at the Blaisdell Center
July 7, 2014

HONOLULU, Hawaii (July 6, 2014) — Nearly 150 judoka took to the mats for the inaugural United States Judo Federation and United States Judo Association Grassroots Judo™ Senior and Masters National Championships Sunday. It was the third and final day of judo action at the Neal S. Blaisdell Center Arena. The Fifth Annual Grassroots Judo™ Junior, Youth, Kata and Team National Championships were held over Friday and Saturday with more than 900 competitors.

“The tournament is now going to include Senior and Masters Competitors” said Gary Goltz, President of the USJA, “and will now be known as simply the Grassroots Judo™ Summer Nationals to bookend the already well-established Grassroots Judo™ Winter Nationals to be held for the 8th year in Greater Los Angeles December 6, 2014”. The idea to add seniors and masters to this junior event was the originated by American judo legend, Hayward Nishioka.

The senior division included judoka ages 18 to 29, while masters competition included those aged 30-and over. There were 40 divisions contested Sunday. The top three place-finishers in each bracket from Sunday’s matches are listed below. Nearly 1,100 judoka in more than 110 brackets (separated by age and weight) participated over the weekend.

Male Seniors

Brown Belt

Under 55 kg

- 1, Ronnie Wise III, Vacaville PAL Makimoto Judo
- 2, Jason Wong, PAL Makimoto Judo
- 3, Nathan Lee, Wadokan Judo

Under 66 kg

- 1, Jordan Matsunaka, Salt Lake Judo
- 2, Douglas Geyrozaga, Koolau Judo
- 3, Warren Chiang, Koolau Judo

Under 73 kg

- 1, Kell Berliner, unattached
- 2, Lindsey Nelson, Hawaii Tenri
- 3, Dahmahnic Nocera, Samurai Judo Association

Under 81 kg

- 1, Jacob Sanders, Wadokan Judo
- 2, Abrahamia Joey Faletogoai, Mountain View Judo

Under 90 kg

- 1, Kainalu Matthews, Hawaii Tenri
- 2, Larry Solis, Nishi Judo
- 3, Matthew Floes, unattached

Black Belt

Under 55 kg

- 1, Cody Fernandez, Hawaii Tenri
- 2, Manuel Reyes, Hawaii Judo Academy
- 3, Justin Raymond, Kona Hongwanji

Under 60 kg

- 1, Brady Lafortune, Salt Lake Judo
- 2, Yvan Shan, Venus Judo Tahiti
- 3, Brendan Chang, Hawaii Judo Academy

Under 66 kg

- 1, Michael Fujiuchi, Shobukan
- 2, Gary Moore, High Desert Judo
- 3, Michael Valentine, Hawaii Tenri

Under 73 kg

- 1, Daniel Chow, Hawaii Tenri
- 2, Tyler Shimizu, Sacramento Judo
- 3, Stephen Brewer, Pearl City Hongwanji

Under 81 kg

- 1, Chad Taniguchi, Sogoro Judo
- 2, Wesley Walker, Shobukan
- 3, Maika Benedetti, Kaimuki YMCA

Under 100 kg

- 1, Victor Huynh, Los Angeles Tenri
- 2, Harvey Fung III, Wadokan Judo
- 3, Eric Nishioka, Gardena Judo

Over 100 kg

- 1, Eric Sanchez, Guerrero’s Judo
- 2, Jimmy Barnes, USA Stars
- 3, Nathaniel Henderson, Pearl City Hongwanji



Judo News from Around the Country

Masters

Novice

Under 60 kg

- 1, Kai Nakamura, Kailua PAL Judo
- 2, Colton Hanashiro, Hawaii Judo Academy
- 3, Wyatt Towner, Western Idaho Judo Institute

30-34 years old

Lightweight

- 1, Kyle Shiraki, Mililani Seidokan
- 2, Joel Billena, Pearl City Hongwanji
- 3, Lambert Sakai, Hawaii Tenri

Middleweight

- 1, Garret Hashiro, Kailua PAL Judo
- 2, Jensen Hernandez, Mililani Seidokan Judo
- 3, Eduardo Lopez, Mojica Judo

35-39 years old

Middleweight

- 1, Rommel Salamat, Pearl City Hongwanji

40-44 years old

Lightweight

- 1, Trevor Sakamoto, North Capital Judo
- 2, Kenneth Young, Hawaii Tenri

Middleweight

- 1, Leigh Yamada, Pacific Judo Academy
- 2, Akiko Reyes, Hawaii Judo Academy

Middleweight

- 1, Aaron Sekulich, Shobukan Judo
- 2, Daniel Bennett, Hawaii Judo Academy
- 3, John Altomare, Hanapepe Judo

45-49 years old

Lightweight

- 1, Randall Platt, Kapolei Judo
- 2, Seren Paul Chandler, Hawaii Tenri

Middleweight

- 1, Hugh Hall, Judo Karate Center
- 2, James Kimura, Hodokan Judo
- 3, William Wilcox, Hanapepe Judo

50 to 54 years old

Lightweight

- 1, Michael Marcella, Pacific Judo Academy
- 2, Ralph Taniguchi, Shobukan

Middleweight

- 1, Lance Tengan, Hawaii Judo Academy
- 2, James Hoekstra, Hawaii Tenri

55-59 years old

Middleweight

- 1, Aaron Lee, Hodokan
- 2, Ken Teshima, Garden Judo

Heavyweight

- 1, Bernard Di Rollo, Venus Judo Tahiti
- 2, William Caldwell, San Shi Judo

60-64 years old

Middleweight

- 1, Martin Giesselman, Hawaii Judo Academy
- 2, Daniel Kaneshiro, Sogoro Judo

Heavyweight

- 1, Brad Karmann, Goltz Judo
- 2, Michael Shiroma, Kapolei Judo

75-79 years old

Middleweight

- 1, Lloyd Maxton, Heisei Judo

Female

Brown Belt

Under 52 kg

- 1, Brianna Weck, Kokushi Dojo
- 2, McKenzie Harvey, unattached

Under 57 kg

- 1, Shadi Ebrahimi, Goltz Judo
- 2, Miyuki Patricio, Makawao Hongwanji
- 3, Frances Padgett, unattached

Under 63 kg

- 1, Estee-Arlene Trani, Kapolei Judo
- 2, Shayla Pang-Kee, Wadokan Judo

Under 78 kg

- 1, Brandi Lopez, Kapolei Judo
- 2, Michelle Hanada, Makawao Hongwanji

Black Belt

Under 48 kg

- 1, Corey Jo Tashima, Hawaii Judo Academy
- 2, Elisha Lum, Hodokan Judo
- 3, Kaelynn Canyete, Pearl City Hongwanji

Under 57 kg

- 1, Misato Sandoval, North Sound Judo
- 2, Nicole Taniguchi, Sogoro Judo
- 3, Amber Hakkei-Nagaoka, Wadokan Judo

Under 63 kg

- 1, Christina Chow, Hawaii Tenri
- 2, Melinda Chow, Hawaii Tenri
- 3, Joy Sigurdson, Western Idaho Judo Institute

Over 78 kg

- 1, Estefany Gonzalez, East Bay Judo Institute
- 2, Inez Torres, Goltz Judo

Kata

Katame No Kata

- 1, Melanie Isa/Tori Kaya, Puna Hongwanji
- 2, Frances Padgett/Matthew Flores, North

Raleigh Judo

Nage No Kata

- 1, Jaylin Kuoha/Layne Fujioka, Kailua PAL

Ju No Kata

- 1, Matthew Flores/Frances Padgett, North Raleigh Judo

Goshin Jutsu

- 1, Ronald Takeya/Stephen Hall, Waiakea Judo

Future Grassroots Judo™ Summer Nationals will be held in Indianapolis (2015), Los Angeles, CA (2016) and Palm Beach, FL (2017). For more information please go to <http://grassrootsjudo.com>



Judo News from Around the Country

INDUSTRY YOUTH ACTIVITIES LEAGUE: CHANGING LIVES THROUGH THE ART OF JUDO

In 2006, sixth-degree black belt and sensei ("teacher") Butch Ishisaka helped create the Industry YAL judo program with the assistance of his students David Matutte and Deputy Jeffrey Domingo. In eight short years, with Ishisaka as its head instructor, the Industry YAL has become one of the top five judo training centers in the country, based on their tournament results, and has more than 60 students.

Ishisaka has donated much of his personal time to running the judo program, volunteering three to four days per week and more than 1000 hours per year, including all-day weekend tournaments. It is almost a full-time job. In the beginning, it was also an expensive job, as he often paid for students meals out of his own pocket before gaining "team mom" Galdys Matutte and financial support.

Ishisaka describes judo as a "way of life". His grandfather, father, uncle and three children all earned black belts. For children in the community who lack good role models or whose parents have very limited time to spare, the judo program changes lives. One of the lasting lessons that Ishisaka instills in his students is that "the judo way is perseverance and to never give up, because one day you will succeed".

As a result of Ishisaka's teaching, his students self-esteem, discipline and school performance have been dramatically enhanced, and all of the original program's students are attending or have completed college.

The program is now able to send students to camps and competitions. Tournaments are important teaching tools because students must learn how to lose and how to win. Some individuals who lost in the beginning got angry and wanted to walk away but he taught that losing is training them to become better citizens. Losers who walk away in life can be seen in our jails. Life is difficult, judo is difficult; so they have to train and focus, win or lose.

Ishisaka is quick to point out that the program's success is a massive team effort. "Students, parents, assistant instructors, "team mom", the Department and YAL make a family!" he says.

Although he has been offered stipends to teach at other clubs, Ishisaka is focused on the present and the future of the Industry YAL's program. His goal is to encourage older program youth to obtain their black belts so they can continue to teach in his style there, but due to work and college obligations, those former students time is currently limited. "So, I keep volunteering and trying to make the lives of these wonderful youths better for the future."

USJA



Judo News from Around the Country

Greatest Camp photos





Judo News from Around the Country

Dara Woo
Sensei Goltz
26 July 2014



Finding the Glory in Losing

"HAWAII"! The thought of traveling to one of the most sought out travel destinations in the world was thrilling. And, to be able to compete at the 2014 USJF/USJA Junior Nationals made it seem that much better. I eagerly anticipated the tournament for I had just come off the high of placing third at the Junior Olympics the week earlier in Texas. I felt prepared. I had trained hard all year for these two big tournaments.

When I arrived at the arena I was surprised at how large it was. The stands were raised above the competition floor so it was much less crowded on the floor. There must have been over 2,000 seats. I was honored and excited to be able to fight in one of Hawaii's largest indoor arenas. Near the arena entrance the bracket sheets were posted. My pool was big! There were 18 competitors and almost all of them were very strong competitors from Hawaii. It was shocking to see how my pool from tournaments such as the Junior Olympics and Scholastics was completely different than this tournament. Some of the other pools also had competitors from Japan, Tahiti, Canada, etc.! I was curious to see if their fighting styles differed.

Unfortunately, my excitement quickly faded. The tournament started with my sister losing her first match. Using the bracket sheet, we assumed her first match was a "bye". So we told her to warm up on the mat in preparation for her first actual fight in a white gi. When her name was called to report in for her "bye", she was given the loss because she was not wearing her blue gi. Frustrated, my family learned from our mistake and I wore the "correct" color gi to report into my first match, which was also a "bye". As I went down to the mat and bowed on, I looked up. Why was my competitor standing in front of me? Frantically, I turned to the table to ask if I was actually fighting. It turns out that I did not have a "bye"! Even though my bracket had placed a "bye" next to my name, the table told me to not trust the bracket. Within about thirty seconds, I went from completely relaxed to absolutely flustered and panicked. Without anything I could do, the referee started my match and I began to fight. Unfortunately, I ended up losing by an arm-bar and tapped too late. Both my coaches and I knew that I would not be able to compete in my next match. I was not only still in shock, but now I was injured.

As I was being examined by the medic, one of my judo friends stayed with me the entire time. Just last year and all the prior years we were arch competitors from different dojos. But during the week at the Junior Olympics, we became friends. In Hawaii she helped me warm up for my first match. I could hear her cheering for me while I was fighting. And yet again with her unwavering support, she helped me to the medic's table. She held my gi, phone, and water bottle while I was with the medic. She made me feel better when I had to pull out of not only my next match, but also the IJF fights to be held the next day. If she was not with me, Nationals would have been a different experience. I would probably still be feeling defeated. Although, I thanked her many times, I hope she realizes how much she actually helped me both physically and mentally during Nationals.

So, what did I learn from this tournament? I learned once again that the podium for judo is a rotating one. How quickly we can go from being a top rated athlete to not placing. Yes, my judo friends and I always talk about this. But, to live it, is a tough experience. As one of my sensei's says, "Judo builds character." I think this experience has given me A LOT of character. But, you know what? It also taught me about friendship and support. It taught me that judo is a unique sport where your arch rivals can also be your best friends. There is no other sport I know of where this happens. I am thankful to be a participant in this sport and hope to continually not only improve my judo but also build my character.



Judo News from Around the Country

Sensei Deb Fergus visit to Paragon Judo and Fitness in Mauston, WI



Team work



Sensei Fergus demonstrating the importance of kuzushi and form



Betsy and Deb, play, fun and camaraderie is very important to Judo

Thursday July 24, 2014, Sensei Marc Barbaccia of the Mauston Judo Club (Paragon Judo) hosted a Deb Fergus Judo Clinic. Ms. Fergus is a 4th degree black belt from Michigan was in town to assist in creating an interest in Judo for the community.

There were 40 Judokas on the mat. There were three other clubs participating in the event, Judo-Gym Madison- Madison, WI; Lake Dalton Judo Club - Wisconsin Dells, WI; Stevens Point Judo Club – Stevens Point, WI. Stevens Black Belts were present as well.

Sensei Fergus gave a talk about “Team Work.” After an introduction all participants were placed in a line and divided into five groups. Each line had 5 -6 judokas in place for the first of several drills. Each team had to work together in order to finish in the shortest amount of time. Time keepers were present to record the teams speed. The team that had the best time or the worst time was no different than the teams in the middle. They all worked together as one to accomplish a goal. Just as Dr. Kano emphasized “it is not that you win or lose but what did you learn that is important.”

After team building Sensei Fergus had the attending Black Belts assist in correcting ukemi when an error occurred during this drill. With 7 black belts in attendance help was readily available.

Ms. Fergus gave a demonstration on bowing procedure and everyone had the chance to try it in a group and with their partner.

A short drill on Kesa gatame and Kata gatame was introduced with students on the mat attempting to do the drill. Drills are important as Sensei Fergus indicated. You can read about a technique, but, to learn it from the instructor or another Sensei is better. Somewhere along the line everything will click and you will understand that you can mold it or adjust a Judo technique to fit you. This is the unique thing about Judo.

Sensei Fergus told the group that Kuzushi is Judo. Dr. Kano also said Kuzushi is Judo and without it your Judo is not Judo. The whole body works as a team or unit to perform something.

At the end of the 2.5 hours Sensei Fergus brought everyone into a circle. Each black belt shared something that helped them achieve a goal, not just in judo but in life.

Tom Gustin
Stevens Point Judo Club
Stevens Point, WI
July 29, 2014



From The Vice President's Desk

Last month I wrote a column in the leadership forum about sustaining Kodokan Judo now and in the future.

I introduced two new email addresses that we want our readers to use, feedback@usja-judo.org for issues about our magazine, it's content and general remarks about the USJA and Judo. And for all of you budding writers, our submission address for articles and pictures for Growing Judo is GJ@usja-judo.org

If you write an article for GJ, please also include a high res. picture of yourself (300 dpi or better) and a short biography about yourself.

In the last article I challenged you to comment about Judo's declining popularity. Isaac Richard replied with some solid recommendations:

"So what can be done to increase Judo practitioners and the overall image now?"

- *Publicity and Marketing. Specifically, show how many of the world's top MMA athletes train in Judo for the phenomenal takedown capabilities. MMA has many top judo competitors within the sport, but they aren't publicized.*
- *Partner with BJJ Academies. Many of the BJJ academies routinely bring in top Judoka to help them improve on their takedown skills. After all, BJJ was originally taught to the Gracies as Judo.*
- *Partner with LEGITIMATE Karate schools and organizations/federations to promote cross training. Most Martial Artists now really do want to be well rounded and most Karate curriculum lack the techniques of Judo.*
- *More dedicated Judo schools need to be opened. In my area, there are at least 7 large BJJ schools and only a 1 or 2 judo schools. This means cultivating and encouraging qualified Dan holders to branch out and open their own schools. And support needs to be given to start up clubs. Depending on if the Coach is doing this fulltime as the primary income or part time, as much assistance as possible should be given.*

These are just my perceptions. I am happy to say that I am starting back my formal Judo training this month"

Reader Andrew Liesman from Texas suggests that we update our logo and make it something cool that kids would want to wear on their T Shirts and jackets. He gave the example of the logo for the International Brazilian Jujitsu Federation which uses a stylized attacking lion and I have to admit, it's very impressive and probably something I would wear.

The second email that I posted was a portal of sorts for all of you budding and frustrated magazine and newspaper novelists. I got two great articles that will be featured in upcoming issues of Growing Judo.

Brian Jester came up with a great article on preparations for first time Shiai participants. He covers night before the tournament, the morning of the tournament and of course how to act during the tournament. One of the best things that he did was to address the topic for the parent (in the case of junior) as well as the athlete. Andrew's article will appear in the September, Back to Dojo edition.

Reynaldo Tinza wrote a very inspiring story about a young Judoka named Skye and how much she accomplished in her short career. Unfortunately, the file attachment that he sent with pictures and the story, apparently did not close properly and the corrupted file so I can no longer open it. I've asked Reynaldo to send me the file once again so it also can be put into our September issue.

So, Dean Martin used to say (and please don't tell me that you don't know who Dean Martin is), keep those cards and letters coming in.

One final email that I want to lay out there is one for me. Let's call this email my secret little email (but a secret no longer). Feedback and GJ have a specific function with regard to Growing Judo, but VP@usja-judo.org is for people who want to get to me directly whether it be



From The Vice President's Desk

for criticism, questions about the USJA, questions about what the Board of Directors is doing and generally a vehicle to use when you want to get to someone who really cares about the members that he serves. I can't guarantee you will always like the answers that you get from me, but I promise you that they will be direct, honest and no fluff allowed, and if I can't answer your question, I know a lot of people who I can refer it to.

Next month I am writing an article about how to put a Dojo back together after a hurricane ravished our school two years and it never got back on its feet. I share the frustrations, the successes and the failures in resurrecting Go Rin Dojo.

Finally, I want to invite anyone who wants his product or school advertised in Growing Judo to drop me a line. Beginning in September, we will have two advertisers, one a great Judo T shirt printer with incredible designs and the other a national credit card processor that has a special program for martial arts schools. In addition to the print ads, the advertiser also will be featured on our widely read facebook page and all for \$30.00 to \$100.00 per month and we will urge you to try them out.

Until September, be safe successful and happy.

Marc Cohen,
Vice President, USJA
Associate Editor, Growing Judo



USJA



The Blind Judoka

I'd just finished a fairly strenuous workout with one of the tougher guys at the Vince Tamura Judo Institute when Tamura Sensei approached. "Ed, will you work with a beginner for me?"

"Always, Sensei," I replied. "Why do you ask?"

"Because this man is special. He used to run cross-country track in college but can't any more. He wants a sport that he can do."

Vince left but shortly returned leading a brown-haired man about 5'8" and 145 pounds. He was unremarkable except that Sensei allowed him on the mat with shoes. The man clutching a new judogi was blind.

"Ed, this is William Wainwright. I told him that you'd help him learn judo. Will, this is Ed Carol, one of my black belts."

"Hi, Will. So you ran cross-country in college?"

"Yes sir, Mr. Carol. Coach stationed men around the track to guide me."

"How'd you do?"

"I usually won but took only third in the nation my last year of competition. Had to quit after that. Law School was way too hard."

In the locker room I explained the rules and showed Will how to don his judogi. Bowing back into the mat, we began. Wiry and quick, Will had excellent control over his body. He quickly learned to fall well. I had only to explain exact steps and he'd perform them perfectly. He remembered everything.

I'd worked with the blind before. I'd wrestled in the 8th grade in Iowa, but when I moved to Kansas City the only wrestling in town was at the School for the Blind. Wrestling those guys was like grappling with a vice grip combined with a meat grinder! I had a fair idea of what Will could do if he really wanted.

Will sometimes had trouble getting to the dojo, so I gave him rides. He walked with a white cane that he continuously tap-tap-tapped in front of him. Judo lessons were helping because the tapping slowed though he walked faster. His confidence level was growing though he was reluctant to work with anyone but me. After four months Tamura Sensei promoted Will to yonkyu. He was a good green belt.

One day while working out I asked, "Why won't you work with anyone else?"

"I don't trust anyone else."

"You no longer need to trust anyone. You can hold your own, and you know it. What's the real reason?"

"Ed, I'm so afraid that I will throw someone into another person that I just can't work with others."

This admission from a man who routinely threw me surprised me. He didn't seem afraid of hurting anyone when he tossed me around!



The Blind Judoka

"Will, got a few questions."

"Fire away." Will twisted his head, a motion he performed when nervous.

"Where's the wall?"

"Which wall?"

"The one with the windows."

"The wall is 15', 4 1/2" directly in front of me and behind you, about 2' closer to you."

"Will, is there anyone else on the mat right now?"

"Tamura Sensei is near the gate working on the mat with Billy. Dwan is almost in the far corner doing uchikomi with Phil. Ken is practicing falls from the fence along the window wall about 4' out and using over half the wall."

I had no doubt he was right to the half inch! The Tamura Judo Institute had a spring-loaded floor that made falling easy. It also helped Will locate folks. I didn't know he could identify them too.

"Will, you know where you are in relation to mat edges better than anyone. From now on you're going to work with others besides me."

I put Will with Ken Smith, a nidan who would hurt you if he thought you needed it. He was nice to Will until Will threw him with osoto gari! Will immediately graduated to real judo training! After that class, I'd often put him with new partners. Their only complaint was that he was too careful.

Will trained until he was ready for his brown belt, then disappeared. Though I never saw him again, I bet thanks to judo he's walking faster and tapping his cane less than ever.

Ed Carol's Bio



Godan in judo and sandan in jujitsu, teaches at his Ichi Ni San Judo and JiuJutsu club in Kaufman, Texas.



The USJA SENIOR PROGRAM

Currently there does not exist a senior program for the United States Judo Association. The usual guarded reply is, "What do you mean by this statement?" "Even if true why should we even consider one? In fact what is a senior program? We have been doing fine so far, haven't we?" I'm reminded of a movie scene in which Steve McQueen when asked how he was doing in a tight spot answered. "Well it's like the man who jumped off the top of a 20 story high-rise and was asked at each floor by someone, How are you doing?" His answer at each floor was, "So far, so good." But is it?

Well here is the real dope. If you have ever been to the dentist for a cavity or acted as a referee and gotten a critique at the end of each of your rounds you will know the concept of "discomfort." However uncomfortable it may be you know that the affair will make you better. That being said here is the critique that needs to be given.

First of all the USJA is currently full of talented people. Will it also have these talented people in the future? Then again what types of talent do we need to have in order to have a viable judo organization? We can put our leaders into various categories possibly. Lets say, Technical people and organizational people. Technical people being the ones who compete or are in some way associated to techniques, skills, competition, kata, coaching, and to some degree teaching. Organizational people are those who run the organization and are leaders in their respective areas. Hopefully and most often times they will also have a high degree of technical ability to rely upon to make quality decisions.

This then is one of the problems we will face in the future, that our leaders will have less of one than/or the other. We should at the very least be surrounded by, a high degree of technical understanding or experience. How is this a worry, you may ask, have to do with how things are being done today? It's really not about today that we should be concerned with, it's about twenty or thirty years from now. What will our organization look like then? Will we have the right balance of technical and organizational skills. Right now we still have the residual affects of the 1960's, 70's, and 80's. The ones who represented the very best in technical ability and were organizers; our recently departed George Harris, our past President and Olympic Bronze medalist Jimmy Bregman, World Champion Ann Maria Burns, Olympic Silver Medalist Lynn Roethke, and lets not forget other greats that we pointed to as our own, Rene Zeelinberg, Dave Pegankoff, Diane Pierce, Katy Donohough, Bonnei Korte, Jim Wooley, Tom Masterson, and many others to numerous to mention here. Here's the point, "Who will you point to now and say, he or she is one of ours?" "Our organization is the one who helped to make him or her a champion." We did in the past but what of the future?

As of 2006 when a vote was taken to downsize the USA Judo Board we downsized our own participation in helping to make senior champions. Both grassroots organizations decided to relegate themselves to developing juniors thinking it would only make sense since the JF and JA didn't have the blessings of the US Olympic Committee to send seniors to international events. Ergo, "Why spend time and effort on seniors?" "Let USA Judo do that. We'll take on the juniors who are a lot easier anyway."

The problem that this division of seniors and juniors poses is that this will affect almost every phase of judo in the United States. In promotions for example, future promotional resumes at the upper end of competition points will have to be given credit for what the candidate has done in another organization, USA Judo. Our highest achievable award will be for participating in a USJA/JF Junior National since we may not have a senior national championship under the JA banner other than the Winter Nationals. Hardly a commendable honor to put on ones resume for ranks above sixth or seventh dan, that you were a junior champion.

Coaching also is impacted by the lack of having a senior program. It is totally a different game to coach juniors then when you coach seniors. With kids it's a developmental game where they should have fun with their peers learning how to interact with one another, learn their physical limitations and possibly how to overcome them. Additionally in judo they learn discipline, respect, and that they have worth



The USJA SENIOR PROGRAM

For seniors it may be a continuation of the above and more. Senior competitors are more serious. They are about being in first place. To get there the intensity level rises. One trains smarter, harder, longer, and with more effort. Techniques have to be honed to be super sharp. You also train in other ways to be as strong as a gorilla, and as fast as cheetah, and as ruthless as a fox in a hen house, and having the patience of a python squeezing the life out of a struggling boar to eat it. It's about being number one, number two if you have to, number three but looking to be number one next time. Now, do we provide such a program for our seniors? Do we have coaches in our organization who can make these kinds of champions? Are there anymore Carl Geise's or Jimmy Pedro Sr. around in the USJA? Do we even have a platform for them to become a good senior coach? No. We don't even try to encourage it with a simple act of having a National Championship to include seniors and masters between the two largest judo organizations in the United States.

Refereeing is also impacted by the lack of seniors. Just this past National Championships in Hawaii you could see the difference when the seniors came up. Seniors not only do different techniques, they use different tactics, that unless you are exposed to them you falter as a referee wondering if it legal or illegal to do. While I am talking about this in the context of a National event, one should remember that these referees return to their local areas and share their experience and knowledge of the latest rule interpretations. If all you see is Junior judo, that's what returns to the local area as information and you miss the finer points of judo at the senior level.

I can go on and on but would like to end with this note. Remember, the next generation of judo leaders usually come from seniors not juniors, but we have no platform of honor for seniors to launch from without even a Senior National Championship. If we keep taking the easy route of junior judo without remembering that juniors eventually become seniors and need a place to go to to get better then we should not wonder why we stay at the same number of students. Think about this, we are just replacing the exiting skilled junior with another younger set of beginning juniors who become adults but again evaporates into the general population because there is no senior program to continue on in.

Hayward Nishioka 's Bio



Was three time US National Champion, Grand Champion in 1965 and runner up Grand Champion in 1970. Pan American Games Gold Medalist in 1967. Placed 5th in the World Championships 1967. Coached Several US teams in the 1990's including the Pan Am Championships, World University Games, Tre Torii, Rome Open, and was an assistant coach to several World Championships. Have authored five books including "Judo Heart and Soul" and numerous articles for Black Belt Magazine since the mid 60's.



Great Experiences At The Greatest Camp



The Greatest Camp on Earth lives up to its name. Aspects of camp appeal to judo families and individual judoka alike. This is the second consecutive year that my family and I have driven from Huntsville, Alabama, to camp in Matthews, North Carolina, a suburb of Charlotte. Many campers drove further. If you're a repeat camper, help me get the word out. If not, I hope that my review and "Ippon!" rating of camp will convince you to step on the tatami with us next year.

If you've been a part of judo or related martial arts for any length of time, you know the special bond that we share. The Greatest Camp is like a family reunion, about 300-strong, where you have a lot in common with every member. Dr. Kano said that the objective of judo is perfection of human character, and the proof is in the character of each camper.

My goal next year is to persuade not just judoka from our club but also my o-sensei from many years past to go with us. The family reunion idea would be reason enough for my o-sensei. He would reconnect with judo friends from decades ago, many of whom are Vietnam Veterans and retired law enforcement officers like himself. The point being, if you're a Vietnam Veteran, kid, or parent like me, you're going to make friends.

The Carolina American Judo Association people who make this camp possible deserve a hearty "Rei!" Not only do they run activities with the quality and efficiency of a five-star resort, they offer a world-class faculty of instructors. It's not just that they are world champions in judo and related martial arts -- it's their love for sharing the art and presenting the finer points of techniques. Check the camp website about the instructor lineup we had this year, many of whom have committed to camp next year.

Camp runs from 9 a.m. until 8 p.m. Thursday through Saturday, starting with breakfast at the Comfort Inn or adjacent motels where we lodge at discounted rates, lunch together on campus, and dinner at the Golden Corral -- one of the nicest ones I've been to. Meals are included in the package, and this makes for fine feeding with great fellowship.

Training offers separate schedules for kids, 4 to 11, adults, 12 and above, kata, coach, and referee courses and certification, sambo, Brazilian Jiu-Jitsu, grappling, and traditional jujitsu. Multiple schedules organize training, and judoka can attend all training on one schedule or attend training from more than one. It's a colossal smorgasbord each day, then off to Golden Corral for a smorgasbord of wholesome food. Choices abound!

Juniors enjoy themselves and excel under a cadre of instructors who smartly tag-team teach so that the kids exhaust themselves before the instructors. When the kids are at their peak, sensei push them on their randori skills and other complex movements, such as combinations, counters, and turnovers. When the kids tire, they watch superhero movies and play judo games. On the second evening of camp, juniors return from dinner to meet Batman and Robin for a superhero parade and competition to determine the best superhero costume. Critical to superhero membership, Batman holds a special meeting with these little superheroes-in-training to impart upon them the good character traits that they must possess.





Great Experiences At The Greatest Camp

Before we bow out of this review, this three-day camp is fun and productive for the whole family as well as for individual judoka; for competitors or recreational enthusiasts; or for anyone who enjoys throwing, choking, and holding, whether as uke, tori, or spectator. If you have a busy calendar and are short on vacation days, the Greatest Camp is perfect because you have to take only Thursday and Friday off in exchange for 33 hours of training and fun. Of course, if you have a long drive or flight, add one more travel day to arrive, and return on Sunday.



I hope to see you on the mat in 2015!

Michael J. Schultz 's Bio



Michael J. Schultz has a 2nd degree black belt in judo and 1st degree brown belt in jujitsu and is a certified coach. He teaches in Alabama at the Huntsville Judo Club.



Where Will Our Future Judo Champions Come From?



Junior Judokas with their awards and their instructors (Photo credit: Ray Matsumoto, Gardena Judo)



Future champions having fun (Photo credit: Ray Matsumoto, Gardena Judo)

Where will our future judo champions come from? What does the judoka pipeline look like? In any effective business model there must be a business plan. And yes, Judo needs to be run as a business. What is the business plan and what is its time frame? I have not seen a plan for judo development in the US. Without a business plan in place most businesses fail. This is a proven fact! The number of Judokas needs to grow along with coaches and teachers who are well trained and certified. What kind of coach and teacher certification? What kind of continuing education program and testing needs to be put in place for coaches and teachers? Well trained coaches and teachers need to be part of the overall plan that will grow in concert with the anticipated and planned growth of the base of judokas.

With the public schools not having judo programs the system is dependent on the local dojos to produce Judokas. Why should children choose judo instead of soccer and all the other sports? What is the grassroots structure of American judo? What is the grassroots part of the overall plan? Where are the Kayla Harrisons, Marti Malloys and Travis Stevens going to come from?

With three national organizations in place, what are their roles in the overall plan? What are their plans for expanding the base? How do these organizations help the local dojos? With the rapid growth of MMA and the BJJ, which have been helped significantly by TV exposure, Judo needs to become proactive in its promotion. Watching Olympian Rhonda Rousey use her outstanding Judo skills to dominate and become a UFC Champion is a key element in promoting Judo to the masses. How to capitalize on this exposure is the challenge. How to get young girls to want to be like Kayla, Marti, Rhonda, Hannah and the many other women judo champions and similarly for the young men to want to be champions like Travis, Evert, Nick and Aaron, to name a few. Now with USAJudo's recent association with the UFC, Travis Stevens will be able to help generate judo awareness.

We need to reach out to the public with a strategic well-planned media program to promote Judo. This media program must be an integral part of the overall plan.

As a start, Judo needs to be a part of a program like the Boy and Girl Scouts of America. Merit badges need to be created and this will generate exposure to Judo. To accomplish this local dojos can teach short introduction courses and then give exams for the badge. Many of these youngsters will stay after the course and become judokas. Programs need to be developed with the public schools system. Certified coaches and teachers can volunteer to teach judo in the public schools. The national organizations need to open the doors of the school systems. This is their responsibility. The reason for their existence is to promote, develop and grow the sport. US Judoka numbers, at best, have stayed the same in the last few years at around 20,000. For a country with over 300 million this is not acceptable.

Our current crop of athletes are wonderful. They represent the USA well and make us all proud, but we need more depth. Our organizations need to look to other great Judo powers in the world to better understand what is working for them. For example, France has over one million registered Judokas and a system of coach and teacher training, testing and certification that is uniform across the nation.



Where Will Our Future Judo Champions Come From?



Coaches week-long training at the OTC in 2000

We need to look to our own judo treasures to help develop and implement these programs. Judo masters such as Hayward Nishioka, James Colgan, James Bregman, Hal Sharp, Mitchell Palacio, Clyde Worthern, Jimmy Pedro, Mike Swain, Sid Kelly and Pat Burris to name just a few, need to be part of the program to restructure American Judo. Also, American Judo has many other very astute competent judokas who can significantly aid in the restructuring that will put American Judo on a new path. Many of these folks have become disillusioned and some have been cast aside. We need to bring these judo brothers and sisters back to be part of the force to rebuild American Judo. We can reach and surpass the French numbers if we begin now to restructure American Judo.

Mel Appelbaum's Bio



Mel Appelbaum, PhD, IJF-A, 8th Dan, is a member of the NYAC Judo Club, Tournament Director of the New York Open Judo Championship, Former Chairman of the USAJudo Referee Commission, Former Chairman of the USAJudo Standards Commission, '92 Olympic Referee, and '96 Paralympic Referee.



USJA Senior Promotion System & Manual

For the past two years, your Board has been working along with the Promotion Board to create a more advanced and fairer USJA promotion system and manual. The task was arduous at the very least, but under the leadership of Walter Dean, Ernie Smith and the late Jesse Jones, they constantly revised the revisions and presented the Board with a version that the Board found acceptable and ultimately passed. We will introduce the new program and guide book this September. We will offer a limited number of hard bound first editions in celebration of the first US Olympic Team; each of the first edition books will be numbered and signed for collectors and members who want a piece of history.

When you first see the new system and the manual, you will find much that you are familiar with and quite a few things that changed from the old system. For instance, in the path to Shodan, the system emphasizes technical expertise and puts less emphasis on competition because it is considered a learning phase. For Nidan and Sandan, the path continues with technical expertise and also puts more weight on competition for experience and perspective. From the rank of Yodan on, the emphasis shifts from competition to personal learning as well as service to the USJA and Judo in general.

In every rank, personal accomplishment acts as a lever to reduce the Time In Grade (TIG) to accommodate and recognize growth and accomplishments. At the Senior Dan grades, Yodan through Sichidan, it becomes incumbent upon the applicant to leave their own Judo community and reach out on a national level and even an international level in order to insert themselves and contribute to national and international programs and learning.

A number of members questioned the reason for this change and in every instance; they understood that positive change is good for the art, the sport and the individual. I heard a number of people say, "if it isn't broken, don't fix it, my answer was that after nearly 50 years, every machine or system needs maintenance.

The book will be presented differently from past publications; it will have a soft binding and will be 3 hole punched and be inserted into a 3 ring binder. The reason is simply that updated or revisions can and will be available as downloads to print and insert into the binder. Eventually, we will make the junior requirements available to insert into the same binder making the book a "cradle to grave" book that only needs to be purchased once by the member.

If history repeats itself, the other Judo organizations in the country and internationally will unofficially adopt our written program as they have for the past 50 years because the USJA will still lead the way to standard and fair rank promotions.

Please look for the initiation date for the new system because all new requests for rank after the initiation date will be done with the new system. Promotion documents submitted before the initiation date will still go through the old process and Promotion Board approval (if required).

This manual will be going to the printer for a fast turnaround and will be available shortly. Advance orders for the hardbound first editions will be open shortly and the sooner your order arrives, the lower number you will have on your bound edition. Keep in mind that there are reductions in Time in Grade for the most active promotion candidates, so the faster you get your new guide manual, the better. A new list of points for achievement is included in the manual, which gives credit for more activities and is included in the new guidebook; new promotions will be governed by those.

As we begin this new chapter in the USJA, we will welcome any and all comments and suggestions with regard to the new manual and system as soon as it is available. I know change is sometimes uncomfortable and those that have spent their entire Judo careers with USJA will initially find this system challenging to get used to, but I promise you all that like anything that is new, you will be able to get used to it quickly and easily. On a similar note, this first edition will be subject to change and further revision based upon the feedback of the members and club leaders. We think of this as a living document, somewhat like the US Constitution in that it can be modified or revised based upon the needs, desires and wants of the members.



USJA Senior Promotion System & Manual

Praise for the new:

USJA Technical Manual and Study Guide with Senior Rank Promotion System

"As a Founding Director of the USJA, I am pleased that this manual commemorates the anniversary of the first Olympic Judo event and that it will provide a clear guideline for promotions. I would like to thank all USJA members for their participation in the sport of judo and wish the USJA continued success in the future."

Jim Bregman, 9th Dan

Past USJA President

USA Olympian and World Championship Bronze Medalist

"I like the new handbook and study guide VERY much. It's a great tool for all those serious about judo and promotions."

Jesse Goldstein, 7th Dan

USA Olympian

"The USJA's new Technical Manual and Study Guide with Senior Rank Promotion System marks yet another milestone of excellence offered by our organization to simulate the growth of judo in our country and beyond!"

Gary Goltz, 7th Dan

USJA President

"As the uke for Kyzuo Mifune at the Kodokan in the early 60's, I can honestly say that this book is a credit to the Kodokan and to judo."

Jin Iizumi, 8th Dan

Author of the Soft Judo DVD Series

"This manual presents a very skillful approach to student development. It offers a deep analysis on the promotion system that evaluates the student and provides a progressive path for growth. A very useful guide for coaches and students. Everyone should read this and understand this is a very fair way to look at their future promotion. Those that qualify studying this guide will truly understand their rank means something. This is a must for those that want to earn rather than get a promotion."

Jesse Jones, 9th Dan

Past USJA President

"If you are interested in earning a black belt you can be proud of, I encourage you to read and follow the standards contained in this manual. It is very important to have standards that prove someone truly has earned promotion. This guide adds credibility to USJA rank promotions. I wish we had this in Judo Canada because it is fair and uniform."

Bob Sherwood, 7th Dan

Toronto Canada



Alex learns about Kokushikai



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

Celita Schutz, 3x Olympian teaches all classes with 8th Dan, Y. Matsumura. Both teach solid fundamentals to beginners and world class details to advanced players. Since safety is also emphasized, players trust the environment where they practice; feel accepted no matter what belt they wear and know when they come to class they always get the workout they need.

2. Are you a competitive club?

Although it is not mandatory to compete at our club, we offer two internal Shiais during the year for players who would like to experience competition for the first time. Kokushikai Judo Academy also co-hosts the Celita Schutz East Coast Championship with Bushido Dojo of Staten Island. This past June was the first ever and it was a huge success. In addition, practicing KJA players have individual successes that range from being Jr. Olympians, Junior World Team players, Senior US Open Medalists to Paralympian and Masters National Champions.

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

Kokushikai Judo Academy has a great flexible practice schedule. Every age group, including the Pee Wees, have the option to practice multiple times a week to fit their schedule. Separate beginner and advanced classes are offered for Pee Wees (3-5), Children (6-8), Youth (9-12), Teens (13-15), and Adults (14 and up) Monday through Friday, and on Sundays. Trial classes are reserved in advance and private lessons with Celita Schutz and/or Sensei Matsumura can also be arranged. Go to kokushikai.com/schedulefees.html for times.

4. Do you have another class besides judo?

In addition to regular judo classes we also conduct multiple day camps during the year which are very popular with the Children and Youth. Extra opportunity is given to the practice of judo progressions, video analysis and very competitive chess tournaments. But most popular is the annual overnight Kokushikai Judo Camp held in Preston Park, PA which began in 2009. This camp has core instructors which include alumni from Kokushikan University, Japan, Professor David Adiv of Isreal, founder of Royler Gracie/David Adiv Juijitsu (RDGA) and visiting guests. Annually, KJC attracts players of all ages and levels from all over the country to challenge themselves in the pursuit of



Alex learns about Kokushikai

excellence year after year. This year, Kokushikai Judo Camp is August 17-23. Registration includes lodging and meals. You can still register online at: kokushikai.com/2014kokushikaijudocamp.html.

5. What do you specialize in?

Pure Judo.

6. If some one wanted to come and visit your club how much would the mat fee be?

\$20.

7. Do the members socialize outside of the dojo?

Yes, we have a nice community of players and parents. But everyone raves about Kokushikai Judo Camp and how great it is to do judo and other recreational actives in such a beautiful setting. Friendships are formed and continue throughout the year on social media. #kokushikaijudocamp and facebook/kokushikaijudoacademy

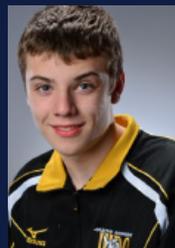
8. Does your Club have a team image?

We do - we are modest, hard working, positive people. We care for each other like a big extended family. We love judo and are are loyal to Kokushikai.

9. Tell me about your club culture.

Traditional with international influence.

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 Maria Dhami



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

I train five days a week Mon-Fri. During the summer there are two 2 hour sessions a day, regularly there is one a day.

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

I had to move away from home in Boston, leave my family and friends and start training here in Scotia, New York.

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

I would spend my time more wisely. I am an avid procrastinator and have wasted a lot of time, I wish I would have spent my time better and trained more and harder.

4. What is your favorite gi brand?

It was Mizuno until I put on my new Kusakura gi on!!

5. What are your goals as a judoka?

I hope to reach my fullest potential as a judoka, train my hardest, travel to a lot of places and make an Olympic team.

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

I have thrown my opponent into the referee, I sneezed on an opponent once, very funny for me but they didn't think it was too humorous.

7. What is your proudest and most disappointing moment in judo?

Proudest moment would be making my first Jr. World team in 2013. Most disappointing is a tie between my match at Jr. Worlds, I got arm barred in a pretty embarrassing and basic way. This match is tied with my match at the finals of Senior Nationals this year, I did everything I was told not to do and of course ended up losing.

8. How do you prepare for a tournament?

Train, lots of randori!

9. I am a 14 year old girl, who is a blue belt. What advice would you give me to improve my judo? (Don't just say "train hard")

Figure out if you love judo or not, back track and understand why you do it. Find your goals for judo and make new goals and achieve them. Even something as simple as 'throw someone with uchimata'. Goals keep you motivated start simple first and move on from that.

10. If someone wanted to get in touch with you (autographs, pictures, posters, etc.) how can they do that?

I have facebook 'Maria Dhami' and an athlete page and website is currently in the works. I can always be emailed at mariadhmi@gmail.com

11. How has judo changed over the years?

The rules have changed a great deal. Judo focuses much more on technique now. No more leg grabs and less gripping makes people focus on throwing more.





Ashley Interviews Maria Dhami



Photos by: Lou DiGesare/realjudo.net
Photos sponsored by: Jason Morris Judo Center



Photo by: Andrea Muccini

12. Do you prefer the new judo rules or the older rules?

I never grabbed the legs much so I never had a hard time transitioning.

13. What advice would you give to a person just starting out in the sport?

Naturally I would say not to give up. Judo is really difficult, one of the hardest things I have ever done. I promise however that if you stick to it you will love it. you will meet new people, make friends and become a better person as a whole.

14. Tell me about your judo experience:

My judo experience has been really amazing, I have met so many influential people that have taught me so much in life. I have traveled a great deal and have so much more left to do. I love competing and have been to hundreds of tournaments. It has been a very exciting and learning journey for me thus far!

15. What is your most fond memory of judo?

One of my favorites would be fighting in the 2013 Quebec Open in the semifinal, I was fighting someone I had just lost two times to a few weeks ago and everyone was cheering for me. Jason, Teri, Rick Meara and all my teammates were rooting me on, it was the best feeling I have ever had.

16. If you could have changed one thing about your past judo career what would you have changed?

I would try to manage my time better, so that I could train and focus on school better. Often times I would have a hard time and put one before the other.

17. Are you nervous about competing on the international circuit?

Very much so but more excited then anything. I know its going to be really challenging so I am very glad that my coach and family and friends are behind me!

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.



Beyond The Bell Summer Judo Program



Iowa & South Dakota – July 16, 2014

American Judo & Jujitsu in North Sioux City, South Dakota, a USJA club, has partnered with Beyond the Bell in Sioux City, Iowa to offer a free Introduction to Judo series of classes this summer.

Sensei Johnny Tureaud, Yodan in judo and Shodan in jujitsu, has been leading the classes with the help of Marcus Andre, Nikyu judo and Nidan hapkido, and Jenny and Jake Martin Gokyu in judo.

This is the first time that judo has been offered as a class through Beyond the Bell and is the first exposure to the sport and martial art for a number of the boys involved. The classes have been well attended with third & fourth grade boys from several Beyond the Bell sites in Sioux City, Iowa!



The students have been attending judo class for one hour each week. During the class the boys are learning judo traditions, Ukemi, O-soto-gari, Kesa Gatame and some escapes from Kesa Gatame. Johnny Tureaud said "The main goal of the program is to provide children with an opportunity to learn about judo, begin using some techniques and most importantly, have fun!"

Mary Lee Hamilton, Beyond the Bell Coordinator commented "The boys really look forward to judo every Wednesday. Some of the boys claim it's their favorite field trip! We look forward to working with American Judo & Jujitsu in the future!"



American Judo & Jujitsu has been offering classes in judo to the Siouxland area for the past forty (40) years. American Judo & Jujitsu is led by Sensei Johnny Tureaud, 4th Dan judo, 1st Dan jujitsu and Ikkyu karate, Sensei Lucas Fields, 1st Dan judo, Marcus Andre 2nd Dan hapkido and Nikyu judo and Mark Mallard Yonkyu judo and Blue Belt bjj. Together they have over sixty (60) years of combined experience in the martial arts of judo, jujitsu, hapkido and karate. American Judo & Jujitsu offers classes in judo, hapkido and jujitsu for juniors and seniors.





HIIT for Judoka

Every few years something “new” comes along in the strength and conditioning world that catches a lot of attention. New probably isn’t the best word, since very few things in this industry are legitimately novel. Trending is much better, and the S&C field isn’t alone in this; nutrition, politics, sports, even technology and political fields battle this constant see-saw of what’s “out-dated” and what’s trending.

High Intensity Interval Training (HIIT) has been a new trend for a while now. In a nut shell, HIIT focuses on performing intervals of high output workloads, whether it’s sprinting, kettle-bell lifts, O-lifts, calisthenics, or sport work. The goal is to raise heart rate quickly, and within these short rests, help the body to recover faster from more intense work, not to mention generate more power during the active set. An example of this would be the popular Tabata protocol:

20 seconds of work
10 seconds of rest
Repeat 8 times

This comes out to about 4 minutes of work, as the rest periods aren’t exactly classic rest periods. As you can see this type of training is very efficient at training the anaerobic threshold, that is, the limit at which the body has to stop producing anaerobic power. These workouts also have a strong impact on body composition, much more so than classical Low Intensity Steady State training (LISST). HIIT looks like it’s the best way to train, and for some sports it is, however, what can the Judo world take from this? Can HIIT be beneficial for Judoka?

It absolutely can be. In 2011 there was a study done by Lee at the Korea National Sport University in Seoul done on 29 of the National Team members. The goal was to see if adding additional HIIT sessions throughout the week in addition to their current training (strength training 4x, judo 5x) would elicit a beneficial effect. If you considered a 7% rise in VO₂ max, 21% rise in peak power output, 29% rise in mean power output, and a 1% decrease in body fat beneficial, you’d be right.

It seems that for Judoka, HIIT is definitely a proven training method that should be added to every clubs arsenal. Start with 1 HIIT session a week and add subsequent sessions in slowly so your athletes can adapt to the workload. Remember this is high intensity work; this should not be used with most children or generally out of shape/recreational judoka.

Is this the end all be all training that will change everything? Of course not; In fact too much HIIT has also been shown to be detrimental, as the stress placed on the body, especially too quickly, is too high to recover from efficiently. Let us also not let the anaerobic threshold take the spotlight, on that note, we’ll end with a question to be answered another time: What energy system is most responsible for a full duration judo match?

Tony Sangimino 's Bio



Tony Sangimino is an athlete at the Jason Morris Judo Center. He is the current USA National Champion in the 81kg division and previous world cup finalist. He has been active in the strength and conditioning field for over a decade and currently assists other athlete in reaching their goals.



The Bow in Judo

Why do we have to bow? This is a very common question among new judokas. The bow has no religious meaning. It is simply a means of demonstrating respect and humility. The bow in Japanese is “rei” and the Kodokan standard for proper Judo etiquette is that “Judo starts with a bow and ends with a bow” (“re ni hajimari, rei ni owaru”). The rei personifies Kano Shihan’s second tenet...Jita Kyoei. That is, mutual respect and benefit, the respect that each Judoka shows another. It is respect for your training partner and respect for any opponent, no matter what the level of skill. It demonstrates a Judoka’s appreciation and humility to another Judoka who is allowing them to have someone to practice with.



It is a sign of respect that is part of the Judo etiquette enabling all of us to practice and improve our skills safely and to teach and impart knowledge in a respectful manner. Each dojo’s adherence to this formal etiquette of the bow, varies greatly on the East Coast. Some do standing bows, some do kneeling bows while others do not bow at all. Some dojos require a bow when entering and leaving the dojo and some don’t. On the West Coast, where there is a strong Japanese heritage, most of the dojos adhere to the strict rules of judo etiquette and bow in the formal manner, including bowing upon entering and leaving the mat area.

It is my opinion adherence to formal bowing sets the tone for the dojo.

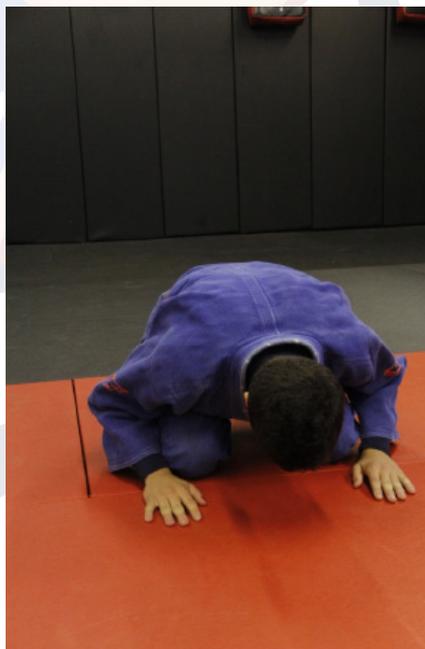
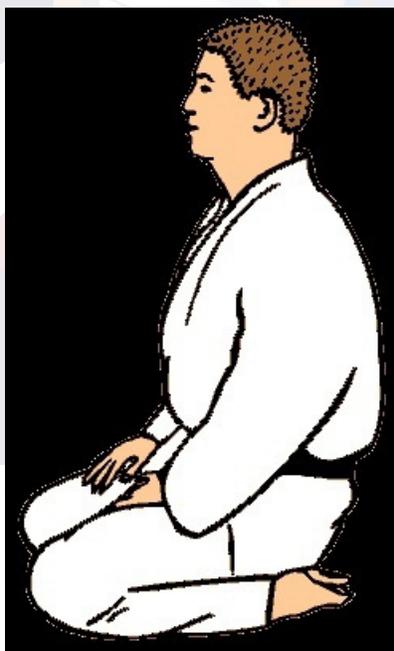
How should the bow be performed? We begin with the “Standing at Attention” position called “Kiyotsuke”, with the head erect and facing straight ahead, with hands at the side palms inward and with toes facing out at a 45 degree angle. Also, there is the “Sitting at Attention” position called “Seiza”.

The actual bow has two different postures. The first is the standing bow, referred to as “The Standing up Straight Bow” or “ritsurei” in Japanese. The standing bow is started from the standing Kiyotsuke position then sliding the hands to above the knee caps or at the side with the body and head inclined forward at approximately 20-30 degrees. Ritsurei is commonly used when practicing with a partner in tachiwaza.

The Bow in Judo



The second bow, the most polite and formal way to bow on the mat, is referred to as "The Kneeling Bow" or Zarei, which starts from the seiza kiyotsuke position, the formal kneeling posture. Here we begin by kneeling on the knees in the attention position, head straight with the palms on the thighs facing inward. Zarei is achieved by slowly lowering the head forward and placing the hands on the mat facing inward, palms down in front of the knees. Zarei is commonly used when practicing with a partner in newaza.





The Bow in Judo

At the beginning of class, all students line up and face sensei. The class then takes the seiza position, the kneeling bow. The highest ranking student then can announce “kiyotsuke” then “sensei ni rei”. At the end of class all students line up with the highest ranked student announcing “Kiyotsuke” followed by “mokuso”. “Mokuso” is the command to close your eyes and begin a form of meditation breathing intended to lower the heart rate and clear the mind. Many students relax and recall the lessons for the day and others just unwind from the practice. Then sensei claps his hands and the head student announces “sensei ni rei”. In some clubs, the command “jyozan-ni-mukate” is next which means to face the place of honor (“joseki”). Joseki (Kamiza) is usually where a picture of the founder of Judo, Jigoro Kano, is displayed. Once again everyone bows at the command “rei” and thereafter the students turn again to face sensei and conclude the class by bowing. This final bow is simply a form of thank you. Depending on the tradition of the club different bowing etiquette is used.



In competition, the standing bow is required at the start of the match and at the end. This is formalized in the IJF rules of competition.

In my experience when bowing is lax then the attitude and discipline of the dojo follows suit. I strongly recommend that proper bowing etiquette be part of the judo experience at every workout.



All photos courtesy of James Kinder.

Mel Appelbaum's Bio



Mel Appelbaum, PhD, IJF-A, 8th Dan, is a member of the NYAC Judo Club, Tournament Director of the New York Open Judo Championship, Former Chairman of the USAJudo Referee Commission, Former Chairman of the USAJudo Standards Commission, '92 Olympic Referee, and '96 ParaOlympic Referee.



Announcements

To all Promotion Board Members:

For Immediate Release

I have asked Walter Dean and he has accepted the position to become Vice Chair of the Promotion Board.

His duties include:

Supporting the Chair of the Promotion Board as needed.

Responsible for the duties of the Technical Evaluator (TE) and will be the chair of this sub committee.

Responsible for the duties of the Certified Rank Examiner (CRE) program and will be the chair of this sub committee.

Walter has been performing many of the duties related to this position for some time and his work with the USJA Standards and Ethics Committee doing Back Ground Screening (BGS) for USJA makes this a logical move. He will work with me preparing written policies and procedures as will become necessary with the role out of the USJA Technical Guide and Senior Promotion Manual which he helped create. Walter will also work with me adding new members to the PB.

This is effective immediately.

Ernest Smith
Chairman, Promotion Board



USJA



Upcoming Events

Camp Bushido 2014

Camp Bushido West has been holding this event for many years with a great deal of Featured Guest Instructors. Come and join this event and have fun, learn and improve your skills.

Event Type: Tournament
 Start Time: 08/03/2014 8:00 AM
 End Time: 08/09/2014 4:00 PM
 Competition: -
 Level D Local: National
 Sanction(s): 14-023

Club Name: Seika Ryu Martial Arts
 Contact: Joa Schwinn
 Location: Westminster Woods Camp
 Address: 6510 Bohemian Highway
 City: Occidental
 State: CA
 Zip: 95465
 Phone: 707-523-3200
 Web: <http://www.campbushido.com>

State Games of Oregon Judo 2014

Come and join us at this Tournament to have fun, compete and learn from some of the very best.

Event Type: Tournament
 Start Time: 08/09/2014 8:00 AM
 End Time: 08/09/2014 5:00 PM
 Competition: Junior, Senior, Master
 Level D Local: State
 Sanction(s): 14-044

Club Name: River City Martial Arts/Grants Pass
 Contact: Daniel Dawson
 Location: North Valley High School
 Address: 6741 Monument Drive
 City: Grants Pass
 State: OR
 Zip: 97526
 Phone: 541-761-8081

Fight Like a Girl Camp

This very popular Camp has been an annual treat for all that attend. Come and join us to compete, have fun, and improve your skills while learning from some of the very best.

Event Type: Camp
 Start Time: 08/09/2014 12:30 PM
 End Time: 08/10/2014 1:00 PM
 Competition: Junior, Senior, Master, Kata
 Level D Local: National
 Sanction(s): 14-058

Club Name: Southside Dojo LTD
 Contact: Deborah Fergus
 Location: Southside Dojo
 Address: 8534 Portage Rd
 City: Portage
 State: MI
 Zip: 49002
 Phone: 269-208-1068
 E-mail: defrgs6@att.net



Upcoming Events

2014 America's Cup

This Event is Hosted by Anderson YMCA Judo Club. It is open to Junior, Senior, Master & Kata. Come and compete, learn and have fun while improving your skills.

Event Type: Tournament
Start Time: 09/06/2014 8:00 AM
End Time: 09/06/2014 6:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: Local
Sanction(s): 14-051

Club Name: Anderson YMCA Judo Club
Contact: John Branson
Location: Pendleton Heights High School
Address: One Arabian Drive
City: Pendleton
State: IN
Zip: 46064
Phone: 765-621-3416

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

4th Annual Gateway Invitational Judo

This event is for all to come and celebrate the 4th Annual Gateway Invitational Judo Tournament. Come and join us to have fun, learn and improve your skills.

Event Type: Tournament
Start Time: 10/11/2014 8:00 AM
End Time: 10/11/2014 5:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: Regional
Sanction(s): 14-042

Club Name: White Dragon Judo
Contact: Derick Ulysses Wellman
Location: Overland Community Center
Address: 9225 Lackland Road
City: Overland
State: MO
Zip: 63114
Phone: 314-223-9398



Upcoming Events

2014 LA Open Judo Tournament

Come join us at this Open Judo Tournament. Learn from some of the best and compete while you improve your skills at the same time. Awards: 1st, 2nd & 3rd Place Medals for individuals in all divisions.

Event Type: Tournament
Start Time: 10/25/2014 8:00 AM
End Time: 10/25/2014 6:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: Regional
Sanction(s): 14-053

Club Name: Wall to Wall Martial Arts
Contact: James Wall
Location: Hebron Baptist Church Gymnasium
Address: 24063 Hwy, 16
City: Denham Springs
State: LA
Zip: 70726
Phone: 225-612-0934
Web: <http://wallmartialarts.com>

UT Martial Arts Club Annual Judo Tournament

Current IJF Rules. Additional rule modifications may be made at the discretion of the Tournament Director with consultation from the Chief Referee.

Event Type: Tournament
Start Time: 11/08/2014 9:30 AM
End Time: 11/08/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Local
Sanction(s): 14-052

Club Name: U Of TN Judo Club
Contact: Michael Takata
Location: Health, Physical Education & Rec Bldg
Address: 1914 Andy Holt Blvd
City: Knoxville
State: TN
Zip: 37996
Phone: 865-300-6453
E-mail: mtakata@mindspring.com

Mojica Judo Scrimmage Tournament

Matches will be conducted using current IJF rules with modifications. Referees and Coaches meeting at 8:00 AM

Event Type: Tournament
Start Time: 11/09/2014 9:00 AM
End Time: 11/09/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Local
Sanction(s): 14-049

Club Name: Mojica Judo Club / PAL
Contact: Tony Mojica
Location: Esther Snyder Comm. Center
Address: 4100 Baldwin Park Blvd.
City: Baldwin Park
State: CA
Zip: 91706
Phone: 626-806-6884



From our friends at



Emmy Award Winning Photographer And Filmmaker Joins Forces With The Blind Judo Foundation To Further Empower The Blind and Visually Impaired Through The Sport Of Judo

Three time Emmy Award Winning Photographer and Filmmaker with over 30 years of experience is continuing to impact the world with emotional and timely photos and films of individuals and organizations like the www.blindjudofoundation.org/wp [Blind Judo Foundation] using his visual disability to empower the blind and visually impaired using the sport of Judo.

William Kidston, three time Emmy Award winning photographer, Television Cameraman and Filmmaker with over 30 years of experience joins forces with Coach Willy Cahill and Ron C. Peck of the Blind Judo Foundation conveying to the world the impact Judo for the blind and visually impaired for individuals of all ages with his award winning photography.

As a Photography, Art, Media and Film major, Kidston spent his early years being a Press Photographer first specializing in commercial products, executive and senior portraits and weddings. In 1986 he opened his own studio allowing him to encompass a myriad of commercial opportunities with Visa, Bank of America, Los Angeles County Sheriff, Los Angeles Police Department and many others.



Over the years Kinston's credentials continued to soar with media coverage of the Oscars, Emmys, Grammys, Directors Guilds Awards, Jazz Society, Screen Actors Guild along with publications like the Hollywood Reporter. "Celebrities like Steven Spielberg, Jack Nickolas, Jodie Foster, Merrill Streep, Harrison Ford, and Mark Harmon along with three former US Presidents have not escaped my lens" says Kidston.



What makes Kidston's story so remarkable is he lost his sight due to an accident in his left eye at the early age of fourteen. Determination, dedication and drive have taken what some might call a limitation into an asset which catapulted him into new heights leading to award winning recognition.

His photography and television productions with other nonprofits like Hollywood PAL (Police Athletic League), LA County Commission on Disabilities, Holy Family Video Ministry to name a few have led to multiple awards.

With over 20 years of extensive film making, lighting, producing and directing, William Kidston is working to showcase the courage of the disabled like the blind and visually impaired of the

Blind Judo Foundation to the world. More about this amazing person can be seen on his Facebook entitled Handicapable Heros by William Kidston along with his personal Facebook page entitled William Kidston.

About the Blind Judo Foundation:

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. The Funding of blind and visually impaired athletes to train, travel domestically and internationally is through tax exempt donations; their financial life-line. To learn more about the Foundation, check out www.blindjudofoundation.org and at

<http://www.facebook.com/BlindJudoFoundation> or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 1-425-444-8256.



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- ★ Shawn D. Brown
- ★ Justin M. Green
- ★ Cheyenne Morgan
- ★ Steven Dacey
- ★ Kenneth J. Guge, III
- ★ Lucas Fields
- ★ Zane S. Kesecker

Nidan

- ★ John Haman
- ★ R. Carey Mountcastle, III
- ★ Travis C. Syre
- ★ James Lombara
- ★ Basua Ngalamulume
- ★ Jim J. Morawski
- ★ James Osborne

Sandan

- ★ Timothy A. Hammers
- ★ Lonnie G. Ross
- ★ Leighton F. Koehler
- ★ Timothy Tremaine

Godan

- ★ Ronald E. Chapman
- ★ Celita Schutz

Rokudan

- ★ John R. Paccione



USJA Promotions



Congratulations to the following individuals on their achievements:

JUJITSU

Shodan

- ★ Christopher R. Gonzalez
- ★ Jimmy D. Paige, Jr

Nidan

- ★ Michael K. Vanoveri
- ★ Joseph Vranich



Current USJA Membership Statistics:

Active Annuals:	6,567
Active LM's:	1,367
Total Active USJA Members:	7,934



Memorial

Frank Philips

We regret to inform you that Frank Phillips of Lakeland, Florida passed away this week. Frank was a USJA Sichidan and the head instructor of the Imperial Dragon Judo Club.

Frank was well respected in Florida and was very active in Florida Judo. He was a National Referee and hosted many local and regional tournaments.

Sensei Phillips will be greatly missed by his students and peers in Florida and throughout the entire United States.





USJA Financial Report

April and May 2014

- April and May each saw revenue generated from Membership Dues amount to \$27k per month.
 - While this is far from our max of \$32k (achieved in March), April and May still achieved revenue from Membership Dues on pace with the monthly average for the year of 2014
- Total assets equaled \$69k for the month ending in May, an increase of about +\$2.8k, or +4% from the month ending in April.
- In both April and May, the USJA spent more cash on operations than cash received.
 - This is most likely due to expenses seen in April of about \$3,700 used for travel and payroll jumping from \$16k in April to \$24k in May.*1
- Membership Insurance cost about \$10.6k per month for April and May, which is down slightly from the monthly average of \$10.9k through Q1.

1* Payroll increase due to an extra calendar pay period during the calendar month.

John Paccione
Treasurer





JUNIORS - SENIORS - MASTERS

EVERYONE MUST PRE-REGISTER!

We Expect Over 600 Competitors!

Felix Event Center

Azusa Pacific University

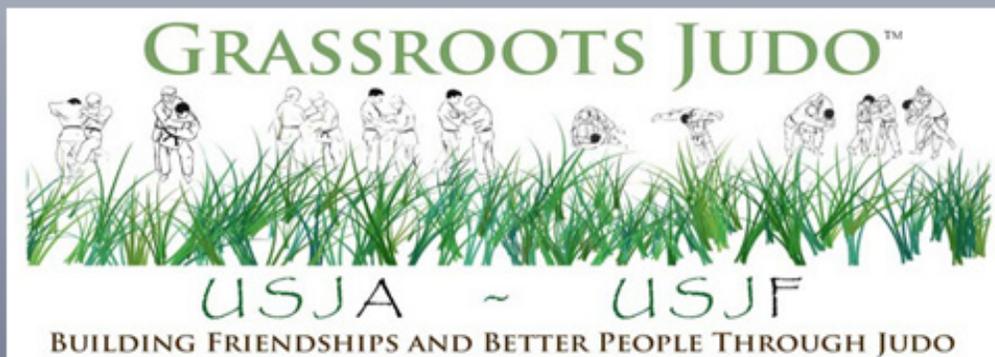
701 E. Foothill Blvd. Azusa, CA 91702

COACH CLINIC

FRIDAY DECEMBER 5th 2014

Goltz Judo

1700 Danbury Rd. Claremont, CA 91711



JudoWinterNationals™.com

TOURNAMENT DIRECTOR - GARY GOLTZ ASSISTANT DIRECTOR - O.J. SOLER

Vendor Booths Available - Contact Genaro Bugarin, (858) 442-4110, bbugarin2@yahoo.com