



# September 2014

## In this month's issue:

- Ashley Interviews Angelica Delgado
- Judo News from Around the Country
- Upcoming Events



Photo by: Lou DiGesare/realjudo.net Sponsored by: Jason Morris Judo Center



# Table of Contents

Leadership Forum Page	1
The Office Corner	2
Regional Coordinator's Message	3
Memorial Page	4
Final Rei of an American Hero Page	5
Our NEW USJA Clubs!	7
Newly Certified USJA Coaches	7
New Life Members	8
USJA Donors	8
Ashley Interviews Angelica Delgado	9
Judo News from Around the Country	11
From The Vice President's Desk	12
Getting Published	13
Cormier's Self Defense Academy	16
Writings of Dr. Jigoro Kano	17
My Visit to the Martial Arts Academy	24
Another Successful Fight Like A Girl Camp	26
Upcoming Events	29
Blind Judo	31
USJA Promotions	32



# Leadership Forum

## The future of Judo

Most of us know that Judo is at a tipping point in this country and for most of the world. There was a fascinating article in the current on line edition of Real Combat Media by Syl Peterkin, RCM Boxing, MMA and JiuJitsu (sic) Correspondent. If you missed it, take a look because it pretty much sums up what we have been hearing from a significant number of our members and the Judo community from all over the country. The line is: <http://realcombatmedia.com/2014/08/rise-realization-effectiveness-judo-mma/> (copy and paste it in your browser).

If I were a fly on the wall around the classical Jujitsu Dojos around 1882, I'll bet your that the Sensei, seniors and students of those schools were talking about this new Judo thing and how it broke from tradition and how much they disliked it. It took years for Judo to become the dominant martial art in Japan and with it many of the old schools adapted some or most of the style and technique in order to stay relevant and up to date.

It's just my opinion that Kano Sensei had never meant to overhaul the entire culture of Jujitsu, he wanted to improve and thought that change would be good.

Look at the manifest changes that have taken place in traditional Kodokan Judo since 1882; belt system, uniform changes, rule changes, technique changes; the operative word is change. If you are familiar with one of the modern translations or interpretations of the I Ching (also known as the Classic of Changes or Book of Changes, Zhouyi an Yijing) , you are lead to the conclusion that the only constant in the universe is change and that everything else is transitory. Whether you ascribe to this philosophy is your own business, but it certainly seems that way.

If change is inevitable, then we can accept the changes that have taken place in Judo and the future changes that are certain according to the I Ching. If this postulate is correct, then we should keep a solid base of knowledge and practice of traditional Judo and still embrace some of the complimentary techniques developed by modern BJJ, Muy Tai, Kickboxing, SAMBO and others to improve the overall body of work and still keep faithful to the teachings, philosophy and techniques of Kano Sensei and the Kodokan.

I've suggested in the past that you make friends with the local BJJ and MMA schools, ask them to invite you to one and their classes and offer to do a Judo clinic for them. If recent history and current culture are any indicator, you will make friends and increase the awareness of just how effective Judo can be in any study of martial arts.

**Marc Cohen**

Vice President

USJA Associate Editor of Growing Judo

# USJA



## The Office Corner

The staff at National Headquarters is excited to begin to expand our product line which is spoken of in this issue of Growing Judo. A great deal of hard work and thought have been given to these new products and we are happy to support our members with questions that they may have regarding them as new details become available.

The USJA member is always our top priority and we continue to have pride in providing the very best customer service and the quickest turnaround time possible.

As is always the case we continue to thank our members with their generous support and those that donate on a regular monthly basis. Every donation however large or small is appreciated and goes a long way toward the goal of servicing the membership to the best of our abilities. Good luck to all of you that are headed back to school and those that have already begun. Stay safe.

Thank you all!

**Katrina Davis** – Executive Director

**Michael Lucadamo** – (Marra) – Office Manager

**Robin Ridley** – Membership Services





## Regional Coordinator's Message

It's the beginning of a new Judo season. I say that because even though Judo has no official season, it seems to break down into three distinct parts. First there are the activities that inevitably take place around September. This is old students returning from summer vacation and getting back to practice and the new students coming to try Judo for the first time. It takes a while to get everybody up and tuned up for what seems to be the second part of the season, local and regional tournaments. The third season is comprised of the national and sometimes international season, which is nearly always in the late spring and summer.

Every regional coordinator should be submitting information to me so I can get it out to the other members, reporting on scrimmages and local tournaments and sharing information about the USJA and its programs.

Judo is more concentrated in special geographical areas in this country. There's a lot of judo on both the west and east coasts and pretty much everywhere in between. It should be your job to report on those locations so we can get the word out about Judo both to one and other and to the general public. If you are having a hard time getting the word out, let me know and I will help in any way I can.

In the coming months, I will contact each of you to write something for Growing Judo about your part of the country. I would like to get an article every month from you. It doesn't have to be long, but it should be current and be informative. You never know if a fellow martial artist may read Growing Judo and discover that there is Judo in their part of the country that they didn't know about before.

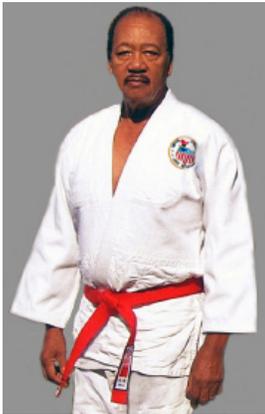


USJA



# Memorial

## Jesse Jones (November 13, 1936 - July 14, 2014 )



Born November 13, 1936, Jesse was raised in Big Sandy, Texas. At 16, he "fibbed" about his age to enter the Marines early. He served in the United States Marine Corps. (USMC) from 1952 - 1973. During his 21 + years of service, he served in the Korean War and the Vietnam War where he earned two Purple Hearts.

In 1970, he met Joan Seidel who was working at a military supply store in Philadelphia, PA. Shortly after interracial marriages were recognized and legalized, the two married in 1972. Jesse ended his 21 years of Marine service in 1973 and they settled in San Diego. In 1973, their first daughter Andrea Lee was born. (Lee is the name of the man who introduced Jesse and Joan in Philadelphia). A few years later, their second daughter Nicole Suzanne was born.

Jesse always had a love for fitness, eating right and working out. While in the service, he competed in body-building competitions and was the U.S. Armed Forces Mr. Hawaii in 1959. Jesse loved the gym and up until his passing, he continued to workout six days a week.



Jesse's second love (after his family) was judo. He was introduced to the sport in the Marines. Much of his personal training was influenced by his assignments during his career as a US Marine hand to hand combat training specialist and his travels to various Asian countries. In 1967, he started his own club called, Unidos Judo Clubs. Up until his passing, he taught three times a week. He became a national figure in judo. He served as president of the United States Judo Association (USJA) and rescued the organization from the brink of failure. He was also a Technical Advisor in the US Olympics in 1984 in Los Angeles and 1996 in Atlanta. In 2005, he earned one of the highest ranking belts in judo- Kudan. Some of his distinguished awards are: CA State Games Sport Director of the Year, USJA Lifetime Achievement Award, USJA Coach of the Year Award, PSJA Ambassador of Judo Award, Masters Hall of Fame- Platinum Lifetime Achievement Award, Academy of

Masters- Instructor of the Year, Masters Hall of Fame-Continuing Leadership in the Martial Arts Award, Masters Hall of Fame-Inductee for Outstanding Contributions to the Martial Arts. He was also awarded Honorary Sheriff of San Diego and Honorary Sheriff of New Orleans for his contributions to officer self defense training. Over his 54 years in martial arts, he has trained thousands of students.

Jesse also found time to serve his community. He served on the Kiwanis Club as President, and Tierrasanta Lutheran Church President. Up until his passing, he was serving on the board of the Pacific Marine Credit Union, Trinity Lutheran Church Board and was a volunteer at the Marine Corps Recruit Depot (MCRD) Retired Services Office.

He was a proud husband, father, and grandfather. He is preceded in death by his wife of 38 years Joan, mother Hattie Chalk, and father Truman Jones.

On behalf of President Asano and officers of United States Judo Federation, we mourn the loss of Jesse Jones. Jesse was a pillar in the judo community. Regardless of the issue being discussed between the various judo organizations, Jesse would listen to various viewpoints before making a decision that was in the best interest of the judoka.

He was loved by many, and was a friend to everyone. In addition to his family missing him, membership of the judo community will miss Jesse very much.



## Final Rei of an American Hero

Regretfully Jesse Jones, 77 of Murrieta CA and well known Judo Master passed away suddenly July 14, 2014. Jesse was born in the Lone Star State of Texas in 1936, and throughout his life achieved accomplishment after accomplishment but never bragged. In fact, few knew the full Jesse because he cared more about those around him and those he mentored and helped. Often Jesse would just nod saying little until it was time to say something important and wise.

Proudly he joined the United States Marines Corps (USMC) in 1952. The United States of America desperately wanted good people who would dedicate themselves so much that no one checked when Jesse made a "clerical adjustment" on his enlistment papers regarding his date of birth. He was only 16 years old at the time. He was immediately sent to war serving in Korea, and Vietnam with tours in other area. He had many jobs in his almost 22 years of service retiring as a Master Sergeant. He was decorated many times, receiving 2 purple hearts for gunshot wounds and several medals of distinction.

Jesse and his devoted wife Joan met while he was in the Marines and married in 1972. They retired from the USMC in 1973 making San Diego their home. Their first daughter Andrea Lee was born soon after. The couple's second daughter Nicole Suzanne was born a few years later. Joan and Jesse were a great team doing many judo events together until her death. They remained devoted to each other and everyone knew his family came first. He was also a loving father and grandfather.

After the Marines, Jesse returned to college earning his MBA from San Diego State. He was well respected as an expert in financial matters, and insurance and banking, having successful careers at EF Hutton and Central Federal. He started his own financial service and insurance businesses in the mid 1980's where he quickly made a name for himself. He earned several titles including CFP Certified Financial Planner. Jesse was a visionary in many concepts of preparation for retirement and becoming financially sound.

Jesse was always very concerned with good health and was dedicated to fitness. He loved working out and competed in body building contests earning him the title of Mr. Armed Forces of Hawaii in 1959. He taught 4 Judo classes a week and worked out 6 days a week

He never bragged about himself, only about his family. On many of our long driving trips he would say "Reach in the back in my brief case; there are a few pictures. If you already saw them just skip over them." I never had the heart to say looking at a photo of an infant child, "Hey! Jesse this is your grandchild as a baby and is now 10 years old."

To Jesse, his second love was Martial Arts. Because of his tours in the Far East and his desire for anything athletic Jesse quickly engulfed himself in the study of other disciplines. He earned his black belt in Shotokan Karate, 8th Dan in Jujitsu, and his 9th Dan in Judo which gave him the title of Master and holder of the second highest rank in Judo and one of only a half dozen holding this rank.

He was truly an Ambassador of Judo which incidentally was the name of one of the many awards that were bestowed on him that of "Ambassador of Judo."

We never met anyone as dedicated and loyal especially to USJA, which during very troubling times for the Association he became its President. He developed action plans, implemented them and with the help of others turned things around. Many give him credit for saving the USJA, and I am among them.

He ran 6 dojo(s) starting the first one in 1967 called Unidos Judo Clubs. It still operates today as one of USJA's top 5 clubs and one of the oldest. Over the years Jesse has produced scores of black belts, champions, coaches, referees and all around good people that will never forget him.

Jesse was well known for his outstanding National and International Judo events, such as the USJA Nationals, Baja International and the California State Games which he ran for over 25 years as Tournament Director. I cannot think of anyone who ran more successful events, and he was always up to the challenge.



# Final Rei of an American Hero

He cared about helping everyone especially children, often spending his own funds to make sure they could learn Judo. Jesse was a firm believer in that of helping children means better adults. Jesse's daughters, Andrea and Nicole and son David were no strangers to the Judo mat, practicing under his watchful eyes. Jesse's many clubs not only made a major impact on Judo in the San Diego area, but also produced outstanding competitors winning scores of awards and titles.

Jesse was very dedicated and attended many events for Judo. I do not like to drive long distances and we often kidded he was my "under-paid chauffeur." Jesse and I were very open about our struggles as we spoke for hours as he drove giving us a special bond.

Some might not know as serious and professional as he was, he could be a clown. On one of our many trips, leaving the hotel he drove up and the bell hop helped me put the bags in the trunk then opened the passenger's door for me. I closed that door and opened the rear door and got in. Jesse went right into his act in a loud booming voice "Where to Sir"? I said, "Just drive", leaving the bell hop standing there with his mouth open. We laughed about that for years and often said I was buying him a chauffeur's cap.

Maybe it was his training as a Marine sharp shooter and pistol marksman, but looking off in the distance as he drove he would say "How far from here to there?" The bet was always the same his glass of wine and my Corona beer. I will not admit who won, but will say I paid for a lot more wine than he for beer.

I sought Jesse's advice often. The latest project was the USJA Guide. I wanted to drop this a half a dozen times for various reasons. Jesse would come back "Do not let them get you down; we need this Keep going." It inspired me to finish. Thanks again, Jesse. Everyone respected Jesse Jones as man of many accomplishments but few words.

On Jesse's last day, as usual he was doing something for Judo. He was running, for the 25th year, the California State Games, surrounded by many that would always come to his aid. So significant was his contribution to the California State Games for Judo, after his death the event has been renamed in his honor and forever will bear his name.

I spoke to Jesse after the event and he was proud and happy with the outcome. He expressed his gratitude for all the volunteers that made it possible. They had come in droves to help, but who could turn down Jesse. He also recognized that all this was for the athletes and that is what mattered.

I myself did not plan to spend the entire day, but as usual Jesse "twisted my arm." At the end I gave him my report and the remaining medals. He gave me a big hug and said, "Thanks for sticking it out all day. I really needed you." Thinking about it later, Jesse was not a hugger with most adults. He died that night.

Do you think he knew? Was that his goodbye?

Jesse, a trusted friend to so many. We will miss you and carry on in your honor.

Your Friend,  
Walter Dean

## Walter Dean's Bio



Walter Dean started his martial arts career over 55 years ago and holds a 9th degree black belt in Judo and a 6th degree black belt in Jujitsu. He is internationally recognized for his work coaching athletes for the Paralympics and other world events. Dean is considered an expert at teaching martial arts to blind students and teaching other coaches these methods.



## Our NEW USJA Clubs!



St. Mary's Institute Judo Club

( Class Regular )

[www.saintmarysinstitute.com](http://www.saintmarysinstitute.com)

**Head Instructor:** Raymond Conte

**Email:** [smijudo@gmail.com](mailto:smijudo@gmail.com)

**Location:** Amsterdam, NY

**Phone:** 518-596-3212

## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Michael A. Arcuri, Team Combat Judo, Melville, NY
- ★ Nancy Barnett, Southside Judo and Jujitsu School, Tulsa, OK
- ★ Alexei Carballea, Real Judo of Naples, Naples, FL
- ★ Gary C. Rasanen, Long Island Judo Martial Arts, Port Jefferson Station, NY
- ★ Justin Smith, Platte River Judo, Casper, WY



## New USJA Life Members

- ★ Jacqueline L. D'Ingianni, The Judokai, Dallas, TX

## 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

# USJA

# Ashley Interviews Angelica Delgado



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

I do Judo 6 times a week, for 2 hrs at night, and I also do physical preparation and ne-waza drills 7 times a week for 2 hrs in the mornings.

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

I have given up going to school full-time and having a full-time job, as well as countless family dinners and just hanging out with friends, but in comparison to achieving my dreams; this is a sacrifice I am willing to make again and again.

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

I would probably not have put so much pressure on myself as a kid when competing. I didn't win a tournament (not even local ones) until about in my first 4 years of practicing Judo and I thought I was just terrible. In fact I think it was these years of being "terrible" that shaped me into the athlete I am today.

## 4. What is your favorite gi brand?

Mizuno

## 5. What are your goals as a judoka?

I want to be World and Olympic Champion.

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

Not in one of my matches, but one of my team mates was in the middle of a tough match and during one of the mates her pants fell gi down to her ankles. The entire tournament laughed at her.

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

Most disappointing moment would be not qualifying for the Olympic Games in London 2012 (finishing 5th place at the Pan-American Championships). And I've had plenty of proud moments with my coaches German Velazco and Jhonny Prado, but the best of all was when I made my first Junior World Team in 2009 and I cried as I won the trials; they hugged me and cried too.

## 8. How do you prepare for a tournament?

I not only prepare physically but mentally as well. My training is always grueling, but I also try and visualize myself being the best that I can be at every tournament. Imagining myself in my gi, ready for anything, at that specific event allows me to create a sense of deja vu. I imagine I've already been there, and I've already won.

## 9. How was judo changed over the years?

Many rules have changed; everything from not being able to grab legs to different judo gi sizing. All these changes have been a challenge every year to get accustomed too, but in the end Judo is what I love and I'll keep doing it no matter the changes.



# Ashley Interviews Angelica Delgado



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

Learn how to fall lol, and don't give up. Judo won't become any easier, but it will become much more fun as time progresses.

## 11. What is your most fond memory of judo?

When I was young, Hana Carmichael and I used to compete against each other all the time. They were epic battles where my family and my club would yell at her family and her club during our matches. Once we got older we actually became very close, best friends. These are essentially my 2 favorite things about Judo: competition and the friends you make along the way.

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

I would have enjoyed the journey more. There was a time (2011 -2012) where I was treating Judo like a job, and that felt horrible. Judo has always been my passion, my first love. And I realize now that you must keep that passion, and strive for it in everything you do.

## 13. 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")

Don't let anyone put you down. No matter how many times you've lost, and those around you (family, friends and even coaches) have lost all faith in you, keep fighting. Trust yourself and trust that crazy little voice in your head that says "keep going, you're going to make it someday!"

## 14. If someone wanted to get intouch with you (autographs, pictures, posters, etc.) how can they do that?

My website is [www.angiejudo.com](http://www.angiejudo.com) and I currently have a campaign running for the World Championships in Chelyabinsk, Russia where I'll be competing in 2 weeks. If you would like to contribute to my campaign just visit [www.makeachamp.com/angelicadelgado](http://www.makeachamp.com/angelicadelgado) and you can receive a shirt and a post-card from Russia.

## 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.



# Judo News from Around the Country





## From The Vice President's Desk

If you are a regular reader of Growing Judo you probably have read about the problem I am having with my Dojo. In October of 2012 the Long Island region of New York was ravaged by Hurricane Sandy, which hit the area with huge winds and tidal surges. The result was that we (my wife and I), lost our home and my Dojo. My home is still uninhabitable and we will be selling the property to the State and starting over again.

The Dojo was located at a non-profit community center on the barrier island of Long Beach. For a full year, the Center was unable to host our club due to the severe flooding and destruction. Most of the students had gone on to other pursuits or moved away from the flooded zones leaving me with an empty matted room.

My problem is how to rebuild from scratch. I have visited the local Youth Center, put up signs in the store fronts along the main drive and have submitted articles to the local papers. None of these things really took yet, but I consider it a work in progress. I do see some opportunities that I haven't followed up on yet, so stay tuned and I will let everyone know how this turns out. Go Rin Dojo is stronger than the storm.

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





# Getting Published

Got an idea to share or story to tell? Perhaps you've never considered yourself a writer, but you just might be. Here are some tips to make that happen.

Contribute an article to *Growing Judo* for consideration for publication. *Growing Judo* offers something of interest for everyone, a virtual buffet of judo and jujitsu material.

The magazine provides information about forthcoming events and tournament results, shares suggestions from our National Office, and announces tournament rule changes and promotion guidelines. My favorites are stories about how judo or jujitsu saved someone from harm. Reading articles about how to build your club and how to attract and retain members and steer them into tournaments may pique your interest. Many enjoy learning about how martial arts inspired someone, or helped someone cope with a handicap.

Here's the kicker (oops, that's a karate reference) -- every writer receives the same pay for articles published, whether a full page of a serious nature or simply a few paragraphs, whether captioned photo coverage of a clinic or a tale about how judo or jujitsu has changed one's life. That pay, however, is not in currency. It's a feeling of accomplishment, the joy of sharing a story, information, or guidance. A writer never knows how many an article will touch.

Submitting raw material for publication is a short road to failure, to having material rejected. No one relishes having to sort another's ramblings or polish others' work. Imagine a tax accountant who's just been tossed a pile of receipts and pay stubs. If the accountant is paid by the hour, that's fine. Consider how much smoother that process would have run had the client separated and paper-clipped medical receipts, deductible expense receipts, and income stubs.

Because *Growing Judo* staff are unpaid volunteers, it's both considerate and proper for contributors to make their jobs as easy as possible. That means submitting articles ready to run. How does a person do this who is unskilled in writing but wants to tell a story or make a point?

Think back to schooldays. Anticipating the best grade, you'd want to turn in the best paper, which means writing something with a beginning, middle, and end, with correct spelling, proper punctuation, and right choice of words. Spell check on your computer is helpful, but remember -- it's and its are words that differ in meaning, as are here and hear and there and their and they're, so write rite right.

A writer first needs to self-edit. Read your work several times critically, even aloud, while checking spelling, grammar, and punctuation. I read what I write many, many times; then I leave the computer, to return often over the next few days to reread and tweak my material. Sometimes I search the Internet for information to strengthen my article. I whittle away words that don't work well and polish others so they communicate without excess wording. (This article is twice as long as my usual pieces.) Then I play with my words to inject humor when possible and milk words for double meaning. But that's my game, having fun with words to liven them.

Each writer is different. Some are deadly serious and want to hammer a point. Others beat about (like an assailant attacking a victim), intentionally leaving readers wondering, mulling their ideas.

So first write something. Get it down, read it several times for meaning and flow; then proofread, checking spelling, punctuation, and grammar.

The next step is crucial. Just as every judoka and jujitsuka needs a sensei, so does each writer need an editor! I mean someone to polish your article before you submit it to an editor for publication. Show your creation to a friend for comments. It's doubtful that you'll be able to



# Getting Published

dig up your old high school English teacher (whose last words, all in caps, probably adorn her tombstone), so you'll need to choose another proofreader, someone literate.

Before I submit things, I run my pieces by several friends I consider as filters. Sometimes they catch a mistake, though I work hard not to make any. Occasionally my filters will suggest a different word or sentence structure or more clever title. I welcome suggestions.

We say that there are many ways to achieve a result. In my judo and jujitsu classes, I love the analogy that there are many ways to skin a cat. Alas, there are no cats in my classes. But writers are creative by nature and can weave a tapestry of ideas -- threads -- in countless ways.

Though it's much easier to polish something than it is to create it, we don't want to drown an editor in work, especially if we want the editor to share our material. It's not possible for an editor to correct everything for everyone. Those who submit articles need to write their best and run their material by others who might offer guidance before sending it in. The editor may make changes or return material to the writer for the writer to make them.

It's important not to plagiarize. Give credit where it's due. And get permission from subjects featured in photos you submit. The last thing anyone wants is a fuss over something that someone didn't want publicized.

When I edit for others, I perform several operations. I read and correct errors in grammar, spelling, and punctuation. I suggest different wording when that helps. I sometimes change passive voice to active, which is more powerful.

Then, usually using a Word.doc program called Track Changes, which is on every Microsoft Office Word processing program, I return my editing drafts to writers, who usually accept all my changes. But we are not yet done! I repeat the process, polishing further and returning the article for the writer's approval. I will do this a final time, honing my own editorial skills to shape something even I would have been proud to write. Then I will forward, with the writer's approval, the finished product to the editor. My name is not on anything I edit.

I prefer the process above to simply correcting an article for someone and preparing it for publication. Doing that, the writer may never notice editing changes or even care about them. By reviewing suggested changes together, the writer improves, assuming the editor is any good. Track Changes permits those who write for me to see their errors and how I polish things, as an educational process to improve their writing skills.

Some edits take more than an hour, even though I am fast; I recall one project that required eight editing drafts.

Editors often will move or crop images to make them fit, even reducing image size. Sometimes they will pass over images. It's an editor's prerogative and like a judo referee's, above question.

Sadly, many readers don't recognize errors. That's good in a way, because it allows shoddy work to pass. But if we are to appear professional, our magazine should present good content, and that begins with good writing.

Above I have offered suggestions to improve your own. I'm not an English teacher. I have learned to write by applying myself, studying what makes others' material successful, and accepting suggestions to improve.

So if you have a story to tell or something worth including in our publication, work it up, organize your thoughts into paragraphs, polish the



# Getting Published

piece yourself, then run it by a few bright friends; finally, submit it to the editor. You may wind up a published writer, a wonderful achievement. Your efforts may influence others.

A fellow at the Greatest Camp on Earth this summer had read a *Growing Judo* article I'd written a year ago about how judo clubs could offer a jujitsu program. It described how those with jujitsu skills could be validated to the most appropriate rank, so as to get them established in order to set up a program.

So moved was this individual that he traveled from Oregon to the camp in North Carolina to demonstrate his jujitsu skills. My words inspired him to drive 6,000 miles! I appreciated the opportunity to lead the examination team that validated him to jujitsu black belt.

You can make a name for yourself by having your photos, articles, and information published. I encourage you to write something about your club, judo and/or jujitsu activities, your own experiences, or ways to build judo and/or jujitsu. Share your best action photos. Support your magazine by being creative. Start your juices flowing.

Oh, and nobody has ever been injured writing a judo or jujitsu article!

## Ronald Allan Charles' Bio



Ronald Allan Charles, 8th dan, has had hundreds of his articles published in Mensa newsletters and magazines, newspapers, and literary magazines.

See his club video at <http://youtu.be/Kbvs37lv0hQ>, which has nothing to do with writing articles.



# Cormier's Self Defense Academy

## Cormier's Self Defense Academy Receives "Best Martial Arts Class" Family Favorite Award by Boston Parents Paper

Cormier's Self Defense Academy has been awarded the 2014 Family Favorite Award for "Best Martial Arts Class" by readers of Boston Parents Paper. Family Favorite Awards are granted annually by the publication to local businesses in Massachusetts selected by Boston Parents Paper readers as their favorite and "best of the best."

"I am honored that our dojo families and readers of Boston Parents Paper have voted Cormier's Self Defense Academy the Best of the Best in martial arts classes," said Jim Cormier, owner and Master Instructor. I want to thank our families for their continued trust in our ability to help them achieve their martial arts goals and for choosing Cormier's as the best martial arts class for their family."

With over 27 years of professional martial arts instruction, Cormier's Self Defense Academy teaches judo, karate, jujitsu, and teen/adult self defense programs where students learn in a comfortable, safe, supportive and kid-friendly environment. Instructors work closely with their students, providing training based on the needs and capabilities of each individual learner.

Cormier's Self Defense Academy was featured along with the other recipients of The 2014 Boston Parents Paper Family Favorite Award in Boston Parents Paper's 2014 Best of the Best issue, which is available online at: <http://bostonparentspaper.digitalparenthood.com/?id=50>.

### **About Cormier's Self Defense Academy and Jim Cormier, owner and master instructor:**

Cormier's Self Defense Academy specializes in judo, karate, jujitsu, and adult self defense training that nurtures strong character and self-confidence.

In 1987, Mr. Cormier opened Cormier's Self Defense Academy and has been the chief instructor ever since.

Jim has taught hundreds of adults and children in his jujitsu and karate programs and has promoted hundreds of black belts. Over the years, Jim has given many self defense seminars and demonstrations to adult education classes and nonprofit organizations such as the Boy and Girl Scouts, church organizations, town fund raising events for women's and business groups.

Jim has been a guest instructor and an assistant guest instructor at other martial arts schools throughout New England. In addition, he has been welcomed by police departments for advanced self defense training and weapons tactics.



# Writings of Dr. Jigoro Kano

## Trevor Leggett's address before the BJA in 1964

When I was a boy I heard Dr. Kano speak in London. He was then 70, my age now. I thought he was a remarkable old boy, but I wasn't very impressed with remarkable old boys then, so I don't expect anyone to be impressed now. His complete works, his complete writings, have just been published in Japan, and I telexed to have them sent by airmail. There are about 1200 pages in three volumes, written in the old style of Japanese and so not particularly easy to read, but I did look at bits of them in preparation for today. I'll just read you a little extract about Judo and sport. Of course, things change; that this was the opinion of Dr. Kano, the founder of Judo what I have here is a rough translation of the summarizing part of the short article which he wrote in 1929.

Translation of Dr. Kano's article, (in part)

Recently competitive sports have become popular in Japan, and often the question comes up as to the relation between competitive sports and Judo this question is put in various forms, but I will present the two extremes.

(1) There are those who attack competitive sports, and say that since in our country Japan we have our martial arts (bujutsu) which are excellent for either spiritual education or for physical education or both together, so what necessity is there for all the problems which will be involved in becoming enthusiastic to import sports? If we practice our own indigenous bujutsu arts, then we shall be encouraging the spirit of the Japanese people in a natural way, and it will also be training in virtue. But the import of foreign sports will naturally affect the spirit to, and perhaps we should end up as foreigners.

(2) Then again there are others who point to the good points of sports, and say that Judo itself should be popularized as a form of competitive sport, and that it must be completely reduced in its practice to a form of contest, like sports of other kinds. Neither of these ideas is correct, one can suspect that each of the two sides has set out with some definite assumptions of what the relation between Judo and sport ought to be. As I have often explained, Judo is a way which has a great universality. In the variety of its applications, there are many different aspects: from the point of view of martial arts or physical education or cultivation of intelligence and virtue, and also methods of application in daily life. Competitive sport is a kind of sport that it is a struggle for victory, and by that alone there is a natural training of the physical body, and also a system of moral culture. If competitive sport is pursued correctly, along these lines, it does have a great effect in physical and psychological training and there is no quarrel about that.

But that object of competitive sport is a single and narrow one, whereas, the objective of Judo is complex and wide. Competitive sport pursues only one part of the objective of Judo. Of course Judo can be treated simply as a competitive sport, and it may be all right to do so but, the ultimate objective of Judo cannot be obtained in that way. So while we recognize that there is a demand these days to treat Judo on the lines of a competitive sport, on the other hand we must not forget what the real essence of Judo is and where it lies."

In these books of Dr. Kano, the same point comes up again and again. A competitive sport is something apart from our lives. We become experts at Tennis say, then are we simply expert Tennis players. It does improve the physical health, and there is where it stops. It has no application in our lives. The Dr. Kano based his principles of Judo on the idea of a method of learning something for life. It has been said that there are no rehearsals for life: you're on the stage now! But Dr. Kano thought of Judo as a sort of rehearsal for life, a way of learning things for our lives.

One basic principle which he put forward came from Buddhism, JI-TA KYO-E. It means mutual benefit for oneself and others. We in the West do not think in this way; we just think of a good man. The good man sacrifices his own interests for others. But in the East they contrast the merely good man with the wise man, who is able to benefit him as well as others. And the view of Dr. Kano is that we cannot in fact do much good to other people unless you have cultivated yourself. We think, "Oh no, do some good to others. Never mind about yourself".



## Writings of Dr. Jigoro Kano

He says that we must not specialize in some training without thinking what the training is for. There is an important Confucian saying; "The true man is not a tool. He is not an implement". Suppose we are paid to do something say to build bridges? If we neglect the inner culture, the development of our intelligence and will and sense of beauty in our bridge building then we are just an implement we are just something that builds bridges. In the same way we teach Judo, we must not just teach techniques, just be an instrument for teaching technique, we must develop our own intelligence and capacity for thinking.

Judo is an inspiring system of training for life, because in Judo the impossible happens. About 1903 my father saw Yukio Tani, who had just come to the West. He was very impressed with his marvelous victories over wrestlers and boxers. Tani was very famous; he appears for instance in Bernard Shaw's 1905 play *Maj. Barbour*, where one character describes how he defeated the local fighters of the east end in London. My father had seen him and when he finally found out that I was doing Judo under Tani, he said, "What is he teaching you?" I showed him one or two of the things like *Kouchi Gari*. My father said, "Oh no that's not the real stuff", I said, "what do you really mean?" he replied, "I saw him beat a huge man, and is only a small man himself isn't he? He must have touched some nerve center to paralyze him, could never have thrown that big man otherwise. I expect he doesn't teach you the real secrets yet." My father could not believe that by speed and balance and technique and timing a big man could be thrown by a small man. The impossible happened.

In Judo one of the beauties of it originally was that any means could be used, absolutely any, provided they were not dangerous for the opponent. There weren't all these rules that we have now. And that meant there was a great scope for surprise, and the exercise of intelligence. Surprise was very important. But as the rules increase in number, as the possibilities become fewer, it is more and more difficult to surprise anyone. We know everything that can happen. It is like a game of tennis, you know everything that can happen. You may not be able to do it, of course. But you know about it. But in Judo, you can practice for 20 years with the best Judo man, and still suddenly come across something quite new to you.

Technique develops, and in a very wide field of possibilities, techniques can develop almost endlessly. Even in a narrow field, it is wrong to think that the best technique has necessarily been found after a couple of hundred years' experience. We shouldn't become slaves to fixed ideas and analysis of technique. I learned the piano as a kid under a teacher of the old school, a pupil of the great teacher Oskar Beringer. He taught me to play scales with a matchbox balance on the back of my hand. I learned to keep the back of the hand level even when the thumb passes underneath the fingers. I made quite good progress and became able to do it. And then my father sent me to a very famous teacher, one of the first things he said to me was, "Why do you keep your hands so flat. I said proudly, "I can balance a matchbook in the back of my hand". I thought he would challenge me to do it, but he said simply, "What for". I didn't know any bad words when I was eight years old, but I thought to myself, "Oh gosh". Then he said, "Throw your hand up when you pass the thumb under it. Make the wrist soft and throw the hand up. Then it's easier."

Well, that gave me a lifelong suspicion of fixed rules of techniques. But when I finished laughing at this 200-year-old tradition, I realized that they made good pianists in the early days. May not have been necessary, but they made good pianists. Some of them could play faster than our best people today it may have been oppressive, it may have been unnecessarily difficult, but it did get results too. One thinks that one can analyze technique and get it out straight, once and for all; one thinks that one now knows the best way, but it doesn't necessarily follow.

Another point which Dr. Kano discusses is the question of short-term and long-term. He says that we must retain clearly our final objective, but also we must be able to concentrate on what is immediately before us. There is a wide range, and there is also a narrow range, we must be able to direct attention accordingly. We can see this in golf. When they first play golf, beginners make the stroke, but before they have actually hit the ball, they look up to see where it has gone. As a result they miss it all together. To play a golf shot you first have to get a wide span of attention; the direction, how far to hit the ball, where it will pitch, what effect the slopes will have and so on. You get a feeling in your body of how the stroke is to be. When you actually hit the ball, you don't think of any of these consequences; you just hit the ball with that feeling in your body. Look at the photos of the great tournament professionals and you will see that most of them are still looking down and



## Writings of Dr. Jigoro Kano

where the ball was long after it has been dispatched. They do not look up even after hitting the ball. The beginners are looking up in before they hit it. The beginners make up their mind not to look up but still they do so. They cannot control the impulse to look up. In this way, the extra unnecessary thought and interferes with the stroke, and many golfers spend their whole lives looking up before they hit the ball. They never succeed in controlling that impulse, because they have no mental control. They resolve to keep their heads down but up it comes. Mental control is a very important part of Judo training. We need courage. We haven't had a war here – a major war – for long time, the people who have been through one of the worst war say that the Judo contest can sometimes be more frightening than actual danger. To that extent our contests are a very good experience. If training is pursued, there's an inner calmness. When we face something very extreme perhaps death, perhaps something even more unpleasant, then we shall know whether our Judo training has been going really deep. Perhaps you have a medical catastrophe, while you are still young. The doctor looks at all the results of the tests and examinations, and he says, "Oh". And you say, "How long will it be before I get better?" He says, "Some of these cases make progress." "What about mine you say?" He says, "Well it's only afterwards really that you can tell; that was a good one that was a bad one." You don't really get more out of out of him but if you know a consultant personally perhaps you can go to him and say, "What are the chances in these cases? I want to know. He says one in five."

Perhaps that's not so easy to meet. But if you have practiced Judo in the full sense, then it will slowly come to help us. And maybe when another occasion we come back home and find some of our house has been gutted by fire, it may turn out that we are not nearly so upset as might be expected.

Dr. Kano was in Italy, he was traveling in the coach through the mountains, and one of the members of the Japanese Embassy was with him. The coach went off the road and stopped halfway over the edge of a cliff, and there was hysterical panic among some of the passengers. But that man was from the Embassy told us, Dr. Kano was quite calm. He knew it might go over any second, but he sat there quietly. That helped to restore quiet among the passengers, and they came off quietly.

We have to become able to meet disadvantages. In most sports if there is some injury, people say, "Oh you can't expect us to go on; I've got a bad elbow, or whatever it is." But in judo we are trained to go even with injuries. We know that the body is nearly 30% effective, perhaps only 20% effective. But we aren't not demoralized, and we can use that remaining 30% or 20%. Whereas many people, that they are injured or feel a little sick, cannot do anything at all. They are completely knocked out.

Ability to keep up morale in the face of disadvantages can be a great help for our lives. There is a saying in Japan, "Every man has seven faults". Well, I know that we have faults, but to go on in spite of those faults; to find ways of lessening them and avoiding having those faults completely destroy our lives. Judo would help us with that, if we think back to the times when we had been injured. Not demoralized. Injured, but not demoralized.

We have to become resourceful and we have to become objective. An expert on the ground whom I saw and knew at the Kodokan, he was a vicious man. He is to put the locks on and just put them on a little bit more to hurt. He did not do any damage, he never caused any injury at all but he would just hurt. He was an expert on locks on the ground, and in those days the rules were wider so there were more locks. Well I practiced with him. I could throw him sometimes, but on the ground he was much better, and I experienced this, and I saw him hurting other people. No one likes to practice with him, and I was among them. But then I realized no, I'm wrong. He's a most unpleasant man and it's not very nice to have these little pains, but you can learn a lot. I did practice with him regularly, as a matter of fact after a time he stopped doing it.

Another thing which Judo can teach us his: hold tightly, let go lightly. Suppose I am holding this stick tightly. You would have to be quite strong to make me let go in the ordinary way. But if someone comes along who knows, he can just press the end of the stick in exactly the right direction. I may be holding like mad, but sooner or later the pain at the root of the thumb is going to be too bad. I am forced down



## Writings of Dr. Jigoro Kano

and out of balance trying to hold on, but in the end I have to let go. My balance has been destroyed, and my hand hurts.

In general, if we are holding an opponent and he moves in the right way and gets out, to continue trying to hold on and on means that one's own position is ruined. In these cases we should hold tightly, but one we can see that it's going, to let go abruptly and even push away. Then we retain the balance, and we can turn and move freely in a good position, to meet whatever may happen next. For this can happen in life. We must apply this in life. We try something very hard; put all we have into it. Then it begins to go, to leave us. We think: no, no. I'll hold on. Don't go, don't go. But it goes and we are left regretting; our mental balance, so to speak, has been destroyed. Instead of that Judo can teach us to let go, even cheerful to push it away, go then. Judo can teach us how to do that.

Dr. Kano in these writings often says, "Find these applications of Judo to your daily life, and don't just practice Judo on the mat". When we fall in Judo, the first thing we learn is to fall with the whole body. If one tries, as the beginner does, to keep off the ground, then the whole shock comes on to one unfortunate wrist or elbow, which gets badly hurt. The right technique is not to try to keep off the ground, but to take the fall. In the same way, when we have a failure in life, to use our Judo experience, and completely take that failure. But people tend to say, oh, I was lucky or it was their fault, they let me down or most often well it wasn't feeling very well then, you know.

Dr. Tartakover, who was a great chess master but had been in his youth a Hungarian cavalry officer and a famous duelist, once remarked, "I've never beaten a man, either in chess in the duel that was wholly well".

We are able to have faith, even when we are trying something where we seem to have no chance at all. In the Kodokan in the old days they used to be arranged in groups around the wall; all the fourth Dan stood together, all the fifth Dan's and so on. Grades tended to practice mostly in their own group, and when you moved up a grade, you would have come into a new group perhaps you would go on first with some hard-bitten trap-scarred veteran of that group. He'd never move up anymore, but in his group he is very formidable. In a way these chaps like rungs of a ladder; they had a fixed position, and you had to move up pass them – if you could. Now the first time you go on with a man like that, it isn't that you can't throw him: you can't even shift him. And then you think, oh for goodness sake, you know I've been doing Judo for seven years, and I can't even shift him. He's like the rock of Gibraltar. But you have faith in yourself, so you practice with them every day. And then one afternoon, you find that he's got a weakness yes, he's got a weakness. And then you find that you can exploit that weakness, and after three months, yes you can sometimes throw him. And after six months you can throw him a lot, and after nine months, well it's not worth practicing with him that gives you faith, faith in yourself.

When you have a little bit of experience like that, then it has to be applied, as Dr. Kano said, to our own lives. Oh I'm no good at calculations, mathematics. Can't add up or anything. Now I get put into an office and I've got to add columns and columns of six-figure numbers. I am liable to think that I just can't do that, no I can't. But I have to do it. So I do it slowly, with many mistakes, and I have to check it and check it again and get someone else to check it as well. I may go on and on like that, always frightened by it, but always make a mess of it, always trying to get out of it. But a true Judo man doesn't do that. He faces it just like he faced that veteran who he couldn't throw. He goes out and buys a little book on rapid calculations, and he practices for 20 minutes every morning and evening. Three or four weeks become master rapid calculations. The very thing he was so frightened of, he masters completely. In these days Judo can help our lives, not just be something which we are good at on the mat.

Now an example which doesn't apply to everyone else here. Suppose I am 60 and I want to learn a new and difficult language. People tell me, that's absolutely out, absolutely. An age on the brain cells are dying at the rate of 100,000 a day. I look it up and it's true and I feel like clutching my head and crying, "A-a-a-r-h". That's what they want me to do. But if I have faith I think that I can do it with fewer brain cells, and then I find that in fact I can. As a matter of fact, if I look a bit deeper I find that I've got 10 million brain cells so that at that rate they'll last me 274 years. If I had been scared off, I would have been scared off by nothing.



## Writings of Dr. Jigoro Kano

In this sort of way, the experiences which we have a Judo are meant to be a training for later experiences of life. If we just practice Judo and if we just teach Judo or something separate from life, then it's really probably not worth spending very much time on it. It's interesting, but not all that interesting. But if we can combine it and perhaps in our teachings show others how to combine them, with living experiences, that's something important and valuable. One of the artists of the early part of this century was Eric Gill, and he remarked that in Britain we tend to think of art as something where you have to get out your easel and you get out your oils and you paint a lovely picture. Then you go and do something else. He said, "Art must be brought into our everyday lives." For instance he designed new typefaces, so that art would be brought into what we are reading. His design, called Gill Sans, is very famous and when we read something printed in it, we receive a vague impression of something beautiful. Perhaps we do not know why this book or whatever it is gives us an attractive impression, but it does. Judo can be brought into the smallest things in our daily lives. People hold a pen, so that they have to keep shifting their hand on the paper every word or so. If the holding very tightly. Often you can see the whites around the tips of the fingers. But a pen has length, and should be held well up its length, balanced on the fingers even if the thumb is taken away for a moment. Then when you write, you don't have to keep shifting the hand. An expert high-speed shorthand writer holds it like that.

The Judo principle of maximal efficiency can teach us many things about our most ordinary activities. Dr. Kano insisted on this, that what you learn in your interesting Judo practice must affect your daily life. Now for example, when you are teaching a beginner on the ground (assuming he is on his face) sometimes we pass our left-hand from behind under his chin and hold his right eri, by the side of his neck then you come forward and show your face to him on his right side. He sees us and of course he wants to get at us to fight us. So he turns to the right. And as he turns so strongly to the right, he strangles himself. It sometimes takes him quite a little time to realize that he should turn away, and that will release the pressure. He should swirl away, and then he is free to come back at us.

Something very similar often happens in life. We are trying to get something, and we try very directly. But somehow, we seem to be killing ourselves doing it. When we apply our judo experience we realize we must turn away, turn away abruptly and completely. Then we are free to come back. Although we find that we only succeed in getting things when we are free to turn away from them, to turn completely away. Not so easy. But, says that is just these things that the value and interest of Judo training.

Again, Judo can show us how to look at limitations. Limitations, we are told, must be accepted. They tell us that we've all got limitations, and we must accept these limitations. Judo shows us, as many other things in life can show us too if we look, the limitations at the beginning can be changed. Even what the expert tells you are your limitations, those can be changed.

Edith Evans, one of the greatest actresses, was rejected by the teachers of an important drama school at her first hearing. In a reminiscence she said, yes, they gave me a hearing. And then they said: well, no. But she became a genius at acting. If she had accepted that limitation which they thought, it would have been a great loss.

Again I know well in Japan the chess champion Oyama. Chess is a much more popular game in Japan than it is here, and the chess champion is as big a national figure as a football star here. When Oyama was a small boy he got the idea that he wanted to play, and he went to a famous (chess) dojo in Osaka. They gave him a few test games. The head teacher, a man of enormous experience training champions, told him: my boy, you haven't got the talent for it. To take you on as an apprentice wouldn't be honest, and it wouldn't be fair to you. You haven't got the basic gift for this - try something else. Well, Oyama the little boy, wept and finally the teacher said: Look I'm "not" taking you on as a pupil that would not be fair to you. If you like after school you can come here and you can help clean up as a servant. You can watch the games and you can play occasionally, but I will not take you on as a student. It would be wrong, and would just give you false hopes. Well, Oyama became champion at least 10 times and he dominated Japanese chess for 25 years. He won 100 major competitions at least 25 years. If he had accepted the decision about his limitations he would have failed.



## Writings of Dr. Jigoro Kano

Judo can teach us this: Things which are impossible for us – can happen. Things one would think absolutely impossible, can come about if intelligence, and will, are applied.

Now one or two examples which show that even in the most ordinary things, where we might think there is nothing more to be discovered, there are in fact secrets which sometimes whole civilizations don't know. Take the question of life expectancy. Here, but especially in America overeating is the main cause of bad health. We think oh well too bad. We must try to control our appetite. But is very difficult. But there is something more than that, something different which nobody in this part of the world has thought of, we have a small meal here, and at the end we have the sweet, which is the tastiest bit of the meal. So even when you are full, you see the sweet and you think, I'll have just a little of it. So you over eat that much and actually it's not just a little. But in Japan the order is different and we eat the sweet at the beginning. You eat that and enjoy it, but it is only so much and you come to the end of it. Now you can go on eating as long as you like, but it will be plain rice in a particular pickle. If you're hungry, it's good but it's not all that tasty so you are not tempted to overeat. That sounds very simple and obvious doesn't it? But it has affected the lives of countless millions of people, and we have never thought about changing the order of the meal. Life expectancy in Japan is no higher than here. But it has never occurred to us to change the order of eating.

Finally, I should like to make one or two positive suggestions. One of Dr. Kano's main themes is that we should study. He says that far more important than studying many books is actually to studying for one self's needs. Books: well, they ought to have a government health warning; they are addictive and they can seriously damage your health. Study and find out for yourselves, not secondhand. He said that the Kata should be studied in its traditional forms, but he also said that new Kata must be developed.

People think, tell us what to do, we don't know. No. Study and find out things out for yourselves. There is inspiration if you can control the mind. Traditionally, after judo practice they used to practice controlling the mind. They practiced sitting quite still 5 or 10 minutes, pouring with sweat or maybe blood, but not moving. Really? Well what's the use of that people say? A great use. From the ability to empty the mind inspiration comes. First intense study and then emptying of the mind, which takes a lot of control. If you read in detail, not hastily and superficially, the accounts of some of the scientific discoveries, revolutionary discoveries, you find they come from this.

Linus Pauling, a double Nobel prize winner with the string of important discoveries to his credit (and in his old age he did just now discover new form of chemical bond), says this about his method: for dealing with problems that initially defeat me, I deliberately make use of my subconscious mind. I think about the problem on going to bed, and in bed, for a week or two. Then I deliberately dismiss it to my mind and forget it. Then weeks or months later, as with the structure of Alpha-keratin, (that was one of his discoveries), the answer suddenly pops into my mind complete. He studies hard, and deliberately forgets it; this takes great control something one has concentrated on, to just dismiss it from the mind.

We have inspiration in judo, as Ray Ross was saying about that throw. Inspiration; it can suddenly come. But to cultivate it systematically, the mind has to be controlled, and that practice, in silent sitting, is one of the ways of learning to control the mind.

Finally, I have a positive suggestion to make about Randori. What I know about technique is 45 years out of date, so I don't claim that has relevance to you. But if Judo becomes an exhibition sport, where a few highly trained people perform in front of cheering crowds and get little cups to put on shelves at home, then judo won't affect people at all. The purpose of Judo should be to train people who practice it, and one of the points about classical judo was to apply the intelligence. There weren't fixed techniques as there is golf for example. There you must hit the club against the ball in a certain way. For a short putt, it would be nice to use your putter like a billiard cue kneeling down beside the ball. That would get the ball in every time. But you are not allowed to do that. In Judo, on the contrary anything was allowed if it wasn't dangerous. But gradually things have been barred, and forbidden and technique can't narrower and narrower. We mustn't put our thumb inside to sleeve – why not? Well there aren't many people who can tell you. You can't hold the trouser leg, can't hold the belt, and can't hold the tip of the belt. Little men used to hold the belt tip and sling it over the shoulder. That made Judo interesting. A small man



## Writings of Dr. Jigoro Kano

can't hold the tip of the belt. Little men used to hold the belt tip and sling it over the shoulder. That made Judo interesting. A small man holding the tip of the belt – it was like having a bomb underneath you. You couldn't keep them out and he got this tremendous pull, which he wouldn't have if he had to hold up on the lapel.

I would suggest that you might think about a type of Randori where you don't have all these rules we can do anything except things like finger locks and wrist locks, which almost in an invariably cause injury. Open up the rules for friendly Randori; let them hold the trousers for instance. You can still have your contest judo under the international rules, the very narrow rules. If you're free to apply many different methods in Randori, to hold in many different ways, you can use intelligence much more freely, and it's more of training. The very narrow rules enable people to sort of entrench themselves.

Some people say, oh well if you let a man hold the belt, he can set up a negative defense. Yes. But holding the belt enables you to attack too. A man who habitually defends in Randori is like a man playing poker who won't bet, but just surrenders the anti-each time. People don't want to play with him, and they won't; they will play with someone more interesting. It's no use barring these things in Randori because you think someone may use them to play a negative kind of Judo. People can do that whatever the rules are.

A bit before my time, there were cases were a particular thing would be barred because it was leading to injuries. For example, a particular Yoko-sutemi was barred because some opponents used to come out in a deep Jigotai defensive position, and Nagaoka use this Yoko-sutemi. The collar used to snap, like twigs on the bonfire snap, snap, snap. So they barred it for a time until he was past his peak and no longer taking contest.

Then again there was a time when Kouchi Gari was barred. I don't want to explain it now, but there is, or was, a way of doing Kouchi Gari which does not improve the opponent's condition. So that was barred but they opened the rules again. They realized that the proper answer to the things was not to change the rules, but to warn, or even bar a man who abused the rules and injured his opponents by those techniques; just we should bar a man who uses elbows overmuch.

I would suggest for your consideration in friendly randori, as distinct from contests, to open the rules and let's see intelligence and speed and balance again performing the impossible we thank you for your attention.

### Trevor Pryce Leggett's Bio



He was a British judo teacher, author, translator, and head of the BBC's Japanese Service for 24 years. He was one of the very first Europeans to study martial arts in Japan. Leggett served in the Ministry of Information during World War II. After the war, he taught judo at the Budokwai and worked in Japanese language services at the BBC.



## My Visit to the Martial Arts Academy of Billings: Part II



When the opportunity presents itself you take advantage of the situation. I did just that. My son moved out to Billings, Montana for his job. My wife and I made plans to spend two weeks visiting our son and his family. Once we decided on our time frame I did some research looking for a Judo dojo in the area?

I read the May Issue of "Growing Judo" and Sensei Deb Fergus' article about visiting Martial Arts Academy of Billings in Billings, Montana. I emailed Dave Allen for permission to practice when I was in town. There was a quick response welcoming me to the area and times of practice.

Once in town I found the dojo which was only 15 minutes from our hotel and my son's house. Classes started at 5:30 pm for youth, 6:30 pm for juniors and 7:30 pm for seniors. What was unique about the dojo was that Judo and Karate (I use the word karate in the generic form) practices were at the same time in the same room on different mats, tatami for Judo on one side and puzzle mats for Karate on the other side. Sensei Allen informed me that it was a good test of concentration. I do have to say I was so engrossed with my Judo that I forgot about the karate students. Occasionally I had to look over to see what they were doing.



As guest coach and working with the youth I had them do small contact drills. The students had to maintain contact with their uki. Keeping or maintaining control was the point of this drill.

When the junior class started at 6:30 pm my grandson arrived with mom and dad. Wyatt spent the hour riding the rail with interest and excitement to jump right in. I told Wyatt just like I tell other parents and excited youth, come watch a few more times then make the decision.



At 7:30 pm the seniors arrived and so did Sensei Dr. Martin Bregman. Sensei Bregman gave a short talk about some of the new rules and his interpretation of them. Then he demonstrated a few hold downs and talked about basic Judo. Example, doing Kesa gatame verses some fancy roll over into a nifty hold down where your uki could cripple your technique because of all the things you had to do to get it. The same thing applies with throwing techniques. Having just 3 -4 techniques for 2-4 directions should cover your arsenal. Most important comment was learning them both left and right. I would say 90% of judokas are right handed. Find a lefty and train with them as well. Class was done at 9:00 pm and I had forgotten about the karate people. We all lined up to bow out. I was impressed, karate students, judo students and instructors bowed in and out together.

I am ready to go back to my hotel and Sensei Bregman said he was going to test Sensei Dave Allen for his Yodan. I assisted Sensei Bregman in testing Sensei Allen. During the final stages of the test Sensei Allen had to explain and demonstrate Ippon seoi nage. There was some hesitation, probably from being unsure of what we were looking to



# My Visit to the Martial Arts Academy of Billings: Part II



see. I suggested using knowledge of Nage No Kata and break it down into the three elements of a throw. Kata can be the instructors teaching aid when you draw a blank. Sensei Dave passed his test.

By the time everything was done and dressed it was 11:30 pm. Six hours of Judo was quite an experience in Billing, MT.

Before I left, 2 flutes found new homes. A bamboo flute was given to the Martial Arts Academy of Billings and one to Sensei Dr. Martin Bregman. Dr. Bregman questioned the origin of the flute and where it came from. I assured him it was from Wisconsin and the only thing he had to watch was not to play it in the shower.

To all judokas, anytime you go outside your area of judo research your destination and ask permission to practice judo if you find one.



## Tom Gustin's Bio



Been in Judo 52 years. BS. & MS. in Natural Resources from UW Stevens Point, Stevens Point, WI. 31 Years as a Park Ranger (retired). Instructs Judo at the Stevens Point Judo Club.



# Another Successful "Fight Like A Girl" Camp

On the weekend of August 9th and 10th, the 10th annual "Fight Like A Girl" Judo Camp took place at Southside Dojo in Portage, Michigan.

The camp had over 30 students attend, with Camp Directors Louise Ullman and Deborah Fergus. Teachers and assistants to the camp included Sensei Frances Glaze, Sensei Vickie Daniels, Sensei Lorey Edwards, and helper Shodan Liana Carrol and Lindsey Thurlow. Over the weekend the ladies trained approximately 10 hours of judo, slept on the mats and ate Breakfast, Lunch and Dinner at this 24 hour Camp!

Hospitality was fantastic, with great meals and other camp entertainment provided by Deb Fergus and Mike Snyder. Campers were enthusiastic about learning Katame no Kata, Ne waza, Refereeing and Randori. Ranks ranged from Rokyū to Ikkyū, so the learning levels were vast, but all students had a positive attitude. This writer came away from the camp with numerous benefits. As a young sensei, I feel it was essential to improving my ability to teach my fellow Judoka, as well as improving my ability to be competent and perform in the sport. With Sensei Glaze leading the weekend's education, many can feel confident that productivity was to its maximum and technique was of the best. One of the most important benefits to the camp was networking with fellow lady Judoka. As women in a male dominant sport, it is important that we band together and support each other, becoming friends as well as competitive athletes.

I believe I can speak for my peers and friends of women's judo that we gladly anticipate next year's camp and the possibility of resuming the All Women's Judo Championship next year. Thank you to the many people that contributed to the camp's success.





# Another Successful "Fight Like A Girl" Camp





# Another Successful "Fight Like A Girl" Camp



## Lindsey Thurlow's Bio



Lindsey began her judo career in the fall of 2009, and has since then worked her way through the ranks, earning her Shodan in February of this year. She trains under the direction of Royal Burnell and Tim Eschtruth, learning and adapting her judo to suit her abilities. Graduating from Saginaw Valley State University in 2012 with a Bachelor's in Athletic Training, she has used her knowledge of sports medicine to influence her home dojo at the university.



# 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](mailto: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



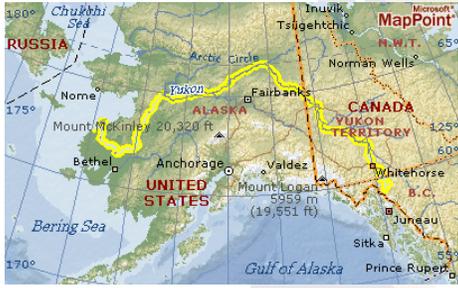
## Alaskan Governor Sean Parnell Recognizes Kabai Family Members Challenges Benefiting The Blind And Visually Impaired Of The Blind Judo Foundation

*On July 19 two brothers depart San Francisco to Prudhoe Bay, Alaska while their father and another brother depart for Whitehorse, Canada to start an adventure of their life time by bicycling from above the Arctic Circle back to California while their Father and another brother start their journey kayaking the Yukon River through Alaska out to the Bering Sea benefiting the Blind Judo Foundation.*



You will not meet a more unselfish and giving family than the Kabai Family. They are always looking for ways to bring awareness and benefit of Judo to blind children, young adults and our blind military men and women of the Blind Judo Foundation.

This is not the family's first attempt in making a difference to blind and visually impaired athletes of the Foundation. Approximately six years ago, the patriarch of the family, Imre was scheduled to fly his ultra-light plane from California taking a northern route to the east coast and returning by a southern route back to California. Besides the challenge, he wanted to shed light once again on blind children being introduced and trained in the life empowering sport of Judo under legendary Coach Willy Cahill.



Cahill is the owner of Cahill's Judo Academy and Co-Founder of the Blind Judo Foundation. Cahill is not new to enhancing the lives of the blind through the sport of Judo.

Two years ago brothers Peter and Janos rode their bicycles from New York City back to California. There were numerous experiences gained for the long journey. The Arctic Circle to California posed a different and unique set of challenges. Their blog and daily journey can be seen on their website <http://gojudoka.com>.



At the same time Peter and Janos' father, Imre and brother Andras were preparing for what was destined to be a Guinness Book of World Records kayaking from Whitehorse, Canada up the Yukon River through Alaskan wilderness out to the Bering Sea. This trip was fraught with bear attacks and other hardships which can be read on the same website / blog [gojudoka.com](http://gojudoka.com).

Both trips were promoted to help raise funds to support 10 worthy blind athletes to attend Judo camps. The Governor of Alaska, the Honorable Sean Parnell was contacted for recognition of the Kabai Family Alaskan Challenge promoting Judo to the blind and visually impaired of the Blind Judo Foundation. See the enclosed letter from Governor Parnell.



The funding challenge is still open for those who would like to make a difference in the life of one or more blind worthy athletes to attend Judo camps and tournaments. Check out <http://www.razoo.com/story/Introduce-Blind-Children-To-Judo> all donations are tax-exempt.

### About the 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 [blindjudo-foundation.org](http://blindjudo-foundation.org) and at Facebook or contact Ron C. Peck at [roncpeck\(at\)blindjudofoundation\(dot\)org](mailto:roncpeck(at)blindjudofoundation(dot)org) or 1-425-444-8256.



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Christopher D. Askins
- ★ Jesse H. Claypoole
- ★ Brett Hauber
- ★ Skye V. Bruce
- ★ Nick Ciubotariu
- ★ Jesse Martin
- ★ Marco Busti
- ★ Steven M. Dunn
- ★ Edward F. Martell
- ★ Arturo Chavez
- ★ Matthew R. Flores
- ★ Patrick Sheridan

### Nidan

- ★ Vincent A Bryan
- ★ John R. Greivell
- ★ Gregory J. Ricci
- ★ Jason M. Campbell
- ★ Jeff Huggins

### Sandan

- ★ Konstantin Kulagin
- ★ Randy S. Lentz MD

## JUJITSU

### Godan

- ★ Andrew D. Barker

### Rokudan

- ★ Jason M. Campbell



### Current USJA Membership Statistics:

Active Annuals:	6,714
Active LM's:	1,365
Total Active USJA Members:	8,079



JUNIORS - SENIORS - MASTERS  
**SATURDAY DECEMBER 6th 2014**

EVERYONE MUST PRE-REGISTER!

***We Expect Over 600 Competitors!***

***Felix Event Center***

Azusa Pacific University

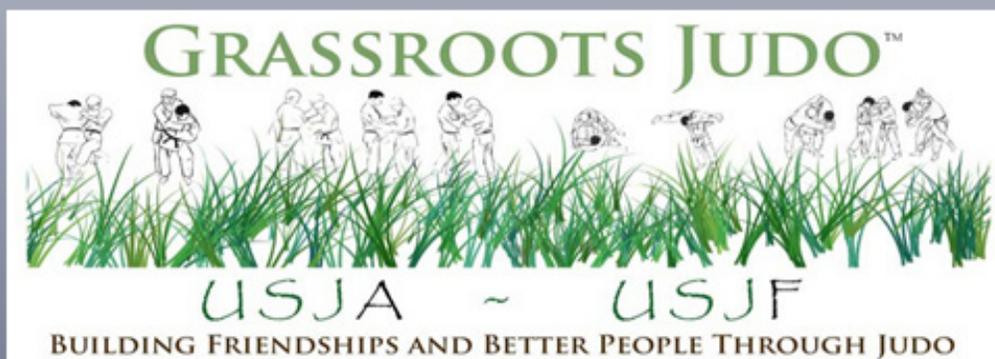
701 E. Foothill Blvd. Azusa, CA 91702

COACH CLINIC

FRIDAY DECEMBER 5th 2014

Goltz Judo

1700 Danbury Rd. Claremont, CA 91711



[JudoWinterNationals™.com](http://JudoWinterNationals™.com)

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

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