

Growing Judo

July 2012



AM-CAN celebrates its 40th Anniversary

In this month's issue:

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- * What is a "Qualified" Coach? *by Mark Lonsdale*
- * Judo News From Around the Country
- * *Regular Features:* Upcoming Events, New Clubs, Promotions, & more
- * USJA Ring offer

Jim Bregman, 1964 Olympian; Jesse Goldstein, 1980 Olympian; and Joseph Bost, 1976 Olympian

Monthly publication of the
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Please contribute your news to Growing Judo! Make sure your submissions are:

- * CONCISE, well-written and proofread.
- * Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email.
- * Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- * Your original work, or submitted with the permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors. *Try to include ACTION shots!*
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*
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EDITOR'S NOTES: Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

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The next issue of USJA's Growing Judo will be the August 2012 issue.

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by July 24th or earlier if possible.*

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

A DIFFERENT WAY FORWARD: LONDON 2012 OLYMPICS, or HOW YOU CAN BE A LEADER, START YOUR OWN CLUB, AND CONTRIBUTE TO THE DEVELOPMENT OF AMERICAN JUDO

by James S. Bregman, Olympic Bronze Medalist, 1964

On a sunny Tuesday afternoon, June 5, 2012, the USOC and BP sponsored a reception honoring and celebrating the London 2012 Olympic Games and the American Olympians and Paralympians who would be competing. Standing at the intersection of First Street and East Capitol Street looking west is the magnificent US Capitol Building, then turning east and walking by the majestic Supreme Court Building, two blocks, you arrive at the world famous Folger Shakespeare Library, the venue for the reception.

Speeches were given by Scott Blackmun, CEO USOC; David Nagel, Executive VP, BP; the Honorable Jonny Isakson, U. S. Senator, and the Honorable Dave Reichert, U. S. Representative, who are the Co-Chairs of the Congressional Olympic and Paralympic Caucus; the Honorable Mary Landrieu, U. S. Senator; Olympic Legend, Jackie Joyner Kersee; and, Paralympic Athlete, Tatyana McFadden. Olympians present were Bob Beamon, Nadia Comaneci, Bart Connor, Rowdy Gains, Terrence Jennings, Tim Morehouse, Arlene Limas, Jair Lynch and many others.

The refreshments were elegant, the speeches moving and inspirational, the conversations were varied and genuine, photo shoot lines were long and the people were patient, and the entire mood of the gathering was positive, upbeat, and anticipatory. The Folger Shakespeare Library and the London 2012 Olympics were a perfect match. The 2012 U. S. Olympic and Paralympic Teams were forming and preparing for the life altering moment of Olympic participation and competition.

The 2012 London Olympics promises to be yet another spectacular event. The U.S. Team has a highly experienced coach in Mr. Jimmy Pedro, Jr. and excellent world class athletes. Congratulations to our players and coach:

2012 U.S. Olympic Judo Team

Female

57 kg - Marti Malloy - San Jose State University Judo
78 kg - Kayla Harrison - Pedro's Judo

Male

73 kg - Nicholas Delpopolo - Jason Morris Judo Club
81 kg - Travis Stevens - Pedro's Judo
100 kg - Kyle Vashkulat - Jason Morris Judo Club

Coach

James (Jimmy) Pedro - Pedro's Judo

2012 U. S. Paralympians

Male

60 kg - Ron Hawthorn - OTC, Colorado Springs
90 kg - Dartanyon Crockett - OTC, Colorado Springs
100 kg - Myles Porter - OTC, Colorado Springs

Female

57 kg - Jordan Mouton - Diamondback Judo, Houston Texas/ OTC, Colorado Springs

70 kg - Christella Garcia - Sacramento Judo Club

+70 kg - Katie Davis - Team Sacramento

As the American Judo Community prepares for the 2012 London Olympics, it is an excellent time to think carefully about American Judo Development over the years and the future of American Judo. Mr. Hayward Nishioka has recently written a five-part essay series, *Inflection Points*, that analyzes American Judo. An inflection point is an event that changes the direction and complexity of a thought or an organization. We could perhaps view the upcoming Olympics as one such inflection point.

In this series, Nishioka quotes Neil Teechy, a great advisor to some of America's premier companies who points out that, "The mark of a true leader is not whether short term gains are made but how many future leaders are made."

By contrast, the American Judo Community (AJC) has had as their principle strategic objective a focus on "medal production." The good-faith intention behind this strategy was to expand Judo in the U.S. by increasing the amount of exemplary athletes and raising the profile of US Judo. It was hoped this would inspire young people to take up the sport. This strategy has been partially successful. The AJC has consistently been able to field world class Olympic teams and win medals over the last 20 years, but unfortunately, this did not achieve the desired effect; we have witnessed a decline in membership in American Judo organizations in the same time period.

Keeping in mind the two criteria of popularizing the sport and medal production, let's now turn to the question of American Judo Development.

What might we learn from looking at other martial arts whose ranks have grown in recent years? What are the Best Practices used to popularize sports and develop world-caliber athletes? Judo has been steadily expanding internationally since its inception, but how popular is it in the USA?

In the 50's, 60's and 70's, judo in the USA was a much more popular sport than it is today. In the early years, judo was unchallenged as the premier martial art. With the advent of increased competition from Karate, Taekwondo, Brazilian Jiu-Jitsu, Jujitsu, Tai Chi, and other forms; the number of participants in judo began to decline. There are indeed other factors involved in the declining numbers of practicing judoka, but these alternative martial arts had a substantial impact. The three judo organizations today have combined registered memberships totaling perhaps between 30 and 40 thousand members. In the 70's, the USJA alone recorded over 20 thousand members. Including the AAU and the USJF, the participating judo population was estimated at 50 to 60 thousand members.

In addition to outside competition from other Martial Arts, the AJC is seeing its numbers dwindle due to its own insularity. It is a sport that uses a foreign language, has very complex rules, presents itself as extremely formal (suits and ties) in competitive venues, has little or no spectator appeal, and is, even in its recreational form, extremely difficult and physically demanding. This is what the sport frequently looks like to the uninitiated. What's more, a feudal aristocratic value system that is averse to compensation for services has been imported into a modern commercial environment. Itinerant sensei can no longer survive by charity or inherited wealth.

Further, the AJC spends countless hours developing excellent referee training programs and conducting referee training seminars. Many additional hours are spent in developing and

administering elaborate rank promotion systems with promotion committees and examiners. Even more hours are consumed in developing timers, scorers, and expert tournament matching systems. This is all on top of the hours and hours on the mat teaching relatively small numbers of students the amazing complexities of this fine martial art. We are all spending more and more time and effort to administer an ever-shrinking population. Our organizations have become top-heavy.

Following China and India, the U.S. has the world's third largest population, 311 million people. What can the AJC do to attract a larger percentage of this population to the sport of judo? The USJA has 900 chartered club and approximately 9,500 members in round numbers which is an average of 10 members per club! Even adding the USJF and USA JUDO clubs and memberships, compared to the population and the participation in other martial arts, the AJC numbers are insignificant by comparison to other countries and to other martial arts in the U.S. In the state of New Jersey alone there are 800 to 1,000 martial arts studios, less than 50 of which teach judo. By contrast, one Karate studio in the state has 3,000 members in five locations.



Looking more closely at New Jersey, we find an interesting and useful case study for American Judo Development. Mr. Rick Herbster is the owner and head instructor of the Rising Sun Karate Academy. Mr. Jesse Goldstein (1980 Judo Olympian) and Mr. C. Scott Main have created the Jita Kyoei Judo Club within Mr. Herbster's Karate Academy. The "business" end of the endeavor as well as the karate program is managed by Mr. Herbster. The judo program is conducted by Mr. Goldstein and Mr. Main. What they have done is created a model for judo development which builds on the success of commercial martial arts programs by using the Best Practices in business with a high quality judo program which is designed for the recreational player primarily and the competitive athlete secondarily. Rick, Jesse, and Scott have developed a business arrangement which if replicated could grow the membership in the AJC. Perhaps the AJC can reach for the sky-high number of 200,000 participants by coupling with other successful martial arts business programs! The following is a clear and simple Judo Development Program:

HOW TO START YOUR OWN JUDO CLUB AND INCREASE JUDO MEMBERSHIP THROUGH OTHER MARTIAL ARTS

SEQUENCE OF EVENTS

1. The judo instructor should be at least a Shodan and a USJA/JF/JI Certified Instructor.
2. Locate a successful large Martial Art School (MAS) in your area.
3. Contact the owner/director of the MAS through a friend, an acquaintance, or an intermediary belonging to the Association of the MAS to set up a meeting with the judo instructor and the owner/director of the MAS.
4. The judo instructor meets with the owner/director to discuss and set up a business plan for adding a judo program to the curriculum of the MAS. (advice and consultation on this step will be provided on request by Mr. Goldstein, jesse80moscow@gmail.com.)
5. Implement the judo program at the MAS. (further assistance on this step can also be provided by Mr. Goldstein, jesse80moscow@gmail.com.)

Partnering with highly successful Martial Arts Schools has several benefits, both for the MAS and for the individual Judo Instructor, specifically:

For the Martial Arts School:

- Increased revenue from new students attracted by expanded options for martial arts training.
- Decreased overhead using insurance coverage from judo organizations.

For the Judo Instructor:

- Provide proven business methods to recruit and retain new students. Depending on the MAS, these methods would include: advertising, dues collection, attendance keeping, facilities management, after school programs and transportation.
- Provides high quality facilities.
- Creates the potential to negotiate a business arrangement for compensation and/or employment.

The American Judo Community would also ultimately benefit from arrangement since all judo students would be enrolled in the USJA, USJF, or USJI and these fees would be covered by the enrollment fees and dues collected.

With hard work and smart development strategies, there is no reason that Judo in the U.S. cannot be as large as Karate, Taekwondo, or BJJ. Imagine judo growing to 200,000 members!

Imagine that these members are taught by top quality instructors, many of whom would be full time professionals. With a population of 200,000 members, American Judo organizations would have a combined revenue approaching \$10 million. With that revenue imagine what can happen: instructors can be mentored and trained, support staff could be compensated, facilities could be



Jesse Goldstein demonstrates

rented or purchased. Both the recreational practitioner and the aspiring international competitor will be able to find a home and flourish in such a community. The medals will take care of themselves.

Impossible? Henry Ford said, "If you think you can do a thing or think you can't do a thing, you're right." Remember: "The mark of a true leader is not whether short term gains are made but how many future leaders are made". Many Olympic and World Medalists were told they couldn't, but in fact, they did! Focus, Commitment, Patience and Hard Practice! The AJC can, if it wills it to be so!

The US has won 12 Olympic Medal and 25 World Championship Medals since 1956. Fifty six years and 37 medals! What does this tell us? Is that enough medal production? Not enough?

In my view, the emphasis on "medal production" and the laser focus on winning trophies and medals have distracted the AJC from recruiting and retaining members and developing a broad base of very skilled and talented judoka. This is not to detract from the hard work and accomplishments of our medalists and those who have supported them over the years. They are entirely deserving of our respect, admiration and continued support.

However, during those fifty-six years, many other unsung heroes of American judo went to practice regularly and got so much else from the sport we all love. The practice of judo provides physical fitness, mental discipline, respect, confidence, coordination, mental and physical agility, self defense, and lifelong friendships. For the few exceptional individuals of World and Olympic aspirations, medal production is fine. For the many, the substantial other benefits from the practice of judo are very worthwhile and should not be forgotten.

The purpose of this article is to stimulate thought and provide a way to move the number of judoka up to a tipping point. These ideas aren't new or original but have been dormant and largely unused in the AJC. The article is a result of discussions among Rick Herbster, Jesse Goldstein, Scott Main, Sid Kelly and Jim Bregman. Jita Kyoei Judo Club is expanding and will begin another program this month. They currently have forty seven members and expectations are great for increased participation. If we can learn from their example, American Judo has a chance to grow and prosper.



Nillo Bloomquist, Jesse Goldstein and Scott Main

Jim Bregman, 1964 Olympic Bronze Medalist and 1965 World Medalist, is a Founding Director and Past President of the United States Judo Association.



A WARM WELCOME to Our NEW USJA Clubs!

June, 2012

Club Name: **Gurizuri Judo and BJJ Dojo (Class Regular)**
Head Instructor: **Craig Econopouly**
Email: grizzly@peoplepc.com

Location: **Punta Gorda, FL**
Phone: **941-232-5444**

Congratulations to our Newly Certified USJA Coaches

- ★ David Goodwin, Bushido Dojo of Staten Island, Staten Island, NY
- ★ Michael McClendon, Hilton Head Island Judo, Bluffton, SC
- ★ Tim Marvel, Twin City Judo Club, Bloomington, IL
- ★ Robert Matrisciani, Bushido Dojo of Staten Island, Staten Island, NY
- ★ David Matutte, Industry Sheriff's PAL, Monterey Park, CA
- ★ Oscar Tinajero, Mesilla Valley Judokai, Mesquite, NM

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

- ★ Leo Domino, Frazier Martial Arts, La Habra, CA

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**
- ★ **Michael M. Lucadamo, Tarpon Springs, FL**

Treasurer's Report, April 2012

The overall financial health of the organization after April of 2012 continues to remain good and stable. Current assets as of the end of April 2012 were \$49,261. Current liabilities were \$7,737. The current ratio is approximately a healthy over 25 to 1.

Revenue in April was \$44,686, with, as expected, the largest portion being generated from membership fees. Expenses were \$40,617 including cost of goods. The net profit for April was \$4,069. The year to date net income is \$19,860.

--Paul Nogaki, Treasurer, USJA June 17, 2012

Announcements from the Editor of *Growing Judo*

COACHING NEWS: Certification Program for Advanced Juniors

At the recent coaching course hosted by James Wall in Baton Rouge, Louisiana, a situation arose that has prompted a new offering in the USJA Coaching Certification Program. Two young judoka with Senior brown belt rank attended the entire clinic. However, because they were under 18 (i.e., not legally adults) and therefore not yet able to be responsible for judo classes on their own and to undergo a background check, they could not be officially certified as USJA Club Coaches.

Since enthusiastic, dedicated teens can achieve Senior advanced ranks before the age of 18, and since we want to develop new instructors and encourage involvement in all aspects of judo (not just competition), Junior Club Coach and Junior Coach certificates will now be offered by the USJA.

The provisions of this program are as follows:

1. This certification is available to candidates with a Senior rank of Sankyu-and-above who are under 18 years of age, but who fulfill the coaching education course requirements (other than the background check). The designations will be:
 - a. Junior Club Coach for Sankyu-Ikkyu ranks
 - b. Junior Coach for Shodan rank
2. These Junior Coaches must work in their dojo **under the supervision/guidance of a certified Coach**. They are not approved to lead a class on their own.
3. This certification has the same fee (\$30) and term (4 years) as other coaching certifications. If the Junior turns 18 before the four-year certification expires (*which will almost always be the case*), their certification will be converted to the Coach level that corresponds to their rank for the duration of the four-year term AND upon the successful completion of a background check:
 - a. Club Coach (Sankyu-Ikkyu)
 - b. Coach (Shodan)
4. Junior Coaches will have to fulfill the continuing education requirements for renewal; in all likelihood, their renewal will be as an adult Club Coach or Coach.

The Coaching Committee is pleased to offer this opportunity to mentor a new generation of judo instructors; if you have any questions, please contact Bill Montgomery, Chair, USJA Coach Education and Certification Committee, WMontgomery2@aol.com.

Your comments still welcome . . .

June is often an eventful month, so if you missed it, be sure to check out Mark Lonsdale's article, "**COACHING DEVELOPMENT & CERTIFICATION: A Proposal**" on pages 6-12 of last month's issue of *Growing Judo*: <http://www.usja-judo.org/wp-content/uploads/2011/10/Growing-Judo-2012.06.pdf>.

There has been some response to this article already, but Mark is still looking for constructive feedback and discussion:

*The goal is to create a long term sustainable program, based on best practices in sports coaching, club level judo, and competition development. Well thought-out comments and **constructive** ideas, based on your experiences in judo training and modern sports development, are welcomed: email to Mark Lonsdale at Judo93561@aol.com.*

As expected, comments thus far include general agreement with the concept, but concerns have been voiced about the required commitments of time, travel and effort. I have been thinking about these issues myself; below are my thoughts on this subject:

In this month's feature article, Jim Bregman discusses how American judo can learn from the successful practices of other martial arts. Locally, I know people running very successful commercial martial arts schools who regularly travel across the country to get training and earn higher levels of credentials in Krav Maga, Muay Thai, and BJJ. In Judo itself, in order to progress to National and International levels, referees typically travel great distances to attend national and international events to gain or maintain their credentials.

It seems to me that what is being asked of our judo coaches is not that much, by comparison with those examples. While ease and convenience are appealing, if a credential is so easy to get that *everyone* has it, what is its worth? In so many professions and institutions, there is an increasing demand for "accountability" and "high standards." Meanwhile, the American judo community ponders and debates ways to make our activity more popular, our programs more respected and our athletes more successful. At least part of the plan ought to be elevating the standards for our instructors. Even though teaching judo is not the full-time career of most of us, we still need to offer a high-quality product that will attract students in a competitive market.

A number of people take a judo coaching course simply because they need the credential for a major competition; they may expect the course to focus on tournament coaching, rules and tactics. However, particularly at the youth and the developmental levels of competition, how often does a coach have the opportunity to say just the right thing at that magic moment to ensure victory for his/her player? While it might be gratifying to feel that, as a coach, one has the power to affect the outcome in the heat of battle, is that belief realistic?

To me, this matside role is the smallest part of coaching. While it's true that people often get their certification in order to sit in the coach's chair, having these instructors as a captive audience for just one day every four years is an opportunity to at least address the most basic and crucial aspects of coaching--which is *teaching*--and perhaps improve judo programs in the U.S.: good teaching practices, age-appropriate training, the development of fundamental skills, effective demonstration/presentation, planning and goal-setting, motivation, and safety.

Another point that should be noted in Mark Lonsdale's proposed curriculum is that the levels of coaching certification have fundamental differences. The initial levels are fairly easy to fulfill, but the higher levels require **DOING** something to **EARN** the higher credential. This also means that the mere fact that someone has been certified at the basic Coach level for many years does **NOT** mean that they are due to "go up" in level, nor should they feel compelled to. To me, this situation is akin to the following analogy:

This past year, a young man stayed with us to train in judo for about eight months. During that time, he worked at a local franchised gym as a personal trainer because it allowed him a flexible schedule. With a Master's Degree in Kinesiology, he was far more qualified than most of their staff. He could work with any and all individuals who needed specialized programs. He could also

*answer the technical questions of other employees. **He put in a great deal of time and effort to gain a degree and a much higher level of knowledge and expertise.** Shouldn't his credentials be recognized? Shouldn't the public know he has them?*

Most commercial gyms do provide in-house training that allows their employees to do routine assessments, orient members to the basic use of the equipment, and provide basic exercise programming. Some of these trainers have great people skills and are very good at their jobs. They serve the needs of the general population quite well. They may work in the gym for years and greet everyone by name. But as wonderful as these qualities are, are they equivalent to having a Master's Degree? Of course not; they are fundamentally different attributes, each valuable in their own way.

Likewise, the higher levels of Coaching Certification that have been proposed represent a higher level of study and specific expertise. Not everyone will be inclined to pursue them, and that is okay. Those that do, however, can become great resources for other instructors.

I can say without reservation that Bill Montgomery, Mark Lonsdale and the rest of the Coaching Education Committee are working very hard to develop and improve a program that is both substantive and accessible. I would urge you to read the article in the June issue of *Growing Judo*, send your comments to Mark and Bill, and get involved!

Best wishes to you and your students in your training and continued study of judo,

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



COACHING: WHAT IS A QUALIFIED COACH?

by Mark Lonsdale

I had not planned on writing an article this month, but I have been busy reading and responding to the various comments from those with a vested interest in future USJA coaching development. But a comment by the ever-astute George Weers demanded some thought.....

"I think Mr. Lonsdale's proposed structure is possessed of propitious potential! It is well organized and very logical. Mr. Lonsdale uses the term 'qualified Coach.' A discussion on how to quantify that term would be VERY interesting!"

The above was in response to the following statement that I had made in the proposed coaching curriculum: "As a sporting body, we should be more concerned with developing **qualified** coaches, not just certified coaches."

So rather than define the term “qualified coach,” I will allow the reader to do that for him or herself. You may begin by answering the following questions:

1. Have you had more than 100 hours training and education as a sports coach, and were you required to sit for a test for your coaching credentials?
2. Can you document 40+ hours of continued education, including reading, in athlete and coaching development in the past twelve months?
3. Do you personally own a library of books, files and DVDs on judo training, athlete development, sports physiology, resistance training, sports psychology, and coaching?
4. Do you actually coach athletes, and are you able to quantify their improved performance?
5. Have you ever had an athlete exceed their own competitive expectations, medal in a match they thought beyond their capability, thanks in part to your coaching?
6. Do you have first-hand experience (as a competitor or coach) at a level of competition above that of your athletes?
7. Have you ever written a one-year training development plan for an athlete?
8. Have you ever run a pre-training assessment or inventory on your athletes?
9. Do you know the difference between macro-cycle, meso-cycle, and micro-cycle Periodization?
10. Do you understand the age-appropriate levels associated with LTAD?

Sounds a bit harsh, but this is the reality of modern competitive coaching and athlete development. If the only coaching experience you have is sitting through a 3 to 6-hour judo coaching certification clinic, then you are probably not a qualified coach. If however, you took what you learned in that one-day clinic and used it as a starting point for additional personal research and training, then you are headed in the right direction.

At a more practical level, if you have personally taken promising athletes and trained them to be champions (in competition or in life) then you have probably learned more about coaching than anyone who is “certified” but lacking in experience.

Finally, with some agencies “certified” only takes three hours, and in some cases can be done online with no actual assessment or demonstration of skills. If the certificate reads CERTIFIED NATIONAL COACH, then you would think that one should be qualified to coach an athlete at the national level of competition. But this is currently not the case in US judo.

This is the reason that a more robust curriculum was presented in last month’s *Growing Judo* (see June 2012). The ultimate goal is that the title on any certificate accurately reflects the training that the individual has received. Two years from now it would be nice to look back and see that USJA has a national coaching curriculum and certification program that is respected by all and second to none in the United States.

Mark Lonsdale can be contacted at Judo93561@aol.com.



FOOD FOR THOUGHT: JUDO (THE ? WAY)

by Sid Kelly 8th Dan Judo



When beginners are introduced to judo they are told that judo means the Gentle Way, which to many a beginner must indeed be a mystery. Because, upon looking around their dojo, most of what they will observe are activities that are far from gentle. But being new to the ways of judo, and the fact that all the people of authority in the dojo say it so, beginners buckle under and accept the definition. Usually, acceptance of the definition is in the belief that one day all will be revealed on how gentleness fits into the grand scheme of judo things. As judo experience accumulates it is found that there are moments when a throw can be executed effortlessly, and yes, even gently. But in general, most activities continue to require a lot of effort between the rare moments of effortlessness. So, is everyone practicing judo incorrectly or is the judo definition, 'The Gentle Way,' wrong?

The dictionary defines the word *definition* as: a statement of what a thing is. So if judo is to be gentle, the act of gentleness must hold true at all times, which it doesn't. The majority of successful judo skills are applied without gentleness and would never have worked if applied gently. To reinforce this point, the dictionary defines *gentle* as: soft, mild, soothing and tranquil. And if judo skills are applied in a manner that is soft, mild, soothing or tranquil, not too much is going to happen.

To quote Don Draeger,

Dr Kano saw no conflict in choosing the term "gentle" and "soft" to describe Ju in Judo. But these words to the Western mind, have different Japanese connotations, which can be interpreted as "supple" or "flexible." Here we can visualize "the giving way" to superior forces.

This "giving way" can be achieved either by using the force or momentum of one's adversary, or by capitalizing on conditions that one skillfully creates that causes one's adversary to move or react (involuntarily) in the direction that a throw is being applied. In all cases, this act of giving way requires movements that combine the qualities of adaptability, flexibility, suppleness, ductility, and pliability. It is in the act of applying these qualities that gentleness can occur. But again, in the quest for finding a true definition, does 'giving way' hold true for all judo applications?

If an axiom or definition is to hold true, it must hold true when encountering ALL circumstances, not for some circumstances. If a Tai-otoshi is successfully applied when uke is moving backwards, away from tori, then there was no act of giving way, because tori had to move towards uke, not give way to uke to apply the technique. Therefore, because the act of giving way was not present or required when applying the Tai-otoshi, the act of giving way, like the gentle way, is also not a true definition of the way of judo.

So what action can we pinpoint that is forever present whenever any throw or grappling technique is applied either, directly, combined, or as a counter, or when any act of grappling is applied, to overcome a defense or reverse an attack, to secure a hold, choke, or arm lock, whether the applying actions are fast, slow, gentle or strong? In other words, what action or condition is forever present when successfully applying judo skills to execute a judo technique?

An action, concept, or idea that fits all of the above, is "harmony." The idea of blending, moving, and synchronizing with a partner's movement is a definition that holds true at all times when

attacking with, or defending against a throw, hold, choke, or armlock. An objection to this definition may be raised because the martial art of Aikido is already known and defined as the way of harmony. This is because the founder of Aikido, Morihei Ueshiba, correctly named his creation. But this was easy to pinpoint or define because when things work well they are known to work in harmony. This concept is at the core of every natural phenomena and manmade creation. When a person is in a combat situation, whether it be judo, boxing, karate, kick-boxing, Sambo, or Aikido, success is best achieved by being in harmony with one's partner. When two people are engaged in ballroom dancing or figure skating, success is best achieved when both partners move in harmony with one another. When a group, such as chorus girls or cheerleaders are all trying to be in unison, best results are achieved when each individual is in harmony with every other individual in the group. And finally, when the majority of citizens are in harmony with each other, a society functions at its best. All this is true because these activities take place on the planet Earth, which is part of our Solar system, which is in our galaxy, the Milky Way, which is one of the many galaxies in the Universe. Along with gravity, time, space, change, and gradualness, and probably some others, harmony is one of the absolute truths of the Universe.

So why be so concerned about a definition? What's the point? One point is for sure: this is not a suggestion to change the existing definition of judo. That would really upset the order of the Universe and the definition of harmony would then no longer apply. Besides, the suggestion would be an arrogant invasion on one of the traditional pillars of judo. No, the concern is to do with teaching and coaching. Focusing on harmony can be very helpful when applying it to two areas of teaching. First; when both participants are moving, explanations are made clearer and better understood when the concept of harmonizing with the other person's movements is reinforced. This could be when uke is moving in any direction prior to being thrown, when tori uses uke's attacking movement to apply a throw (counter throw), avoiding a throwing attack, transitioning to the mat to apply a grappling technique, and any grappling action that successfully leads to applying a grappling technique. Second; to instill into the student the practice of harmonizing at all times. That is, being in harmony with the other person as in the described activities above, and also during maneuvering and grip fighting; which is the majority of the time.

All of this will of course require a conscious effort. Harmonizing is a trained skill which in the long run will pay off. Initially, as a beginner, the tendency is to follow the law of self-preservation and block a throwing attack with stiff arms. It is at this juncture, the beginner, unless guided otherwise by his instructor, will embark upon a path of stiff armed, counter-productive judo. The alternative is for the beginner to purposefully develop a style whose movements are evasive, floating, unpredictable and blending, during the preparation for and the application of, a technique. This is the true path of judo, which is more enjoyable, safer, and follows the core principal of harmony.

Finally, Dr Kano often stressed that the main goals of judo were the mental and physical perfection of the individual, and the improvement of society through mutual welfare. It is perhaps here where Dr Kano believed that in the striving to attain these important goals that the attribute of gentleness occurs. But I leave it to the reader to conclude where the use of gentleness, giving way, or harmony actually fit in regarding the proficiency of applying judo skills.



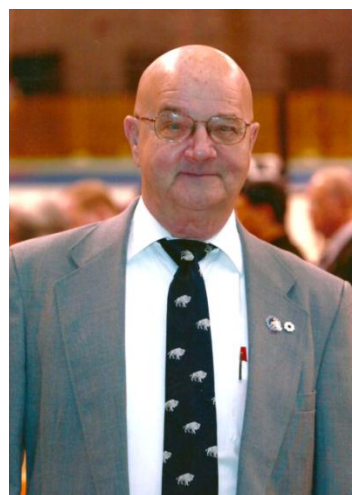
The avoidance skills of Kelly's Capers illustrate the concept of harmony

Judo News From Around the Country

New York, May 25-27

On Memorial Day Weekend, the AM-CAN International Judo Challenge Celebrated its 40th year. Headquartered at the Holiday Inn and Resort in Grand Island, New York and hosted by Grand Island High School, AM-CAN is just a stone's throw from Niagara Falls.

The weekend began with a reception on Friday evening, where the AM-CAN Committee and a gathering of parents, coaches and competitors honored the memory of the founder and organizing force behind 40 years of AM-CAN competition, Melvin N. Ginter, 6th Dan, (*pictured right*) who passed away on January 27th, 2012.



On Saturday morning, the tournament kicked off with opening ceremonies that featured a bagpiper in full regalia, leading tournament dignitaries, referees and three U.S. Olympians into the arena, to a cheering crowd. Olympians Jim Bregman, Jason Morris and Grace Jividen (*left*) were on hand throughout the weekend to award medals to winners in all divisions. Four-time Olympian and silver medalist Jason Morris also conducted a training clinic for AM-CAN athletes at the conclusion of Saturday's competition. AM-CAN 2012 had nearly 400

competitors with Taifu Judo Club of Ontario, Canada capturing the Junior Cup, Aleksey Grishin of Dinam Judo Club capturing the International Cup for Uzbekistan and Kin Tora Judo Club of Buffalo, New York winning the Senior Cup and overall AM-CAN International Judo Challenge Cup.

For decades the AM-CAN has been a National Referee Certification Testing site, under the leadership of Rick Celotto, and has hosted numerous rising young athletes who continued on to Olympic and world class competition including, Eve Aronoff, Irwin Cohen, Teimoc Johnston-Ono, Mike Swain, Jesse Goldstein, Ed Liddie, Jason Morris, Jimmy Pedro, Grace Jividen, Marrisa Pedula, Liliko Ogasawara and Ronda Rousey (*with apologies to anyone we may have missed!*).

Founded in 1973 by Mel & Joan Ginter of Judo-No-Kata Judo Club in Buffalo, with the support of four other clubs in the Western New York Judo Association, the AM-CAN is one of the largest and longest running international development tournaments in North America.



From what began as a small local tournament in the early 1970's with just over 200 competitors in the first year, the AM-CAN grew to an attendance of nearly a thousand competitors from more than a dozen countries in the mid-1990's. And while the number of competitors has dropped in recent years, as a USJA-USJF Grassroots Judo sanctioned event, the AM-CAN has remained a high quality, well-run tournament that continues to represent "the gold standard" for Junior, Senior and Masters competition in American judo.

"To the AM-CAN Committee: Forty years of Camelot is an amazing achievement. Thanks so much for your sustained and significant contribution to American Judo."

- Jim Bregman



Nevada, May 26

Memorial Day weekend in Las Vegas marked the return of judo tournaments to America's favorite playground. For 35 years Mike Couchigan hosted tournaments here and now that tradition is back, thanks to Sergio Sanchez and RYOKU JUDO CLUB. About 100 competitors from the local area, Reno, Barstow, Los Angeles, and Phoenix turned out for the well run event in the city's DULA sports complex. The head referee was USJA leader Ernie Smith, and USJA president Gary Goltz was also present.

Sergio and his team are planning a better and bigger tournament next year; teams from Baja California and Sonora Mexico are interested in participating. They hope to see all of you at next year's event!



Top 3 Teams: Ryoku Judo Club, Barstow Judo Club & High Desert Judo

Photos from the Tournament can be purchased at: <http://www.imagivegas.com/#Homepage>



South Carolina, June 9

Goose Creek, near Charleston was the site for a recent USJA Coach Certification Course for 13 candidates. Many who teach or assist with instructing judo and jujitsu never have taken college courses in pedagogy. This clinic addressed teaching techniques, foundations of learning, feedback, safety, harassment and legal issues, methods of grouping students, preparation and lesson planning, equipment, responsibilities and negligence, chaining, individual needs, and differences in learning styles. This is considered continuing education for our martial arts course teaching staff, so they can refresh on material and learn what works and what doesn't. It exposes our instructors and assistants to an aspect of judo different from competing – instructing.

The course content changes over time, which is why instructors retake it for continuing education. The course teaches participants how to teach. It does not teach specific judo techniques, rather the principles of imparting material from the source to the recipients (students).

--Ronald Allan
Charles



Jason Garrett teaches control



Lisa Capriotti demonstrates a throw

The Morale, Welfare, and Recreation Athletics Facility at the Naval Weapons Station - Joint Base Charleston offers free judo and jujitsu classes up to four times per week. For further information, contact Dr. Charles at 843-553-6702 or visit the club website at www.judostamps.org/samurajudoassociation



Connecticut, June 16

A full-day coach certification course was conducted at Norwich Judo Dojo. Eleven people from 4 different dojo were in attendance. Both "Club Coach" and "Coach" levels were attained. Additionally, we continued what James Wall initiated in LA this spring; we offered the Junior Club Coach level for students under 18 who had Senior brown belt ranks.

The course began with the participants actually taking part in a normal class at our dojo. The intent was to give them an idea of how a planned class might work/look. After this 90-minute session, candidates observed a children's class. Then, a lecture and discussion session was held on legal and medical issues, safety in the dojo and how familiar actions can get one in legal trouble. Skill development in both throwing and groundwork were shown and practiced in the afternoon.

The presenters were Bill Montgomery, Joan Love and Pete Mantel.



Osoto-to-Sasae drill



Candidate create their own drills

Free listings in the Upcoming Events section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

Upcoming Events

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

Month & date of event

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

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price; Contact person with phone number & email; url for forms if available.

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

JULY

July 6-8

USJF/USJA Junior Nationals, Spokane, WA. <http://www.usjf.com/2011/12/2012-junior-nationals/>

USJA Board of Directors Open Meeting: July 6, 6:00-8:00 p.m., at the host hotel (Double Tree Hotel)

July 14

Part One of the 3-day USJA National Coach Certification clinic at Goltz Judo, Claremont, CA. 8:00 a.m.-2:00 p.m. Contact Mark Lonsdale at Judo93561@aol.com for full details on eligibility and requirements. This program will also meet the requirements for the new Junior Club Coach certification. Parts Two and Three will be held on August 4 and September 8.

July 15-20

CAMP BUSHIDO WEST Judo & Jujitsu Training Camp, Old Oak Ranch, Sonora, California.

Camp Bushido offers judo and jujitsu practitioners an opportunity to train in multiple classes daily with a core of top level regular instructors, "Featured Guest Instructors" who are known national or international competitors and/or high ranking judoka or jujitsuka who have studied in Japan, and of course Professor Charlie Robinson. Rank promotion tests and kata and coaching certifications are also offered. Please see feature on pages 14 of the March issue of *Growing Judo*, contact Joa Schwinn 707-523-3200 or Hans Ingebretsen 408-377-1787, visit www.campbushido.com or contact us via email: info@campbushido.com

July 27-29

Goshin Jutsu no Kata Clinic with Greg Fernandez & Rick Bradley at Albuquerque Judokai, 670-G Juan Tabo Blvd., NE, Albuquerque, NM. Contact Wayne Maxwell, 505-293-5836; abqjudo@comcast.net

AUGUST

August 4

Part Two of the 3-day USJA National Coach Certification clinic at Goltz Judo, Claremont, CA. 8:00 a.m.-2:00 p.m. Contact Mark Lonsdale at Judo93561@aol.com for full details on eligibility and requirements. This program will also meet the requirements for the new Junior Club Coach certification. Part three will be on September 8.

August 4-5

Fight Like A Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, MI. Advance registration appreciated.

Saturday session begins 1:30 pm (registration at the door 12:30pm); Sunday session begins 9:00 am (registration 8:30 am). Fee: \$25.00/one day, \$40.00/both days. Campers should bring a sleeping bag and all personal items. Cookout Saturday night, breakfast and a snack lunch on Sunday are included. Contact Deborah Fergus defrgs6@att.net www.southsidedojo.com

August 12-18



INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, Tai Chi, self-defense, refereeing and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats (over 7,500 sq. ft.); activities for young campers, including water activities, rock wall climbing, and horseback riding; and a “Kool Zone” where teens can socialize and relax after evening randori. Sessions are offered to meet the needs of judo players or all ages and levels. **Clyde Worthen**, 6th dan (*National Champion and Pan American Gold Medalist*) will serve as camp Co-Director for the 2nd year. This year's guest instructor is **Liliko Ogasawara**, 5th dan (*two-time World Medalist, British Open Gold Medalist and 7-time National Champion*). Last year's featured instructor, **Leonardo Victoria**, (*6-time Colombian National Champion and Pan American Medalist*) is also returning.

A **USJA National Coach Certification Course** will be offered this year; contact **Bill Montgomery** (WMontgomery2@aol.com) for more information. Financial Aid and team discount rates are available. See pages 16-17 of the March issue of *Growing Judo*, visit www.newyorkymcacamp.org/judo and see a **slideshow** here: <http://www.flickr.com/photos/newyorkymcacamp/sets/72157616198437590/show/> Contact Co-Founder/Director George Pasiuk at mr1judo@optonline.net or 914-413-9944 if you have questions.

August 12

North Bay Developmental Shiai, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd South, Petaluma, CA. Contact Henry Kaku, 707-778-8895; www.deleonjudoclub.com

August 12

Robert Clark Memorial Tournament, Central Catholic High School, 2550 Cherry St., Toledo OH.; the tournament will have 3 mats featuring Judo, Kata, and Gi/no gi grappling. For further information contact Ted Whittaker, 419-726-8388; judosnsa@gmail.com

SEPTEMBER

September 8

Part Three of the 3-day USJA National Coach Certification clinic at Goltz Judo, Claremont, CA. 8:00 a.m.-2:00 p.m. Contact Mark Lonsdale at Judo93561@aol.com for full details on eligibility and requirements. This program will also meet the requirements for the new Junior Club Coach certification.

Sept 21-23

All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio: a female-only tournament that affords competitors many matches. Coaching, Referee, Kata and Technical Clinics (TBD) are open to all (male & female); all referees are welcome. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net.

Sept 22

2012 Jack Bradford Memorial Tournament, Highland Lakes School, 19000 N 63rd Ave., Glendale, AZ. Contact Cheri McKeown, 602-430-5361; cheri.mckeown@gmail.com.

OCTOBER

October 13

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

NOVEMBER/DECEMBER

Events held in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals, hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

November 29- 30

National Coaches Conference and Coach Certification Clinic, facilitated by Bill Montgomery, Chair, USJA Coach Education Committee, with additional presenters. This conference will offer certification, as well as time for discussion of coaching principles and practices. More details to follow in the next issue of *Growing Judo*.

November 30

Kata Certification Clinic, led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.00.

November 30

Referee Clinic & Regional Certification, led by Dan Takata, Head Referee for the Winter Nationals and Alain Wilkinson, VP of Referees for Nanka. Fee: \$50.00.

December 1-2

USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals, hosted by Goltz Judo at Damien High School's gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

USJA Promotions: June, 2012

Congratulations to the following individuals on their achievements:



Judo

Shodan

- | | | |
|--------------------|------------------|----------------------|
| ★ Robert H. Burks | ★ David Goodwin | ★ Keith A. Robertson |
| ★ Ian Cipperly | ★ Carlos W. Levy | ★ Kevin Sanderson |
| ★ C. Andrew Cudahy | ★ Christian M. | ★ Brent Williamson |
| ★ Jason R. Droor | Robertson | |

Nidan

- | | |
|--------------------|--------------------|
| ★ James Bollentin | ★ Christine Levine |
| ★ Dawn K. Ishisaka | ★ David Matutte |

Yodan

- | | |
|----------------|----------------|
| ★ Neil S. Alex | ★ Edwin L. Eng |
|----------------|----------------|

Jujitsu

Shodan

- ★ Julie C. Hackman

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