



Growing Judo

May/June 2013

A publication of the
Club Support Services Committee of the USJA

United States Judo Association
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Cover photos courtesy of R. A. Charles

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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 expressed permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors. *Try to include ACTION shots!*
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thank you for your support,
Joan Love, Editor, *Growing Judo*
Vice-President, USJA
Chair, Club Support Services/Regional Coordinators
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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.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

The next issue of USJA's Growing Judo will be the July 2013 issue. If you have any news and/or any planned events, please submit your information PROMPTLY--by June 22nd or earlier if possible. Please understand that it may not be possible to include information submitted after that date.

Have You Seen the *Growing Judo* Resources Page?

Over the past three years, a number of individuals have contributed high-quality articles with valuable and enduring information about teaching/coaching judo and running a dojo for publication in USJA's *Growing Judo*. I would, first of all, like to express my sincere appreciation to these authors for freely sharing their knowledge and their time; they include distinguished Sensei, accomplished competitors, and individuals with special expertise in exercise and training.

If you wish to refer back to one of these great feature articles, you may now find them quickly and easily on the newly constructed [Growing Judo Resources Page for Club Leaders and Coaches](#). For your convenience, this page is also linked through the [Club Support Services Committee](#) and [Coaching Education Committee](#) pages of the USJA website.

As articles appear in *Growing Judo*, they will be added to the collection. I hope that you will find these resources helpful, and that you will access this page often!

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



[Congratulations to our Newly Certified USJA Coaches](#)

- ★ John Briggs, Nokido Ju-Jitsu and Judo, Northport, FL
- ★ Lisa Briggs, Nokido Ju-Jitsu and Judo, Northport, FL
- ★ Anthony “Glenn” Crisp, School of Hard Knocks Judo Club, Spring, TX
- ★ Frank Del Rossi, Samurai Judo Association, Goose Creek, SC
- ★ George Evenden, Ichi Ni San Judo, Kaufman, TX
- ★ David Guerrero, Goltz Judo, Upland, CA
- ★ Joseph “Joey” Howell, Clarksville Budo Club, Clarksville, TN
- ★ Harry Markham, Clarksville Budo Club, Clarksville, TN
- ★ Josh Josiah Rich, Jundokai Judo and Jujitsu Club, La Mirada, CA
- ★ Michael Ritchart, Clarksville Budo Club, Clarksville, TN
- ★ Hudson Tabor, Wall to Wall Martial Arts, Denham Springs, LA
- ★ Craig M. Thomas, Samurai Judo Association, Goose Creek, SC
- ★ Michael Scott Thornton, Clarksville Budo Club, Clarksville, TN
- ★ Thomas Scott Thornton, Clarksville Budo Club, Clarksville, TN
- ★ Justin Weston, Christ’s Community Judo, Joplin, MO

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

- ★ Alonso Acosta, Riverside Judo Dojo, Riverside, CA
- ★ Matthew Anderson, River City Martial Arts/Grants Pass, Grants Pass, OR
- ★ Daniel Ayala, Yuma Judo Club, Somerton, AZ
- ★ Michael Brown, Southeast Georgia Judo Club, Glennville, GA
- ★ Michael Bryan, Shin Gi Tai Judo Club, Jamestown, NY
- ★ Joseph Bufagna, Sr., Dilltown Judo Club, Dilltown, PA
- ★ Manuel B. Cantu, Unidos Judo and Karate Club, Murrieta, CA
- ★ Mark L. Coletta, Purdue Judo Club, Lafayette, IN
- ★ Sean Collins, University of Montana Judo Club, Missoula, MT
- ★ Isabelle Colunga, Clarksville Budo Club, Clarksville, TN
- ★ Vanessa Cook, Arkansas Jujitsu Academy, Fayetteville, AR
- ★ Willie C. Delgado, Rafael Family MMA Academy, Spring Lake, NC
- ★ Shawna Kaye Delvalle, Nokido Ju-Jitsu and Judo, Northport, FL
- ★ Jonathan Douglass, Eastside Judo Club, Stacy, MN
- ★ Scotty Lamar Duyck, Unattached NC
- ★ Nathaniel Fowler, Jr., Flowing Chi Judo Club, Saginaw, MI
- ★ Sean Garner, School of Hard Knocks Judo Club, Spring, TX
- ★ Gunner B. Garnett, Victoria Judo Club, Victoria, TX
- ★ Gary L. Gucciano, Ikikata Judo Club, Auburn, KS
- ★ Justin W. Guerrero, Goltz Judo Club, Upland, CA
- ★ Ramon J. Torres Guzman, Texoma Judo/Jujitsu Academy, Wichita Falls, TX
- ★ Rachel Hellman, Rough Rider Judo Club, Dickinson, ND 58601
- ★ Ivan Hernandez, Excel Judo Club, Las Vegas, NV
- ★ Martin Hirth, Yuma Judo Club, Yuma, AZ
- ★ Joe Jaszowski, Red River Judo, Fargo, ND
- ★ Robert Kornofsky, Bushido Dojo of Staten Island, Staten Island, NY
- ★ Keston Kajitani, Arkansas Goshinkan, Little Rock, AR
- ★ Michio Kajitani, Arkansas Goshinkan, Little Rock, AR
- ★ Sten Kajitani, Arkansas Goshinkan, Little Rock, AR
- ★ Andrew Larkworthy, School of Hard Knocks Judo Club, Spring, TX
- ★ Meredith Larkworthy, School of Hard Knocks Judo Club, Spring, TX
- ★ Anderson Leal, School of Hard Knocks Judo Club, Spring, TX

- ★ Michael Lee, Juki Dojo, Dover, NH
- ★ Sir Kainoa Li, Unattached Hawaii
- ★ John Scott MacDonald, Team Carvalho Academy, Randolph, NJ
- ★ Gregory P. Makuch, Middletown Judo Club, Middletown, CT
- ★ Jeffrey F. Manning, Boys and Girls Club Judo/Ju Jitsu, Venice, FL
- ★ Steven Matias, Wall 2 Wall Martial Arts, Fredericksburg, VA
- ★ Charles A. Michel, Egg Harbor Twp., NJ
- ★ Dawson Nystrom, Fox Valley Judo/JuJitsu Club WI, Oshkosh, WI
- ★ Devin Perez, Go Rin Dojo, Baldwin Harbor, NY
- ★ Michael Poss, BARRY'S JUJITSU CLUB, Leavenworth, KS
- ★ Matthew Radkovich, Boys and Girls Club Judo/Ju Jitsu, Venice, FL
- ★ Andrew Ring, Fox Valley Judo/JuJitsu Club WI, Oshkosh, WI
- ★ Sydney Ring, Fox Valley Judo/JuJitsu Club WI, Oshkosh, WI
- ★ Ernest E. Rodgers, III, Classical Budo Dojo, Carlisle, PA
- ★ Joseph Sadlak, Unidos Judo and Karate Club, Murrieta, CA
- ★ Robert Sadlak, Unidos Judo and Karate Club, Murrieta, CA
- ★ William H. Scarbro, Clarksville Budo Club, Clarksville, TN
- ★ Douglas Scibilia, American Academy of Judo, Deer Park, NY
- ★ Richard Slider, Paradise Judo Club, Las Vegas, NV
- ★ Grant Thomas, School of Hard Knocks Judo Club, Spring, TX
- ★ Gary Troxell, Southam Dojo, Lebanon, PA
- ★ Ben Weber, Fox Valley Judo/JuJitsu Club WI, Oshkosh, WI
- ★ Sharon G. Weiner, Ozeki Judo Dojo, Las Vegas, NV
- ★ Jason Whipple, North Star Judo Club, North Pole, AK
- ★ Avery Whitney, Unidos Judo and Karate Club, Murrieta, CA
- ★ Justin A. Williams, Kawa Shi Judo Kai, Decatur, AL

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**
- ★ **Jesse Goldstein, Jita Kyoei Judo Klub, Toms River, NJ**
- ★ **Stanley Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**
- ★ **William H. Thorndike, Jr., Goltz Judo, Upland, CA**
- ★ **James Warner, Wolf-Creek Judo Club, Buckhannon, WV 26201**

Growing as a Judo Technician & Coach--Part 4

by Mark Lonsdale

Note: the following discussion addresses the right handed judoka, so lefties will need to make the necessary adjustments.

This article follows on from the previous three articles defining the term “judo technician,” which can be found in *Growing Judo's* October & November 2012 issues, and January 2013.

After decades of judo, earning the coveted black belt and just when you thought you knew it all, can you learn something new?

If your answer is in the negative, then you are deceiving yourself, or your ego is blocking your thought process. As with any living organism, we either grow or die. Anything in nature that is not growing is dead, dying, or fossilized, and no one likes to be thought of as a fossil or dinosaur, even though we have a few of those in judo.

Recently, while teaching a senior judo class, I introduced the students to several variations of *osoto-gari*, including a basic counter to *osoto-gari* which is *osoto-gaeshi*. My preferred version of *osoto-gaeshi* simply blocks the attacker's *osoto-gari* by stepping back on the right leg and then countering with *osoto-gari*. This is how I was taught by my Sensei, and also how it is illustrated in the *Kodokan Judo* manual and *Judo Unleashed* by Neil Ohlenkamp.

But while teaching the class, the Head Sensei of the dojo interjected with his version of *osoto-gaeshi*. This was quite different to mine in that after the *osoto-gari* attack, he stepped back on the left foot, pivoting to the left on the right foot, and turned the counter into more of a *tai-otoshi* move, to his left. The movement was clean and effective, but never-the-less different to how I had been taught. However, as a technician with a love of all things judo, my curiosity was aroused.

That evening I pulled out Toshiro Daigo's *Kodokan Judo Throwing Techniques* to find that he also had a different take on this technique. Daigo shows several counters to *osoto-gari*, each classified as *osoto-gaeshi*. These included a version of *ushiro-goshi*, *osoto-gari*, and *osoto-otoshi*, collectively classified as *osoto-gaeshi* since they all served to counter the *osoto-gari* attack.

The point to all this, is that even after 40 years on the mat teaching judo, I am still able to continue learning and growing. And even though there are only 67 throwing techniques recognized by the Kodokan, there are literally hundreds of variations, counters, and combinations for a serious technician to research, study and practice. In addition, in the process of researching *osoto-gaeshi*, I came across a Kodokan video of a very effective *osoto-gari* transition to an *osoto-guruma*. So while I will not be teaching these to my yellow belts next week, this will make a very worthwhile block of instruction for my senior *kyu*-grades or next coaching development clinic.

The lesson to be learned here is that any time a respected instructor introduces you to a new technique, take the time to explore it, study it, and then try it on the mat. Don't simply discount it because it was different to how you were originally taught. Keep in mind that there are judoka who come from a variety of judo backgrounds: Japanese, Korean, French, Russian, Cuban and Brazilian, so it is worth taking the time to see if they have valid and effective variations of the fundamental judo techniques. You may not find a “Neil Adams Arm-bar” in the original *Kodokan Judo* manual, but you can bet that it is both valid and effective, as are the 2-on-1 sleeve attacks taught by Mark Huizinga in his DVD *Total Judo*. And if you have been following international judo championships, you will have noted that the Mongolians and Uzbeks are taking a significant number of medals, so their style of judo, while not traditional, is worth studying.

So in pushing coaches to become better technicians, the trick is to get judoka in general to take a real interest in exploring techniques, variations and combinations. Since most judoka should know all the Kodokan *tachi-waza* by Sandan or Yodan, the next phase of their education should be studying the most common techniques in some depth. While this is common in Europe, it is a shift in thinking that has not been promoted to any great extent in the US. If you have attended a training clinic with a Japanese champion, you will also notice that he or she will focus on one or two fairly basic techniques (i.e., *osoto-gari*, *harai-goshi* or *uchi-mata*), but with the emphasis on the various setups and combinations they have built around that technique.

Finally, if you wear a black belt and do not understand the Japanese terminology or techniques mentioned in this article, or do not own the books listed above, then shame on you. Get the books and start teaching yourself ALL the techniques recognized by the Kodokan and IJF.

Remember, GROW or DIE!

Mark Lonsdale is a former international competitor and member of the USJA Coach Education & Certification Committee. Email: JUDO93561@aol.com.

Autism and Judo

by Dr. Michael W. Grosz

Since some estimate that as many as 1 in 50 children are affected by autism, it's more than likely that one day you will have a child with autism in your dojo. Autism is a neural development disorder characterized by impaired social interaction and communication. How do you train such a person who may not learn as others do?

Parents bring their child to the dojo to socialize in a sport in which the child has shown interest. The youngster simply wants to have fun with other kids.

The sensei needs to train students about how to act around a child with autism or any other exceptionality. Simple behaviors that are not considered "typical" by children of similar ages should be dealt with in a nonjudgmental and accepting way. Teach other children not to laugh at anyone, including the child with autism, but to be encouraging and patient instead. Not every child or parent is willing to do this. In such instances, simply schedule those students at a different time. Many children with autism have been rejected by peers and are fearful of being let down yet again. Pair autistic children with kids who are most likely to be accepting of differences.

Some children on the autism spectrum will either not respond initially when spoken to or may repeat the phrase that was spoken. It's important to allow response time for these children, and to understand that often their repeating the speaker's words can enable them to process what has been said. Some children will also need prompting to respond to questions and may need encouragement to use complete sentences rather than grunts or single word answers. It will be helpful to converse with parents so that you understand their child's baseline, enabling you to work with them to reinforce communication goals. Teach your other students these skills as well, so that they can communicate more effectively with your student on the autism spectrum.

Many children with autism are brilliant but may lack the skills to verbalize or demonstrate this easily. A lot of these children learn differently and at different rates, hence it will be helpful to learn your particular student's preferred learning style and strengths. In a typical dojo, the

instructor might show one or two standing techniques, followed by one or two ground techniques. This procedure may not work for a child on the autism spectrum.

Like many like other children, students with autism need to have techniques repeated for several classes; they may be strong visualizers and require demonstrations in addition to specific verbal instructions. Techniques may need to be performed next to the child, so that he or she can relate directly to the technique by being, in a sense, in the picture, rather than an outside observer. They may be left-handed and need to be taught techniques from the left side. It's difficult for any new student to comprehend techniques on an opposite side, so it's beneficial to focus on the child-preferred side.

Another way to teach a technique is to have a child with more advanced skills, such as a green or brown belt, stand next to the child with autism and have him or her learn from the more advanced student. An adult should supervise such close instruction, for liability reasons. The main point should be having fun while learning a martial art.

Competition outside the dojo might not be feasible, because the child with autism may not comprehend the reason or need for competition. This should be evaluated carefully. "Competition" might be more of a controlled randori-spirited exercise during which the autistic child throws a partner, in kata-like fashion.

As with all students, the keys to learning are frequency, intensity, and duration. Frequency is defined as the number of times a particular activity is taught over a given time frame. An example would be to teach o-goshi several times over the class, not just show the class once and let them practice the throw for the remainder of the class. Intensity can be defined as the enthusiasm with which the instructor teaches the subject. For example, the instructor says, "O-goshi is a fun and effective throw. Let me show you." Duration is for short, high-energy periods of time.

In closing, if you've never worked with a child with autism before, I encourage you to do so. Let parents in your community know that you are open to learning how to support and encourage their autistic child. By this process, you will enrich your dojo and students!

Michael W. Grosz, D.C., 4th dan in judo and jujitsu, teaches both arts at the Samurai Judo Association in Goose Creek, SC. Dr. Michael Grosz has had significant training in working with children on the autism spectrum.



Additional notes:

- ***Parents of children with special needs--including Pervasive Developmental Disorder (PDD) in general and Autism specifically--may be willing to share confidential information with a judo instructor, but it remains confidential nonetheless; it should not be shared freely or discussed in front of other students or parents.***
- ***Sensitivity to sensory stimuli is fairly common in children with PDD; simple dojo concerns such as keeping pants firmly tied can become a challenge and need to be handled caringly.***
- ***The author is writing from his experience. Please remember that all children, including those with PDD/Autism, show a very wide range of social and intellectual functioning. All students should be treated as individuals!***
- ***There is a great deal of information available online. To learn more, you may want to visit sites such as <http://www.autismspeaks.org>.***

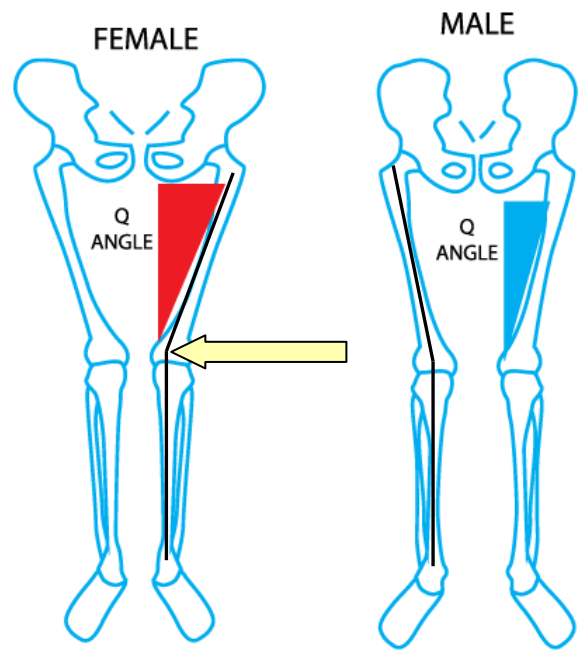
--J. Love, Editor, Growing Judo

Save your Knees! Strength Training for the Female Judoka

by Jeremy Bushong

Knee injuries are prevalent in sports due to the nature of the quick movements and the structure of the joints. Because judo is such a fast and dynamic sport, the force produced by the muscle is often quick and powerful. This means that force must travel through the supporting structures (joints), and the athlete must have the muscular fitness to transfer and mitigate this force. Like shock-absorbers on a vehicle, if the supporting musculature is weak, the force will go right into the structure (bones & ligaments) causing damage.

Women are eight times more likely to experience a knee injury during dynamic sports. This is particularly true for the ACL (the most commonly torn ligament) due to the structure of the hips which creates a large angle between the knee and the hip (known as a Q-angle). Women have, on average, wider Q-angles than males. This increased angle creates more torque in the knee during force production, especially with quick changes in direction.



Strength training helps improve force production, absorption, and proprioceptive awareness in the joints, creating a quicker stabilizing response under moments of instability. In addition, properly selected strength exercises help improve the ratio of strength between opposing muscles, which further improves stability. While there is no way to completely eliminate the threat of injury, the following exercises will go a long way into improving the stability of the knee, and improve the overall strength and well-being of the athlete. This is by no means a comprehensive list. It does, however, highlight the most effective exercises that can be performed with minimal instruction. These following exercises should not be used as a stand-alone strength & conditioning program. Rather, the exercises listed here are to be added into one's current exercise regimen.

Bodyweight Squats (Full Range of Motion)

The squat is an excellent exercise to improve total lower body strength and stability. It incorporates the proper balance of anterior muscles such as the quadriceps and hip flexors, as well as the posterior muscles such as the glutes and hamstrings. Full range of motion is required for the effectiveness of this exercise. Feet should be shoulder width apart or slightly wider. Toes should be forward facing or slightly turned out. Hips must be "at or below" the knees. Make sure your bodyweight remains in your heels and the knees are forcefully pushed out. Pushing the knees away from each other engages the gluteus muscles and ensures proper balance between the front and back of the legs. Don't round your back.



Key Points:

- Hips Low
- Knees Out
- Straight Back
- Feet Shoulder width apart. Longer legged athletes can widen the stance as needed

Recommended Training: Approximately 50-100 reps per day. This will not cause cumulative fatigue or overtraining unless done with additional weight.

Single Leg Step-Ups (With Weight)

This is another exercise which targets the posterior chain (glutes / hamstrings) and helps develop the stabilization of the knee. Ideal box height should be so that the knee comes to the level of the hips. Holding a heavy dumbbell, choose a significantly heavy weight so that full extension at the top requires effort. Basically, make sure this isn't too easy. This exercise is **not** done for speed (as in step-aerobics), but rather a slow and concentrated effort.

Key Points:

- Choose a high box
- Extend fully at the top (don't cheat by putting both feet down early)
- Don't worry about speed
- Choose a heavy weight

Recommended Training: Once per week, approximately 4 sets of 6 reps (per side).



Partner Glute/Ham Raises

This is a difficult exercise to perform, but many powerlifters, strongmen, and other athletes use it to improve the strength of their squat and other leg exercises. It improves the strength of the hamstrings, but also improves the way they are *recruited* during exercise or movement. Basically, it makes them better at handling dynamic movements and helps prevent injury to the knee. Use a rolled up gi or crashpad for the knees while a partner holds the ankles. Most athletes are unable to do this for many repetitions in the beginning, and have difficulty doing it even once. To build up strength, slowly lower yourself down toward the ground. If you need assistance coming back up, use your hands.

Key Points:

- Preserve your knees by using a rolled gi or crashpad
- Slowly lower down if unable to do multiple repetitions
- You should feel the majority of the movement in the hamstrings and glutes. Don't cheat it by swinging your back!

Recommended Training: Twice per week, as many reps as possible.



Hip Bridges

This is an excellent exercise to improve glute / hamstring strength, and can be performed anywhere with minimal equipment. Feet should be shoulder width apart with the hands down creating a solid base. The hips will come high as the shoulders stay on the ground. This can be done on the ground with an exercise ball to increase difficulty. To further increase resistance, use one leg at a time.

Key Points:

- Hips High
- Focus on using your hamstrings and glutes.

Recommended Training: Once or twice per week, beginning with 2-3 sets of 12.



Explosive Box Squats

Sit on a low box that allows your knees to be at the level of your hip. Holding a weight, explode up to a standing position. Just like bodyweight squats, focus on pushing your knees out and keeping a straight, tight lower back. This exercise is done for speed, but only during the stand-up phase. Slowly and carefully sit back and prepare for another repetition. Think about the speed of the individual repetition, not the whole set.

Key Points:

- Explode from the box up to a standing position
- Choose a weight that is challenging, and only allows a few repetitions
- Push your knees out as you come up
- Maintain a tight, straight lower back.
- Keep your weight in your heels, even as you stand

Recommended Training: Once per week, 10-12 sets of 2-3 repetitions with a 30 second rest.



As mentioned before, these exercises are not a comprehensive strength training program. You'll want to also focus on increasing core strength and upper body strength and support. Combat sports such as judo, kickboxing and grappling are very dynamic and intense. If you do not prepare your body to handle the intensity of the sport, injuries can accumulate over time. It's important to train your muscles and supporting joints to handle the forces produced. While these sports are a great way to get in shape, they should not be your only source of fitness or physical preparedness.



About the Author

Jeremy Bushong is a published author, strength and conditioning coach, and personal trainer to athletes in the Northwest Arkansas area. He is also the head coach of the Judo program at TK Martial arts. With a Master's Degree in Exercise Science from the University of Arkansas, Jeremy spends his time finding ways to improve strength, conditioning, and sport performance. He has also spent several years working in the rehabilitation field and knows how to improve performance despite physical limitations or injuries.

Special thanks to Mallory Culver, TK Martial Arts, for demonstrating the exercises.

USJA News From Around the Country

Florida, February 27

Dave Parritt, 7th dan, of Samurai Judo and Jujitsu of Melbourne assembled judoka and jujitsuka for a clinic with Ronald Allan Charles, 8th dan.



R.A. Charles teaches techniques from a cross-grip, with Jason Schoor as uke.

South Carolina, March 9

Working in conjunction with coordinator Amy Ellison of the Sexual Assault Prevention and Response organization, the Samurai Judo Association put on a free, half-day seminar to educate female students and staff at the Navy Nuclear Power Training Center at Joint-Base Charleston's Naval Weapons. The NNPTC is not far from the Morale, Recreation, and Welfare facility, Building 725, where the regular judo and jujitsu club members meet. The seminar covered psychology of attacks, attackers, and victims; responses; practical escapes and counters; grappling fundamentals; and use of weapons and improvising weapons.

For information about classes contact Dr. Ronald Allan Charles, senior instructor, at 553-6702 or go to the club website at www.judostamps.org/samurajudoassociation.



New York, March 22 -- Throwing for Charity

On a Saturday night, not too long ago a simple tone rang out from my Iphone alerting me to a new email. As I opened it, the contents truly moved me. The email spoke about a boy named Jake Staniszewski, a 1 year old child who is fighting an aggressive pediatric cancer. Jake's dad is Mark Staniszewski, a well known Judoka here in the New York area. As a father of two boys myself, I could only imagine the anguish the parents of this child must feel. Although I had never met Jake or his father Mark, something needed to be done to help this family.



How could we help? What could we do to make a difference? It was then that I realized how, as a group, we could make a difference. I remembered something my Sensei, John Paccione, did many years ago to raise money for the St Jude's Children's Hospital.

Within a few days, it was all set up. Each of my students would be sent home with an information packet explaining exactly how it would work. Basically, the students get sponsors who pledge a dollar amount per throw. The kids then have one minute to attempt as many Judo throws as possible, those throws are counted and the donation amount is collected. It is an excellent way for kids to learn a life lesson and help someone in need, while doing what they enjoy.

Calls were made to the local news media and they willingly covered the event, including a contact number to call if anyone wanted to donate. When the dust settled, we had collected more than \$8700.00 in three hours. In addition, one 6 year old, named Jack Galvin, had the goodness of heart to set up a lemonade stand during the local St. Patrick's Day parade to raise money. All of those who participated and those who simply made donations, came together, united in cause, to help. I could not be more proud of each and every one of them.

By telling this story, I hope to inspire Judo clubs around the country to help support the Staniszewski family. Host a 'Throw a Thon' of your own, or simply make a donation. Please don't just read this and move on, do something for Jake! Make a difference.

If you are interested in helping, please contact Team Combat Judo at (516)586-8844.

---Dave Goodwin, Bushido Dojo of Staten Island



Connecticut, March 23

Members of Pete Mantel's newly founded Coast Guard Judo Club in New London visited Bill Montgomery, Joan Love and their students at Norwich Judo Dojo for a mutual workout for "Visit Another Dojo Month."



South Carolina, March

In observance of "Visit Another Dojo Month," the leaders of the American Jujitsu Academy in Summerville, SC, invited area clubs for four weekly randori sessions. About 30 judoka attended, including eight black belts. Juniors had their randori session, after which the seniors enjoyed their two and a half-hour mat session. With zero injuries and plenty of mat space, everyone had a good time.

--Ronald Allan Charles



Nevada, March 30

Ozeki Dojo in Las Vegas sponsored a clinic on the new IJF refereeing & competitions rules modifications for 2013-2016 at their new dojo within Veritas Combat Arts Academy. John Weiner, 6th dan, ran the class and attending were instructors/coaches from judo clubs in the Las Vegas area: Paradise Judo, Drysdale Judo, Ryoku Judo, Jemni Judo, Excel & Valley Of Fire Judo, and Team A2z Judo.



Wisconsin, April 9

The Stevens Point Judo Club hosted its guest coach program. Twenty-two judo students were on the mat to learn some of the latest judo skills from a national competitor that worked out with the 2012 Olympic Judo Team.

Hamid Almozafer began Judo at the Oshkosh YMCA over 22 years ago under Sensei Mehdi Mohammadian. He has also competed in Brazilian Jujitsu and Wrestled. In 2003-USJA Nationals, 2009 AM-CAN and at least two major competitions events per year. He has work and competed with some of Wisconsin elite competitors: Josh Peterson, Josh Resnick, Ali Mohammadian and others. In 2012 Hamid moved to Boston, Massachusetts and began training at Jimmy Pedro's Judo Center with many members of the 2012 Olympic judo team and other elite competitors from



around the world. In the in house tournament at the Pedro's he competed against the non-Olympic athletes and took first. He has competed in the North American grappling Associations championship (60 man bracket) and lost to a competitor from Ghana in the finals taking 2nd. He hopes to improve Wisconsin Judo by bringing some of that knowledge back to Wisconsin.

Sensei Hamid started the class with warm ups and slowly moved into demonstrating the skills of “gripping and controlling” your opponent’s grip. From controlling the opposition, Sensei Hamid showed an advance technique combination, inner thigh throw (Uchi mata) to minor inner reaping throw, (ko uchi gari). This combination is simple and effective and a favorite of his during competition.



Sensei Hamid giving personal instructions to Andy Gill and his partner Gunnar Bartz.

Sensei Hamid ended the class with a challenge to the judo students. He gave each student a sheet of paper with four questions to ask themselves. What are your goals in judo and in life? Their assignment was to fill out the paper and post it where they could see it every day and to slowly work toward completing the goals. This is a procedure used by the Pedro’s Judo Center and something required of the Olympians. Olympian Gold Medalist, Kayla Harrison used this same procedure to help achieve her goal.

--Tom Gustin, Stevens Point Judo Club

South Carolina, April 20

Female military personnel assembled to participate in a self-defense seminar at the Samurai Judo Association club at Charleston’s Naval Weapons Station as part of Sexual Assault Awareness Month. The club will present another free Women’s Self-Defense seminar on June 1. See "Upcoming Events" (page 21) for more information.



AM-CAN

INTERNATIONAL JUDO CHALLENGE™

Quality International Competition since 1973

May 25 - Junior / Youth Competition

Junior/Youth Registration and Weigh-in – May 24

May 26 - Senior / Masters Competition

Senior/Master Registration and Weigh-in – May 25

2013 Tournament Highlights

AM-CAN Challenge Cups awarded both days
Judogi awarded to 1st Place in Elite Senior Divisions (5 or more)

USA Judo Coaches Certification Clinic
with **Olympian Jason Morris** FRIDAY MAY 24

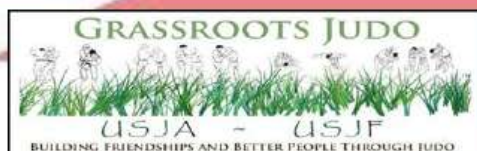
Competitors Clinic
with **Olympian Jason Morris** SATURDAY MAY 25

National Referee Clinics & Certification
FRIDAY MAY 24, SATURDAY MAY 25

Visit **www.AMCANJUDO.org** for all details

Tournament Site Grand Island Senior High School
1100 Ransom Road, Grand Island, NY 14072

Headquarter Hotel Holiday Inn Grand Island
100 Whitehaven Road, Grand Island, NY 14072



USJA Jujitsu Program

by Ronald Allan Charles

Numerous USJA clubs offer jujitsu in addition to judo. Many members and instructors don't know about this or, if they do, how well the program works.

Judo founder Dr. Kano, long before he learned to spell JUDO, learned jujitsu. A diminutive individual, Kano experienced bullying to the point that he sought out jujitsu masters to learn to defend himself. Over time he became proficient in several ryu (styles).

There are many different ryu. In 1600, there were 2,000. When instructors passed away, their disciples would incorporate new tactics and techniques, resulting in the creation of distinctive ryu, thereby proliferating the art. There's no telling how many ryu exist today. Apparently jujitsuka do not get along as nicely as judoka in this organizational regard, because there's but one style of judo in the world, based on Kodokan Judo that Dr. Kano developed.

Our USJA jujitsu is not really a style. It's a composite of what's easy to teach, easy to learn, and most importantly, what's street-worthy and practical. And while other organizations may not recognize our ranks, we don't accept many others' either. It's that way in jujitsu, unlike judo. But our USJA jujitsu is second to none, with quality techniques and sound promotion requirements.

Judo developed from self-defense (jujitsu). Dr. Kano, a physical education teacher, realized the effectiveness of jujitsu but saw its limitations. Practicing jujitsu to full effect can result in serious injury or worse. As an educator, Kano tinkered with what he'd learned by eliminating dangerous techniques, modifying others, and implementing moves of his own design.

For example, in jujitsu, you throw over your shoulder, bending an attacker's arm so as to break it on the way down. Kano, in modifying this maneuver into a judo throw, reversed the arm so as not to task the elbow, resulting in seoi-nage. When throwing to the rear using jujitsu, you might push someone's chin or throat to the diagonal rear, put your leg behind, and bash an attacker's head onto the ground, resulting in concussion or death. The judo modification simply puts the power hand on the chest and teaches the attacker to tuck in the chin, resulting in osoto-gari. Then add tatami and breakfalling to complete the picture. Kano named his baby Judo. Jujitsu was the momma.

Hence judo became a safe and vigorous application of jujitsu. Because of their close relationship, it's logical to consider offering both arts if the judo instructor has the skills. And to enable a club instructor to promote worthy individuals in jujitsu, that instructor has to establish his or her own credential in jujitsu. Accomplish this by attending The Greatest Camp on Earth, where USJA jujitsu sensei can validate skills and position individuals at their best-qualified rank, thereby placing their feet on the rank ladder so that they properly can assist others in jujitsu. Those unable attend camp should seek out a jujitsu rank examiner qualified to evaluate technical skill or visit Goose Creek, near Charleston, SC, where the Samurai Judo Association jujitsu staff will do this free of charge.

The USJA jujitsu program was developed more than two decades ago at the National Judo Institute in Colorado Springs, CO. There, talented sensei including 9th dan Professor of Jujitsu Ben Bergwerf formulated our *Jujitsu Manual* that established technical and other requirements, thus contributing a wonderful supplement to USJA programs.

Individuals come to a dojo for different reasons. The vast majority don't aspire to become judo champions. And recently all national judo organizations have come to realize that most judoka are not interested in competing. Rather they seek judo's recreational aspects. Judo's foundation is

self-defense. Those who have been assaulted or are apprehensive about being victimized may seek the self-defense aspect that judo represents. As long as we keep the arts and classes separate, reminding students which techniques to use under what circumstances, we can offer both judo and jujitsu to entice students to our dojo and retain them.

Though some seek to learn jujitsu as a sport, our USJA jujitsu was not designed as a sport. In fact, traditional jujitsu practitioners shun that thought. For them, jujitsu is not a game. Judo is the game, the safe facet of a deadly art. To the traditionalist, when jujitsuka compete, there is but one winner -- the one still alive.

Brazilian Jiu Jitsu, referred to as BJJ, advertises jujitsu as a sport and has become very popular and commercial. To traditionalists, BJJ is basically just judo groundwork except for headlocks that can damage the spine or neck, and leg or knee locks that can blow out knees or break ankles.

For traditional jujitsuka, the last place you want to be is on the ground. That's because once there, you are subject to Number Two. As long as you're rolling around while being beaten by an attacker, it's just one on one -- him on you. But if you take the upper hand and begin to dominate the encounter, that's when his buddy, whom you had not noticed sitting in his pickup truck, puts down his adult beverage, pats his hound dog on the head, picks up his baseball bat, and exits the vehicle to come to his friend's assistance. And while you are entangled on the ground, the standing buddy can kick and stick you.

If you want to live to become an old fly, you stay out of spider webs. There, you cannot kick, punch, throw, run, or fly. You are dead meat. So the traditional approach to jujitsu is to remain standing whenever possible. It's true that many fights wind up on the ground, but nearly all start while standing. Think about that. You probably won't be on hands and knees on the beach collecting seashells and have someone attack you. You will rise to the occasion, and vice versa.

Practical self-defense with or without weapons focuses on standing techniques, though we learn ground techniques too. Just knowing judo throws is not sufficient, especially if attackers have weapons. And even if empty-handed, they likely won't grab your shirt. Consequently, we need to know how to block or deflect an attack or strike, and then maybe apply a judo throw or joint locking maneuver, following up with a crippling technique to end the threat, all the while performing in a court-defensible manner that won't land us in prison for excessive use of force or an unreasonable response.

If you or someone in your club has jujitsu skills, consider setting up classes to enhance your school and entice students. Classes offering practical, street-survival techniques generally are less vigorous than judo classes and appeal to many.

USJA insurance covers jujitsu. Everyone promoted receives a Ju-Jitsu patch and new rank patch for the gi. You can order the *Jujitsu Manual* from the USJA website. Over 500 pages long, it well describes techniques, with key points and lots of drawings, and page holes to fit into a binder.

I encourage you to consider adding jujitsu to your club offerings.

Dr. Ronald Allan Charles (6th dan Jujitsu, 8th dan Judo) heads the Samurai Judo Association, Goose Creek, SC, which is the largest club in the USJA.



Ben Bergwerf treats Ronald Allan Charles to the finer points of joint locks.

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 send this information in a text format. Event flyers and PDF documents cannot be included.

MAY

May 4

2013 Wisconsin Sr. & Jr. Judo Championship, West Bend Judo Club, U.W. Washington County, 400 University Dr., West Bend, WI. Contact Jon Sanfilippo, 262-644-8211.

May 4

The Wright Challenge - Judo Classic, Dayton Martial Arts Center, 3640 Colonel Glenn Hwy., Dayton, OH. Contact Mark Curry, 937-775-4735; Barbara.cwirka@wright.edu

May 5

Walter Ing 6th Dan Memorial Jr. Judo Tournament, Salesian High School, 48 E. Main St., New Rochelle, NY. Hosted by Biwako Judo Club; all proceeds go to the YMCA Judo Camp Fund. Contact George Pasiuk, 914-413-9944; mr1judo@optonline.com

May 11

USJA Coach Certification Clinic at Wall to Wall Martial Arts, 35055 Hwy 16 Suite 1-B, Denham Springs, LA. Certifications for Jr. Coach, Club Coach, and Coach will be offered; also serves as 8 hours of Continuing Education credit. Clinicians will be distinguished instructors from the region, including James Wall, Jim Hunt, Doug Fournet, Chris Homes, & Frank DiBenedetto. 9:00 a.m.- 5:00 pm. Cost \$40; additional fees for certification. Contact James Wall 225-612-0934; wallmartialarts@att.net

May 11

USJA Coach Certification Clinic: SHIN GI TAI Judo Club of Jamestown, NY will host Sensei Bill Myers, 4th Dan, and member of the USJA Coach Education Committee as he conducts a Coach Certification Clinic (USJA Sanction # 13-048). The clinic will be located at the Jamestown Community College Total Fitness Center, 525 Falconer St., Jamestown NY and will run from 9 AM to 6 PM. Cost is \$25.00. Lunch will be provided as part of the clinic fee. Successful completion of this clinic satisfies the training requirement for USJA Coach Certification for those qualified to apply. Contact Paul Kahanic at Shin Gi Tai (pkahanic@truck-lite.com or 716-782-4355) with any questions or for more information.

May 18

Rattler Round Up XIX, Atlantic Community High School, 2455 West Atlantic Ave., Boynton Beach, FL. Contact Michael Szreijter, 561-496-7000, <http://www.judous.com>

May 25-26

AM-CAN International Judo Challenge, Grand Island High School, 1100 Ransom Rd., Grand Island, NY. See advertisement on page 17 7 visit www.amcanjudo.org for entry forms and complete information. Additional events include a USA Judo Coaches Certification Clinic and a Competitors' Clinic with Jason Morris (5- time Olympian/1988 Olympic Silver medalist).

JUNE

June 1

Women's Self-Defense Seminar presented Samurai Judo Association, MWR Athletics, Bldg. # 725, Naval Weapons Station, Joint-Base Charleston, Goose Creek, SC. 9 am - noon. Free to all military connected females and Dept. of Defense females. Topics include street survival and other scenarios; responses to threats; and using, confronting, and improvising weapons. Contact Dr. Ronald Allan Charles at 843-553-6702 or ronaldallancharles@comcast.net.

June 20-22

The Greatest Camp On Earth, Next Level Center, 4317 Stevens Mill Rd., Matthews, NC. Features many great instructors, including Nick Lowe from the United Kingdom and Igor Yakimov from Russia. Offers competitive judo training, kata, coaching & refereeing certifications, and different styles of jujitsu, striking & other arts; promotional testing is also available.

Camp website: <http://greatestcamp.com>.

Register before May 15th & save \$30 on 3-day full camp fee (excluding lodging); includes T-shirt.



July 5 -7

USJA/USJF Junior Nationals, Pittsburgh, PA. See advertisement on page 26 & the event website for full details: <http://2013judojrnnationals.com/Home.html>.

AUGUST/SEPTEMBER

August 3-4

"Fight Like A Girl" Camp, 2013 Southside Dojo, 8534 Portage Rd. Portage, Mi. For the 9th year, this camp will provide an opportunity for female Judoka to network, play and have fun. Open to Juniors, Seniors & Masters. All but your sleeping bag and personal items will be supplied. Contact Deborah Fergus, 269-208-1068 or degrgs6@att.net, mention FLAG Camp in subject.

August 11-17

YMCA INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. Jason Morris, Olympic Silver Medalist (1992) & Olympic and International Coach, will be the guest instructor as the camp celebrates its 41st year. Each day, the camp offers a variety of great judo instruction from many distinguished Sensei, lots of randori partners, Kata classes, Referee certification, and USJA Coaching Certification (at the Club, Coach and National Coach levels) on a six-competition-sized mat area. Plus, the camp features a beautiful setting, great food, and plenty of activities for kids of all ages *in addition* to judo-- swimming, fishing, canoeing, wall climbing, arts and crafts, special camp events for teens in the nightly Kool Zone and more! The staff of YMCA personnel and judo volunteers is excellent, providing a safe, supervised and supportive environment for a truly positive camp experience. For judoka of all ages, the YMCA International Judo Camp is also a wonderful time to reconnect with old friends and make new ones.

For more information, go to www.newyorkymcacamp.org/judo

For team discount rate see <http://www.newyorkymcacamp.org/judo/datesandrates.php>

Financial aid information is available at:

<http://www.newyorkymcacamp.org/forms/Financial%20Assistance%20Packet.pdf>



August 18, 2013

North Bay Developmental Shiai, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd. South, Petaluma, CA. Developmental shiai for students with none or some competition experience. Entry fee of \$20 (\$15 per contestant if more than one family member is competing). Medals will be awarded to 1st, 2nd, 3rd place, & participation. Entry Form: http://www.deleonjudoclub.com/images/pdfs/northbay_shiai082013_final_v4.pdf
Contact Brenda Strech bstrech@gmail.com or visit <http://www.deleonjudoclub.com> for more information.

Sept. 20-22, 2013

9th All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. Kata and Shiai open to female competitors of all ages. Referee, Kata and Technical Clinics open to all (male & female). Referee volunteers requested. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net.

Pushing the Limits

by E.E. Carol

Last night I got a tremendous surprise. I have been doling out Judo a spoonful at a time to people who had to be able to go to work the next day and kids who had to be able to attend school. You might say I have been pampering them.

Last night I explained that the forthcoming National Junior Olympics would be held near us in Irving, Texas, about 40 miles from our dojo. Nearly all of the class expressed interest in attending. Since most of my students are not very competitive, their enthusiasm surprised me. I told them that we should have started training for this event three months ago and that if we were to reach competitive level and show respect to the other competitors, we would have to increase our training considerably. I got no arguments about that, so we got started. No longer would we practice uchi-komi in sets of ten. We'd increase that to 50 and perform them faster, keeping in mind how essential speed is. Again, there were no complaints, so we began our hard work.

Then came drills and throws on the crash mats. We worked on throwing faster and faster, and then we pushed the footwork. We executed combinations at almost half power so that uke really had to resist to make the combination work. Then came the mat work with speed drills for attaining superiority.

We performed drills to make opponents fall into traps. After drills, I had the class randori for 20 minutes, after which the class bowed out. By that time, even my little kids were sweating and panting. Several adults were so exhausted that they could barely stand.

But no one left the dojo! They had survived the class and learned things. They did it together and knew it. They were proud of themselves and wanted to stretch out the feelings a little longer. I finally had to turn out the lights to get them to go home.

We remember those feelings, don't we? Success provides us with courage to face life. We can talk about it all we want, but the only way we can actually get Judoka to achieve success to push them to their limits. Competition is important, but training is everything. Your students are your children, and you must get them ready for life. Press them.

Ed Carol (5th dan judo and 3rd dan jiu-jitsu) has practiced martial arts for 40 years, & is the Sensei at Ichi Ni San Judo and Jujitsu Club in Kemp, Texas.

What is 50 Years?

by Gayle Horowitz

In 1963, one gallon of gas was .25¢ and a Hershey bar was .05¢. The Mona Lisa was displayed in the United States for the first time. You could mail a letter for a .05¢ stamp and use zip codes for the first time. Touch tone phones were introduced and FM radios were available for cars. Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech and Beatlemania began. The Kinks and Bob Marley and the Wailers debuted on the music scene. The nation watched "I Love Lucy". In the first season of "I Love Lucy", Lucy and her friend took a Judo class to protect themselves.

Also in 1963, Marc Cohen started Judo. For 50 years, Marc not only has learned the art of Judo but he has made it a way of life. Marc has made sure to pass on his Judo knowledge to many Judokas over the years. More importantly when you walk in to a Dojo and Marc is there you immediately feel like you are walking into a friend's home. If you have been lucky enough to train with Marc or be taught by Marc you understand just how special he is. There are many words that describe Marc. Sensei of course is one but there are many more. Friend, family, advisor...the list goes on.

Fifty years ago Marc Cohen walked into a Dojo as the world around him was changing. Fifty years later he still walks into a Dojo. Gas is \$4.00 a gallon and a Hershey bar costs about \$1.25. Cell phones have replaced touch tone phones. Marc is still the same Judoka....a little older, a little less hair and mostly original parts but his heart has not changed.

Twelve years ago my beloved Sensei, Ivan Villegas, had passed away and I wanted a dojo that felt like home. I had drifted from Dojo to Dojo looking for one that felt right. I went to Go Rin Dojo and met Marc. I was home.

I am a better Judoka having been afforded the chance to call Marc my Sensei. I am a better Sensei having met Marc. I am a better person having met Marc. I am proud that my boys call him Grandpa Marc. I am proud to call Marc Cohen my Sensei and my friend. You would be hard pressed to find anyone who has been in his Dojo that does not feel the same. So...Happy 50th Judo Birthday.

In Memoriam

Our sympathies are extended to the families and friends of:

Cheley Eugene Hershey (1940-2013), USJA Life member, Godan in Judo & Jujitsu

Joyce Gagne, wife of USJA Life Member Marshall Gagne

Victor Elon Anderson (1945-2013)

Sensei Victor Anderson, Godan, of Sacramento Judo Club was a life- long member of the U.S. Judo community. He had been a Nationally Licensed Referee since 1993 frequently officiated at Judo Competitions throughout California and was a certified National coach. The day before he died, he conducted a Saturday class at Sacramento Judo Club.

He started judo in 1960 as a teenager in Hayward, California at the Hayward Judo Club under Instructors C. Temple and Jack Turrentine. While enlisted in the US Army and afterward, Victor worked in many locations within and outside the United States. He obtained his shodan in Judo from the Korea Judo Association while he was stationed there. Where ever he went he found a judo dojo to train at. Where they did not exist, he would start one like at Fort Hood and Fort Belvoir when he was enlisted in the US Army. He appreciated and studied the history of Kodokan and Olympic Judo. He wrote an article on "The Four Pillars of Judo" which can be found on the internet.



He is survived by his wife Lois, six children, five grandchildren and 3 great grandchildren.

Our condolences also go out to **Teresa Smith** in the USJA's National Office on the loss of her husband.

USJA Promotions



Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|---------------------|------------------------|----------------------|
| ★ Steven K. Ariel | ★ Lewis M. French | ★ James G. Rivera |
| ★ John MC Bechard | ★ Christopher E. Jones | ★ Edward Schultz |
| ★ Antonio Bueno | ★ Andrew J. Lazarz | ★ Hudson Tabor |
| ★ Jeremy R. Bushong | ★ Jonathan Martin | ★ Gary Troxell |
| ★ Elijah Fletcher | ★ Jordan J. Rasmussen | ★ Christopher Yingst |

Nidan

- | | | |
|-----------------------|------------------|-----------------------|
| ★ Dwain K. Allen | ★ James L. Smith | ★ Earl G. Wright, Jr. |
| ★ Sean Garner | ★ Matthew S. | |
| ★ Rick Kamp | VanderHorck | |
| ★ John S. Powell, III | ★ Billy Vasquez | |

Sandan

- | | | |
|---------------------|--------------------|-------------|
| ★ Jeffrey Balzer | ★ David Rankin | ★ Kurt Walz |
| ★ Joseph Schneemann | ★ Matthew D. Tracy | |

Yodan

- | | | |
|------------------|---------------|-----------------------|
| ★ Shong W. Chiu | ★ Sheridan D. | ★ Raymond A. Williams |
| ★ David Overbury | Simmond, III | |

Jujitsu

Shodan

- | | |
|---------------------|--------------------|
| ★ Michael Bryan | ★ Bryan M. McCrea |
| ★ Willie C. Delgado | ★ Rinaldo A. Rossi |
| ★ Ronald E. Jacobs | ★ Andrew Sherman |

Nidan

- ★ Frank Del Rossi

Sandan

- ★ Richard J. Hackman

Yodan

- ★ Herbert C. "Sparky" Bollinger, Jr.

2013 USJA/USJF Junior National Judo Championships



Coming to Pittsburgh, PA -- *the City of Champions*

**Mark Your Calendars!
July 5th, 6th and 7th
Robert Morris University**

**Bantam through IJF Junior,
Novice and Open, Kata Competition**

