



# Growing Judo

## July/August 2013

A publication of the  
Club Support Services Committee of the USJA

United States Judo Association  
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### In this month's issue:

- \* **Managing Competition Stress**
- \* **Alba's First Ippon, *a Story for Young Judoka***
- \* **Judo News From Around the Country, including "The Greatest Camp on Earth"**
- \* **Coaching News, Upcoming Events, and more Regular Features**



Ryan Reser, 2008 Olympic team member & 2-time Pan American Gold medalist (2005 & 2007) was a featured instructor at the Greatest Camp on Earth in North Carolina. See pp.12-14 for more about the camp.

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**Please contribute your news to *Growing Judo*! Make sure your submissions are:**

- \* CONCISE, well-written and proofread.
- \* Your original work, or submitted with the expressed permission of the creator.
- \* Complete, with correct details (dates, contact information, etc.) and hyperlinks to event forms.
- \* In WORD format (not PDF!) or in the body of the email.
- \* Sent with photos as separate attachments in JPG (preferred) or another standard form, with permission obtained to submit photos of others, ESPECIALLY minors. *Include ACTION shots!*
- \* Sent with "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thank you for your support,  
Joan Love, Editor, *Growing Judo*  
USJA Board of Directors; Chair, Club Support Services/Regional Coordinators  
[judolady210@aol.com](mailto:judolady210@aol.com)

**EDITOR'S NOTES:** Our sincere thanks to the many individuals who 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.

I would like to extend a sincere *Thank You* to all of you who have contributed high-quality articles for publication in USJA's *Growing Judo*. You can access past feature articles on the [\*\*Growing Judo Resources Page for Club Leaders and Coaches\*\*](#), which is linked from the [\*\*Club Support Services Committee\*\*](#) and [\*\*Coaching Education Committee\*\*](#) pages of the USJA website.

--Joan Love, USJA Board of Directors; Editor, *Growing Judo*

***The next issue of USJA's Growing Judo is scheduled to be the September 2013 issue, with a submission deadline of August 23rd.***



## **A WARM WELCOME to Our NEW USJA Clubs!**

Club Name: **Erie Judo & Jujitsu Club (Class Regular)**  
Head Instructor: **Michael Bryan**  
Email: [eriedzr@gmail.com](mailto:eriedzr@gmail.com)

Location: **Erie, PA**  
Phone: **814-823-3592**  
Website: [www.eriedzr.com](http://www.eriedzr.com)

Club Name: **Okami Judo & Sambo Team (Class C)**  
Head Instructor: **Malkhaz Mekantsishvili**  
Email: [maxojudo@yahoo.com](mailto:maxojudo@yahoo.com)

Location: **Stuart, FL**  
Phone: **772-634-6386**

Club Name: **Sand Creek Tang Soo Do Academy (Class Regular)**  
Head Instructor: **Samantha Schottler**  
Email: [aikitangsam@yahoo.com](mailto:aikitangsam@yahoo.com)  
Website: [www.aikitangsoodostudies.org](http://www.aikitangsoodostudies.org)

Location: **Colorado Springs, CO**  
Phone: **719-505-6364**

Club Name: **US Merchant Marine Academy Judo Club (Class C)**  
Head Instructor: **Dave Passoff**  
Email: [dpassoff@hotmail.com](mailto:dpassoff@hotmail.com)

Location: **Kings Point, NY**  
Phone: **516-650-8987**

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### **USJA Coaching News**

I hope that all of you are enjoying your summer, and that any of you who have had dangerous weather in Texas, Colorado, California, the Pacific Northwest and elsewhere are safe and sound. To the coaches and players attending the Junior Nationals--I hope you have a good time and a productive tournament.

Although the host of the Junior Nationals was not able to schedule a Coaching Certification clinic at his event, we are continuing to certify and renew USJA coaches around the country. Special thanks to Ed Thibedeau and Ronald Allan Charles, who presented a course at the Greatest Camp on Earth in North Carolina in June and certified 17 candidates.

Keep an eye on upcoming events as there are several coaching courses coming up! The **National Coach** level will be offered again at the **YMCA International Judo Camp** in Huguenot, NY on August 11-17. Those wishing to take this course should contact Bill Montgomery, [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com), or George Weers, [g.weers@comcast.net](mailto:g.weers@comcast.net), prior to camp. Club Coach and Coach Levels will also be offered. Please come prepared to demonstrate skills on the mat for any of these courses.

Mark Lonsdale will also be offering courses this fall in California. A one-day clinic focusing on the first two levels will be offered on December 6th, in conjunction with the USJA/USJF Winter Nationals.

Have a great rest of the summer! Talk to you soon,

Bill Montgomery, Chair  
USJA Coach Education and Certification Committee

### **Congratulations to our Newly Certified USJA Coaches**

- ★ Ronni Aragona, Samurai Judo Association, Goose Creek, SC
- ★ Ruperto Arteaga, Real Judo of Naples, Naples, FL
- ★ Eric J. Balon, Shin Gi Tai Judo Club, Jamestown, NY
- ★ Andy Barker, Bushido Sports Judo Club, Pensacola, FL
- ★ Juan Rene Bastidas Marquez, Kino Judo Dojo, San Ysidro, CA
- ★ Devon Blackshear, Hilton Head Judo Kombat Club, Bluffton, SC
- ★ James T. Blocker, Gulf Coast Judo, Ocean Springs, MS
- ★ Thomas Connor, FSHJ, Fort Sam Houston, TX
- ★ Darren Max Craig, School of Hard Knocks Judo Club, Spring, TX
- ★ Cory J. Downing, Moreau's Training Center, Londonderry, NH
- ★ Steven Duncan, School of Hard Knocks Judo Club, Spring, TX
- ★ Ian M. Gerrard, School of Hard Knocks Judo Club, Spring, TX
- ★ Kerri Haydel, Shinkai Judo, New Iberia, LA
- ★ Christopher Holmes, Epic Martial Arts, McComb, MS
- ★ James Ryan Jasper, School of Hard Knocks Judo Club, Spring, TX
- ★ Anderson Leal, School of Hard Knocks Judo Club, Spring, TX
- ★ Douglas Moore, School of Hard Knocks Judo Club, Spring, TX
- ★ Rebecca Myers, Cornell Judo Club, Ithaca, NY
- ★ George V. Putnam, II, Unidos Judo and Karate Club, Murrieta, CA

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

- ★ Peter Astarbi, Staten Island Judo and Jujitsu Dojo, Staten Island, NY
- ★ Brad Bain, Fushion MBS Martial Arts, Fitness and Wellness, League City, TX
- ★ Brahim Bethi, Samurai Judo Club, Madawaska, ME
- ★ Lisa Capriotti, Samurai Judo Association, Goose Creek, SC
- ★ Rollin Craft, Way of Life Bushido Judo Club, Cincinnati, OH
- ★ Lauren Crisp, School of Hard Knocks, Spring, TX
- ★ Lela Crisp, School of Hard Knocks, Spring, TX
- ★ Adam Culp, Delray Judo Institute, Delray Beach, FL
- ★ William C. Dalton, Unattached Virginia
- ★ John Farrell, School of Hard Knocks, Spring, TX
- ★ Roland Fernando, Migoto Judo Dojo, Chula Vista, CA
- ★ Amaury Figueroa, School of Hard Knocks, Spring, TX
- ★ Tiago Menezes Goncalves, School of Hard Knocks, Spring, TX
- ★ Robert Gouthro, Samurai Judo Association, Goose Creek, SC
- ★ Joshua Heebner, School of Hard Knocks, Spring, TX
- ★ Quinn Kleerekoper, Champion Judo, Pasadena, TX

- ★ Konstantin Kulagin, School of Hard Knocks, Spring, TX
- ★ Christian Landel, Goltz Judo, Upland, CA
- ★ Craig Lightfoot, USJA Armed Services Judo and JJ Academy, Pensacola, FL
- ★ Victor Lowe, School of Hard Knocks, Spring, TX
- ★ Lester Martell, High Impact Martial Arts, West New York, NJ
- ★ Kevin L. Mason, Middle Georgia Judo Club, Macon, GA
- ★ Malcolm Medcalf, School of Hard Knocks, Spring, TX
- ★ Douglas Moore, School of Hard Knocks, Spring, TX
- ★ Matthew Patrick Neely, US Champions – Baytown, Baytown, TX
- ★ Lisa Oswald, Budokan Judo Club, Dunkirk, MD
- ★ Stephen Pate, Easy Way, Monett, MO
- ★ Al Perez, Ogden Judo Club, Bellflower, CA
- ★ Travis Rice, Ultimate Judo and Karate, Lincoln Park, MI
- ★ Andrew Ritchie, School of Hard Knocks, Spring, TX
- ★ Jorge A. Rodriguez, Bushidokan Institute, Ada, MI
- ★ Robert Brooks Robey, Unattached New Hampshire
- ★ Eveleen Soroko, School of Hard Knocks, Spring, TX
- ★ David Struewing, Motor City Judo, Livonia, MI
- ★ Michael Swiger, Rome Martial Arts, Adairsville, GA
- ★ Nathaniel Thompson, Cohoes Judo Club, Cohoes, NY
- ★ Inez Torres, Goltz Judo, Upland, CA
- ★ Brian Udland, Unattached North Dakota

*We would like to express our sincere appreciation to the following individuals for their generous support of the United States Judo Association:*

- ★ **John W. Amuedo, Kenshusei Judo Institute, Los Angeles, CA**
- ★ **Manmohan Chima, North Texas Judo and Jujitsu, Plano, TX**
- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Allen E. Johnson, Emerald City Judo, Redmond, WA**
- ★ **Richard A. Sanders, Farmington Judo Club, Farmington, MI**
- ★ **Thomas S. Seabasty, Tom Seabasty's Judo Tech, Colonia, NJ**
- ★ **Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**

*Nominations for the election of all nine Board of Directors seats begins July 1 and ends July 31, 2013. The procedures are explained on the [Nomination Form](#). Ballots will go out beginning in August and the election will take place from August 15 to September 30, 2013. Results will be announced on October 15, 2013 with the new Board of Directors being seated immediately. The first meeting will be held at on Friday December 6, 2013 at the USJA/USJF Winter Nationals in Claremont, CA.*



## **Managing Competition Stress: Understanding & Harnessing this Powerful Force**

*by Mark Lonsdale*

Stress is both a psychological (mental) and physiological (physical) condition that plagues not only athletes but also regular people in their everyday lives. However, the added pressure of high-level competition seems to manifest these stresses in more dramatic and quantifiable ways. Even for the super-cool champion who appears to have ice-water running through his or her veins, stress is still a significant factor. This is especially noticeable when entering a major competition where the stakes are high – for example, making the cut for the World Championships or Olympic team.

Over the years I have trained with numerous athletes who had racked up excellent scores in training and demonstrated considerable skill in their fields of endeavor. But these same promising competitors were unable to reproduce that performance on game day. Lacking sports injuries, illness, or other reasonable explanations, the cause of their failures could often be attributed to match pressure, nerves, stress and fear.

Fear, a close relative of stress, is an interesting phenomenon. It is often triggered by unfamiliar circumstances or a confrontation with unknown forces. For the athlete, this can equate to competing at a venue that is not familiar; against opponents of reportedly superior skill; and in conditions that are not favorable, for example, after a long flight or in a cold stadium. There can also be the more tangible fear of failure, of disappointing one's friends or family, the risk of losing sponsorship, or of not making the final cut for the team.

To remove the “unknown,” as a factor of fear from the equation, it is necessary to develop a level of familiarity and comfort with tournament sites and match conditions. This can be done by creating a strong element of realism in the pre-championship training process and, as the old military adage goes, “For as we fight, so must we train.”

There are a number of ways to make training sessions more closely reflect tournament conditions.

With larger clubs it is possible to run an entire training session as if it were a tournament, complete with referees and video replay. A better method, commonly used in Europe, is to organize a training camp where several clubs and teams can participate. This brings in more players and the opportunity to train under tournament conditions, but without the pressure of winning medals or earning points for the national roster.

Visualization is another proven and powerful tool. Say, for example, you have never competed internationally and your first international championship is to be the Grand Slam in Paris. It is relatively easy to pull up video footage of the previous Grand Slam on YouTube, and even watch many of the international competitors in your same weight division. The Grand Slam is always held at the Palais Omnisports Paris-Bercy (POPB) which has red and yellow tatami, five match areas, and seats 13,500 spectators. You can get a good sense of the stadium and the procedures for the competitors from watching videos. As you do this you can visualize yourself coming in through the chute with your coach, walking to the designated mat and bowing in. You will see all the officials and referees on one side of the stadium and the media cameras and VIPs on the other. You can expect huge applause for the French competitors and very little for you, but that does not concern you. You are focused only on your next fight, next opponent, and your attack plan. As you visualize the stadium you can also practice the positive self-talk or mantra taught to you by your coach, such as, “This is my day, this is my purpose...,” or, “First grip – first attack”

The coach should also be working to structure training so as to best prepare the athlete for each championship. Strength and endurance training are a must, but the randori sessions should also replicate championship conditions. For example, randori should be multiple 5-minute bouts with opponents of a similar weight and ability; and then every so often throw in two additional minutes for Golden Score. In this manner, and by replicating match conditions in the dojo, the athlete should be able to gauge his or her expected performance while developing a familiar comfort zone with the particular match format and duration.

Now to address the less desirable effects of stress. Looking first at the physical aspects, match stress and nerves can be manifested on several levels, ranging from shaky hands or wobbly knees, all the way up to uncontrollable body shakes or vomiting. In some extreme cases the nerve-struck individual can simply go catatonic, as seen in a classic case of stage-fright, where an aspiring thespian forgets his or her lines and is frozen on the stage like a deer caught in headlights.

So to combat stress, it is necessary to first understand what causes this very real physical reaction. We are all familiar with the physiology of the **Fight or Flight** syndrome found in the human condition. Under situations of extreme stress or fear, our primal survival instincts kick in and our body energizes itself with a burst of adrenalin to either run from danger or stand and fight. This is seen in the individual who exhibits almost super-human strength to lift a car off a loved one; or runs into a burning building without feeling the heat; or the mild mannered soldier who risks his own life under fire to save his buddy, squad or platoon.

This burst of adrenalin-driven energy and strength can be of great value in some sports such as power-lifting or judo, but equally detrimental to athletes who participate in precision sports such as archery or target shooting. Where the weightlifter or fighter has a physical and dynamic outlet for all this adrenalin and energy, the archer or pistol shooter is trying to remain calm and hold steady. Unfortunately, when competition stress creates adrenalin and over stimulates the nervous system, the only outlet is shaking, which in turn creates a loss of confidence and then even more stress. At times like these, probably the best remedy is to go for a run or get some vigorous exercise to burn off that nervous energy.

Since shaking and tremors are physical problems, as seen with accelerated heart rate and shallow breathing, they can often be reduced through physical means. A conditioned athlete will have superior cardio-pulmonary responses to stress, in that his or her heart and respiratory rates will remain slower and blood pressure lower. Therefore, having an active and healthy life style is an important first step in stress reduction for everyone, not just elite athletes.

Another physical symptom of nerves is indigestion, butterflies, and the feeling that one may throw-up. This again is the body's need to empty the stomach so that the blood being used for digestion can be better utilized by the muscles to **Fight or Flee** from perceived danger. Therefore heavy meals before competition are not recommended, particularly foods high in fat and protein which can be difficult to digest. In addition, food or drinks that contain caffeine or excessive sugar are not going to help the situation unless you are an endurance athlete or long distance runner.

However, not eating is also a problem causing lack of energy, weakness, loss of concentration, and may also manifest in a case of the shakes. Reasonable amounts of bland foods and carbohydrates, such as oatmeal, are excellent in the morning or prior to competition, and may absorb some of the gastric acids and help settle the stomach. Several light snacks during the day, such as bananas or even a PBJ, along with adequate hydration, can also have beneficial effects, supplying the energy required to concentrate and compete, without overloading the digestive system.

Now we get to the more complex psychological or mental aspects of stress control. As humans, we frequently play mind games with each other, **but the ones we play on ourselves can be the most destructive**. For some reason people persist in dwelling on and wrestling with the problems of everyday life without actively working to solve these problems. We hate our job but we don't quit. We are in a destructive relationship but we don't leave. Our car is unreliable but we don't get it fixed. We don't do well in competition but we don't train hard either. You get the idea....

All of these problems will continue to occupy your conscious thoughts until you correct them. For the athlete, it is critical that personal, professional and sporting lives are kept in order so as not to arrive at training, or enter a competition, with a myriad of mental distractions. From personal experience, I know that it is difficult for me to enjoy and benefit from a training session if I am neglecting work commitments. The solution is to first clear my office desk and emails, and then go to the dojo or target range with a clear and focused mindset.

There are, however, bigger problems in life such as personal tragedy, death or illness in the family, an ugly divorce, getting laid-off from work, etcetera. We often have no control over these, so must simply try to work through them. However, in many of these cases, having a healthy outlet and distraction such as physical training or judo can actually be cathartic (even though performance can be expected to suffer temporarily).

To be successful in championship level competition, one needs to be not only a problem solver but also a positive thinker. This may sound overly simplified but it is true. **You must think positively**. As the old adage goes, "If you think you can, you probably will. If you think you can't, you probably won't. But in either case you are correct!" The other quote that comes to mind is from *The Simple Art of Winning*, "We literally become what we think about most of the time."

Along with a positive attitude, confidence is an important component of stress reduction. Not the arrogant confidence of the big ego or pampered superstar, but the confidence that comes with hard training and having laid a solid foundation for the trials ahead.

Developing confidence begins with being well prepared. When you know that you are in the best possible condition, that you have **trained harder, longer and smarter** than "the other guy," then you will enter the competition arena with a level of confidence that is unmatched by less prepared competitors.

The first step towards becoming better prepared is to remove any possible excuses that you may be able to conjure up for not performing well. These cover the full gambit from personal fitness and finances to equipment and training. The solution:

1. Get into the best physical condition for championship judo.
2. Make a list of concerns and excuses and begin eliminating the ones that you have control over.
3. Make sure you have the best equipment you can afford. In the case of judo, this means two perfectly fitted IJF approved judogi that will just pass IJF scrutiny.
4. Make the necessary time for training and recovery.
5. Work towards getting the financial resources needed to train, travel and compete at the national and international levels.
6. Get a coach who will not only improve your technical and tactical performance but also boost your confidence.



7. Enter local and regional competitions with a realistic expectation of where you will place.
8. Expect to win in competition only if you are consistently winning in practice randori.
9. Learn to fight one fight at a time. Don't be thinking about who you may meet in the finals when you are still working your way through the preliminary elimination rounds.
10. Think of every competition as a learning experience and the opportunity to give your best. You don't need your best the day after; you need it on game day.

So the next subject is competition mindset – that delicate balance of confidence and focus that can be so easily disrupted by personal demons, or the words or actions of others.

I often ask my athletes, just before they step on the mat, “What are you thinking?” If the answer is, “Nothing,” then it is the wrong answer. An experienced coach can see on their athlete's face exactly what they are thinking and whether their mind is in the game. Inexperienced judo players will be all over the map, but experienced competitors will be focused and determined. The jaw will be set, the eyes focused, and the posture aggressive. They will be all business, no distractions.

Drawing on the Zen of Archery, and to quote from a kyudo text, “Whether one thousand arrows or ten thousand, each one must be new.” In other words, do not dwell on earlier good or bad shots, and do not think about the shots to come – only the one that is notched in the string, drawn, and ready to release. Thinking about earlier bad shots will only erode confidence, and while it is acceptable to draw confidence from a good series, this should not give a false confidence in future performance. In judo you need to stay focused and remain in the moment. You should launch each attack like it is the only attack, executed with power, commitment and confidence.

As stated earlier, the mind games that we play with ourselves can be extremely destructive. One of these is self-imposed pressure. We put pressure on ourselves to do better, score higher, impress others, or to win and make the team. Unfortunately, performance in many sports deteriorates with the harder we try. This is where one must differentiate between “trying” and “focusing.” When we try harder to do something, particularly precise movements requiring fine motor skills, we are focused on the outcome and not the form. Without good form performance deteriorates which continues to create stress. This in turn makes us try harder, only resulting in additional loss in performance and more stress. Just watch a rookie golfer on the driving range. After hitting a bad ball he curses, resets his stance, grips the club tighter, concentrates on the ball harder, and swings with more force – all of which are the antithesis of a smooth, relaxed, repeatable golf swing.

This is a vicious cycle that must be interrupted by stepping back from the abyss, taking a deep breath, relaxing and returning focus to the moment and not the outcome or the win. Remember, you are fighting an opponent who also wants that gold medal, so focus on beating him or her, and erase all images of standing on the podium from your immediate consciousness. A 5-minute match is not just one start and one finish. It is a dozen *hajime-matte* periods, each requiring total focus and commitment. One lapse in concentration in any of these grip and attack periods and you are done.

On the subject of motivation – anyone who is driven to win at the national or international level is probably a very motivated individual, bordering on being an over-achiever. It takes dedication, perseverance, confidence, and determination to win, but too much determination, unsupported by a well structured and comprehensive training program, can manifest itself as destructive stress. The important aspect of harnessing this determination is not to set unrealistic goals or make unattainable claims. For example, boastfully claiming that you will win a specific tournament only

puts the proverbial *monkey on your back* and creates unneeded stress. Remember that everyone likes to see a braggart fall flat on his face, just as the crowd likes to see an underdog, or quiet and likeable individual win Gold.

At the risk of contradicting myself, it is however important to have confidence that you can win in a specific tournament. This confidence should be derived from hard training and knowing that you have been consistently beating opponents of a similar caliber. If you cannot clean the mat in randori or *shiai* at the local level, then it is unreasonable to expect great success at the Nationals. It is, however, beneficial to compete in the Nationals, do the best you can, and learn from the experience. By removing the stress of "having to win," you may in fact perform better and exceed your own expectations. When you can go to the Nationals knowing that you can win, not just thinking or hoping, and then win, then you are ready to move up to international level competition. But it makes no sense spending thousands of dollars to compete internationally if you are barely making the top ten nationally. The money would be better spent on a two-month training period in Europe or Japan, rather than being eliminated in the first round of the Grand Slam.

Lastly, it is important to surround yourself with equally positive thinking friends, teammates, and training partners. A healthy support network of non-judgmental friends and family, who will continue to love and support you whether you win or lose, can be a major asset. Just as they can share in the joy of your successes, they will be equally supportive and encouraging during the slumps, injuries, and all too frustrating training plateaus. But when it is all said and done, it is your mindset and attitude that will make or break you as a competitor. So think positively, stay focused, train with a purpose, and the gold medals will come when you have earned them.

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

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## DOJO PROMOTIONS

*by Ronald Allan Charles*

I saw only one person in the village on my lone trek through the Himalayas. Using sign language, I asked the young Nepalese which fork in the trail led to Gosinekund. He extended his hand for baksheesh, a small amount of money for services rendered. My frugal judo adventure that lasted nearly eight years and covered 83 countries did not include tipping. So I shook my head up and down, in Indian fashion: No.

He pointed and I plodded along. About five hours later, after the trail petered out to the edge of a cliff and I realized I'd been misguided, I returned to the village. I didn't see the boy. I wasn't sure what I'd do if I could get my hands around his throat. Maybe I'd toss him from a precipice with tomoe-nage. I followed the other trail and in a few days reached my glacial lake destination.

It's not hard to get lost, even at home, if we don't receive -- and process -- information correctly. In the early 1960s Sensei told me to dye my white belt green. I was being promoted. Back then orange wasn't a belt color, and Sensei didn't think yellow was worth worrying about.

I asked if he should send in paperwork for a certificate. Had I not inquired, I would have had no documentation. Sensei told me to give him \$5 and a few weeks later handed me a card and certificate from the United States Judo Federation.

A year later, after I won my tournament division, Sensei told me to dye my belt brown. Those were days to dye for! I paid and shortly afterwards deployed overseas with the Army, my sankyu certificate and Armed Forces Judo Association card in hand.

During my travels, I taught in many clubs in about 33 countries. In some of these I encountered under-ranked judoka. Though I never promoted anyone, I did write a letter while in India to the Indian Judo Federation recommending three such individuals for testing.

My promoting anyone could have caused problems. In my own club every month or so someone joins with a judo background but lacking credentials or presenting what we'd consider club or dojo rank. Often these beautiful certificates look better than those from national organizations. Some simply say, "You're promoted."

The problem is that unless a certificate is from a national organization, it's worthless. That's not to imply that a student earning one has done anything wrong or lacks skills. But in the end, the instructor has misguided or shortchanged the judoka. It's a slap in the student's face, for he must test and pay again; and the previous instructor has wasted everyone's time with something unacceptable.

If you and I take a SCUBA course together and learn the same things, but at the conclusion you balk at paying the certification fee, you will watch my bubbles from the boat when we go diving, because nobody will fill your air tanks. What's the fun in watching someone else have fun?

Credentials make a big difference. Would you hire the college dropout who attended all classes but didn't pay the graduation fee and grab the diploma, over someone with the degree in hand? Or start a judo club in your YMCA run by a club-promoted black belt instead of a judoka with the same rank on a national certificate? Think BRAND NAME, an organization that has published standards and has been operating for a long while.

It's EASY to let things slide, to skip over details and NOT submit paperwork and fees, saving money, time, and energy. But when a person moves to another club or Sensei moves or dies -- I mean, departs to work out with Dr. Kano -- the judoka must produce evidence of rank, and dojo promotions don't cut it. How can a club-credentialed instructor promote deserving judoka to a level that other instructors would accept?

National organizations accept each other's ranks. So someone, for example, with a brown belt from the Cameroon Judo Federation can walk into my dojo with her brown belt and not have to test and pay again to prove her worth. She can begin working towards her next rank. But if someone walks in with, say a black belt from the Yaoundé Judo Club in Cameroon, that club rank would necessitate that the judoka test at whatever level he is most qualified for and pay a validation (higher than the promotion) fee. All this trouble because the last sensei did not register the judoka with the national organization.

In our country we are blessed (some say cursed) with several national organizations that accept each other's ranks and whose ranks are accepted throughout the world. I set my students right the first time by registering their promotions.

Unlike that Nepalese lad who intentionally pointed me in the wrong direction, we expect our sensei to lead or push us on the right path. Following procedures established by a national judo organization allows judoka opportunity to grow without having to retrace steps and test and pay again.

## USJA News From Around the Country

North Carolina, June 20-22



Greatest Campers, thank you for joining us at the ***Greatest Camp on Earth*** in Matthews, NC! We hope everyone had a good time, rekindled old friendships, made new friends, and was inspired by the newest drills & routines to train harder yet smarter this year. We treasure your support; without it, Camp would not be possible.

Photos from Camp may be posted to the ***Greatest Camp on Earth***'s website (<http://greatestcamp.com/camp-photo-page.html>) and Facebook page. In addition, two camp Sensei have set up additional pages (see below).

Again, thank you for making 2013 Camp an outstanding success, and stay tuned for the new exciting additions planned for next year's Greatest Camp, June 19, 2014!

--Debbie Rucker

~~~~~  
I have created an FTP share (300GB) of videos taken at camp. If you know of anyone who has taken video at camp and would like to share with others, please pass along this information.

I'll take this down in a few months so please exchange what you want.

Thanks Kindly,

Vic Reavis <ftp://belmontjudo.com>  
user: judocamp2013  
password: ABC123!@#

~~~~~  
I created a Google page for camp photos, here:  
<https://plus.google.com/u/0/b/103518253932609729963/103518253932609729963/posts/p/pub>

Anyone who wants to may join the page and upload photos and video. It doesn't cost anything.

Best, Howard Leventhal





## More photos from the Greatest Camp on Earth, 2013

Top left: **Dr. Ronald Allan Charles**, 8th dan judo, 6<sup>th</sup> dan jujitsu is presented with the **USJA Coach of the Year Award**. He has taught martial arts for over 50 years and operates USJA's largest club, the Samurai Judo Association, in Goose Creek, SC.; with Ed Szejter, Cheryl Frances Ellis & Gary Monto.



Sambo champion  
Igor Yakimov



Rafael Rosendo  
Do Santos, IBJJF



National and International Kata Champions Heiko Rommelmann and Jeff Guinta





### New York, May 9

A dinner was held to honor Cliff Wolff's 70 years of involvement in Judo! Sensei Wolff has been a USJA Life Member for over 38 years.



## South Carolina, June 1

At Joint Base Charleston's Naval Weapons Station in Goose Creek, SC, the Samurai Judo Association presented a free three-hour women's self-defense clinic to educate 18 military females about their options if they are attacked. Afterwards, we included judo demonstrations and explained judo principles. Some of the participants joined the USJA because of this course and came to the next class to begin learning. It should be noted that we offered a similar course two months ago to 22 females, but none signed up for classes. Perhaps the judo aspect, which was not part of the previous seminar, was the best selling point for attracting new students!



John Merwin demonstrates a defensive move with Dr. Lisa Capriotti

--Ronald Allan Charles



Dr. Lisa Capriotti throws Rob Gouthro



Glen Cheers' attack is thwarted



## Nevada, May 27

Judokas from Ryoku Judo Club celebrated 7 years since opening their dojo in Las Vegas. We want to thank the USJA for all the support to our club and we hope to continue promoting judo in Las Vegas for many years to come. We invite everybody to visit us!



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](mailto: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.*

### JULY

#### July 5 -7

**USJA/USJF Junior Nationals, Pittsburgh, PA.**

Please see the event website for full details: <http://2013judojrnationals.com/Home.html>.

The meeting of the USJA's Board of Directors will be held Friday July 5, 2013 at 5:00 PM at the Greater Pittsburgh Airport Holiday Inn, 8256 University Blvd., Moon Township, PA in the Sewickley Room.

#### July 13

**Subway Commonwealth Games of Virginia**, Roanoke Kodokan Judo, Hidden Valley High School, 5000 Titan Trail, Roanoke, VA. This is expected to be a very large competition with 200 - 500 players. Be prepared to compete, learn and improve your skills. Contact Tarek Moneir, 540-309-7070.

#### July 14

**California State Games**, Town & Country Hotel. 500 Hotel Circle North, San Diego, CA. Hosted by Unidos Judo Club. This is an outstanding event to learn, compete and improve your judo skills. Contact Jesse Jones, 951-461-1661; <http://www.calstategames.org>.

### AUGUST

#### August 3-4

**"Fight Like A Girl" Camp**, 2013 Southside Dojo, 8534 Portage Rd. Portage, Mi. For the 9<sup>th</sup> 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. Come join us for a fantastic event and get to know other females in our Art/Sport.

Contact Deborah Fergus, 269-208-1068 or [defrgs6@att.net](mailto:defrgs6@att.net); mention FLAG Camp in the subject line of your email.



## 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, 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](http://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

**North Bay Developmental Shiai**, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd. South, Petaluma, CA. A developmental shiai for students with none or some competition experience. The entry fee is \$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](http://www.deleonjudoclub.com/images/pdfs/northbay_shiai082013_final_v4.pdf). Contact Brenda Strech [bstrech@gmail.com](mailto:bstrech@gmail.com) or visit <http://www.deleonjudoclub.com> for more information.

## August 31 – September 1

**University of Memphis Fall Judo Camp**, featuring Jim Bregman, 9th dan Judo, 1964 Olympic Bronze Medalist, and several other great instructors. University Center, 499 University, Memphis TN. Saturday 9:00 a.m. - 4:00 p.m., Sunday 9:00 a.m.-12:00 p.m. COST: \$65 before July 31; \$80 at the door. Contact Rob Thornton, (901) 827-8808; [robthornton72@gmail.com](mailto:robthornton72@gmail.com).

## SEPTEMBER

### September 8

**2013 America's Cup**, Anderson YMCA Judo Club, Pendleton Heights High School, One Arabian Drive, Pendleton, IN. Contact John Branson, 765-624-3416.

### September 14

**WOFA Judo Club - 1st Annual Judo Tournament**, WOFA Judo Club, North Valley High School, 6741 Monument Dr., Grants Pass, OR. Contact Daniel Kallai, 541-660-9661.

## September 20-22

**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](mailto:defrgs6@att.net).



## September 29

**Mahopac Judo Invitational**, American Legion Hall, 333 Bulks Hollow Rd., Mahopac, NY. Contact Jose Martinez, 917-821-3857.

## OCTOBER

### October 5

**2013 Jack Bradford Memorial Judo Tournament**, Highland Lakes School 19000 N 63rd Ave., Glendale, AZ. Contact Steven Owen, 602-430-5361; [cheri.mckeown@gmail.com](mailto:cheri.mckeown@gmail.com).

### October 5

**3rd Annual Gateway Invitational Judo Tournament**, Overland Community Center, 9225 Lackland Rd., Saint Louis, MO. Contact Derick Ulysses Wellman, 314-223-9398

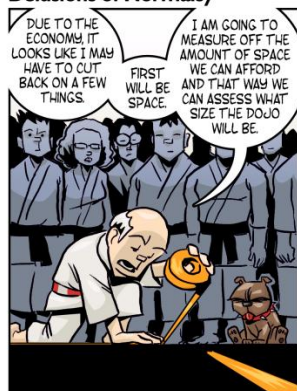
### October 12

**13th Annual Dr. Z Memorial Club Tournament**, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. [gary@goltzjudo.com](mailto:gary@goltzjudo.com).

### October 19

**2013 Louisiana Open Judo Tournament**, Hebron Baptist Church Gymnasium, 24063 Hwy. 16, Denham Spring, LA. Shiai (Masters, Juniors & Seniors) and Kata. Weigh Ins Friday evening (October 18) or morning of the event. Contact: James Wall, (225) 573-1664 or (225) 612-0934; [wallmartialarts@att.net](mailto:wallmartialarts@att.net)

### Delusions of Normalcy



Written By Del Conkright, judoshirts4you@judoshirt.com | Art by Eryck Webb, eryckwebb3@yahoo.com

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## ALBA'S FIRST IPPON

*by David Parritt*

“Good morning Alba. Sleep well? What would you like for breakfast?”

“I slept very well, Mother. Thank you for asking. What was the surprise you had for me?”

“Do you remember the Olympic Judo on television that you liked so much?”

“Yes, Mother. I loved those exciting throws and wanted to try them.”

Well, yesterday your father talked to his friend, Mr. Robertson, about you joining his judo school.”

“That's great! I can hardly wait. When can we go?”

“Tonight.”

Alba and her parents arrived at the dojo and watched from the doorway. Alba said, “Dad, I'm a little scared. That looks rough. Am I big enough to do this?”

“Let's go in” her father replied, “and find out if this is what you want to do.”

In the dojo Sensei Robertson was teaching some little ones the back fall. Dad waved.

“Hi, Mr. Robertson. This is my daughter. Alba, this is Mr. Robertson, your judo teacher.

“Hello, Alba. You may call me Sensei (teacher).”

“Can I throw someone today, Sensei? It looks like fun.”

“Not yet. First I will teach about falling, because I want you to be safe.”

“That sounds good, because I do want to be safe.”

“We call falling ukemi in Japanese,” Sensei said. “We use many Japanese words because judo comes from Japan.”

“Sensei, who invented judo, and how long ago?”

“Dr. Jigoro Kano founded judo in 1882 to help people improve themselves. Being a good person is the most important thing in judo. Alba, we have special manners in judo. When we enter the dojo (place to practice), we bow. We also bow when we enter or leave the mat or talk to Sensei.

“Why?”

“In America we shake hands, in Japan they bow. The Japanese word for bow is rei.”

“When do I get a white suit with a cloth belt?”

“The suit for practicing judo is a judogi, and the belt an obi. Alba, this is Keiko, who will help you put on your judogi.” Alba dressed out.

“Sensei, this is cool. Keiko showed me how to tie my belt, so I'm ready to fall. Does it hurt?”

“No, Alba. When you learn to fall correctly, it doesn't hurt.”

“Sensei, if it doesn't hurt, why do students yell every time they fall?”

Laughing, Sensei explained, “The shout is called a kiai. Players kiai to remove air from their lungs so they don't get the air knocked out of them. I'll teach you to fall on your sides, front, and back so

you'll be ready for a fall from any direction."

Alba learned to fall, which was fun, a little like gymnastics. The next day in class, after bowing in, Alba practiced her slaps. She quickly learned that they make falling easier. After seeing people being thrown, that seemed a good idea. In fact anything to make landing easier seemed a good idea.

Sensei explained that today she would learn how to throw. Alba thought that would be fun with someone smaller than herself. However Sensei paired her with Amanda, who was a year older and at least twenty pounds heavier than Alba.

"May I practice with someone my size? Amanda's too big."

Sensei explained that she'd be able to throw her partner after learning the parts of a throw. One of the neat things about judo is that it teaches how use the other person's force against them. Throws have three parts: breaking the other person's balance (kuzushi), entering (tsukuri), and throwing (kake).

When Alba tried her first throw, she couldn't throw Amanda. She remarked that this was hard.

Amanda explained, "To do judo you must be patient and keep trying. Judo, like many things in life, takes time and effort. Don't worry. In judo class we are like a big family, helping each other to learn.

At the end of class Alba understood much about how to throw. The next day she observed students trying their moves during free practice (randori).

Keiko explained to Alba that a player can win by throwing or holding down the other person. When kids reach age 13, they can choke and at age 16, do arm locks.

Alba thought that arm locks and chokes seemed scary, but she wouldn't have to do them for many years. She liked the idea of trying to win a match. After class she asked Keiko if players ever went all-out to see who would win.

"Of course," replied Keiko. "Before a shiai (competition) we train hard to get better at using what we learned against someone we don't know. Next Saturday will be a shiai."

Keiko asked Sensei Robertson if she could enter. Sensei told her that, because she was still new to judo, she'd have to wait. When he saw disappointment on her face, he told her she could watch.

On Saturday Keiko arrived at the school gym, surprised to see at least two hundred noisy people. Up to this point she'd never seen more than twenty at one time. She could see from their faces that some kids badly wanted to win. It wasn't like the dojo, where they were like family. Here they didn't know each other.

Alba was glad that Sensei hadn't let her enter, because she didn't feel ready. The first match was thrilling. Players fought hard for what seemed like a long time. Finally there was a loud kiai as one contestant went flying through the air to land with a crash. Alba thought that it was good that they practiced falling so much. The shinpan (referee) raised his arm straight up. Alba knew that that meant ippon (one point), which signaled the winner. After bowing, players smiled and shook hands. Alba remembered that judo was a sport that encouraged polite behavior.

When she returned to the dojo on Monday, she wanted to try randori and was told that she could. Alba went against Samantha, one of the smallest girls. She thought she could win easily. Her plan was to rush in and use her size to force Samantha to the mat. After they bowed, she heard hajime

(begin), so she rushed forward, felt herself being lifted, and heard ippon. She was surprised she'd been thrown.

After practice she talked to Sensei about being thrown so quickly. He reminded her about breaking the other player's balance while keeping her own balance so she couldn't be thrown. Alba remembered that in judo often a smaller person can throw a bigger one. Now she understood and believed what they were talking about.

She began to train even harder, because now she knew what she wanted – TO GET AN IPPON!

During the following weeks Alba tried everything she'd been taught. Judo is much more difficult to do when moving. The three parts of a throw became one without her thinking about it. Another part of randori was using newaza (ground work) when she didn't get a full point or when she fell to the mat attempting a throw. She'd try to hold down her partner long enough to win. It became important not to lie still when she was knocked down, but to roll to her side and use the shrimp maneuver to escape from the hold.

After more weeks of tough practice, she felt ready to randori with Susan, the best competitor in the dojo. She discussed this with Sensei Robertson, who told her that there was only one way to find out.

"What if I lose?"

Sensei replied, "Chances were that you will the first few times."

The next day Alba got her chance. She was nervous bowing in and felt as if she had lost already. When she heard the command to begin, she felt stiff but tried to throw Susan. Instead Susan quickly threw her. Next day she again randoried with Susan but was too worried to do well. Sensei asked what the matter was.

"I'm nervous," Alba admitted, "because I might lose."

"Why does that make you uneasy? You've lost before to Susan. What happened when you lost?"

"Nothing," Alba said. "I just lost."

"Alba, the only thing that happened was that you lost. Relax, and do your best. "

Alba thought about what she'd learned. She recalled the three parts of a throw, breaking balance, grips, grip breaks, how to stand and move, holding down, and her favorite -- throwing. She also thought about how to fall and how to escape from holds.

When she bowed in, she still was edgy, until she heard the hajime command. Alba just breathed and relaxed. When Susan tried to grab her judogi, she blocked the grab and tried to throw her, but Susan stopped her attempt and started to attack again. Both maneuvered around the mat trying different things. As Susan followed her as she stepped back, Alba caught Susan in a foot sweep, sending Susan down with a crash.

She heard Sensei say matte (stop), and when they went back to the starting line, Sensei raised his arm on her side and said ippon! Alba had scored her first ippon.

*David Parritt, 7<sup>th</sup> dan in both judo and jujitsu, leads the Samurai Judo and Jujitsu club, in Melbourne, Florida. He has taught both arts and started clubs in the Republic of Korea, the Netherlands, Panama, Germany, and Puerto Rico.*



## USJA Promotions

*Congratulations to the following individuals on their achievements:*



### *Judo*

#### *Shodan*

- |                      |                     |                        |
|----------------------|---------------------|------------------------|
| ★ Juan Rene Bastidas | ★ Eric M. Donley    | ★ George V. Putnam, II |
| ★ Marquez            | ★ Shaun P. Donley   | ★ Daniel P. Raney      |
| ★ Izet Bektasevic    | ★ Sean T. Foster    | ★ Alexander J. Snow    |
| ★ Todd Lea Boyer     | ★ Peter Kokalis     | ★ Eveleen Soroko       |
| ★ Bettyna Chery      | ★ Benjamin LaGrange | ★ Todd Venzian         |
| ★ Steven Christou    | ★ David G. Lavelle  | ★ Ismeal Walker        |
| ★ Yalkin Demirkaya   | ★ Harry Markham     | ★ Elmer D. Wood        |
| ★ Jose M. Diaz       | ★ Rebecca L. Myers  |                        |

#### *Nidan*

- |                       |                        |              |
|-----------------------|------------------------|--------------|
| ★ Charles D. Burns    | ★ Maria L. DiDio       | ★ Alex Wolfe |
| ★ David W. Carrington | ★ Stefan Habsburg      |              |
| ★ Eric J. Day         | ★ Domenick Landriscina |              |

#### *Sandan*

- |                 |                     |
|-----------------|---------------------|
| ★ James Hazel   | ★ Jimmie C. Ritchie |
| ★ Jared B. Reel | ★ Joseph Sapp       |

#### *Godan*

- |                 |                    |
|-----------------|--------------------|
| ★ Edie Connelly | ★ Mark V. Lonsdale |
|-----------------|--------------------|

### *Jujitsu*

#### *Shodan*

- |                     |                 |
|---------------------|-----------------|
| ★ Benjamin LaGrange | ★ Julio Ramirez |
|---------------------|-----------------|

#### *Nidan*

- |                   |                 |
|-------------------|-----------------|
| ★ Izet Bektasevic | ★ Jared B. Reel |
|-------------------|-----------------|

#### *Sandan*

- |                    |
|--------------------|
| ★ Nancy B. Barnett |
|--------------------|

#### *Godan*

- |              |
|--------------|
| ★ David Kahn |
|--------------|