



# November 2013

## In this month's issue:

- Ashley Interviews Cammi Kaichi
- West Point Judo Club
- Information From The New Board and USJA HQ
- Judo News From Around the Country



Photo by: Lou DiGesare/realjudo.net



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# President's Message

## Parents



From rich to poor, from featherweight to heavyweight, from victims to bullies, from aggressive to passive, I have watched students from all walks of life come through the doors of our dojo in Claremont. Many times it is the parents that are at their wits end looking for a sport for their children, who are either performing poorly in school, struggling with behavioral challenges such as Attention Deficit Hyperactivity Disorder (ADHD), or do not enjoy traditional organized sports.

There are two things I explain to parents. The first is that judo is not a miracle drug. It is a sport designed to shape young minds over a period of time. Through hard work, dedication, passion and pride they will develop character traits that will be with them for the rest of their lives. Instilling self-confidence, self-control, integrity, discipline, focus, and the ability to learn combined the humility to lose with dignity while still having the determination to keep trying in students is far more important to me than winning trophies!

Like so many things in our society, parents often assume that after enrolling their child into our program they will see an overnight change in their child's behavior. I cannot reiterate enough to those concerned parents that judo is an activity that requires an investment and commitment from both the children and their PARENTS. I often use the example of farming to explain the growth process to parents. The hard work day after day for months and maybe even years leading up to the harvest will determine how successful the crop will be.

The second thing I talk to parents about is how a student progresses within judo and the role of parents, coaches, and senseis during the participation of organized competition. The competition gives students an opportunity to test their skills, which measures their progress both personally and technically. I remind parents that participating in a tournament is a privilege and should be a reward for their child's dedication to their daily household chores, school work, and proper behavior including how they conduct themselves during their judo training.

The most important thing to remember is that whether a kid wins or loses, tournaments are a demonstration of the student's integrity, self-control and courage that they learn from their training and their role models.

Senseis and coaches all want their students to win as much as their parents do, however not every student will win first place. The way we respond to adversity during competition is as important as the competition itself.

Do you as a parent and/or coach blame the referee or tournament director when your child or student doesn't win or do you adhere to the code of conduct that is instilled in students every day? Being a positive example to your children or students and rising up to meet the next challenge will have a greater positive impact on the student's progression within judo than losing self-control, getting angry, and loudly placing blame.

There is no secret to judo. It is a wonderful and fun sport that requires hard work, dedication, passion and pride. It can be a very positive answer to parents reaching out for help as long as each of us sets an example and adheres to the high fundamental personal values and standards of behavior of this tremendous Olympic Sport that is enjoyed by so many all over the world.

USJA President



## Editor's Message

November 1, 2013

Dear Friends:

I hope you enjoy this issue of Growing Judo. As you know, this is the third issue that my team and I have produced. I honestly feel that we are starting to develop a format that works for our members.

We really need more input from you. Starting next month, the National Collegiate Judo Association will become regular contributors along side the United States Judo Federation, the Blind Judo Federation and the American Competitive Judo Association.

We have a new Board of Directors and you can expect to see some great things from them. They dedicate a tremendous amount of time with no compensation. We all owe them a big 'thank you'. Starting next month, Growing Judo will be honoring one of the behind-the-scenes volunteers each month.

This is your magazine and I hope you will become a part of it. My job as editor-in-chief is to compile your work and aid in the dissemination of it. Please send me stories, pictures and the like that you would like to see in future editions.

Respectfully,

A handwritten signature in black ink, appearing to read "Michael Hall".

**Michael Hall**  
Editor-In-Chief  
Growing Judo  
[michael@judopro.com](mailto:michael@judopro.com)







## The Office Corner

Hello and good wishes to all from the staff at USJA National Headquarters. We have been serving the judo community with this current staff that has a combined 43 years of experience working for the USJA. Yes, we are getting older but we are really getting better.

The purpose of this monthly informative piece is to make life easier for our membership. For instance, we have recently spoken to a few Coaches that were not aware of our Coaches Portal where they may access their Club Roster and see exactly where their members stand 24/7. Coaches may also access any member's information if someone should attend an event and forget to bring their USJA membership card to make sure that person is a current member, what rank they hold and their birthday. It is an incredibly valuable tool to help you manage your club. This Portal has been in effect since 2007 when we saw it as an innovative approach to assist our Coaches.

Another Coach was not aware that there was an Automatic Donation program which is done on a monthly basis for whatever amount they wish to donate and it is done automatically. In fact, some members donate more than once per month. Our wish is to provide more services to our membership with a donation program that would allow us to expand our capabilities in reaching out to those clubs that require specific kinds of assistance. We have the plans and with the funds we can make our Judo community grow at a level we could be very proud of. Many details will follow.

Friday is always a very busy day and many members and Coaches as well need a "Rush" for someone that needs to compete over the weekend. If possible, it would be wonderful if this were done well before time to make it easier for everyone. We certainly do not want to see any member not be able to compete for any reason.

The Black Belt Rank Cards have become very popular and if you obtained your Black Belt Promotion through the USJA you may obtain one. It contains your photo and Certification Number which affirms your rank with the USJA. Our Coach Badges have also been improved and many Coaches have not requested one. These are Coaches that have been certified.

We continue to come up with new ideas and create new ways to help our membership in every way possible. For any questions we are available and at your service to help resolve any issues you may need assistance with.

The entire office staff looks forward to working with you and we thank you for your support.

**Katrina R. Davis, Executive Director**

**Michael Lucadamo, Office Manager-Michael Marra (Author)**

**Robin Ridley, Membership Services**

**Teresa Smith, Membership Services**

# USJA



# Regional Coordinator's Message

## Work in Progress



Another month has past and we are now back into tournament season. Dojos are training hard and preparing for upcoming events. Jimmy Perez of Iron Fighter dojo in Miami hosted a fantastic Randori camp on October 19th. Real Judo of Naples, Kodokan Judo of Cape Coral and Champion Judo of Miami all participated.

At the event there were several Competitors that were competing on the National team in both the Pan America Games and Harnes France. All the funds raised were donated to cover the expense of the competitor's trip Good luck to all of them.

As a member of the executive board for the USJA I have been pressing for the reestablishment of the Development fund. This would be a National fund that would help those Judoka competing on a National or International level. We are on the beginning stages of getting it going but will have more information on hand soon.

All the new dojos with the USJA should be receiving an e-mail from our Vice Chairman of the Regional Coordinators Celita Shutz. In the e-mail she will welcome you to the JA and ask if the organization can help you with certifications or clinics to help you grow. If you are a new dojo please take time to answer this e-mail.

Ron Charles has been great forwarding information about events such as tournaments or camps in North Carolina which I then forward to all the coordinators in the country.

There are several locations within the country that do not have a regional coordinator. If you are interested please send me an e-mail your plane to build Judo both in quality and number in that area. Please remember that the position is active and we want people that are going to work building judo.

In the North Eastern section of the country Dave Goodwin owner of Bushido Dojo on Staten Island is working hard to coordinate events. This weekend he got together with several clubs in the area and participated in the Battle of the Dojos in Staten Island New York. The event was hosted by Long View Academy of Martial Arts under George Guzman also from Staten Island.

Three Time Olympian Celita Shutz is working hard to develop a new tournament to take place next June on Staten Island. Celita who is the head instructor for Kokushikai dojo located in Fair Lawn New Jersey is working together with Dave Goodwin of Bushido dojo located in Staten Island. This tournament is expected to be a regional event and draw a large number of competitors from the area.

I would like everyone to remember that the USJA/USJF Nationals in Hawaii will have Senior and Master divisions. This should be a great event.

**John Paccione**  
Chairman



# USJA Treasurer's Report

I just took a look at the financial statements for the year for the USJA. There are monthly statements from December 2012 all the way through August 2013, which detail all assets, liabilities, and accounts for the organization.

Just to familiarize myself with the statements, I took a look at the biggest assets, income, and expenses and tried to see how they changed throughout the course of the year. Below are some high-level findings:

- The largest revenue account for the organization is Membership Dues. On average, the USJA brought in over \$25k per month last year in Memberships. This year they are averaging just over \$24k per month.
- June, July, and August were the weakest months for Membership revenue, averaging \$19k per month. However, if last year is any indication, the winter months should bring in the most money.
- The largest expense for the organization is Payroll, which has increased by 2% over last year.
- From January through August 2013 the USJA has seen a \$49k increase in net assets vs. a \$22k increase in net assets through all of 2012. As long as Membership Dues continue or increase and we keep expenses low, 2013 should be a financially healthy year.

John Paccione  
Treasurer



## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Michael Ocampo, Samurai Judo Association, Goose Creek, SC
- ★ Lionel A. Pichereau, Virgil's Judo Club, Indianapolis, IN

## USJA Donors



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

- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Marian S. Kusz, UM-Flint Judo Club, Flint, MI
- ★ Gary Russell, Evansville Bushido, Mt. Vernon, IN
- ★ Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX





# First Board Meeting

The first meeting of the new USJA Board of Directors was held on October 15, 2013 in Chicago. Gary Goltz, who Board re-elected as President thought in advance that the new Board should meet as soon as they were legally seated so that they could meet one another with no outside interference. Traditionally, the Board meets at the Winter Nationals and the Junior Nationals. Also present were Katrina R. Davis our Executive Director, Michael Lucadamo, the Office Manager and Michael Goldsmith, USJA's Corporate Counsel.

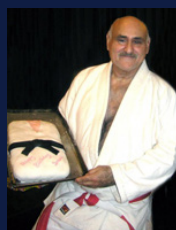
Other members elected to hold office on the Board were Marc Cohen, Vice President, John Paccione, Treasurer and Andy Connelly, Secretary; Debra Fergus, Michelle Holtze and Sparky Bollinger round out the other members of the Board.

The members of the Board successfully tackled a very ambitious agenda .

Tentatively, the Board will meet again at the Senior Nationals in Irvine Texas where they will have access to the board meetings of USA Judo and the USJF.

Our Board is meant to represent and serve the members of the United States Judo Association and they welcome input from each and every member. The contact information for each Board member is on the official USJA website. Feel free to get in touch with them on any issue that you may have.

## Marc Cohen's Bio



Marc Cohen has been competing and teaching Judo for over 50 years in New York City and Long Island. He holds a 6 th degree black in Judo and heads up the Go Rin Dojo in Long Beach, NY.



# Judo News from Around the Country

Next NFL Superstar

<http://www.youtube.com/user/junoh0113>



## Seung Jun Oh's Bio



Seung Jun Oh, 4th dan and who was High School Judo Champ in South Korea has been part of Goltz Judo since moving to California. He graduates NCCU and is currently part of the NFL Draft and hopes to be picked for next season!



# Judo News from Around the Country

## The First Year

The questions seem to be the same over and over "How did you all do that in just a year?," "How do you get so many people involved?," and "What is your main focus for Judo?" Those questions are all very closely related. I would like to pass some information on that I hope will help those new clubs just starting. In the first year of Christ's Community Judo we became a top 5 USJA club with over one hundred students. Thanks to the ladies at USJA headquarters to make a quick last minute rush to enter those final students it was a year to the day. Starting a new Judo Club was a huge challenge. Sensei Ibra Brewton, Pastor Chris Sloan, and myself, were not really for sure of the direction we wanted to go and what to expect along the way. Heck we didn't even know what our plans were except; step one start Judo Club. Step two..... Well.... Was a little blurry.



Once we figured out why we were drawn to form our club then we could create our plan. The Joplin area had been hit by one of the deadliest tornados in history and many families were struggling with pinned up emotions and daily struggles. We also knew of many children that needed a place to learn positive things in life and others that needed to proper influence. We felt that Judo was a great key. Judo is a great way for students to learn life lessons. Don't make the mistake of overlooking the traditional Judo teachings. In the last issue of Growing Judo Sensei Ronald Allan Charles wrote about kata. We love kata! It takes great discipline and dedication to learn a Judo kata. It can also be used as a great teaching tool. Competition is a valuable part of Judo but overall more students and parents these days don't wish to participate in competition. If we forget about these students then we are missing out on the core values! Don't push away competition students either! We have a saying "Make it your Judo", which means we set the values and the student makes their own path.





# Judo News from Around the Country

## The First Year



So now the question came of what do we want to teach and how are we going to teach it. This area was a huge undertaking. We didn't want to do the same old thing over and over and over..... We had to be willing to try things. We had to step outside of our comfort zone and things we were taught to experience other avenues. This was tough to do, but the rewards were amazing. We listened to many different instructors from many different martial arts. We also looked outside of the martial arts world to figure out tools and methods to assist us. You don't think much about it normally but can you imagine how many different methods of teaching a forward rolling ukemi there are. I can tell you there is way more than I ever thought and we tried tons of them. Listening to our students tell us how they felt about certain class lessons and plans made our decisions on how we would

teach. It is easy to walk into class and say "Today we are going learn O-soto Gari", but where is that leading to? Having an overall lesson plan and evaluations plan in place was the key. We have a constant on going lesson plan in place but allow for individual time to work on personal Judo plans and it is a great success. We are always looking for new methods of teaching and new ideas because we keep an open mind that we are ever changing.

Have you ever had a discussion with a parent about their feelings on martial arts in general without them knowing who you are? That was a big lesson for myself! There are very few parents who would send their child to a dojo with a sensei who puts himself on a pedestal and the students are in a class learning to be an extreme warrior. I will never understand how a club can justify teaching hardcore martial arts to kids. If you connect with students and parents on the same level and use plain language they can understand, there will be better chance in obtaining and retaining students. One of my fears is a student moving away and signing up for Judo somewhere and finding out they are in Judo there to be cage fighters. The values of Judo are the key! It didn't survive all these years by training little warriors. It survived on what Judo teaches the person. One of the things that I steer away from for kids and new students is the "workout". I get calls from Judoka and future students asking when our workout are.... My answer is "We really don't have workouts here we teach Judo and we would love to have you come learn and get great exercise but if you are looking for just a workout then there is a gym nearby". If you only focus on a great workout then what happened the great lessons learned. Students need the basic core values before the more intense training sessions. This will help keep the injuries down and that student willing to stick with the Judo class. The less you scare a new student the more chance you will obtain that student.

Overall try to figure out why you want to start the Judo program. Figure out your lesson plans and get them implemented. Listen to students and parents they will help guide you in your lesson plans and overall Judo program. I'm sure everyone by now is wondering why this article is so geared to children. They are the next generation in Judo. They are the most important student out there! Kids are our main focus and what keeps us growing. Scary isn't it.....

If you would like to contact me feel free to. [judosensei@cabloene.net](mailto:judosensei@cabloene.net)

### Justin L. Weston's Bio



Justin is lead Sensei of Christ's Community Judo in Joplin Mo where his wife Michelle and two kids Shaye and Drake also participate and teach. He serves as USJA Midwest Regional Coordinator, Chief of Newton County Rescue & Recovery, and assists managing two family business.





# Judo News from Around the Country

## Dr. Z Memorial Scrimmage



Goltz Judo held its first club scrimmage under our updated sanction rules. The difference being as a club or dojo event with limits on space the dynamic edge was not used. We have been holding events like this in our dojo since 1992 in order to provide grassroots opportunities to judoka who rarely venture out to big tournaments. They have always been relatively inexpensive, smoothly run, and fast We do 3 a year (spring, summer, and fall) in addition to hosting the Winter Nationals. This one which was renamed from the Halloween Club Tournament to the Dr. Z Memorial Tournament after he passed away in 2001. Dr. Z was one of my mentors and actually suggested I start holding these on our flight back from coaching the International Blind Judo Team at the their World Championships held at the Kodokan in 1991. Dr. Z also told me on that flight that someday I would be a major leader in judo which at the time seemed ludicrous but that's another story!

We had approximately 180 competitors from 30 clubs and still managed to finish by 4PM. For more photos go to [http://www.garywagstaffphotography.com/g/dr\\_z\\_2013](http://www.garywagstaffphotography.com/g/dr_z_2013) to view the complete list of results go to <http://goltzjudo.com/Goltz%20Judo%20Dr.%20Z%20Results%2010-12-13.pdf>





# Judo News from Around the Country

## JMJC Win 22 Medals at Morris Cup

Burnt Hills, NY - The Glenville based Jason Morris Judo Center (JMJC) won 22 total medals including 8 Gold at 12th annual Morris Cup to win the team title for the fifth consecutive time and seventh overall. The JMJC has won titles in 2002, 2007, 2009, 2010, 2011, 2012. The Morris Cup is an "E" level event for USA Judo as athletes can earn valuable point on the USA Judo points roster. Burnt Hills High graduate and 2012 Olympian, Kyle Vashkulat(23) cruised to win the +100kg title and the \$300 first prize award for winning in the Elite divisions. Also among the JMJC gold medal performances where BHBL graduates, Hannah Martin(25) and Jack Hatton(18). Martin dominated to claim the 63kg title and Hatton won an epic 20 minute overtime bout in the final against Solomon Jojua (Georgia) to win the 81kg under21 category. Burnt Hills Senoir, Chris Alaynick (18) won a gold in the 90kg under21 division and SCCC student Maria Dhami (18) captured gold as well in the 52kg under21 category. SCCC Student Alex Turner (20) displayed a variety of techniques to dazzle the crowd to win the 73kg under21 title for the JMJC. Turner posted a whopping 16-2 record on the day earning him the Rene Capo Trophy for "Most Inspirational" athlete.

The Morris Cup, which was founded by 4x Olympian, Jason Morris and named after his father (Bernie) is hosted by Glenville's own Jason Morris Judo Center and is held at the Burnt Hills High School in Burnt Hills, NY. The Morris Cup is the last leg of the "Zebra Tour" which includes the Starrett Cup, Pedro's Challenge, Ocean State International and the Morris Cup. The Starrett Cup and Ocean States were not held in 2013 but hope to have them back in 2014 for the Zebra Tour which started in 2006. There were over 500 total competitors from 14 states, CA, CT, GA, IL, IN, MA, MD, NH, NJ, NY, PA, RI, VA, VT, Nova Scotia & Prince Edward Island, Ontario, Quebec & Georgia. "This was overall the most successful Morris Cup in its history" Olympic Silver Medalist, Jason Morris said. "We are grateful for all our athletes, parents & volunteers as well as everyone who came this year to make it such a terrific event" Morris added.

## SAVE THE DATE: Morris Cup XIII Judo Championships - October 12, 2014

### Special Awards:

- *Nicolas Gill Award* (Most Outstanding Sr. Male)
- *Alaa El Idrissi* (Mayo Quanchi)
- *Jimmy Pedro Award* (Most Outstanding Sr. Female)
- *Jessica Klimkait* (Ajax Budokan)
- *Jason Morris Award* (Most Outstanding Jr. Male)
- *Mael Stawarz* (Anjou Judo Club)
- *Teri Takemori Award* (Most Outstanding Jr. Female)
- *Adriana Portuohdo-Isasi* (Boucherville)
- *Dave Grimes Award* (Potential & Sportsmanship)
- *Jacob Landry* (Seikidokan)
- *Rene Capo Trophy* (Most Inspirational)
- *Alex Turner* (Jason Morris Judo Center)







# Judo News from Around the Country

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Once we figured out why we were drawn to form our club then we could create our plan. The Joplin area had been hit by one of the deadliest tornados in history and many families were struggling with pinned up emotions and daily struggles. We also knew of many children that needed a place to learn positive things in life and others that needed to proper influence. We felt that Judo was a great key. Judo is a great way for students to learn life lessons. Don't make the mistake of overlooking the traditional Judo teachings. In the last issue of Growing Judo Sensei Ronald Allan Charles wrote about kata. We love kata! It takes great discipline and dedication to learn a Judo kata. It can also be used as a great teaching tool. Competition is a valuable part of Judo but overall more students and parents these days don't wish to participate in competition. If we forget about these students then we are missing out on the core values! Don't push away competition students either! We have a saying "Make it your Judo", which means we set the values and the student makes their own path.



# Judo News from Around the Country

## Judo Seminar at the Sarasota Judo Institute



Sensei Chris Ritchie being awarded his Nidan



Judo Seminar at the Sarasota Judo Institute



Earl and Royce Gracie



We wear pink every year for cancer awareness. Last year we raised \$4000.00 for a children's cancer foundation.



# Judo News from Around the Country

## World Judo Day

Goltz Judo celebrated World Judo Day every year on October 28th which is also the birthday of Jigoro Kano. Isabel Cabeiro of Goltz Judo's Parents Association designed and prepared a special certificate which distributed by Sensei Brad Karmann & Sensei Tony Farah at the end of the class to over 50 students.



Ryley Swift



Brad with panel belt Tony with black belt & a few of those who received the certificates



Here is a photo of the participants at Harrisburg Brazilian Jiu Jitsu and Judo. We had about 65 participants at our event which was open to the public and featured an introduction to judo including throws, pins, submissions, break falls and self defense.

# Ashley Interviews Cammi Kaichi



Cammi with Aunt and Coach, Teri Takemori



Kaichi (blue) in action at the 2012 Miami World Cup



Kaichi (blue) in action at the 2012 US Open

## How many times per week do you do judo and for how many hours?

I practice every week, five days a week for 2 hours a day.

## Tell me about your diet:

I usually don't diet but when I do I usually cut out the bad carbs such as bread and try to eat lots of protein and drink lots of water.

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

I gave up living in Southern California near a beach, being close to my family and going to grad school to get where I am today.

## What is your exercise schedule? (weight lifting, running, etc.)

I try to workout and run 3 to 4 times a week. When I workout I do push-ups, sit-ups, and pull-ups.

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

If I could start over I would've moved and done judo sooner at the Jason Morris Judo Center.

## What is your favorite gi brand?

My favorite gi brand is Kusakura.

## What are your goals as a judoka?

My goals as a judoka are to make a world team and to make an Olympic team.

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

My proudest moment in judo was when I placed in the Taipei World Cup. My most disappointing moment was losing my match in Paris when I lost in the last second of the match that I was winning.

## How do you prepare for a tournament?

I prepare for tournament by training as hard as I can everyday and then as it gets closer to the tournament I work out harder outside of judo.

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

The advice I would give you is to train hard every day and learn to love the grind and the training because that is the best part about judo. If you want it you can do it. You can't always be the best and you can't always win so when you don't win don't ever be discouraged.

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

If someone wanted to contact me, they can email me at [cammi\\_87@yahoo.com](mailto:cammi_87@yahoo.com) or find me on Facebook.

Photos by: Lou DiGesare/realjudo.net

Photos sponsored by: Jason Morris Judo Center

## Ashley Hall's Bio



My name is Ashley Hall. I am a 13 year old blue belt, and have been doing Judo since I was 8. Before that I did kickboxing. I am in 9th grade. My goal is to be a national champion and teach Judo on the side.



## Judo off the Mat...

### Is Judo a good method of Self-Defense?

Have you ever met someone and told them that you trained in Judo? Did they ask you how many bricks or boards you can break with your hand? Did they ask you to show them your knuckles or demonstrate a "deadly Judo chop?" Did they believe that you can take on (10) enraged opponents and walk away without breaking a sweat? I am sure one of the questions or scenarios has crossed your path at least once in your Judo career.

The fact is Judo is a Martial Art. It can be a system of self defense, but most of us train in Judo for sport, competition, for physical conditioning and a great amount of self satisfaction. We do not do it for immediate gratification that other Martial Training offers. We do not break inanimate objects or swing sticks, or knives or shoot guns. We are not lured by the desire to achieve fancy colored belt ranks. Our motive is to prevail in randori, pursue internal objectives, and achieve personal excellence. Certificates and belts in the overall scheme of things is artificial and commonly used in many schools to soothe ones ego, while the Instructor charges exorbitant testing fees, and fatten his/her pocket.

So you may be thinking how good is Judo if I am attacked? Judo in my humble opinion is the toughest and most misunderstood form of martial training out there. There is no secret to Judo. We study and understand the physics that apply. We add body mechanics. We master the body mechanics and become body efficient. Mastering body efficiency develops speed and power. We know the body goes where the head goes and space creates escape. Most other Martial Arts do not train with these concepts and principles. They are left severely misunderstood. In looking at how the Samurai fought some centuries ago, we see that the throwing techniques we use today are variations of what was apart of their regiment of training. They needed to learn to utilize and master the Wakizashi (long sword on a horse), Katana (shorter sword for fighting) and Katana for in close fighting. They needed to learn to shoot a bow. They needed to learn to block, punch, and kick. They learned to utilize an opponent's strength against them by grabbing the heavy body armor and using it to slam an opponent to the ground. Lastly, they learned to utilize crippling joint locks to disarm an attacker to use strangulation to put him to rest. It has been told that the current Judo Gi was the initial underwear to the Samurai to be worn under their heavy body armor and protect their skin.

Many Karateka and Samurai trained in a method called Bogu Kumite. It originated in Karate schools in Okinawa, and was a unique and rough style of full contact training. It was the concept of the "one blow, one kill" concept of Karatedo. The participants are discouraged from using feints and are expected to throw full power blows. These telegraphed attacks could easily be blocked and the attacker's energy blended, and then used against them. This enabled the defender to slam the attacker on their steel gear or cage on their mask, causing a knockout allowing the defender to then disable or kill their opponent. I believe this may be the embryo of today's Ippon in tournament play. You can see some of this style of training as shown in Nage No Kata, with telegraphed attacks being met and blended into Nage Waza. You can also see some of the gripping of the body armor executed in the Sutemi Waza portion of the Kata as well as other areas.

In today's world, this style of fighting does not really exist. No one stands off and waits to execute a telegraphed full power blow that can be seen from the Grand Canyon coming forward. Today's street fighter is much more treacherous and illusive using surprise attacks and multiple strikes. The Judoka does not practice numerous blocking, striking, or kicking techniques. This leaves him at a distinct disadvantage. However, statistically speaking most fights do wind up on the ground. This is where of course the Judoka excels. We are born with two fears; one being loud noises, the other is falling. As a child we become accustomed to loud noises by hearing radios, music, car horns, doors slamming etc. Unless you are skilled in Ukemi by training in Judo, Jujitsu, Aikido or other grappling styles, the fear of falling never leaves you. This is a tremendous advantage to a Judoka. If a minor throw is executed against an approaching attacker, (foot sweep, Ko Uchi Gari, O Uchi Gari, Ko Soto Gari etc) and the attacker lands hard on his butt, I promise his fear of falling will take over and the surprise of a hard Ukemi should take the wind from his sails. If a knockout is necessary a hard Tai Otoshi, O Soto Gari, or Ippon Seio Nage will end the fight while slamming the attacker to the floor and landing on him. By the definition of physics, when the thrown body hits the ground and another body lands on top, the energy will do maximum damage to the body being thrown. This action on cement, street, or other hard landing surface other than tatami will surely cause a knockout. Right behind this, the Judoka has the ability to use Kata Gatame, Juji Gatame, or one of the strangulations practiced..





# Judo off the Mat...

## Is Judo a good method of Self-Defense?

In my opinion, Judo should NOT be used as a primary weapon in the street. It should be used as a finishing technique. One must achieve skills in blocking, striking or blunt trauma weapon defense, to become more well rounded to a street attack. It is very difficult to stop a moving human hand by means of gripping it. You must learn to block the attack, shock, soften, misdirect your opponent and then throw, joint lock or choke. It is virtually impossible to apply any of these techniques on an angry violent attacker without first "softening him up."

One of the deadliest Judo techniques I have developed for street application is O Soto Gari. I would only use this against an attack against a blunt trauma instrument coming at my head (not to be used against a knife). This application of the throw will cause severe damage or possibly death. A blunt trauma instrument coming at a human head is utilizing Deadly Physical Force against that person and death can occur. In most states, when Deadly Physical Force is used against you or another party, the same amount of force can be used to defend, (\*\*Please check you local or state laws for clarification\*\*). When an attacker swings a blunt object with his right hand at you, you must move into the direction of the blow and block hard at the wrist with you left hand and pull the arm down. This will make the striking object pass your body. Prepare to step in for O Soto Gari. Rather than grabbing the lapel, grab under the attackers chin, cocking his head back causing severe kuzushi. Hook his standing leg with yours and hop in hard, and reap his standing leg. Due to the fact that his head is cocked back so far, the first part of his body to hit the ground will be the rear portion of his cranium. THIS IS A SEVERE AND DEADLY THROW AND SHOULD ONLY BE USED OF YOUR LIFE DEPENDS ON IT.

Be safe, train hard and God bless. Train realistically and please train often.....

### Louis A. Balestrieri's Bio



LOUIS A. BALESTRIERI from Brooklyn, New York was a retired police detective from the New York City Police Department and a member of the NYPD Honor Legion, decorated (23) times for acts involving grave personal risk while in the line of duty. He is a Black Belt in Judo and ranked in Tang Soo Do / Moo Duk Kwan Tae Kwon Do. He is the founder of Ultimate Warrior Training System and Montgomery Judo Academy, Montgomery Alabama.





## Announcements

For those of you who wish to participate in Free Sunday scrimmages here are the dates:

Year: 2013

Dates: 11/10 & 12/15

Year: 2014

Dates: 1/19, 2/16, 3/16 & 4/20

Members under 13 will compete from 12 noon- 1 pm

Members 13 and older will compete from 1:15 pm- 2:30 pm

The scrimmages will be held at the Hicksville AC.

**169 N.Broadway, Hicksville**

If there are any questions please contact Dave Passoff at (516) 650-8987

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Jr, Youtube: JA now has a YouTube Channel!

[http://www.youtube.com/channel/UC6EA\\_Cxr8B3HcQwDCvDJ7bQ](http://www.youtube.com/channel/UC6EA_Cxr8B3HcQwDCvDJ7bQ)

There are 26 videos which is about 4.7 hours of viewing time that's stock full of the Legendary Hal Sharp's archives and instructional videos initially aim at juniors.

## USJA Board Members & Officers as of October 2013



★ **Gary S. Goltz, President**  
Cell: 909-702-3250  
E-Mail: gary@garygoltz.com

★ **Marc Cohen, Vice President**  
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★ **Andrew Connelly, Secretary**  
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★ **John Paccione, Treasurer**  
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★ **H.C. (Sparky) Bollinger**  
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★ **Deb Fergus**  
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★ **Michelle Holtze**  
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E-Mail: m-holtze@juno.com

### Non Board Members:

★ **Katrina Davis, Executive Director**  
Office: 877-411-3409  
Fax: (888) 276-3432 Fax  
E-Mail: katrina.davis@usja-judo.org

★ **Mike Goldsmith, JD, Legal Counsel**  
Cell: 917-673-0155  
E-Mail: judohawk@hotmail.com





# Upcoming Events

## Team Championship

Awards: 1st, 2nd & 3rd Place Participation Medals. Pairings to be posted at venue. Come and participate and learn, compete and improve your judo skills.

**Event Type:** Tournament  
**Start Time:** 11/09/2013 9:00 AM  
**End Time:** 11/09/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** State  
**Sanction(s):** 13-074

**Club Name:** Tomodachi Judo Club  
**Contact:** Michael Szejter  
**Location:** Atlantic Community High School  
**Address:** 2455 West Atlantic Avenue  
**City:** Boynton Beach  
**State:** FL  
**Zip:** 33425  
**Phone:** 561-496-7000  
**Website:** <http://www.judous.com>

## 11th Annual Red, White, and Blue Classic

Opening ceremonies will begin at 11:30 AM with Master and Junior competition to follow. Come and participate in this classic event!

**Event Type:** Tournament  
**Start Time:** 11/09/2013 9:00 AM  
**End Time:** 11/09/2013 7:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-063

**Club Name:** Marion Pal Club Judo  
**Contact:** Bruce Bender  
**Location:** St. Paul Parish School  
**Address:** 1009 Kem Road  
**City:** Marion  
**State:** IN  
**Zip:** 46952  
**Phone:** 765-603-0354

## The First Annual Ippon Judo Championships

Awards: Three Foot Trophies for First Place and cash awards for Grand Champions

**Event Type:** Championship  
**Start Time:** 11/10/2013 7:30 AM  
**End Time:** 11/10/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-069

**Club Name:** BMA Judo Club  
**Contact:** Reginald Sutton  
**Location:** Hamden Middle School  
**Address:** 2623 Dixwell Ave  
**City:** Hamden  
**State:** CT  
**Zip:** 06514  
**Phone:** 203-676-4335



# Upcoming Events

## UT Martial Arts Club Annual Tournament

Awards: 1st, 2nd & 3rd Place Medals in each weight division. Save time and register online. Come and compete, learn and improve your skills.

**Event Type:** Tournament  
**Start Time:** 11/16/2013 9:30 AM  
**End Time:** 11/16/2013 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Local  
**Sanction(s):** 13-061

**Club Name:** U Of TN Judo Club  
**Contact:** Michael Takata  
**Location:** Health, Physical Education, & Rec Bldg  
**Address:** 1914 Andy Holt Avenue  
**City:** Knoxville  
**State:** TN  
**Zip:** 37996  
**Phone:** 865-300-6453

## Nakabayashi Judo Championships

Under the auspices of the Metropolitan Judo Association the Nakabayashi Judo Championships for both male and female will be held at Salesian High School. Awards: Trophies for 1st, 2nd, & two 3rd Places. Team trophy for Club scoring the most points.

**Event Type:** Tournament  
**Start Time:** 12/01/2013 11:00 AM  
**End Time:** 12/01/2013 8:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-070

**Club Name:** Bronx Judo  
**Contact:** George Pasiuk  
**Location:** Salesian High School  
**Address:** 148 E. Main Street  
**City:** New Rochelle  
**State:** NY  
**Zip:** 10801  
**Phone:** 718-430-9385

## USJA/USJF Winter Nationals

This premier event occurs the first weekend of December each year. It is sponsored by the USJA/USJF Grassroots Judo partnership and hosted by Goltz Judo. It is increasingly one of the most attended and outstanding events in the Country!

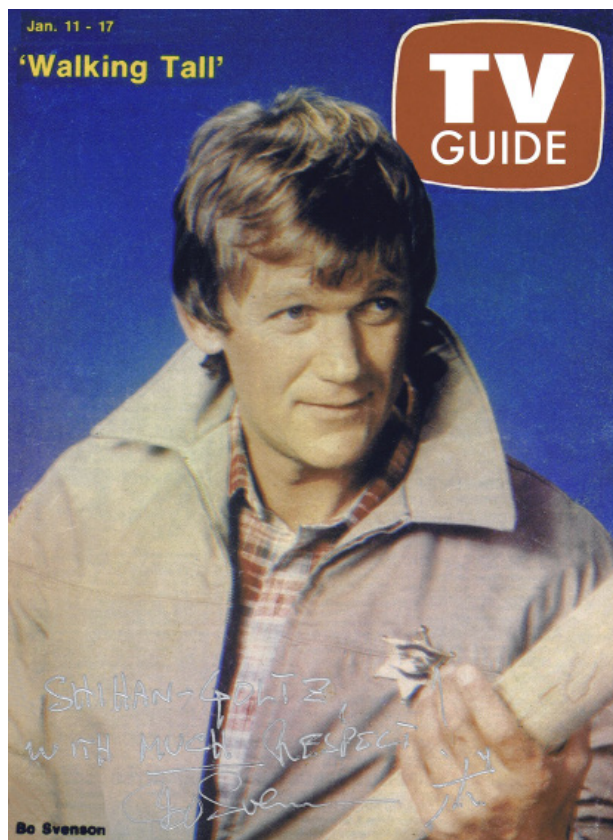
**Event Type:** Tournament  
**Start Time:** 12/07/2013 8:00 AM  
**End Time:** 12/07/2013 6:00 PM  
**Competition:** Junior, Senior, master, Kata  
**Level D Local:** National  
**Sanction(s):** 13-015

**Club Name:** Goltz Judo  
**Contact:** Gary Goltz  
**Location:** APU Felix Event Center  
**Address:** 701 East Foothill Boulevard  
**City:** Azusa  
**State:** CA  
**Zip:** 91702  
**Phone:** 909-399-5490  
**E-mail:** gary@garygoltz.com





# USA Judo Masters



Fellow US Master Judoka,

Bo Svenson here. USA Judo recently appointed me chairman of USA Judo Masters and Manager of the USA Judo Masters World Championships Team.

As I assume my duties I cannot ignore the state of judo in US.

The USJA and the USJF do a fine job developing our young judoka, and USA Judo does its best with them competitively, but how are we REALLY doing?

With a population of 330 million we have about the same number of judoka as Sweden with its population of 10 million; and whereas we have about 30,000 judoka in USA, France with its population of 67 million has 600,000!

We can accomplish anything in the USA - and that includes becoming more competitive with other nation's judo programs! We have the resources!! Let's use them!!!

As I see it, the US judo masters community has what it takes to get an even better US judo program going - and we can accomplish much more by working together than apart; to that end, I am asking accomplished sensei and coaches from our major organizations to help me develop a format that US judo masters can use in their communities to help broaden judo's appeal.

I would appreciate that you help me serve US judo by sending me an email with your comments and that you ask other US judo masters to do the same.

Thanks!



## Bo Svenson's Bio



The United States Olympic Committee's Team USA has through USA Judo appointed Mr. Svenson Chairman of USA Judo Masters and team manager for the USA Judo Masters Team competing in the World Judo Masters Championships in Abu Dhabi November 18-24, 2013. For more information: <http://www.bosvenson.com/bio.htm>



WEST POINT  
柔道

# Alex learns about West Point Judo

West Point Judo

845-938-6648

Arvin Cadet Physical Development Center , West Point NY

Armyjudo6@aol.com



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

West Point Judo is a collegiate Judo program; therefore, all athletes are college students.

## 2) Are you a competitive club?

Yes

## 3) How many hours a week do you have class?

We train about 10 hours a week.

## 4) Do you have another class besides judo?

No

## 5) What do you specialize in?

Competitive Judo

## 6) If someone wanted to come and visit your club how much would the mat fee be?

Needs to be coordinated ahead of time and there is no mat fee

## 7) Do the members socialize outside the dojo?

Yes, members of the team work together in and outside the dojo.

## 8) Does your Club have a team image?

No, just the Army Black Knight

## 9) Tell me about your club culture.

Athletes at WPJ consider themselves student-athletes. The dojo is a home away from home for all the athletes. It is a brotherhood that allows them to grow and at the same time gives them a common experience at West Point.

## 10) What is it like to do judo in the military?

Cadets are very busy so they have to work hard to ensure they balance all their responsibilities. It is fun but can be challenging.



## Alex Hall's Bio



My name is Alex Hall. I am 15 years old blue belt. I am in 10th grade. My goal is to make the 2024 Olympic team . I started judo 6 years ago at the age of 9. After my dreams of becoming an Olympian I would like to be a veterinarian and go to West Point or the Naval Academy.



From our friends at



## Blind Judo Foundation Supports End of Bullying and National Bullying Awareness Month Not Only in October but Throughout the Year

Coaches, instructors and trainers at Cahill's Judo Academy are training the blind and visually impaired Judo athletes of the Blind Judo Foundation as champions against bullying. Athletes learn to employ Judo tenets learned on and off the Judo mat such as confidence building, character development, humility, respect and responsibility.

It is time when communities, organizations and individuals unite nationwide to raise awareness of bullying prevention through events such as the sport of Judo taught by Coach Willy Cahill, Co-Founder of the Blind Judo Foundation and owner of Cahill's Judo Academy in San Bruno, CA.

PACER Center a champion for children with disabilities organization, created the campaign against bullying in 2006 which was initially a one week event evolving into a month-long effort that encourages everyone to take an active role in the bullying prevention movement. The Blind Judo Foundation and Coach Cahill have been taking bullying prevention seriously for a long time.

Cahill's Judo Academy enrolls students of all ages who have experienced bullying and not sure how to regain their confidence. As Coach Cahill will say "learning Judo is not about doing harm to someone else, but to build confidence, character, commitment, humility, respect and responsibility" thereby learning how to stand-up to bullying.

It's been said that one cannot be intimidated or bullied unless they themselves allow it. Well that is easy to say but how does one build that confidence and enhance one's human core or character?

In the case of the blind and visually impaired, one method is training in a sport called Judo. It does not imply that one employ Judo techniques against the perpetrator but knowing how-to manage situations of bullying with the skills learned through the sport of Judo.

It is important for those who are being bullied to report it to teachers or councilors if it is on school grounds; or HR departments if in the corporate world; or to parents and loved one. We all need to be acutely aware of raising awareness of bullying and not sweep it under the rug.

Survey Finds Disability Abuse Widespread by Shaun Heasley of disabilityscoop who reports that 7 in 10 with disabilities say they have been abused according to a national survey and in many cases the problem occurs repeatedly. The findings can be seen in a report by Nora J. Baladerian, Ph.D., Thomas F. Coleman and Jim Stream entitled A Report on the 2012 Survey on Abuse of People with Disabilities.

The pervasiveness of our incompetence is disturbing when it comes to preventing bullying and it's getting worse. Some disability types have higher incidence of abuse than others. For example, 74.8% of people with mental health conditions reported they had been victims of abuse, and 5.2% of those with a mobility disability reported having experienced such abuse.

Findings also reported types of victims with disability include 7.2% of the blind and 10.3% that are deaf. It was also reported that people who were victims cited futility, fear and lack of information as reasons for not reporting their abuse.

You can make a difference by learning more about bullying prevention and speaking up! The archived podcast of Cahill's guest appearance can be heard in its entirety at Blind Matters Radio Show.

The Blind Judo Foundation is a nonprofit organization that introduces and trains blind and visually impaired children, young adults and our returning blind and visually impaired military men and women in the sport of Judo. Supporting our athletes relies upon donations as all members of the Blind Judo Foundation are volunteers. A select few of the elite athletes go on to represent the US as members of the US Paralympic (not to be confused with Special Olympics) Judo Team. More about the Foundation can be seen at <http://www.blindjudofoundation.org> and on Facebook at <http://www.facebook.com/BlindJudoFoundation> or by contacting Ron C. Peck at [roncpeck@blindjudofoundation.org](mailto:roncpeck@blindjudofoundation.org) and 425-444-8256.





From our friends at



**AMERICOMP JUDO**

3 day competitive judo training camps and JMJC Open  
hosted at the Jason Morris Judo Center  
584 Saratoga Rd Scotia, NY 12302, United States

**All ages and skill levels welcome**  
**BJJ/Wrestlers/Sambo athletes welcome**

Veteran's Day Weekend – (November 8-11, 2013)  
Post-Christmas – (December 27-30, 2013)  
Martin Luther King Day Weekend (January 17-20, 2014)

**Saturday and Sunday - Morning and Evening Practices**  
**Monday – JMJC Open (Refereed Tournament Style Practice)**

\$229.00 includes all fees, room and board, all meals  
Scholarships available  
\$25.00 for JMJC Open Only  
Friday night practice, dinner and room available for an extra \$50.00

On-line registration available at <http://register.americompjudo.com>



From our friends at



# JOIN US AT THE USJA/USJF WINTER NATIONALS



December 7 - Winter Nationals, Azusa, CA  
For more information,  
visit <http://judowinternationals.com/>

**A GRASSROOTS JUDO EVENT**



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Joe S. Bentz
- ★ Daniel G. Hiatt
- ★ Darren Hyde
- ★ Elias Kokalis
- ★ Lesile K. Lawson
- ★ Miguel Leon
- ★ Michael A. Ritchart
- ★ Adam K. Stevenson
- ★ Timothy B. Wilson

### Nidan

- ★ Christopher J. Collins
- ★ Paul W. LaRocca
- ★ Chris M. Ritchie
- ★ Eric P. Schwalm
- ★ Reginald E. Sutton

### Sandan

- ★ Oris R. Creighton
- ★ Robert Brooks Robey

### Yodan

- ★ Ruperto Arteaga
- ★ Elwin Jovany Varela

## JUJITSU

### Shodan

- ★ Timothy B. Wilson

### Current USJA Membership Statistics:

Active Annuals:	6,582
Active LM's:	1,468
Total Active USJA Members:	8,050





# International Judo Referee/Coach in Town



Coach Gustin presenting Sensei Millan with a hand carved bamboo flute.



Quinn attempting the new throw on Coach Jim Weidner.



Judo students practicing foot work for a new throw.



Group picture

The Stevens Point Judo Club continues with its Guest Coach Program and this year Sensei (teacher), Osmil (Os) Millan, Judo Hachidan (8th Degree Black Belt), also holds a Black belt in Ju Jitsu and Tae-Kwon-Do, was the guest coach Tuesday, October 22nd at UWSP Physical Education Building Room 154.

Sensei Millan (67 years old) started Judo in 1956 in his home country of Cuba. He was Cuba's National Junior Champion, in 1958, 1959, 1960, and 1961. In 1961 he was selected to the Junior National Judo Team. He was five time AAU State Senior Judo Champion for Minnesota, studied Judo and Tae-kwon-do in Seoul, South Korea and Judo at the Kodokan, Tokyo, Japan. He was President of Minnesota Judo Association from 1975-1985, taught Judo at the Duluth, MN YMCA from 1966-1974, also Kenora-Keewatin School of Judo in Kenora, Canada from 1980-1985. Currently he is the head Sensei at the Judo-Gym Madison in Madison, WI.

Sensei Millan spent many hours taping Judo matches at the 1976 Montreal and 1988 Seoul Olympics. At the 1980 Olympics in Russia (boycotted) he was sent as a scout. Sensei Millan is a National Competition Coach. He has taught at the National Judo Institute (USJA) and Camp Bushido, 1984-1987. He has also coached at the Olympic Training Center, Colorado, Springs, CO. 1983-1984. Mr. Millan from 1985-1987 was a member of the USJA Referee Committee. He is an International Judo Referee, and officiated in Japan, Mexico, Canada, France and USA as well as an International Coach. He is a Life Member of the United States Judo Association (USJA), United States Judo Federation (USJF), International Judo Federation (IJF), United States Martial Arts Association (USMA), and a member of the United States Judo Incorporated (USJI).

Sensei Millan talked to the Stevens Point Judo students about the element of surprise that throws everyone. Along those lines he demonstrated going against the grain with a technique. Judo techniques can be done with many types of grips either left or right handed. He demonstrated two types of grips, either going with your opponent or in reverse direction. The reverse direction was the emphasis of the clinic. Many of the national and world competitors train this way. The clinic was keeping Judo students current with how elite competitors train. As you progress with your Judo techniques, learn to refine weaker skills and apply some plyometric workouts to the drills. By concentrating on these elements you develop "speed and power which equals explosiveness." Here is where the surprise comes from in performing winning techniques.

He leaves the students thinking about success, "Do not force your techniques on your opponent, take advantage of your opponents' action and make your opponents' body one with yours."

## Tom Gustin's Bio



Tom Gustin is a Rokyudan who started judo in 1963. He received his black belt in 1979. He currently teaches at the Stevens Point Judo Club. More information is available at <http://www.stevenspointjudo.com>



# My Start as a Martial Artist

My martial arts introduction began when I saw Vince Tamura teaching judo to a group of five-year-olds. Though he never shouted or raised a hand to them, they worked hard and sweated while obviously having fun. Anyone with that kind of patience could deal with a hardhead like me. I signed up on the spot.

I told Tamura Sensei that I was a short, fat, mouthy cop in need of help besides the radio and guns. He readily concurred with my self-appraisal. It took me years to realize that was his kind of humor.

When I reported for my first class, a private lesson, Sensei was in the corner weight area with 350 lbs. on his shoulders doing deep knee bends over a bench. I counted fifty, Sensei's idea of a set.

He began by teaching me how to fall and roll to avoid injury on the street. Then we went into wristlocks and control moves for police and self-defense. He showed me some mat work, after which we stretched and he declared the lesson over. I protested until I tried to stand and had to use the wall for support!

And so it went for several weeks, twice a week. Just as my body healed, I had another lesson.

Techniques stayed simple and repetitive but got put together in more complicated ways. Throws, hold-downs, controls, wristlocks, arm bars, leg locks, and finally, reluctantly he taught me neck restraints. He rarely used Japanese terminology. The training tempo increased with fewer breaks.

At this point I discovered that people with whom I dealt on the street wouldn't fight me. I couldn't even pick a fight! I'd used my jujitsu training on rare occasions, so it wasn't common knowledge that I possessed these techniques. Perhaps I appeared too willing to engage in physical encounters.

About this time I discovered and fell in love with judo. Where jujitsu was painfully restrained and careful, judo was aggressive and free. What fun for a former college wrestler! I wanted to practice judo, but Tamura Sensei insisted that I study jujitsu until he was satisfied. I don't know if ever he was satisfied or simply tired of my whining, but he let me start judo six months later.

From this point on, about every three months he would insist on teaching me jujitsu for about a month. Over the course of thirty years I managed to learn some of both. Study of the arts has brought me personal joy and helped me rid the streets of some bad people willing to harm others.

## Ed Carol's Bio



Ed Carol holds Yodan Judo and Sandan Jujitsu ranks. He teaches both arts in his YMCA club in Terrell, Texas.





# DisAbility Sports Festival



Many thanks to all the coaches that gave up their Sunday (10-20) for this event.

I have no doubt that having to cancel the prior event because of weather had a lot to do with the lower turn out.

I really want to thank Neil Ohlenkamp and Gary Goltz for their help and support. We also had a newly promoted to 4th Dan black belt Jovany Varela who when I asked jumped at the chance to give back for the consideration with his promotion. He also brought his son Marvin a brown belt, so we had a great coaching team

Just to see one person smile was worth it.

As you know this was the first time judo was at the event and I want to thank Willy Cahill and Ron Peck for asking us to pitch in and do this event. As you might know Willy and Ron do a lot with their Blind Judo Foundation to help support blind judo

Thank you Dr. Moffett and Howard Brodwin and everyone helped with this great multi sport event



## Walter Dean's Bio



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





# Jujitsu versus Judo

There really should not be such a thing as “Jujitsu versus Judo.” Before Judo focused on the win and get medals sport aspect, Judo and Jujitsu were practiced concurrently. Nowadays, most dojo neglect atemi-waza. Nevertheless, Jujitsu clearly is the practical self-defense branch and Judo, with its inherent rules and regulations, the sportive aspect.

It is interesting to see a skilled Judoka quickly adapt a Judo technique to a self-defense situation. Conversely, the Jujitsuka will use (presumed) experience from contest Judo to improve full power actions in Jujitsu in real life situations. Jujitsuka routinely practice choreographed, limited-power defensive actions, minimizing potential injury.

Most of us agree that Jujitsu was, if not the grandfather, then one of the grandparents of the martial arts. We can trace almost all traditional Judo techniques to their roots in this ancient art. It's fairly easy to notice how many Jujitsu techniques were modified to become safer, Judo techniques. It's much harder to determine which specific Jujitsu ryu technique was the original model for that Judo technique. There are so many different versions of a specific Jujitsu technique -- so many ways to achieve similar end-results -- that without Professor Jigoro Kano's notes, it would be challenging to establish that, for example, seoi-nage came from this or another specific ryu-ha shoulder throw technique.

When viewing Jujitsu actions against a specific attack, we notice that almost all Jujitsuka have their own preferred defense, which can differ considerably from that of the next Jujitsuka. The reason for this is not because a Jujitsuka has a better defense but that this defense suits this Jujitsuka far more than alternatives. The untrained Jujitsuka will think, “Yes, that seems workable, but now watch my technique, which is superior!” The well-trained and wise Jujitsuka will not make such remarks regarding another's techniques but instead will respect the other Jujitsuka's ability with his or her chosen technique.

Although all Jujitsu ryu-ha have built their techniques on essentially the same basic principles of balance, leverage, rotation, nerve reaction points, and kicking and punching actions, it's no surprise that feudal Japan had so many different ryu, each with its own specialties and peculiarities. There are almost as many ways to skin a cat as there are styles of Jujitsu.

There are also myriad directions in Jujitsu. Some Jujitsuka work exclusively for the sake of the art, while others concentrate on the pragmatic, hard aspect of Jujitsu. Some ryu shun weapons use and only practice defense against weapons, while others include many weapons techniques within their curricula.

Whether art or hard, the important thing is that Jujitsuka become proficient in a specific technique and then practice at great length to truly master it, sufficient to being able to perform it spontaneously and subconsciously.

The USJA's Jujitsu Division is home to the full spectrum of these Jujitsu styles. They share a common thread through the principles depicted in the USJA Jujitsu Manual.

As with all techniques, adopt what is useful and reject what doesn't seem workable. But above all, practice as though your life depended on it. It well may.

## Ben Bergwerf's Bio



Ben Bergwerf, USJA Professor of Jujitsu, is a founder of the USJA Jujitsu program. He holds ranks of USJA 9th dan in Jujitsu, European 8th dan in Judo, and 4th dan in Taekwondo. Bergwerf Sensei teaches Combat Judo to cadets at The Citadel, the Military College of South Carolina, in Charleston.



# Master of All Masters

Master of All Masters -- how's that for a title? There are equally grandiose titles, such as Lord of Lords and Shahanshah (King of Kings), which seem unique. Among martial arts, we come across Sensei (The One Who Comes Before), O-sensei (Major Sensei), Shihan (Expert Instructor), Master, Grandmaster, Sifu, Hanshi (Model Teacher), Soke (Founder), and Professor. Google deeper into martial arts titles to discover Tasshi, Renshi (Polished/Tempered Person), Shidoin, Meijin, Kyoshi (Professor), Kansho, and Doshi.

At the other end of the spectrum reside the worker-dogs of the judo world, the assistants, and at rock bottom, the Judo Slave, as she calls herself, who runs the Greatest Camp on Earth. No lack of humility there.

Long ago when I hitchhiked around the world for nearly eight years, my judogi filled much of my backpack, accompanying me in hundreds of clubs in about 35 countries where I encountered judo. I was a Guru in India and a Maestro in Italy.

Martial arts colleagues in our own country on occasion have addressed me as Shihan and O-sensei. I corrected them, preferring Sensei. I dislike being called Coach. It's too American and lacks the mystique of martial arts. Maestro de Maestros -- teacher of teachers -- suits me fine.

I once presented a judo clinic at a martial arts shindig in Hilton Head, SC. After being introduced to many Sifu, I opined that I felt as though I was at a Sifu buffet. Attending Sifu didn't share my humor.

I earned my Ph.D. in Education, so my specialty is teaching teachers how to teach (secondary education social studies). Thus I am a Teacher of Teachers in both academia and judo. I am an authorized and frequent teacher for the Coach Education program, through which I teach experienced judoka how -- not what -- to teach.

Martial artists differ from athletes who play other sports, and are steeped in tradition, character, and fighting arts. We develop moral fiber and character attributes lacking in many sports and arts.

To paraphrase Shakespeare's line about how "a rose by any other name would smell as sweet," a teacher by any name is still the one who imparts knowledge, stimulates learning, and inspires students to peak performance. Each club leader decides how his or her students will address the teacher(s). Some reserve the Sensei title for 6th dan and above.

In my club, I tell students to call all the black belts Sensei, because we love that. We consider ourselves instructors, not coaches.

## Ronald Allan Charles' Bio



Ronald Allan Charles, 8th dan Judo and 6th dan Jujitsu, operates the Samurai Judo Association club in Goose Creek, South Carolina, at the Joint Base Charleston Naval Weapons Station.



# For the Love of Judo

I will never forget my first Judo tournament. I was just five years old with about six months of judo experience the first time my parents decided to let me try my hand at a competition. Since I was the only girl anywhere near my age at my dojo, my parents didn't think twice when the competition directors asked my parents if they would let me fight with the boys since no girls my age showed up. My parents took their seats in the bleachers next to the mother of the boy I would fight first. They chatted briefly about the tournament being a first for both me and Billy. His mom expressed her hopes that this was a good experience for "Little Billy." Before his mom could start her next sentence, Billy and I were called to the tatami and the referee started the match. Before Billy had time to lower his hand from waiving at his mother, I had thrown him for an Ippon. Little Billy was left staring at the high school gym ceiling. From that moment on I was hooked and this was the first of many tournaments for me as a young judoka. What I didn't realize was that this wouldn't be the last time I fought the guys because no girls showed up for my division. Even at regional and national level events there were only a handful of girls who competed regularly. I assumed more girls would participate as I got older and anticipated showing up to tournaments where I could test my techniques on a full division of girls.

Following the divorce of my parents, my mom was forced to move me and my sister several hours away for a new job. The first thing I did when we arrived was to look for a Judo dojo but the closest one was over an hour away. I moved seven times after that and I would occasionally search the internet hoping a new dojo would open up nearby. Unfortunately this never happened and I spent the rest of my childhood longing for the feeling of that first Judo competition.

Eight months after my husband and I purchased a new home for us and our young son, I was randomly inspired to search for a dojo. For the first time in thirteen years, my search was successful. I found a webpage for Superior Judo in Willard, Ohio a club that had just opened the previous December and was just fifteen minutes away. Of course, I signed up that day. Needless to say, I fell back in love with the sport. I was surprised to find how much I remembered and was thrilled to be doing it again. I set my sights on the 2013 "All Women's Championship" in Lodi, Ohio to be my first tournament in my return to Judo.

This past September, I competed at the "All Women's Championship" and then "Rock n Roll Capital of the World Tournament" which was held the day after the Woman's Championship at the same venue in Lodi, Ohio. I had a great time at both tournaments but was surprised at how few female competitors attended. Although I earned two gold medals, and a bronze medal from that weekend, the wins felt a little bitter sweet because there were so few women in each division. At this point in my life, I would prefer the experience to the hardware. The highlight of that weekend was the bronze medal because I lost to two incredibly awesome black belts. I grew as a judoka more from those four fights than I ever thought possible in one weekend. Once again I was hooked but for entirely different reasons because this time it wasn't about winning, but learning and improving.

Immediately after those two tournaments, I began to plan the next several months of Judo competitions. I drove over 4 hours, rented a hotel room, and took the following Monday off work for the 2013 "Great Lakes Open" in Grand Rapids, Michigan. I only had one girl in my division that day despite registering for two divisions. And though I had a great time, I couldn't help but feel sad that there were so few people for me to fight.

Later that month I attended the "Maumee Bay Classic" in Toledo, Ohio. Despite great attendance and packed venue, only five adult women competed and no one else in my weight class. Having driven two hours to get there, I was relieved when my request to have exhibition matches with the males was approved. I ended up being able to fight four times that day, winning two and losing two matches. They were good matches and I was certainly proud to prove that I could hold my own with the guys but it left a lingering concern that there were so few females showed up.

Given the small number of females participating, I ask for your help to encourage more girls and women to become involved in Judo. When you invite your sons, brothers, and male friends to your next judo class, don't forget to ask your daughters, sisters, and the other women in your life. If you are a Judo mom, you are already taking your children, so why not stay and participate yourself? If just a quarter of the mom's that were my size at the Maumee Bay Classic chose to compete, we would have had a really quality-size division. I cannot promise that everyone who starts Judo will be great but I can promise; you will get a good workout and have a great time.





## For the Love of Judo

My second request is if you are already a female Judoka; attend as many local tournaments as you are able. As a female judoka, I am driven to master my techniques through competing against women of various skills, experiences, and styles. If I win 200 fights against 10 different people, does that make me good? I tend to think not. I need you to make me a better judoka as do the young girls who are attending these events. Please consider that the next Olympian could be among the girls who are just now at the local level events. She may never get the experience she needs to be great because there is no one for her to compete against. She needs competitors but maybe more importantly, she needs role models. I hope to see you in the Mid-west!

### Emily Allen's Bio



Emily studied judo beginning at age 4 through the age of 12 at the Mansfield, Ohio YMCA. Now married with a 2 year old son, Emily has returned to Judo at the age of 26. Emily enjoys encouraging young women to pursue their own Judo careers at her club, Superior Judo in Willard, Ohio.



## Judo for the Blind

### Judo for the Blind will be at an Event for People with Disabilities in the Western US

The Blind Judo Foundation will provide Judo introductions and coaching for the first time in the history of the DisAbility Sports Festival, Sunday, October 20, 2013 at California State University San Bernardino, continuing the organization's mission to empower blind and visually impaired children and adults through the sport of Judo.

Howard Brodwin, Principal of Sports and Social Change is an associate, contributor, supporter and friend of the Blind Judo Foundation who initially contacted the DisAbility Sports Festival management seeing that Judo was not one of the 25 sports being offered at the 2013 Festival. Brodwin was able to connect Dr. Moffett, Associate Professor of Kinesiology and creator of the Festival with Coach Willy Cahill and Ron C. Peck, Co-Founders of the Blind Judo Foundation who without hesitation committed to support the Festivals program by adding Judo in the Festivals history to the venue.

The DisAbility Sports Festival this year will include an Assistive Technology Fair and is free to all who would like to attend and participate in this 7th Annual Festival. Last year the Festival had over 900 participants ranging in age from 8 months to 84 year olds. The 2013 Festival is anticipating over 1000 participants including 100 veterans.

The Blind Judo Foundation reached out to a southern California friend of Coach Cahill and the Blind Judo Foundation by the name of Sensei Walt Dean. Dean has a long history in Judo and was the Assistant US Paralympic Judo Coach at the 2000 Paralympic Games in Sydney, Australia supporting Head Coach Willy Cahill.

Sensei Dean graciously accepted the opportunity to represent the Blind Judo Foundation introducing Judo along with some of his own blind and visually impaired Judo athletes at the DisAbility Sports Festival.

Besides being free for all attendees and participants, the Festival will provides a complimentary T-shirts to all who pre-registered for the event. The Festival was originally scheduled for Saturday, October 5, 2013 but due to unexpected weather conditions as some of the sports events are outside; the Festival was cancelled and rescheduled for Sunday, October 20, 2013. To learn more visit the DisAbility Sports Festival website and a short Power Point presentation.

It is interesting to note that the US Department of Education Office of Civil Rights has issued a guidance to all schools stating that section 504 of the Rehabilitation Act requires schools to make accommodations for students who try out for a sport and provided several examples on how to include students with disabilities in sport.

The Blind Judo Foundation is a nonprofit 501(c)(3) organization that introduces and trains blind and visually impaired children, young adults and our returning blind and visually impaired military men and women in the sport of Judo. Supporting our athletes relies upon donations as all members of the Blind Judo Foundation are volunteers. A select few of our elite athletes represent the USA as members of the US Paralympic (not to be confused with Special Olympic) Judo Team. More about the Foundation can be seen at <http://www.blindjudofoundation.org> and on Facebook at <http://www.facebook.com/BlindJudoFoundation> or by contacting Ron C. Peck at [roncpeck@blindjudofoundation.org](mailto:roncpeck@blindjudofoundation.org) and 425-444-8256



## Memorial | our deepest condolences to the families and friends of:

### Jose Luis Hernandez (March 21, 2006 - October 14, 2013)



Jose Luis Hernandez started judo in 2011 at an Oklahoma City Oklahoma Club. He was wide eyed and eager to please his coaches, above everything else he wanted to learn the sport of judo. He knew from the start he wanted to be a competitor. At his first tournament in Tulsa Oklahoma at the Rick Killion training tournament, Jose won second in his 6 yr old novice division. Within a few months after the tournament his family then moved to Harrah Oklahoma at the same time myself and Steve Parks had just started our own Judo club at First Baptist Church in Harrah Oklahoma. It was a great pleasure to have Jose and his brother open the club with us. Jose was a great student and very quick with a smile and a hug. The Hernandez family and The First Baptist Harrah Judo Team are struggling with the sudden loss of Jose. We can use all the powerful prayers that you can give us. JOSE LUIS HERNANDEZ YOU ARE LOVED and MISSED,

Love,

Your coaches and team mates,

Tim Davis, Steve Parks and the First Baptist Harrah Judo Team

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### Ernest Clifton Hewitt (April 18, 1936 - October 2, 2013)



Ernest Clifton Hewitt "Skippy" passed away October 2, 2013. Mr. Hewitt was born on April 18, 1936 in San Diego, California. He was preceded in death by his loving wife, Lydia C. Hewitt and is survived by two children, Cliff Hewitt and Paul Hewitt and his loyal friends Ernesto Ruiz, Jaime Milam and Gabriel Milam. Mr. Hewitt served his Country in the United States Marine Corps and fought in the Korean War as a Paratrooper. Mr. Hewitt, Grand Master and Sensei was also Co-founder, Instructor and Coach in Partnership with Mr. Ernesto "Guerro" Ruiz, Sun Dun 3rd Degree Black Belt, of the Sleeping Dragon Judo Club in El Paso and Club Samari in Juarez, Mexico. He was also Coach for the USA Judo Olympics. Mr. Hewitt was inducted into the Judo Hall of Fame. Mr. Hewitt will be dearly missed. Visitation will be held on Thursday, October 10th from 5:00 p.m. to 9:00 p.m. with a prayer service at 7:00 p.m. at San Jose Funeral Home-East. Mr. Hewitt will be laid to rest with Military Honors alongside his wife at Fort Bliss National Cemetery. Funeral services arranged by San Jose Funeral Home-East (915)590-8700

"Ernest Sensei, You have lightened up a lot of students in..."

- Edward Wilkes from El Paso, Texas





Where's Gary?



?

USJA  
FIND GARY



## Take Gary with you

Over the years, I am sure you have noticed that USJA President Gary Goltz seems to be everywhere. It's about time we come clean with everyone and ask for your assistance. President Goltz obviously can't be everywhere at once but in order to spread the USJA word, he tries to be. Here is the truth; we all help him and now we ask for your help also. Please help President Goltz be everywhere by cutting out the picture below and attaching a stick onto it. Each month we will show you where he has been. You can email your photos to [michael@americompjudo.com](mailto:michael@americompjudo.com)

Thanks!



## United States Judo Association Automatic Donation Plan

When I was a teenager, judo helped keep me out of trouble. As an adult, judo allows me to pass on my experiences so that other kids have the ability to stay out of trouble. I love judo because I can get on the mat, rumble around and feel good about life. Since 1993, I've been a thousand dollar a year donor to the USJA. I am not a rich man but I make sure my budget includes my annual donation to the USJA.

Instead of one annual contribution to the United States Judo Association, I make an automatic monthly donation. Every month, one hundred dollars is charged to my credit card and sent to the USJA. It's automatic, so I won't have to think about it and the USJA can count on it being there.

Please join me in making a monthly contribution to the USJA. I challenge every black belt to give one hundred dollars a month; brown belts to give fifty to seventy five dollars a month; green, orange, yellow and white belts to give twenty five dollars a month. If you can give more, great; if you cannot afford the challenge please give what you can, thanks.

Andrew Connelly, USJA Coach of the Year 2010, School of Hard Knocks (TX-019), Spring, Texas

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# 8th USJA / USJF Winter Nationals



The 8th USJA / USJF Winter Nationals is coming up in just about 50 days. This year's event will be held at Azusa Pacific University's spacious Felix Event Center Saturday December 7th . We will be using 6 tatami areas and all registrations need to be in by Friday December 6th. At the door registration will be accepted only at our dojo in Claremont on that Friday where the weigh-ins will be held. We will also be hosting a coach clinic that day at our dojo.

Here are the specific links:

- [USJA / USJF Winter Nationals Tournament](#)
- [USJA / USJF Winter Nationals Coach Clinic](#)
- [USJA / USJF Winter Nationals Official Website](#)

To help clubs wishing to attend we are offering pre-registration at your dojo. Please contact us to make arrangements now. Remember all pre-registered participants get a free Winter Nationals t-shirt, thanks.

Gary Goltz  
[gary@usja-judo.org](mailto:gary@usja-judo.org)

