



# December 2013

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Photo by: Lou DiGesare/realjudo.net



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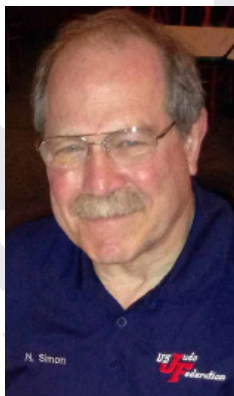
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## President's Message

First, I want to wish you and your families the very best over the holidays. For this month I've asked my good friend and colleague, Neil Simon, to write an article on a concern that comes up from time to time. Neil was the former USJF President and our Grassroots Judo™ alliance partner.

Larry



### Judo, The Gentle Martial Way

Being an avid reader of Growing Judo Magazine and knowing that it is widely read, I wanted to express a concern that has great significance. There has always been a focus Judo's "martial status." We normally don't think about it. Nor do most of us even care about the "martial status" yet it is very important for Judo's well being as a WAY and a SPORT. In fact track and field was originally a martial art due to the use of the javelin, discus, shot put, and long distance running because all part of a warrior's skill in the past. Today it does not have that status. That is just one example there are many more.

Currently thirty-eight states have laws regulating Martial Arts often similar to those that regulate boxing. The purpose and intent of these laws are, quite appropriately, to regulate contests because many are perceived "out of control" and jeopardize participants by creating an environment where someone can get severely injured or at worst killed. (We need only think of the film The Karate Kid to see how this perception is promulgated.) Unfortunately judo is often lumped into this category in spite of its being a highly regulated SPORT under the authority of the United States Olympic Committee (in fact none of the Martial Arts are Olympic Sports). According to Kano Sensei, Judo was developed to be an educational tool, designed to help participants develop as a complete persons.

The public may already know about judo. Those that do differentiate it from other types of combatant arts as the "gentle way." Those that don't lump in into the karate/martial art category. Judo was born, as we all know, from jujutsu - a definite martial art. We all know the story of its formation by Kano Sensei and the training that he experienced. His philosophy espouses development of a whole human being who is a contributor to society (a conclusion drawn from the three judo maxims: Jiko no kansei – Strive for perfection as a human being; Jitakyoei – Mutual welfare and benefit; Seiryoku zenyo – Maximum efficiency with minimum effort).

Professor Jigoro Kano said:

"Since the very beginning, I had been categorizing Judo into three parts, rentai-ho, shobu-ho, and shushin-ho. Rentai-ho refers to Judo as a physical exercise, while shobu-ho is Judo as a martial art [described here as "martial way"]. Shushin-ho is the cultivation of wisdom and virtue as well as the study and application of the principles of Judo in our daily lives. I therefore anticipated that practitioners would develop their bodies in an ideal manner, to be outstanding in matches, and also to improve their wisdom and virtue and make the spirit of Judo live in their daily lives. If we consider judo first as a physical exercise, we should remember that our bodies should not be stiff, but free, quick and strong.





# President's Message

We should be able to move properly in response to our opponent's unexpected attacks. We should also not forget to make full use of every opportunity during our practice to improve our wisdom and virtue. These are the ideal principles of my Judo."

"Martial Ways" activities are human development and sport-oriented activities that focus on the development of the whole human being – physical, intellectual, emotional, and spiritual. Examples of "Way's" names are Judo, Aikido, Taekwondo, Karatedo. It is my understanding that a Martial Art focuses on overcoming an adversary with an outcome of hurting, maiming or even killing the opponent. Examples of martial arts can be found with those trainings ending with jitsu or justu name such as Jiujutsu, Aikijutsu, Karate Jutsu, etc.

Furthermore according to Kano-shehan, there are two major elements to judo. First is what is called "small judo" (note the small "j" in the spelling). This type of judo is concerned only with techniques and the building up of the body. Individuals, who want to participate in only the sport aspects, self-defense aspects, body building aspects, etc., participate in judo for this type development. The other type of Judo called "large Judo" (notice the capital "J" in the spelling) which is mindful of the persistent purpose of life. The student dedicated at this level learns to ensure that body, mind, and spirit are used to improve the self and society. This big "J" practitioner is called a judoka who also learns to live life in the most effective manner for the benefit of all around him or her.

If Judo is to be seen as a "product" in the market, I believe it important for us to know who we are in order to differentiate ourselves from other offerings. I am well aware of the current trend of the Mixed Martial Art type events and contests and it is clear that many people desire to participate. I am also aware of the restrictions the Martial Art laws place on us and our shiai's. We need to let our potential "customers" know who we are, what we do, and how we contribute to the individual development whether it be personal (myself or my children whether they belong to my own home or my dojo) or societal.

We all should appropriately address who we are – practitioners of a Martial Way, not a Martial Art. We should address this amongst ourselves and with the public. This will help set us apart in the public's mind and the legislative eye so our intent and contributions will be understood. This will benefit everyone.

by Neil Simon (former USJF President)



# USJA





## Editor's Message

Hello friends:

December 1, 2013

First of all, I want to wish you, your families and friends a happy holiday season.

Just in case you weren't sure; Growing Judo welcome articles from writers, coaches, players and any of from our readers who have no prior experience in writing, on topics that we deal with judo in the United States or on topics that you think would be interesting to our readers. We are most likely to publish those articles that are well-written, concise, offer a unique progressive perspective and have appeal to our national membership. Since we have a small editorial staff, we cannot spend much time editing submissions. Please send us final drafts of your work.

We do not guarantee that we publish all the articles we receive. Please include your name, contact information. A short paragraph bio is a must. We will not publish an article without a proper bio. If you wish, you can also send a photo of the author. We'll be glad to publish it along with the article.

You can submit your articles to [michael@judopro.com](mailto:michael@judopro.com)

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)

A large, light gray watermark of the USJA logo is centered on the page. It features the same shield emblem with the two children and the text "GROWING JUDO" above and "USJA" below. The letters "USJA" are particularly large and bold, spanning across the bottom of the watermark.



## The Office Corner

All of us at National Headquarters would like to begin by wishing all of our members a healthy and happy beginning to the Holiday Season. As you are aware a new Board of Directors was put in place and we would like to extend a warm welcome to all.

We strive to make everything we do here as easy as we can to help our membership and we have accomplished many things we are proud of. One thing you will continuously hear is how pleased we are with those of you that donate on a regular or spontaneous basis. These donations will go a long way in keeping up with technology that changes and grows so rapidly. We must meet that demand to deliver to our membership the very best in service. It was at one time something we wanted to do but it is abundantly clear that to stand apart, it is a NEED to reach both our existing membership and new members to come.

Many of you make a year-end tax exempt donation to the USJA and this would be the time to do so. It is greatly appreciated!

In perhaps a redundant note to our membership, we want to state again that with technology being in the forefront of a stable operation in today's world, we are excited to share with you that more changes are coming in the near future that will make things easier for our members and also ordering merchandise from our store friendlier.

On another note, we would like to advise our members to renew or purchase your membership before going to a tournament. There is so much going on at the tournament site that sometimes paperwork gets lost in the shuffle and the USJA never receives the membership that was turned in at the tournament. Doing this beforehand helps everyone. Service to our membership is our priority. That is and continues to be our 1st priority, USJA Members!

### A Happy and Healthy New Year to ALL!

Katrina R. Davis - Executive Director  
Michael Lucadamo - (Marra) Office Manager  
Robin Ridley - Membership Services  
Teresa Smith - Membership Services



# USJA



## Regional Coordinator's Message

I hope everyone had a Happy Thanks Giving. Coordinators from all over the country are working on the progression of Judo. An interdojo workout was held at Falcon Judo in Miami by Doctor Riccardo Menedez. There were students from Kodokan Judo of Cape Coral, Real Judo of Naples (both of which are USJA Clubs), Budokan from Miami and Mambi Judo, also from Miami.

This was a great workout with 5 minute Randori sessions. Several of the Judoka were nationally ranked and 2 were getting ready to compete in Europe. This was a great example of all three associations working together for the benefit of the Judoka.

I have been in touch with Dave Goodwin, our regional coordinator from New York and he is hard at work on our new Development committee. Raising funds is the name of the game now which will benefit USJA Judoka competing in the National events.

Thanks to Dave Goodwin for securing a \$1,000.00 donation towards my two daughters who are competing in France on December 7, 2013.

Mike Srejter ran the team Competition last month drawing a good amount of competitors and the top three teams received money for placing. I sent a donation to the Booster club in order to help those that needed money to join competitions.

I would like to ask all the dojo owners to consider making a contribution to the USJA Development fund. There is no better way to help Judoka than to support them in their goals.

If you are a tournament Director, maybe you would consider donating \$1 per spectator to the Development fund. I am sure a dollar won't be much for the spectator and it will go a long way to cultivate up and coming athletes.

Our President, Gary Goltz is getting ready to hold the Winter Nationals this December. I highly encourage everyone to get out there and compete. My dojo has flown out to California for this event for the last 4 years and have met great competition.

Yours in Judo,  
**John Paccione**



# USJA





## Our NEW USJA Clubs!



Platte River Judo

(Class Regular)

[www.facebook.com/platterriverjudo](http://www.facebook.com/platterriverjudo)

**Head Instructor:** Justin Smith

**Location:** Casper, WY

**Email:** [jsmith@millspd.org](mailto:jsmith@millspd.org)

## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ John E. Borsch, School of Hard Knocks, Spring, TX
- ★ Delbert Lee Conkright, III, School of Hard Knocks, Spring, TX
- ★ Alfred Jacobs, Samurai Judo Association, Goose Creek, SC
- ★ David E. Webster, Jr., Shin Gi Tai Judo Club, Jamestown, NY

# USJA



## New USJA Life Members

- ★ **Thomas Lee Decherd**, Karl Geis Judo Club, Houston, TX
- ★ **Benjamin Swarts**, North Star Martial Arts, St. Louis Park, MN

## 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
- ★ **Karl E. Geis**, Karl Geis Judo Club, Houston, TX
- ★ **Allen E. Johnson**, Emerald City Judo, Redmond, WA
- ★ **Raimundo Marquez, III**, Vineland Judo Club, Vineland, NJ
- ★ **Dr. Stanley S. Seidner**, Brazilian Jiu Jitsu/Judo, Austin, TX



# The New USJA Development Committee

The mission of the USJA's Development Committee is to build stronger communities and better people through the discipline, physical conditioning, focus and ethical values learned in judo. Goals and activities of the USJA development program are aimed at making these quality programs available throughout America.

Instead of looking at this new group as just another group of Judoka to toss ideas around let's see a different view. This is more like an overall program that is in the building stages to help Judo clubs and its students in many ways. There are seven individuals on the Development Committee that come from different parts of the country and different walks of life. They are: Bob Rush of CEM Judo, Gary Gucciano of Ikkikata Judo Club, Brian Money of Riverside Youth Judo Club, Butch Ishisaka of Industry Sheriff's Judo Club, Mark Tamulionis of Kodokan Judo of Cape Coral, Marshall Coffman of Budokan Judo Club, David Goodwin of Bushido Dojo of Staten Island, and myself Justin Weston of Christ's Community Judo. I will tell you that this group of Judo leaders are very dedicated to the values of Judo with a true heart for the traditions and the sport and its students. We are currently getting ideas together based on the needs of clubs and students from all sorts of Judo structures. This program is not going to happen immediately but it will be built for the true needs of Judo in the United States. We are moving into a completely different generation of Judoka. We need to be able to adapt and adjust in order to introduce Judo to this next generation as well as assist club leaders in their abilities to achieve that. USJA has a wide variety of Judo clubs spread out all over the USA and we need to be able to reach out to those that need assistance. Not just financial assistance but any assistance that will help promote the core values of Judo, "Improving the human character and giving back to society". The first question is "What do the clubs and students of Judo need help with?" and that is what I am asking all of you. In order for this new program to work we need your help. If you are a club or student that has ideas on what could help you with your Judo program or your personal Judo please email me and let me know. Please keep an open mind and really look into what may help Judo clubs and students in general. I may be shocked and overwhelmed with ideas but this committee is willing to take on this task. I feel before we can move forward with a plan to help we need to reach out to those who face Judo club issues and personal Judo needs. Once we have a pile of ideas, wants, and needs we will make a plan of attack to get the help started. I look forward to working with these six Judo leaders on the great task and hope to make a difference in taking USJA to another level.

**Justin Weston**  
Christ's Community Judo  
USJA Midwest Regional Coordinator  
USJA Development Committee Chairman  
judosensei@cableone.net (417)438-6460

## 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.





# Promo System Revisions 11-13

## USJA's Update on Our Senior and Junior Promotion Systems 11-23-13

USJA's Promotion Board under the direction of Ernie Smith is working on revising our new Senior Manual based on feedback from club leaders. Walter Dean, a member of the PB has diligently taken charge of this project. You can read Walter's detailed article on the project in this issue.

Acclaimed judo author, Hal Sharp who is also a PB member and currently working on updating our Junior Manual had this to say regarding the reasons for revising our promotion systems.

It is generally recognized that people seek sports – related activities that are fun and recreational. For this reason there is a need to emphasize a “menu” (i.e., recreational judo, self – defense, kata, physical fitness) of judo participation opportunities and activities in addition to competitive judo. There is a need to better teach the founding principles of judo to culturally transition from a “survival of the fittest” competitive judo mentality to one that embraces development, goal fulfillment, and inclusion.

A review of USJA's existing promotion systems shows that they are in need of some simplification to make them more user-friendly in the dojo atmosphere. For technical requirements it uses a series of tables ( i.e., throws, combinations, gripping, holding, escapes, etc.) which only show the number of techniques to be demonstrate and does not show specific techniques required. This “pick and choose” system is not conducive to having a structured lesson program and standards for each rank. Also the number of skills to be demonstrated and questions to be answered are too numerous and impractical. For example to make Shodan it requires a demonstration of 219 items plus kata plus a quiz of 235 items.

More specifically;

1. The time-in-grade and point requirements are a “one shoe fits all” system. There is a need to differentiate the requirements for competitors, non-competitors, service to judo and those that practice without participating in competition are performing a service.
2. Regarding high-grade promotions (4th Dan and above), the USJA Promotion Board often has a difficult time in determining whether the candidate warrants a promotion. Such promotions require more than just adding time and points earned.
3. Since the Promotion Board members live in different parts of the country, they often are not familiar with the candidate. This is why a video (now easily prepared using a smart phone and emailed via YouTube) is being suggested.

Senior Promotion System: After the new Senior Handbook was issued we received various comments from the field that indicated some confusion and possibly a misunderstanding of the requirements. Any time there are changes to a system there will be questions and there is a need for a trial period to work out the bugs and make adjustments. In order to be responsive to these comments the Promotion Board held a special meeting to review all of them including an analysis from some of our key members. We determined that the promotion requirements needed simplification of the administrative procedures and put the implementation on hold for the time being.

Technical requirements are now different for various groups as follows;

1. Kyu ranks require a series of specific techniques and applications becoming progressively more difficult the higher ranks. Terminology and general questions are more succinct.



# Promo System Revisions 11-13

2. Shodan does not require additional techniques only that one has to demonstrate most of the techniques through Ikkyu showing greater knowledge.
3. 2nd through 5th Dan are required to demonstrate more techniques, katas, answer some terminology and general questions. If the player is a competitor then the time-in-grade will be slightly less.
4. From 6th Dan and up there are no technical requirements, with promotions being based primarily on service, time-in-grade and recommendations from higher ranking peers.
5. Time-in-grade and points for second through fifth Dan are grouped in four categories as previously described.

Overall the proposed revised promotion system will be significantly simplified and made much more practical. The final re-write will be subject to approval by the Board of Directors.

**Junior Promotion System:** The writing and graphics for the proposed revisions are almost complete. We are considering having two manuals. The first will be the Junior Promotion System which will show the rank requirements similar to the layout in the Senior Handbook. The second document will be a comprehensive instruction and reference book having approximately 200 pages plus YouTube videos covering areas difficult to describe in text and art form. A brief description of each of the manuals is as follows;

**Junior Promotion Manual:** The manual will now include self-defense and applications such as combinations, counter throws and escapes. It will also include a practical dictionary of Japanese judo terms. These are separated into terms used at the dojo, terms used in competition, and technical terms. The system's technical requirements are fairly compatible with the USJA Senior Promotion System for ranks under black belt. The rank requirement pages include a column for scoring the student (passed or needs improvement), therefore, a separate score sheet is not required. Some of the differences being considered for new system are;

**Junior Instruction Manual:** This manual will supplement the promotion requirements and include since many aspects of judo such as kusushi, tsukuri, taisabaki, kumikata, etc. The new manual also includes a "Guide to Competition" based on current IJF rules, a Japanese – English dictionary, kata, and combinations throws. Techniques are illustrated using some amazing drawings that have excellent judo form making this a fun book for the kids. In order to represent our judo population in the US the drawings have been updated to include kids of various genders and ethnicities. Behind each colored belt section there will be an illustrated chart of the techniques which will also be available later as a wall chart for your dojo.

In summary, the revised systems will be truly a "Road to Black Belt" in that they will include a full range of techniques in judo including katas. When your students go through the new program they will be prepared to become our future teachers. In addition, we have also created videos on YouTube. Although this work is still in progress you can view them at this link to the USJA YouTube Channel.

All of these proposals will be discussed at our upcoming Promotion Board meeting to be held at the Winter Nationals in Southern California. Again all final revisions will be subject to approval by the Board of Directors.

## Hal Sharp's bio



Hal Sharp is one of those "few". His involvement in Judo began with his Army service during the Post-War years. He is a Kudan (9th Degree Black Belt). In the "Classic Judo" Series, Hal Sharp brings you the "Titans of Kodokan" as never-seen-before.



# Judo News from Around the Country

## Hayastan Scrimmage - November 3, 2013

This was a very nice event with roughly 50 judoka in North Hollywood, CA. The club is run by the well-respected Judo, Sambo, and MMA instructor Gokor Chivichyan along with his mentor Judo Gene LeBell, and Sako Balian.





# Judo News from Around the Country



Gary Goltz, Gokor Chivichyan (Head of The Hayastan Dojo which is also a JA club in N. Hollywood), Boris Brezhnev (Vice-President of American Amateur SAMBO Federation and head of Dynamo Judo & Sambo, a USJA Club in Beverly Hills) and Jack Kogan (President of American Amateur SAMBO Federation)



Former Pres. Jim Webb receiving his 8th Dan Promo certificate from USJA board of director member and secretary, Andy Connelly.



# Judo News from Around the Country

## Ozeki Judo Dojo in Las Vegas, Nevada

John Weiner, 6th dan, announces the opening of the new location of Ozeki Judo Dojo in Las Vegas, Nevada on October 7, 2013. Ozeki Dojo has joined with Mixed Martial Arts Las Vegas, a Taekwondo Dojo to form a new dojo at 7450 West Cheyenne Boulevard Las Vegas, NV 89129. Sensei Weiner is the USJA representative for Nevada.

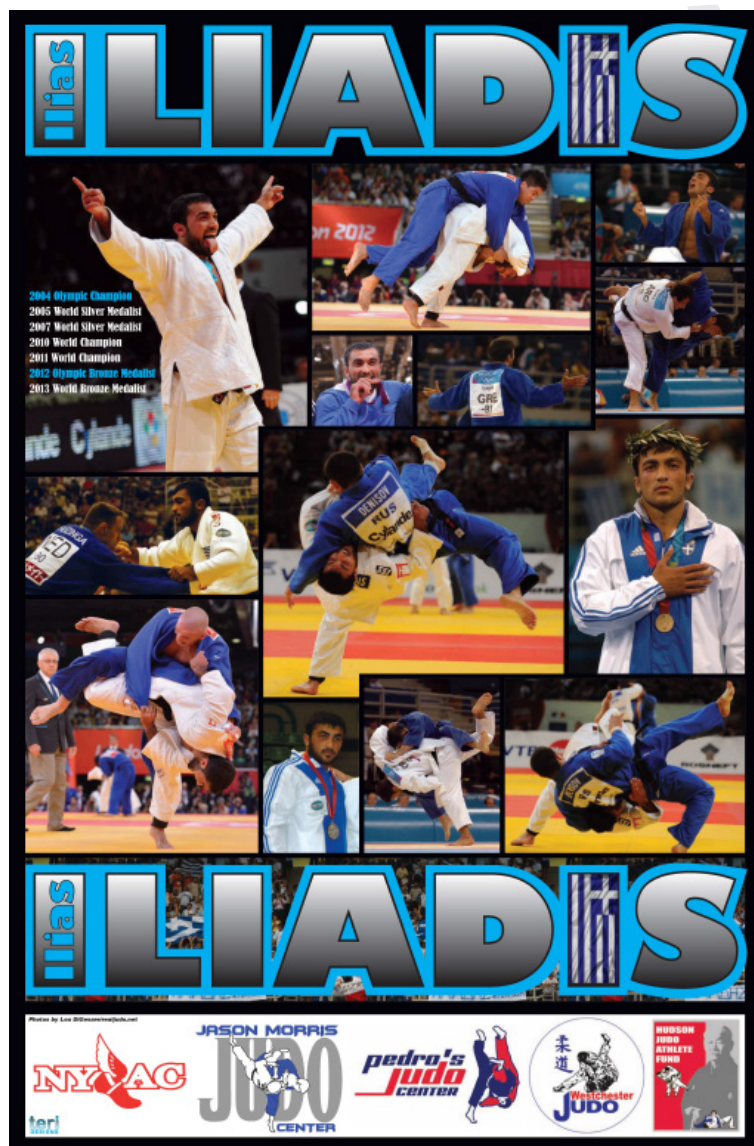


John Weiner, Sillapachi Toonrud, Sandy and Bene Toonrud(1st Dan), Christopher Sekoda(3rd Dan) and Anthony Potter(1st Dan)



# Judo News from Around the Country

## Olympic and World Champ, Iliadis at JMJC



The Jason Morris Judo Center proudly presented 2x Olympic Medalist (2004 Gold, 2012 Bronze) & 5x World Medalist (2x Champ, 2010 and 2011), Ilias Iliadis (Greece) for a 3 hour seminar, Sunday, November 10, 2013 at the Glenville, NY based Jason Morris Judo Center. It also happened to be Iliadis' birthday as he turned 27 so he celebrated with all who attended. Iliadis put on a fantastic workout along with showing some of the finer points of the techniques he used to such success in the Olympics and World Championships. He then opened up the floor to questions which there were plenty. He shared what his personal training was like, his idols growing up, his favorite Olympic Games and many other tidbits as the questions would have continued on much further if he didn't run out of time. Iliadis plans on at least competing at the 2014 World Championships in Chelyabinsk, Russia he said and then beyond that he will see. If he makes it to the 2016 Olympic games, it will be his fourth.



Iliadis has some fun with Harrison Keena (white) and Tony Leggiero (blue)



Iliadis admires his birthday cake with his manager, Heracles Grigoriadis



# Judo News from Around the Country

## Olympic and World Champ, Iliadis at JMJC



Iliadis (right) demonstrates on 2012 Olympian, Kyle Vashkulat Iliadis works with Alexa Michaelson (left) and Hailey Finn



Iliadis answers questions



Teri Takemori and her twins, Dani (left) and Randi

Photo by: Lou DiGesare/realjudo.net

# Judo News from Around the Country

## Film Premiere in LA



Mrs. Judo: Be Strong, Be Gentle, Be Beautiful by Yuriko Gamo Romer  
Saturday, Nov 16, 2013  
2:00 PM

This full-length documentary chronicles the life long journey of Keiko Fukuda's decision to defy thousands of years of tradition, choose her own path, and become judo history's only woman to attain the pinnacle 10th degree.

A live demonstration of "Ju-no-kata", a signature form of Fukuda-Sensei, will precede the film screening and will be performed by Robin Fernandez and Charmaine Galvez, with narration by Greg Fernandez Jundokai Judo and Jujitsu Club of La Mirada. Q&A will follow screening with filmmaker and panelists who will discuss the legacy of Keiko Fukuda and the Japanese cultural traditions and relations that continue from Japan to the U.S. through judo.

### PANELISTS:

Yuriko Gamo Romer is a director, producer, editor. Her film Occidental Encounters won numerous awards including The Jimmy Stewart Memorial Crystal Heart Award and The Silver Apple. Other filmmaking credits include: Dancing with God, Friend Ships, Reflection, Kids will be Kids, Sunnyside of the Slope, and Fusion. Yuriko is a graduate of Stanford University's Masters' program in documentary filmmaking.

Hal Sharp is associated with the Gardena Judo Club. While serving in the U.S. Army and stationed in Occupied Japan, he became intrigued by the rigorous judo training at the Kodokan headquarters in Tokyo. He returned to Japan in 1952 to study judo, establishing judo clubs at Johnson Air force Base and Shiroy Air force Base, participating in 20 goodwill tournaments, numerous competitive tournaments, and several exhibitions.

Kenji Osugi carries on the legacy of the Sawtelle Judo Dojo that was founded in 1927 and remains one of the oldest judo schools in the United States. Initially established for the small Japanese American farming community in West Los Angeles, the Sawtelle Judo Dojo proudly received a historic visit in 1933 by Kodokan Judo's founder Jigoro Kano. In addition to his role as head instructor, he provides instruction at UCLA, serves on the U.S. Judo Federation Board of Directors, and as judge and referee for USJF and USA Judo.

Robin Fernandez is associated with the La Mirada Jundokai Judo and Jujitsu Club a 4th degree black belt and has been practicing Judo for 28 years. She is member of the Jundokai Judo and Jujitsu Club in La Mirada, CA. Robin has won several national medals in Kata and won Gold and Bronze medals at the 2003 World Kata Championships in Tokyo, Japan. She has known Fukuda Sensei and competed at her tournament for many years.

For more information, go to [www.mrsjudomovie.com](http://www.mrsjudomovie.com) and read an interview with director Yuriko Gamo Romer.

Special Offer for USJA Members for \$100 Donation you will get a signed DVD copy from Filmmaker Yuriko Gamo Romer of her documentary on Keiko Fukuda!





# Judo News from Around the Country

## Nokido Ju-Jitsu, Judo and BJJ



Judo and Ju-Jitsu clinic at Samurai Judo in Melbourne, Florida



Lil' Samurai class fro 4-6 year olds at Nokido Ju-Jitsu, Judo and BJJ





# Judo News from Around the Country



Harbor City Judo and Jujitsu hosted a clinic at Florida Air Academy on October 26, 2013. Over 50 people were in attendance from dojos around the state of Florida. The clinic featured two large mat areas, with one for learning Judo technique and the other for Jujitsu."

Photos by David A. Landers





# Judo News From Around the Country

## World Judo Day

Christ's Community Judo participated in the annual World Judo Day. The goal was to invite the community and family members of the students to see what the club is all about. We had over 100 students on the mat at once. We discussed the values of Judo, demonstrated why it is effective, and how it can change our lives. We also discussed the motto of this years' World Judo Day "Perseverance" with a video clip of the movie, The Guardian along with a devotion of faith. The parents, guests, and students had a great time with lots of laughter. I encourage every club to participate in this annual event. It is a great tool for clubs as well as so much fun! Now we are looking forward to next year.



### Justin L. Weston's Bio



Justin is lead Sensei of Christ's Community Judo in Joplin Mo where his wife Michelle and two kids Shayne 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

## Guttenberg Judo Club, New Jersey



The 7 year old female with yellow belt in the white Gi (Shavon Monique Gonzalez) was competing in West Point military academy in NY., as well as the 8 year old male with yellow belt in blue Gi (Arnaldo Francisco Gonzalez) against his teammate Juan Mendoza Jr. with orange/green belt in white Gi.





# Ashley Interviews Aaron Kunihiro



**How many times per week do you do judo? For how many hours?**

I do judo anywhere from 4-8 times a week for about an hour and a half depending on if there is a big competition coming up

**Tell me about your diet:**

My diet is not so strict. I try not to drink too much soda and stay away from eating a lot of grain foods at night. Usually my meal is some kind of lean meat and a mix of vegetables.

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

If I could do things differently, I would have tried to train overseas more often when I was younger, and to have a nutritionist give me a diet plan since I was a teenager.

**What is your favorite gi brand?**

My favorite Judo gi brand is Mizuno.

**What are your goals as a judoka?**

I only have one main goal; I want to win the 2016 Olympics in Rio de Janeiro. I would also like to teach Judo when I retire from joining competitions.

**What is something funny that happened during one of your matches?**

I don't have any funny experiences while in a match, but there's this one time when all the lights went off in the venue that I was competing at.

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

My proudest moment in Judo was when I was 9th in the 2011 World Championships. My most disappointing moment was when I lost at the 2012 Pan Am Championships in Montreal.

**How do you prepare for a tournament?**

My tournament prep consists of resting my mind and body as much as I can before the tournament. The day of the tournament would consist of a lot of music and seeing in my head how I'm going to beat my opponents.

**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")**

My advice would be to always try new things and never discourage yourself because something doesn't work right away.

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

If someone wanted to get in touch with me, they should call Pedros Judo Center (781-245-0644).



Photos credit: Lou DiGesare/realjudo.net

Sponsored by the 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.



# What's in a Camp?

Besides lots of planning, anything campers want.

Studying camps from the past and famous camps around the world is only the beginning. All U.S. Olympians spend time in Europe studying European competition styles, but that requires bundles of cold hard cash that many Judoka don't have. This led us to decide that bringing in super judoka from Europe would allow average American judoka exposure to the European styles our own Olympians seek out.

Sensei Nick Lowe studies with the highest-level European teams and works all year on ways to teach new strategies to campers so that his classes will offer the newest and freshest information available. Sensei Igor Yakimov trains the Russian Sambo team, and in a similar way he brings tried and true Judo and Sambo techniques each year. Many campers contact us with their requests for specific Olympians to come and give us different views to keep us balanced.

It is a challenge to find instructors who teach at the highest levels and can break down techniques to make them understandable to all levels of judoka. We have been blessed with instructors who not only accomplish this but also make training so much fun that campers come back every year. A good speaker has new, relevant information, but he injects humor and application to his information so the listener will grasp it all. A good clinician inspires campers to challenge their abilities and take their game further than they ever dreamed.

After having a world champion Ju-no-Kata team for more years than I can count, our campers recently requested Sensei Heiko Rommelmann and Sensei Jeff Giunta. They've been described as the sexiest Kata team ever. The kata campers have quadrupled in number, requiring a much larger mat. It seems this sexy team can inspire and please judoka.

BJJ is an evolving portion of camp, beginning with the late Luis "Sucuri" Togno and followed by Victor "Shaolin" Ribeiro, who is the top ranked fighter in the world under 155 lbs. and holds multiple prestigious grappling titles; and most recently, Rafael Rosendo Dos Santos, 2012 IBJJF Atlanta International Open Champion, 2012 IBJJF Long Beach International Champion, 2012 IBJJF NY International Champion, 2008 and 2009 Lutador Open Class winner, 2008 NAGA Gi and No-Gi Winner in Georgia, 2009 Copa America Open Class Gi and No-Gi Winner, and 2009 International Open (in New York) 3rd Place Middleweight and 1st place Open Class.

Writers of the original USJA Jujitsu Manual teach traditional Jujitsu. A growing number of campers seek out the older martial arts from which our cherished judo was derived. They enjoy mastering complex and dangerous techniques under the masters.

Other martial arts are fun to see in action: Kenjutsu and bojitsu, to name a few.

Come join the fun at this year's Greatest Camp on Earth!

## Debbie Rucker's Bio



Debbie Rucker refers to herself as the Judo Slave. And when campers see all the work she does to make the Greatest Camp on Earth live up to its name, they understand that she lives up to hers.



# Sensei Santa at the Shiai

*We were all surprised to see him  
As he walked in the dojo door.  
He wore his bright red judogi.  
His boots tracked mud across the floor.*

*Each player's eyes were fixed upon  
His snow-white beard and belt of black.  
His belly bounced with every step.  
Behind him dragged a heavy sack.*

*A bright-eyed junior thought to ask,  
"Have you brought us sugar and spice?"  
Sensei Santa shook his head, said,  
"It's full of JA merchandise."*

*I asked him for his JA card  
And which division he'd fight in.  
He said he hadn't time to play,  
Though if he did, he'd surely win.*

*He'd always fought in open weight.  
(No scale could read his many pounds.)  
But he was running a bit late  
And had to finish with his rounds.*

*According to his JA card  
He'd finished his Life Membership.  
He took his card and turned to go,  
And at the door he made this quip:*

*"I'm here to wish you Christmas cheer,  
So have the greatest judo year."  
With that he gave a "Ho, ho, ho!"  
And headed for the next dojo.*



## Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., began judo in 1961 and studied under the late Kotani Sensei at the Kodokan Judo Institute in Japan, earning his Black Belt in 1969. Kotani Sensei, 10th dan (degree) black belt, had studied under the founder of judo, Dr. Jigoro Kano. That makes Charles Sensei the "grand-student" of Dr. Kano. Charles Sensei's students are Dr. Kano's "great-grand-students"!



## Announcements

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

Year: 2013  
Dates: 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.



# IJF Rules 2014-2016

## REFEREE RULES 2014 - 2016

In « red » new rules or rule precision

### Referee and judges

Three referees of different nationalities to the two competing athletes will referee each contest. One referee on the mat with a radio communication system is connected to the two referees on the table of the mat who will assist with a video CARE system.

A rotation system will be implemented for the referees to ensure neutrality.

The IJF Jury will interfere only when there is a mistake that needs to be rectified. The intervention and any change to the decisions of the referees by the IJF Jury will be made only in exceptional circumstances. The IJF Jury will interfere only when they consider it to be necessary.

IJF Jury, like referees, must be of different nationalities to the athletes on the mat.

There is no appeal process for coaches, but they can approach the IJF Jury table to watch the reason for the change to the final decision.

There must be an education system to improve the level and consistency of the referees. Seminars with referees and coaches all together will be organized.

### Technical assessment

Ippon: to give more value and to take into account only the techniques with a real impact on the ground on the back. When the fall is rolled without real impact, it is not possible to consider it Ippon. This point is very important and it must be consistent during the whole Olympic qualification period. Yuko

Article 24 a)

When a contestant throws his opponent, with control, and the opponent falls on the side of the upper body it should be Yuko.

### Landing in the bridge position

All situations of landing in the bridge position will be considered Ippon. This decision is taken for the safety of the competitors so they do not try to escape from the technique and endanger their cervical spine.

### Penalties

During the fight there will be three Shidos, and the fourth will be Hansoku-make (3 warnings and then disqualification). Shidos do not give points to the other fighter, only technical scores can give points on the scoreboard. At the end of the fight, if scoring is equal on the scoreboard, the one with less Shidos wins. If the fight continues to Golden Score, the first receiving a Shido loses, or the first technical score will win.

Shido will be given to the fighter deserving it, in place, without having both fighters return to the formal start position (Matte – Shido – Hajime) except when a Shido is given for leaving the contest area.

### Penalized with Shido:

Breaking the grip of the opponent with 2 hands.

Cover the edge of the Judogi jacket to prevent the grip.

Cross gripping should be followed by an immediate attack. Same rule as for belt gripping and one side gripping.

The referees should penalize strictly the contestant who does not engage in a quick Kumikata or who tries not to be gripped by the opponent. If one of the contestants breaks the Kumikata twice in the gripping period then the third time they will receive a Shido.



# IJF Rules 2014-2016

Pistol and Pocket Grip on the bottom of the sleeve without immediate attack is penalized by Shido

To hug the opponent for a throw (Bear hug). It is not a Shido when the competitor has Kumikata with a minimum of one hand.

To force the opponent with either one or both arms to take a bending position without immediate attack will be penalized by Shido for a blocking attitude.

To take the wrist or the hands of the opponent only to avoid the grip or the attack on him should be penalized by Shido.

False attack is penalized by Shido. False attacks are defined as:

Tori has no intention of throwing.

Tori attacks without Kumikata or immediately releases the Kumikata.

Tori makes a single attack or a number of repeated attacks with no breaking of Uke's balance.

Tori puts a leg in between Uke's legs to block the possibility of an attack.

One foot outside of the contest area without immediate attack or not returning immediately inside the contest area is penalized by Shido. Two feet outside the contest area is penalized by Shido. If the competitor is pushed outside the contest area by his opponent, then the opponent will receive the Shido.

*(If the fighters leave the contest area, they are not penalized by Shido when the attack is engaged in a valid position)*

## Penalized with Hansoku-make

All attacks or blocking with one or two hands or with one or two arms below the belt in Tachi-Waza will be penalized by Hansoku-make. It is possible to grip the leg only when the two opponents are in a clear Newaza position and the Tachi-Waza action has stopped.

## Osaekomi, Kansetsu-Waza and Shime-Waza

Osaekomi will also continue outside of the contest area as long as Osaekomi was called inside. Osaekomi scores 10 seconds for Yuko, 15 seconds for Waza-ari, and 20 seconds for Ippon.

Osaekomi outside the contest area if the throwing action is finished outside the competition area and immediately one of the players applies Osaekomi, Shime-Waza or Kansetsu-Waza, this technique shall be valid. If during the Ne-Waza Uke, takes over the control with one of these nominated techniques in a continuous succession, it shall also be valid.

The Kansetsu-Waza and Shime-Waza initiated inside the contest area and recognized as being effective to the opponent, can be maintained even if the contestants are outside the contest area.

## Article 26: Osaekomi

The contestant applying Osaekomi must have his body in Kesa, Shiho or Ura position, i.e. similar to the techniques Kesa-Gatame, Kami-Shiho-Gatame or Ura-Gatame. **The Ura position is now valid.**

## Article 27

**Points 14 and 18 will be strictly observed for Shime-Waza is not allowed with either your own or your opponents belt or bottom of the jacket, or using only the fingers.**

## Cadets – U 18

Kansetsu-Waza is authorized for Cadets.

If a cadet loses consciousness during Shime-Waza they are no longer able to continue in the competition.





# IJF Rules 2014-2016

The Sport Commission is looking at the system of competition for Cadets.

Double Repechage or another system will be applied to have the possibility of more contests for athletes in this age category.

## The bow

When entering the tatami area, fighters should walk to the entrance of the contest area at the same time and bow to each other into the contest area.

The contestants must not shake hands BEFORE the start of the contest.

When the athletes are leaving the mat they must be wearing their judogi in the proper way and must not remove any part of the judogi or the belt before leaving the FOP (Field Of Play).

## Duration of Contests

No time limit for Golden Score (Hantei is cancelled).

Contest times will be:

Seniors men: five minutes

Seniors women: four minutes

Juniors and Cadets: no change

## Weigh-in

The official weigh-in for seniors and juniors will be organized the day before the competition. Random weight checks with the same rules as the official weigh-in can be organized before the first fights in the morning of the competition. The weight of the athlete cannot be more than 5% higher (without judogi) than the official maximum weight limit of the category.

i.e. a - 100kg competitor can weigh a maximum of 105kg without judogi.

(This may be revised before the start of the Olympic qualification period – 30th May 2014).

The weigh-in for Cadets will take place in the morning on the same day of the competition. For team competitions the weigh-in is organized one day before the competition. For those competitors that have NOT competed in the individual competitions, weight must be within the weight limit of the category. Those competitors that have competed in the individual competition will be permitted a 2kg tolerance.

## Doping infringement

In the case of a disqualification for a doping infringement the athlete will lose their classification and medal. Wherever possible a new classification will be decided by the IJF.

## Judogi

A system for more accurate measurement of judogi is in progress.

## World Ranking List for Referees

There will be three different classification levels of referees (approximately 20 per group) that will be regularly updated. The WRL for referees will start after the Abu Dhabi Grand Prix 2013 and will be published on the IJF website.

The refereeing official language is English. However, French and Spanish (official IJF languages) could be used in certain circumstance to be defined by IJF.

## World Ranking List for Cadets and Juniors

The WRL for Cadets and Juniors categories will start on 1st January 2014 and will be used for seeding in IJF Cadets and Juniors World Tour.

In the next Cadet World Championships 2015 there will be also Team World Championships



## Upcoming Events

### 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:** 12/08/2013 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



# USJA



# Chi Bo Martial Arts' 2 Year Anniversary



"Where Good Character Equals Victory", that is the motto of Chi Bo Martial Arts.

I believe that the standard of high moral character must be a part of martial arts training. By doing that and promoting Godly character, our club has grown to be one of the largest in the state of Louisiana.

The club started in October of 2011 and now has 47 members and has made the top 25 Chartered Club list. The club is on the campus of the YMCA in Belle Chasse, LA. We teach Karate, Judo, and Jujitsu, with Judo being the main art form, having the students learn the different styles and when to apply them in a fight is crucial to surviving. It has been so much fun being a Sensei. I have grown more as a judoka in the past 2

years as an instructor, than my years as a student. Being an instructor puts a "good" burden of responsibility upon my shoulders. I want to make sure the quality and efficiency of what is being taught will save the life of my students if ever needed.

As I move forward, I would like to thank my instructors who helped me get to where the club is now: My original karate instructor Master Phu Duc Thin, Gus Daniels (my first judo instructor while in the USMC), and Vernon Schlieff (my judo instructor after the Marine Corps).

Special thanks to **Superior Energy Services** for financial support to purchase all of the equipment needed for the club. The USJA which was so excited to hear that I wanted to open a club. Also, James Wall of Wall to Wall Martial Arts, Andrew Connelly with School of Hard Knocks, Kelly Zeigler and the Belle Chasse YMCA, and Murray and Cherie White who believed in my dream of opening a school.

The ultimate thanks must go to God for His loving favor upon the club and the people He has brought to us.

Chi Bo Martial Arts  
"Where Good Character Equals Victory"

And What is Good Character?

"Love, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Faithfulness, and Self Control"

## Christian Borne's Bio



Christian Borne started martial arts at the age of 17 under the instruction of Master Phu Duc Thin. In the Marines he studied Judo under Gus Daniels and had won many national titles. He was asked to go to the Olympic training camp to help prepare the Olympians. After the Marines, he received his 3rd degree black belt in Shorin Ryu Karate and trained with Vernon Schlieff who is with the USJF. In 2011, Andrew Connelly recommended his promotion to Shodan in Judo.





# Alex learns about Kodokan Judo of Cape Coral

532 SW 47 Terrace Cape Coral, Florida

239-699-2825



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

People of all ages can train and benefit from Judo. Remember that a mutual benefit for all is part of Kano Sensei's theory of Judo.

## 2) Are you a competitive club?

We are a very competitive club. This year alone we had 12 nationally ranked students. Four of them were ranked # 1. Both my daughter's, Erica and Christina were selected for a national team and on December 7th they will compete in Harnes, France. We trained hard and are hopeful that they will place.

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

We have class 6 days a week for the Juniors and 5 for the Seniors. Each class is an hour and 30 minutes long. This is the minimum you should train during one class to develop your skills.

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

We do have one Gracie Jujitsu class a week which is taught by one of my Judo Brown belts who also holds rank in Gracie Jujitsu.

## 5) What do you specialize in?

We specialize in competitive Judo.

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

We usually ask for donations to cover the athletes' fund. There is \$20 fee if the participant would be training with us more than once.

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

Friendships are made in the dojo and there would be times when we attend one another's birthdays, weddings, religious events such as communions and Baptisms and anything else we are invited to.

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

Yes, many dojos look to us as a competitive club that will give you a good fight in a tournament and hard training at the dojo. We drill a lot.

## 9) Tell me about your club culture.

Our culture is to not fool around and train hard but we don't tolerate parents overly pressuring their kids. Sometimes that leads to abuse. We also demand loyalty and if someone wants to train at another dojo we expect to be asked permission. We usually give it but we have thrown people out of the dojo for not following the rules. Discipline is important.

## Alex Hall's Bio



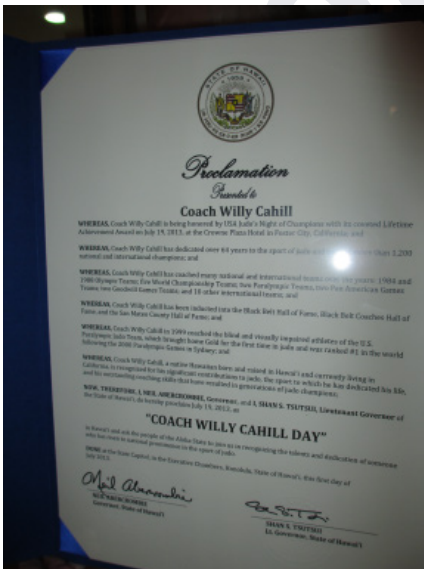
My name is Alex Hall. I am 15 years old blue belt. I am in 10th grade. My goal is to make the 2024 Olympic team . I started judo 6 years ago at the age of 9. After my dreams of becoming an Olympian I would like to be a veterinarian and go to West Point or the Naval Academy.



## From our friends at



# From Polio to Professor, Hawaiian Native Son and San Francisco Bay Area Legend Celebrates 65 Years of Empowering Others through the Sport of Judo



Willy Cahill, Principal of Cahill's Judo Academy and Co-Founder of the Blind Judo Foundation has risen from the effects of Polio at a young age; the possibility of not walking again; lack of confidence and became one of the greatest Judo Coaches in history. Those talents and skills have been imparted to over 1500 national and international champions and a myriad of others in his 65 year journey.

Willy Cahill was born in 1935 in Oahu, Hawaii. At the early age of 7 Willy contracted Polio. Few diseases frightened parents more in the early part of the 20th century than did polio and his parents were no exception.

Willy was admitted to the Shriners Hospital for Children in Honolulu, HI where he began his long treatment regimen and a low level of expectancy. In those days polio had no cure but Willy's parents, John Sr. and Abigail were not going to accept that fate for their son. "He will walk again," the Cahill's declared.

Willy comes from a very athletic family and especially his Father, John Cahill, Sr. who started his first introduction to Jujitsu at 27 years of age under Professor Seishiro "Henry" Okazaki. Okazaki was a

Japanese American healer, martial artist and founder of Danzan Ryu Jujitsu who befriended Cahill Sr. Okazaki also studied health sciences and physical therapy.

In 1929, Okazaki established the Seifukujutsu Institute of Restorative Massage. Learning about John Sr's son, Okazaki applied daily a special ointment and massaged Willy's legs. The Doctor wasn't pleased when he learned of the Okazaki treatment but knew young Willy wouldn't walk again and resolved that the "treatment" certainly couldn't hurt. Months later, Willy walked out of the hospital cured of Polio.

Professor Okazaki's restorative therapy and work became well known. President Franklin D. Roosevelt availed himself of Okazaki's services. FDR was so impressed with Okazaki that he invited him to be his personal therapist at the White House.

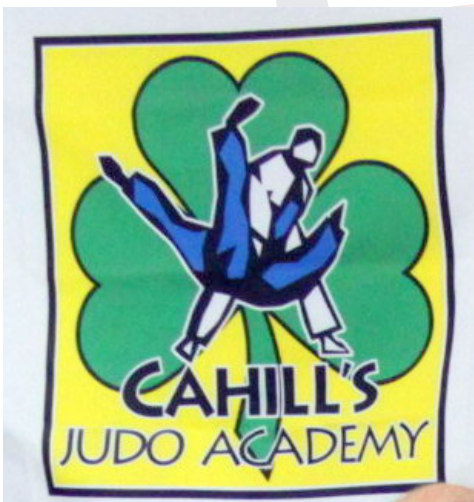
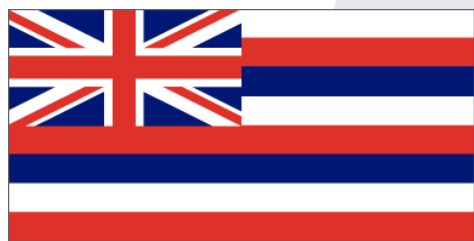
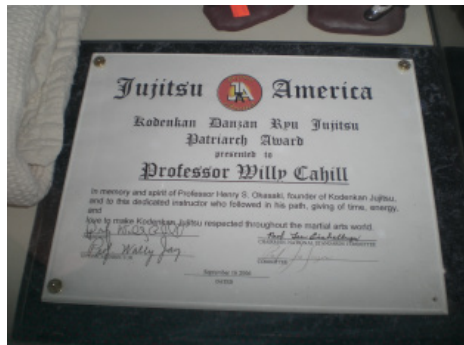
After regaining his strength, Willy became a student of his Father's Dojo (Judo gym) called Hui Miki Miki Judo Club (club with lots of pep in Hawaiian) training in Judo and Jujitsu. Willy drew upon his Father's foundation far exceeding the vision of sending one of his Hui Miki Miki athletes to the Olympics in 1964 where Judo would be introduced.

Unfortunately, John Cahill Sr. passed away in 1962 at the young age of 50 not realizing his goal. But the mold was set with Willy. The Cahill's had moved to the main land and Cahill's Judo Academy was coming into existence. Willy's aspirations were to become a football coach but after his Father's passing, his Mother Abigail asked her son to take over where her husband had left off. "When a Hawaiian mother asked for something to be done, you don't ask questions," says Willy. This marked the beginning of a new era and a new generation for the highly regarded Cahill's Judo Academy located in San Bruno (SF Bay Area), CA.

If Willy wasn't going to be a football coach, he was going to be the best Judo Coach. Therefore in 1963, he traveled to Japan to train at the home of Judo called the Kodokan and also viewed Pre-Olympics Judo.



## From our friends at



In 1999, Willy was asked to coach the US Paralympic Judo Team for the 2000 Games in Sydney, Australia. Two Gold Medals, a Silver Medal and a Bronze Medal marked the beginning of training and developing Judo for the blind and visually impaired. A Gold Medal for the sighted US Olympic Judo Team took 48 years (1964-2012) to be won. Cahill's team did it in 2000 with blind and visually impaired athletes. Not bad for someone wanting to be a football coach.

In 2003, Cahill co-founded the Blind Judo Foundation along with Ron C. Peck. Cahill's says, "Training blind and visually impaired athletes is one of my greatest challenges." Paralympics unfortunately doesn't get the same financial support, visibility or media coverage as the Olympics. Cahill's says, "It's not about personal recognition but a matter of giving back" from what was learned from his Father and Professor Okazaki.

### Following is a partial listing of titles and accomplishments of Coach Willy Cahill:

- 8th Degree Black Belt in Judo
- 10th Degree Black Belt in Jujitsu
- Black Belt Hall of Fame Judo - Instructor of the Year
- Jujitsu America Hall of Fame – Instructor of the Year
- Judo Coach: SF State University; Stanford University; Foothill Community College
- US Coach Junior Pan American Championships 1976
- US Coach World Championships 1981, 1985, 1987, 1989, 1991
- US Coach Pan American Games 1983, 1987
- US Coach Pacific Rim Championships 1983, 1985
- US Olympic Games - Assistant Coach 1984, 1988
- US Paralympic Games - Coach 2000, 2004
- US Coach Goodwill Games Championships 1986, 1990
- Member National Coaching Staff USA Judo, Inc.
- Director of Development USA Judo, Inc.
- Co-Founder of Jujitsu America 1978
- San Mateo County Hall of Fame 1995
- Co-Founder Blind Judo Foundation 2003
- USA Judo Honoring Willy Cahill with a Lifetime Achievement Award 2013

Cahill continues to impart those "exceptionalisms" to the blind and visually impaired through the work of the Blind Judo Foundation.

The Blind Judo Foundation is a nonprofit 501(c) (3) organization whose mission is to empower the blind and visually impaired using the tools and tenets of Judo. These include but not limited to confidence building, character development, how-to make commitments and follow through, humility, respect and responsibility. All members of the Foundation are volunteers. Funding of blind and visually impaired athletes to train, travel locally, nationally and internationally are through tax exempt donations, the financial life-line. Donations can be made at <http://www.blindjudofoundation.org/donate.php> which are tax exempt. To learn more about the Foundation, check out [blindjudofoundation.org](http://blindjudofoundation.org) and at <http://www.facebook.com/BlindJudoFoundation> or contact Ron C. Peck at [roncpeck@blindjudofoundation.org](mailto:roncpeck@blindjudofoundation.org) or 425-444-8256.





From our friends at



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**

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



The *vision* of USJF is to have JUDO  
in every American community and school.

## UPCOMING EVENTS

USJF/USJA Winter Nationals  
Azusa Pacific University  
East Coast Judo Championship  
Edison, NJ  
USJF/USJA Jr Nationals  
Hawaii

visit [www.usjf.com](http://www.usjf.com)



From our friends at



NCJA ONLINE: [www.ncjajudo.com](http://www.ncjajudo.com)

NCJA On Facebook: <https://www.facebook.com/pages/National-Collegiate-Judo-Association/185905511562030>

## BUILDING A COLLEGIATE JUDO PROGRAM IN YOUR DOJO BY LTC HECTOR R. MORALES-NEGRON, NCJA PRESIDENT

The National Collegiate Judo Association is a non-profit organization dedicated to supporting collegiate Judo in the United States and is a Group A organization under USA Judo. In 1961 Yosh Uchida & Phil Porter collaborated to organize the National Collegiate Judo Association, shortly thereafter in 1962, they organized the 1st National Championships held at the Air Force Academy in Colorado Springs. One of the standouts from the 1962 Championships was Paul Maruyama who won the Gold Medal in the 165 pound division, 2 years later he represented the United States at the Olympic Games in Tokyo, Japan. Maruyama, coached on that Olympic team by the co-founder of the NCJA Yosh Uchida. The NCJA celebrated its 50th year of service to the sport of Judo in 2011.

Collegiate programs have always played an important role in the development of Judo players in the United States. There has been a rich history of success from athletes that were part of the National Collegiate Judo Association. Roughly half of all the Olympic Judo Coaches and half of Olympic medals that the United States has produced were by products of Judokas from Collegiate Judo programs. In 2013 the NCJA continues to strive. Our national championship tournament is now recognized by USA Judo as an "E Level" event. In addition to the newly classified "E" level ranking, the 2011 champions in each category qualify for 1st choice to the World University Games.

Over the last 53 years, the NCJA has seen great times as well as times of diminished participation that placed our collegiate developmental program in jeopardy. We must recognize that there is a significant gap between junior development in Sport Judo and their opportunities to participate at high school and collegiate level. We must also recognize that there is not a significant number of Judokas in academia that can start and sustain programs in colleges and universities. Currently, the majority of our programs are classified as competitive clubs and we have struggled to bring them higher than that level of athletic classification. The majority of the collegiate coaches are not full time paid coaches and that hurts our program development. In the past, the organization has tried to turn Judo into a NCAA or NAIA sport without success. While I don't think that is an impossible task, we must first grow our membership and show that we can effectively organize and run our sport.

In order to assist with growing our programs, we are encouraging a new approach for already existing Judo clubs through the three national organizations who are close to college campuses to create collegiate teams. For example, Camal Judo in New Jersey could identify all university programs within driving distance of their Dojo and advertise their collegiate development program. They may have three community colleges and two major universities within their area and these students while training together, would represent their individual college campuses. The positive aspect of development is that once there are 10 or more students from the same campus, they can apply to become recognized as a club at their university with training or meeting location at Camal's Judo. Once the club is officially or conditionally accepted, the club can request membership in the NCJA. Again, this already established and high level competition club could have several college teams in their school and would provide opportunities for these college student-athletes to compete at the regional and national championships.

The NCJA championships have both, novice and advanced divisions. It is a great opportunity to make college students fall in love with the sport which in term may later motivate them to encourage their own kids to practice Judo helping the growth in participation of the sport we love.





From our friends at



## NCJA'S WAY AHEAD

In our new approach, the leadership has developed a four year plan that is designed to improve the experience of the collegiate athletes and to close the development gap that currently exists in between junior and college athletes. The full concept will be presented at the 2014 Annual Meeting in Texas A & M; however, below are the objectives per year:

AY14 Objective: Increase Membership and bring back the All-American recognition for Individual National Champions in the advanced divisions.

AY15 Objective: Develop Six Regional Conferences that host their own Championships before the National Event.

AY16 Objective: Expansion to 9 Regional Conferences that are fully integrated where conference champions are recognized at the National Tournament.

AY17 End State: A fully integrated organization that recognizes athlete's potential and contributes to the development of Judo athletes during their formative collegiate years.

## NCJA Leaders for 2013-2017

**President:** Dr. Hector R. Morales-Negron, US Military Academy at West Point. Email: ncja\_president@aol.com

**Vice-President:** Mr. Dan Gomez, Texas A & M. Email: tamujudo@gmail.com

**Secretary:** Mr. John Hampton, Ball State University. Email: judojph57@yahoo.com

**Treasurer:** Mr. James Paterson, Milwaukee School of Engineering. Email: jpeterson230@wi.rr.com

**Executive Assistant to the Board:** Mr. Bob Perez, Texas A & M. Email: bobbperez@library.tamu.edu

### Hector R. Morales' Bio



Lieutenant Colonel Hector R. Morales-Negron is an Academy Professor of Physical Education at the U.S. Military Academy and assumed the presidency of the NCJA in March 2013. He is the Head Coach of the West Point Judo team and was the Head Coach of the U.S. Armed Forces team from 2003 until 2013. A native of Puerto Rico and student of Sensei Hiromi Tomita, he has competed at the collegiate, national, and international levels. He currently holds a PhD in Sport and Exercise Psychology and works with athletes to help them optimize their performance on and off the mat.



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Joshua B. Bennett
- ★ Lucille Torres Gonzalez
- ★ Anthony Chan
- ★ Daniel W. Ross

### Nidan

- ★ Steven Matias
- ★ Kevin D. Pittman
- ★ Jens C. Vincent

### Sandan

- ★ Herbert A. Rodriguez

### Yodan

- ★ Charles C. Schweizer

## JUJITSU

### Shodan

- ★ Gerald J. Brandon
- ★ Bret A. Perchaluk

### Shodan

- ★ Taybren Lee

### Current USJA Membership Statistics:

Active Annuals:	6,674
Active LM's:	1,470
Total Active USJA Members:	8,144



# USJA Promotions, What do I Need?

I have been asked by the USJA National Office to give some advice regarding just what is required for promotions so that someone is not denied because they lack documentation or misunderstood the requirements. The National Office is responsible for the approval of all promotions including Dan ranks of 1st, 2nd and 3rd Dan. At times they are unable to process requests for promotion because of simple mistakes or missing documentation.

As a member of the USJA Promotion Board and the person who evaluates those seeking rank for 4th Dan and above before they are sent to the promotion board (PB) I run into the same issues. However we have in place a system to work with the applicants getting paperwork to be acceptable for review by the USJA Promotion Board. Several years back we discovered over 60 % of the Requests for Promotion (RFP) had errors in paperwork and 10% failed to meet time in grade (TIG) or promotion points. This caused immediate rejections. Ranks of 6th Dan and above require evaluation at a "sit-down" meeting of the PB. If rejected this could result in not being considered for 6 more months as the PB by policy can only evaluate what is presented.

I was assigned to work with the coach and applicant so when submitted to the PB the success rate would dramatically increase by reducing the number of clerical errors. We have achieved this goal but the National Office just does not have the staff to spend what could be days or weeks working with the applicant.

The purpose of this letter is to explain what is required for all promotions so that you are looked on move favorably when it comes to promotion. We are not listing specific qualifications here please consult the RFP or the handbook.

Please understand when expressing rules and requirements it is difficult to appear 100% positive since you are saying this is required and without this or that you do not receive this or that. I apologize for appearing demanding or negative but we are trying to help you with future requests for promotion to receive the promotion you deserve.

All promotions require two or more signatures one being the candidate the other being the coach. After that depending on the rank of the coach additional people may be required to examine the technical ability and insure that the activity claimed for points meets or exceeds the standards and is verifiable.

This brings up two issues when someone "signs off" they are stating they have examined, witnessed and or reviewed the applicants skill testing or documentation. It is not permitted to sign off without evaluating the person nor is it acceptable for the applicant to have someone sign off if they did nothing to verify. This is an ethics violation. The other issue the person(s) signing off must have the required judo rank above the candidate. Everyone must be an active USJA member and belong to a chartered USJA club. Current background screening (BGS) is required for anyone signing the RFP including the applicant or those submitting letters of recommendations.

The RFP form must be filled out completely with no missing blanks including listing the total number of points and TIG. It must be dated. You must include a list of your activities that can be verified. We also have available an Excel spreadsheet that lists the mane of every activity so you can enter the data. Please let me know if you would like a copy. This spread sheet will, if used in Excel, automatically totals the points entered. This does not eliminate the need for documentation. For example if you want credit for 10 clinics you need to list the date of the clinic, where it was and how many points each year. If you want credit for coaching competitor the procedure states you not only must list the event but the names of the athletes you coached and they must be USJA members. Please understand that plugging numbers in the form does not constitute documentation and will result in points being disallowed.

Points for USJA certification are allowed only if active and only for the years active. If your USJA coach certification expired 5 years ago and you renew today you do not get credit for back years when you were inactive nor do you receive credit for activities that relate. For example you lose credit for coaching athletes during this time. If you expire as a referee you cannot take points as a referee during the time expired.

We on the PB are not looking to block promotion but for your promotion to have value all promotions must meet a uniform minimum standard. To do less means the credibility of a USJA Promotion declines.





# USJA Promotions, What do I Need?

To receive USJA promotion points you must be a USJA member during the full TIG that means a USJA annual member or a life member with current sustaining life membership (SLM). You must belong to a USJA chartered club. At times we receive applications from people who were active USJA members 6 years ago when they were last promoted now 6 years later they become a member and want to be considered for USJA promotions. This is not only unreasonable it is not fair to those that support the organization year after year.

Promotions are not automatic and a number of factors are considered so when submitting the more verifiable data the more consideration you will receive. Please understand that it takes time to verify all of the requirements. When submitting for Rank Validation or promotion of ranks 6th Dan and above they are acted on only at a sit-down meeting of the PB. For this reason they must be sent to the National Office 6 weeks prior to the meeting. If received after this date they will be held until the next "sit down" meeting.

If it is determined that your RFP requires additional documentation or clarification you will be contacted. You still must meet the 6 weeks deadline or it will be held until the next "sit-down" meeting so respond accordingly.

Please understand that the date the promotion board approves your promotion is the date that your rank is dated. So delaying several months when you reply permanently effects the date of your promotion and future TIG.

If you are contacted because there was an issue with your RFP you have 30 days to respond. You can request an additional 30 days for a total of 60 days. If you still fail to respond your promotion is considered withdrawn and you must resubmit all paperwork and pay the processing fee again. When you reply within the 60 days and you fail to return what was requested and it is returned a 2nd time you will automatically be charged an additional processing fee each additional submittal. The USJA cannot piece together your paperwork so please when resubmitting include all of the paperwork as if you were submitting for promotion the first time.

## Check list

- ★ RFP form complete make sure you have correct form
- ★ Sign off by applicant, Head Coach, examiners having the required rank, active membership and clear BGS as required. Include judo rank, examiner level
- ★ Include any documentation required
- ★ Meets or exceeds TIG or points
- ★ All Certifications up to date and current
- ★ Attached documentation verifying points
- ★ Active USJA membership annual or SLM
- ★ Member of chartered USJA club
- ★ Processing fee as required

Please feel free to contact me if you have questions or need help.

Regards

Walter Dean  
USJA Promotional  
Technical Evaluator  
3016 Azahar Court  
La Costa CA. 92009  
Email: [wdean9d@sbcglobal.net](mailto:wdean9d@sbcglobal.net)  
Fax: 760 944 8268  
Voice: 760 944 9486

## 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.



# Passion

Teaching in Bert Becerra's Judo school is enlightening. The first time I saw Becerra Sensei teaching, he angered me. I was ready to step onto the mat to see if he really was as good as he thought. He berated kids and shook a stick at them. This was not the type of teaching I'd been exposed to. When the bow-out signaled end of class, every junior ran to hug Sensei Bert. He called each by name and reminded them what they had to work on to be better at judo.

I had to rethink my position on Becerra Sensei's teaching methods. He loves his students and proves it every class by knowing their names, families, language, successes, and failures. Becerra Sensei is the ultimate profiler. If you become his student, he'll know all about you in very short order. No one keeps secrets from Becerra Sensei.

Now that I've been around him awhile, both in class and at tournaments, I think I've discovered his secret for success in teaching judo: passion. Becerra Sensei is passionate about judo and doesn't mind who sees this in him. He transfers his passion to those whom he teaches. The children are devastated when they lose, but with tears streaming down their faces, they rise with determination and concentration for the next match. You can see the passion Becerra Sensei has instilled. Being passionate about judo and his students creates the desire in his students never to fail him.

Anyone who attends one of Becerra's classes is struck by the anticipation of children and adults. Their willingness to strain to improve their physical conditioning becomes obvious. Teaching a new technique or improving an older one receives students' full concentration. Eagerness in the air is thick enough to cut with a knife! Students undergo uchi-komi with a desire to improve with each move, and approach randori like it is the last thing they ever will do in life! Sensei's passion is reflected in each face.

Teaching for Sensei is fun too. Students always are attentive and fired up to do whatever the instructor asks, without question. Becerra Sensei meanwhile sits back watching all the mistakes I make and with subtle suggestions encourages me not to repeat them. Never missing a move, he'll point out students' errors from across the mat. I have heard students say they can do no wrong while Sensei is there. Sensei will point out that wrong to everyone!

Even bowing out is more a sad ritual than a relief. As students help put up mats, they chat and tease one another. When mats are stacked, students hang around and talk, reluctant to leave. And Becerra Sensei has time for each of them.

Passion is Bert Becerra's secret for a successful judo program. You see it in every move of the man, and he's able to transfer that passion to each of his students. One second of praise from Becerra Sensei makes all the effort worthwhile.

## Ed Carol's Bio



Ed E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds Yodan Judo and Sandan Jujitsu ranks.



# Friendship Scrimmage 2013

## Industry Sheriff & Riverside Police PAL/YAL Friendship Scrimmage

On Saturday, 11-16-13, the Riverside Youth Judo Club Police Activities League (PAL) and Industry Sheriff Judo Club Youth Activities League (YAL) participated in a friendly inter-club scrimmage. The event took place in the new 3,000 sq. ft. Riverside Youth Judo Club mat room in Riverside, CA. A total of 63 young competitors from both law enforcement sponsored clubs enjoyed a great day of competition, food, and camaraderie.

This free, sanctioned event allowed players from both clubs to hone their skills in a friendly and safe environment. This was especially important for many of the kids who were inexperienced with competition. Riverside's club also presented six special needs competitors who were treated with tremendous care and respect by Industry's club.



Scrimmage bow-in

The Industry Sheriff's Judo Club was established on March 16, 2006, with the assistance of USJA President, Gary Goltz, in an effort to spread judo in the San Gabriel Valley area. The Los Angeles County Sheriff's Department was seeking a qualified instructor to run the YAL/PAL judo club – the department found their volunteer and Chief Instructor, Butch Ishisaka, 6th Dan. Sensei Ishisaka is a faculty member of California State University, Los Angeles, teaching Kodokan Judo at the College of Kinesiology and Nutritional Science. Since the youth judo program began in 2006, Industry students have earned over 900 medals and have 42 registered members.

The Riverside Youth Judo Club is a new dojo that started about a year ago in a very small room inside the local YMCA. All of the Riverside County YMCAs went bankrupt in January 2013 and the youth judo club lost almost everything. Riverside Police Chief Sergio Diaz and the Riverside Police Foundation stepped in and helped save the program with a new police department mat room and funding. Currently, the club has grown to over 90 members including 25 at-risk and 20 special needs students.

The Riverside club recently began taking students to competition at West Covina and Goltz Judo club in September and October 2013. Sensei "Butch" Ishisaka and his staff of instructors reached out to Riverside's club noting the similarities in their mission. Sensei Ishisaka offered to bring his veteran club out to Riverside to help foster Riverside's new and special needs players' confidence. He explained the benefits of smaller inter-club scrimmages to help build teamwork and gain experience in judo competition.

Both law enforcement sponsored clubs reach out within their communities and offer low to no cost judo instruction for all youth, with special emphasis on at-risk and special needs kids. Student disabilities include autistic spectrum disorders, cognitive delay, cerebral palsy, as well as hearing and sight impairments. The goal of both youth judo clubs is to make judo available to kids who would not normally have the opportunity to participate because of economic reasons. The clubs also create a positive alternative to gangs and drugs --- a key goal of the youth police activities league.





# Friendship Scrimmage 2013



The Industry and Riverside youth judo clubs have a strong commitment to their students' academic success. Sensei Ishisaka explains "Originally, 95% of my students had a GPA of less than .5.....YES! less than point 5." Within two years of participating in the Industry Judo Club, the students' GPAs increased to 3.7 and 4.0!!! Fifteen of Sensei Ishisaka's original students are in college and three have graduated from local universities. In each case, these students were the first in their families to attend college. The Riverside Youth Judo Club offers scholarships and academic awards - over \$2,500.00 has been awarded to Riverside's most deserving judo students. Riverside Youth Judo students Jenny C. and Anthony C. are prime examples - the growth of both of these students has been tremendous! Jenny came to Riverside as a sweet, timid, first generation immigrant student. Since joining the judo club, she has gained exceptional ability and confidence and helped create the first on-campus All Riverside High Schools Judo Club. She is currently being considered for a full scholarship to the prestigious California School of the Arts. Anthony is one of Riverside's at-risk students who has also overcome tremendous adversity in his personal life. He persevered, kept his grades up, and has been offered a significant scholarship to Harvard - he is also being interviewed for an appointment to the Annapolis Naval Academy.

Sensei Gary Goltz helped create and advise both clubs. He immediately volunteered and helped referee the inter-club scrimmage. Sensei Ishisaka and his assistant Senseis Riley Isosaki, Jeff Domingo, and David Matutte also helped referee the event with patience and skill. Sensei Ishisaka trains his brown belt students the art of refereeing - these advanced students also helped with the event. A special thanks to Industry's Jeremy Lan, Kobe Yamaminami, Antonio Alvarado, and Riverside's Sensei Josh Hiraoka, Sensei Bill Preston, Vicky Medina, Sharon Nakama, and Bill Edelbrock for helping at this event. Riverside's own Sensei Satoshi Nakama was one of the referees - Nakama Sensei is profoundly deaf and the only certified deaf judo coach in the U.S. Nakama's skill, knowledge of judo, and ability to overcome adversity is an inspiration to all judoka.

At the end of the day, we made certain that every player went home with a medal. Industry also presented special medals for our special needs competitors. In many cases, these were the first medals that our special needs kids had ever won in their lives; it went a long way to help their confidence and morale! We concluded the scrimmage with some outstanding food, fun conversation, photos, and great memories.

A special thanks to Sensei Gary Goltz, Sensei "Butch" Ishisaka, all Industry coaches and players, and the parents from both clubs for making this a very special day --- one of Mutual Benefit and Welfare!



# Friendship Scrimmage 2013



Special and typical developing players competed at the scrimmage



Sensei Gary Goltz is presented with Roosevelt's "Man in the Arena Poster"



Industry's Parents and support staff



Sharon Nakama and Sensei Satoshi Nakama (left)



Riverside's Parents, kids, and support staff





## Friendship Scrimmage 2013



Article by: Sanders "Butch" Ishisaka of Industry Sheriff's Judo Club and Brian Money of Riverside Youth Judo Club

# USJA





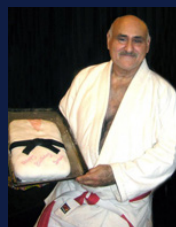
# George Pasiuk Receives Lifetime Achievement Award



On August 13th of this year, long time USJA supporter George Pasiuk was honored by the United States Judo Association with a Lifetime Achievement Award for his many decades of work in practicing and teaching Judo in New York City and the surrounding areas. George has been a USJA stalwart since 1969 and holds Life Member number 169. The plaque was presented to him during the YMCA International Judo camp near upstate Port Jervis, New York. George Pasiuk and George Harris began the camp in 1973 and it has been going strong ever since. The camp is one of the oldest and best known Judo Camps in the United States having hosted many Olympic and National champions as guest instructors.

The award was presented to George by Judo legend James Bregman, a founding member of the USJA and Marc Cohen, Vice President of the current Board of Directors.

## 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<sup>th</sup> degree black in Judo and heads up the Go Rin Dojo in Long Beach, NY.



# Purely Randori

The American Jujitsu Academy in Summerville, South Carolina, recently invited all clubs in the region to five nights of workouts, spaced out over a month. These were not teaching sessions. Pure randori was the theme, and several clubs sent participants. With zero injuries and plenty of sweat, everyone had a good time.

Thanks to the club sensei who opened their doors for these communal workouts. Other clubs should consider hosting such events.



## Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., began judo in 1961 and studied under the late Kotani Sensei at the Kodokan Judo Institute in Japan, earning his Black Belt in 1969. Kotani Sensei, 10th dan (degree) black belt, had studied under the founder of judo, Dr. Jigoro Kano. That makes Charles Sensei the "grand-student" of Dr. Kano. Charles Sensei's students are Dr. Kano's "great-grand-students"!



# The Answer Man



I would like to share an article that I wrote following my father's untimely death 20 years ago. Bernie Morris died of a massive heart attack while on his way to the closing ceremonies of the Barcelona Olympics August 9, 1992. I had already returned to the US for the Olympians luncheon with President Bush. I would like to mention that my Mother, Chris has been a HUGE part of my success as well and is still alive and kicking keeping me in line.

As an athlete, I travel, train and compete, striving for that ultimate goal – the Olympic gold medal.

This journey would not be possible without the undying devotion of any athlete's parents. They unselfishly take their kids to practice every day and try to get them to the best training places – which can mean sending them overseas and spending thousands of dollars out of their own pockets. In a low profile sort such as judo that figure can be enormous.

Regardless of the sport, the cost doesn't matter for the parents, who want to help in any way possible for that common dream of competing in the Olympic Games.

For me, my father, Bernie was my rock. He did everything in his power to help me perform at my best, both mentally and physically. If I needed medical care, he flew me anywhere to see the best doctors. If I mentioned that I would like to watch video of a certain opponent, the next week I would have it. When I needed to train or compete in Japan, Korea, France, Germany, Hungary, Czechoslovakia (now Czech Republic), or Italy – or wherever – he got me there.

Over the years, my dad earned the nickname "The Answer Man." Everyone came to Bernie for the answers because he knew so much about a wide range of things. If someone had a problem, everyone else would say, "Go see Bernie." Answers for anything: from directions to a local store to fixing planes.

There are thousands of "Answer Man" stories, but these two typify what my father was willing to do for his son.

In the summer of 1987, I had just won the world trials, and the championships of the Junior Pan Ams, the Pan American Games and the Pacific Rim, and was scheduled to compete the following week in Austria. I was home for one day, unpacking and re-packing and was complaining about not wanting to go while my father just listened. It was time to go, and of course I had to fly by myself again. This trip was literally planes, trains, and automobiles.

I finally arrived 15 hours later and was 10 pounds overweight for competition. Needless to say, I was in no frame of mind to compete. I ran to try and lose weight, but found out I was still five pounds over the night before my event. I was walking back to my hotel room with head down low, ready to tell the officials that I was not going to compete when I happened to look up...and there was my dad. "Hi there," he said. "I thought you were really bumming out back home, so I caught the next flight out to see if you could use some help."

I was in shock. I was so happy that I went out and lost the five pounds. I excelled in the competition and won the gold medal, becoming the first American to win the Austrian Open. Afterwards, my dad shook my hand to congratulate me and said, simply, "See you at home." Another time, I was training in Japan for a tournament in Tokyo called the Kano Cup. It is probably the toughest tournament in the world because the Japanese get four entries per weight class, instead of the normal one entry per category in World and Olympic competitions. When I returned home, my father wasn't there, and I asked a close friend and neighbour where he was. He said that my dad had gone to





# The Answer Man

Helsinki, Finland, which just happened to be where the European Championships were being held. He flew all the way over there with his own money just to videotape my competitors. Watching those videos played a tremendous part in helping me achieve my Olympic silver medal, where I lost only to Hidehiko Yoshida of Japan in the finals.

Before I left Barcelona, I met with my dad. He shook my hand to congratulate me and said, again, "See you at home." That was the last time I saw him.

When I was standing on the podium with the Olympic silver medal securely around my neck, all I thought about was my father and how much time and effort he put in for me. I realized that this was our medal, not just mine, and for all he did for me, I will be eternally grateful. Thank you, Bernie Morris. I love you.

Bernard Newth Morris, Jr.

"The Answer Man"

March 9, 1943 – August 9, 1992

## Jason Morris' Bio



Jason Morris won the silver medal in the -78 kilo weight category in the 1992 Summer Olympics. He competed in four Olympic Games, and won bronze in the 2002 World Championships. He is the head instructor at the Jason Morris Judo Club and was the coach of the 2008 US Olympic judo team.



## Cost of Judo

It's a strange thing to say, but I started Judo in the middle of the last century and the end of the last millennium; I began to study Judo in 1962.

When I began my study of Judo, the world and the economy was different. Someone making a hundred dollars a week was considered doing very well. Pizza was 25 cents a slice and a small soda was a dime. Judo lessons were available at a number of Ys around town and a semester cost about \$40.00 for about six months. Shais, when you could find them had a \$5.00 or \$10.00 entry fee and a brand new midsize double weight judogi was \$25.00.

Things have definitely changed over the years. People make more money now than they did in the sixties. The need to cover necessary expenses has increased dramatically and few people have discretionary income and what there is needs to be carefully spent.

To be able to start Judo today, a child or adult is faced with having to pay a private school at a roughly \$80.00 to \$150.00 a month, a Judogi that would cost an average of \$80.00 to as high as \$500.00, association dues of \$50.00 and entry fees approaching or exceeding \$100.00. Local shiais have entry fees approaching the hundred dollar mark.

In my own community Dojo, getting started in Judo is a lot less, \$90.00 for six months training, \$50.00 for a Judogi and \$50.00 for USJA dues, but a parent is still facing a \$190.00 cost to get their child into Judo and it might not last for even six months. Kids usually stay at an average of 2 ½ years with me and a significant number stay forever as evidence of being my adult Yudansha and Mudansha that have been with me since they were children.

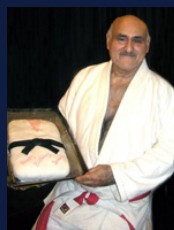
I am thrilled to be a part of the lives of some of the most elite Judo athletes in the world. People like Hannah Martin, Brad Bolen and Tony Sangimino are my inspirations. For these three and many more, chasing the Olympic dream is incredibly expensive. Mike Hall, a friend, has figured out that in order to get enough international points to be considered for an Olympic berth, costs could probably range between \$15,000.00 and \$20,000.00 in a year. That is mostly spent for traveling throughout the world in order to qualify for a spot in the US Olympic team. They still have to work for their living expenses, meals and elite training costs. The United States, unlike most other major nations in Europe, Asia, Africa and South America does not fund their Olympic athletes and if they want to succeed, they are financially on their own meaning that they have to work two and three jobs to make it.

My point is that Judo is not at all cheap. A recreational player can expect just about \$1,000.00 to 1,500.00 a year to train and go to local tournaments. A player going for national points needs another \$2000.00 a year for travel and lodging for junior or senior nationals and an elite player trying to get a world or Olympic title is looking at fifteen to twenty five thousand a year. Instructors who run a school with competitors need to think not only about lessons and keeping their classes relevant, but also fund raising. National and international athletes need sponsors and managers to help them manage their careers and ambitions. Is it any wonder that successful Judoka finish their careers and go into professional grappling like UFC and have a retinue to handle their various needs; amateurs in Judo have to take care of themselves.

I wonder if there should be a new instructor certification for grant writing and financial management.

There's more to this topic and I am hoping to have one of our elite international athletes work with Growing Judo to write and publish what it is like to train and live the life of an American amateur Judoka trying to succeed.

### 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<sup>th</sup> degree black in Judo and heads up the Go Rin Dojo in Long Beach, NY.



# Disclaimer

Please note that all material contained on this magazine is provided for informational purposes only. Martial Arts training is a potentially dangerous activity. Before beginning any Martial Arts training or exercise program, you should first consult your physician. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury from time to time. In their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, and torn ligaments, though not all students encounter such serious injuries. As with any physical activity, there also exists the remote possibility of crippling or death.

You should always be aware that if you engage in any Martial Arts course you are doing so entirely at your own risk (as described in the Doctrine of Assumed Risk and Liability), including any present and/or future physical or psychological pain or injury that you may incur. The United States Judo Association (hereafter called the USJA), the editor of Growing Judo magazine, the article writers and contributors contained therein cannot assume any responsibility or liability for any injuries or losses that you may incur as a result of acting upon any information provided by this magazine or any links to sites found herein. Nor can the USJA, the editor of Growing Judo magazine, the article writers and contributors assume any third party liability arising out of any legal actions you may be involved in as a result of the training you received by engaging in a study of any Martial Art as presented by this magazine or any other source cited herein either directly, or through the use of hyperlinks. Although there may be a number of instructors, dojo, other organizations, seminars and other activities listed in this magazine, the USJA, its officers, the editor of Growing Judo magazine, the article writers and contributors cannot be responsible for their claims, instructional strategies, materials, facilities, or consequences that may arise by studying any Martial Art under their supervision and can make no recommendations or inferences as to the quality or effectiveness of their instructional programs.





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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.

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