



January 2014

In this month's issue:

- Ashley Interviews Hannah Martin
- Bushido Dojo of Staten Island
- IJF Rules 2014-2016
- Judo News from Around the Country



Photo by: Lou DiGesare/realjudo.net



Table of Contents

President's Message	1
Editor's Message	7
The Office Corner	8
Regional Coordinator's Message	9
Our NEW USJA Clubs!	10
Newly Certified USJA Coaches	10
New USJA Life Members	11
USJA Donors	11
Judo News from Around the Country	12
Why I Teach Judo?	21
Collecting Saves Lives	23
Children's Judo	25
Why Do We Choose to Study Judo?	26
Calling All Kids	28
Joplin	29
IJF Rules 2014-2016	32
Ashley Interviews Hannah Martin	35
Hannah Martin	37
Overlooked Since 1882	39
Announcements	43
Upcoming Events	48
Alex learns about Bushido Dojo of Staten Island	49
December 2013 Press Release	50
From our friends at Blind Judo	52
From our friends at Americomp Judo	54
From our friends at USJF	55
USJA Promotions	56
GrowingJudo on SS	57
New Year's Resolution for the Martial Artist	58



President's Message

USJA / USJF Grassroots Judo™ Winter Nationals 2013



This year's event ran exceptionally smooth considering it was held in a new location and on one day as opposed to two days as in the past. Here are three separate snapshots of the event from the perspective of the USJF's official representative, the guest coach clinician, and finally through the eyes of a young player. It provides a good synopsis of this year's event which is now history.



Tony Mojica accepting the Winter Nationals 2013 Top Club Award

To view the detailed results and photos from this event as well as all past ones go to judowinternationals.com. Information on the 2014 Winter Nationals & Coach Clinic is also posted on that site. You can also learn more about the USJA /USJF Grassroots Judo™ partnership including a list of all upcoming events by go to grassrootsjudo.com

Thanks again to all that participated; volunteers, referees, coaches, and of course the players their families, parents, and friends.

Wishing everyone the very best in 2014!

Gary Goltz



President's Message

2013 Winter Nationals Hits New Heights

by Neil Simon



About 8 years ago the USJA's National Tournament which was held at the Arnold Classic in Ohio and drew only a few contestants was moved to California at the request of the then USJA President Jim Bregman. He asked at that time USJA COO Gary Goltz to see what he could do to build it up with the purpose of having a national tournament where instructors and their teams can participate in good judo. In year three Gary had the opportunity to make this the first Grassroots Judo™ tournament in conjunction with its Grassroots Judo™ Partner, the USJF.

This tournament has grown over the years facing normal tournament growth trials and tribulations. Additionally it faced the economic challenge due to the state of the economy. Bottom line - the Winter Nationals have not only survived, it has flourished!

This year there were a total of 583 participants representing 84 different judo clubs; a new all-time high. We were in a new facility Azusa's Pacific University's Felix Event Center which was much more spacious and accommodated 6 full size tatami areas provided by California Mats 4 Rent. The stands during the morning and day were fairly filled. Even at the end of the tournament many stayed to watch the competition.

The quality of judo play was good to excellent. There were 40+ referees that watched over the matches to ensure fairness of play. This year the JudoCARE System was used which means that there was only 1 referee on the mat who was connected via earphones to the two judges were on the side along with the juror.



President's Message

There were a total of 5 A referees and several other international, national, and local players. Several mats supported a junior referees who did an excellent job of facilitating their matches - an impressive group.



The medical staff provided by judo supporter Dr. James Lally along with EMTs from Aegis Ambulance Service helped to insure quality medical coverage and treatment.

This tournament has become a standard for the Grassroots Judo™ and Southern California area. Next year's Winter Nationals is scheduled for Saturday December 6th and should be better than ever.

Neil Simon (njsimon@aol.com)
USJF Representative



Gary Wagstaff Action Photos



President's Message

Coach Education Clinic a Huge Success

by Ed Thibedeau

In conjunction with the 2013 USJA/USJF Winter Nationals Tournament a coach education clinic was conducted on Friday December 6. I was asked to facilitate it by USJA President, Gary Goltz. I have been teaching and doing clinics for many years at judo camps around the country.

The clinic was held at the beautiful Alexander Hughes Community Center, home of Goltz Judo's Dojo. Time was spent in classroom discussion as well as on the mat reviewing practical applications of teaching and coaching methods. There were over 50 people in attendance and at the end of the day we certified 40 new coaches!

This was one of the largest coach education clinics in recent history. It attests to the desire of our members to learn all there is to learn, realizing that just like practicing judo; instructing, teaching, or coaching is a lifelong endeavor that requires a continuing effort to learn and improve.

Participants in this clinic ranged in age from 21 to 80 years old and from Rokyū to Rokudan in rank. While certification as a coach has minimum rank requirements of sankyū and 16 years old, anyone who is interested in exploring what is involved in judo teaching and coaching is encouraged to attend these clinics.

If anyone is interested in hosting a coach education clinic in their area please contact me at ET@ArkansasGoshinkan.org or go to <http://www.usja-judo.org/coach-education/>. Next year's Winter Nationals Coach Clinic is scheduled for Friday December 5th.





President's Message

The Big Mystery of the Winter Nationals

By Dara Woo

Why do judoka from all over the nation come to Los Angeles to compete in a tournament during this busy season of school finals and holiday obligations? For me, it was for the learning experience and team bonding. The Winter Nationals sponsored by the USJA/USJF Grassroots Judo™ slogan is "Building friendships and better people through judo". I believe this tournament lived up to the standard.



The Winter Nationals teaches judoka to fight with a different mindset, for the experience and not just the win. This was the first time I had ever competed in the Winter Nationals. Immediately I noticed some differences in this tournament versus others that I have fought. First of all, this tournament is a "non-point" tournament. Point tournaments are tournaments where the top three victors receive points, the 1st place winner receiving the most. The more points a judoka earns from these nationally/internationally recognized tournaments, the higher nationally ranked they are.

With the Winter Nationals being a non-point tournament there is less pressure to win. This tournament allows the judoka to go into their matches open minded and test out that new choke or throw that they have been working on. It gives them the opportunity to make and learn from their mistakes. What better way is there to grow!

In addition, the Winter Nationals taught me about the new JudoCARE system. On every mat there is one head referee. Off to the side were 2 assistant referees as well as a videographer taping every fight. Each head referee wore an ear piece to communicate with the side referees. Therefore, if the head referee missed a score, then the side referees could tell them through the ear piece. If all of the referees missed a score, then the videotape of the fight could be re-watched.

The venue for the tournament was Azusa Pacific University's Felix Event Center, which was beautiful. There were 6 mats for the judoka to fight on with lots of seating available for all our parents and friends. I have to admit that it was probably one of the nicest venues I had ever fought at. There appeared to be about 600 competitors. I noticed that there was a large age band with some judoka as old as 70 years old!

The tournament was a great bonding experience for my dojo. Fourteen of us drove down from Northern California. Before the tournament, we all met for breakfast. Then we all headed to the tournament together. My teammates competed throughout the day but coincidentally there were four of us fighting simultaneously at the very end, around 6 o'clock that evening.

Our Senseis had to run back and forth from mat to mat to coach each of us. They were such a great support system.

Without a doubt, my team and I are competing next year at the Winter Nationals. I feel the benefits of this tournament span more than just judo. I never knew I could love a group of people so much! To me it is kind of strange how much closer I am to my judo friends than with my school friends. Nobody knows you better than somebody who has seen you truly laugh, sweat, get frustrated, cry, smile, panic, bleed, etc. Would you show these emotions to some of your school friends? This tournament increased my love for my team even more.



President's Message

The Big Mystery of the Winter Nationals

I never knew pizza after a tournament could taste so good, or that swimming at 10:00PM could be so fun. I never knew throwing seoinage or flying arm bars in the pool would be so funny! Judo friends are friends for a life time. You can joke around with them and tell them your deepest darkest secrets. If I did not go to the Winter Nationals, then I would have missed out on this experience of traveling with my team!

The Winter Nationals encourages one of the most important but forgotten founding pillars of judo. Judo is not just a sport. Judo is how judoka spend their free time. People that can encourage me to want to get thrown on the ground everyday must be pretty awesome people. Only a true friend can choke you out and still be able to laugh with you the next day.



Dara Woo (top row, 2nd from left) with her teammates and coaches from Cupertino Judo

About the Author:

Dara Woo is a 14 year old freshman at Monta Vista High School in California. She has trained in judo since she was 7 years old and is currently a purple belt. Her Dad forced her to train so she could learn to protect herself. Now she loves the sport! Besides doing judo, Dara enjoys hanging out with friends, playing field hockey and watching movies.

USJA



Editor's Message

**The Growing Judo Team
wish you and your family a**

HAPPY

NEW YEAR

2014

USJA



The Office Corner

The office staff at National Headquarters would like to extend their wishes to all of our members in wishing you a Happy and Healthy New Year! We look forward to this year and our efforts to continue serving the membership of the USJA to the best of our abilities. As we look ahead we know that the best is yet to come.

Besides the day to day operations, we like to let our membership know a personal side to us and many of you have grown to know the staff simply by calling. We view the USJA membership as a large family. Please accept our thanks for your tax exempt donation for the year of 2013. Without the generosity of so many, some of the programs we wish to go forward with would not be possible. We again send a special thank you to our **monthly donors** for your continued support.

You will see many changes take place this year that will benefit all of our membership and we are very excited to make it happen. There is much detail to come. It is simply too much to state in this message but it will be evident to all in the New Year. As always we look forward to your feedback and thoughts.

We are happy to have been able to provide service to all of you this past year but we are really looking forward to a productive and rewarding New Year!

It cannot be stated enough that we wish all of our members, their families and friends alike a very Happy and Healthy New Year.

The very best to our Judo friends and family!

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



USJA



Regional Coordinator's Message

I want to congratulate Gary Goltz out in California for throwing a very successful Winter Nationals. Almost 600 competitors competed in this event.

Unfortunately, this year my dojo was not able to attend as my two daughters, Erica and Christina made the National team and were competing in Harnes, France. All the divisions were large. Some divisions were as big as 50 competitor divisions.

Erica faced a 17 man pool where she defeated her first opponent with a yuko and a hold down to win. She was able to beat the next two competitors by Ippon, setting the stage for the gold medal match. Erica fought hard but lost that match taking the silver.

Christina, 11 years old, had to fight in the 12 and 13 year old division with a 17 pound difference in size. Despite the fact that they removed her best technique from her arsenal, she still managed to throw a few people around but did not make the podium. In case you were wondering, her best technique is Seio Nage to the knees. Sad to say the French doesn't allow the kids to apply that technique.

Mike Szejter is throwing his Cherry Blossom tournament in Delray Beach on February 1st this year. This tournament is now a National Point tournament and will have many participants from all over the country. Those who are interested in national points should try this event.

The 4th annual Yoichiro Matsumura Championship in Cape Coral, Florida will be held on March 8th this year. This event includes a referee clinic and certification at the event. I am also working on competitive and coaching clinics.

I hope that all of our Judoka will be supporting the USJA Development Fund. This fund will support many competitors striving for the Gold. Please take note that donations can be made at our National Office.

John Paccione



USJA



Our NEW USJA Clubs!



Monticello Judo and Jujitsu (Class Regular)

Head Instructor: Attila Molnar

Location: Monticello, MN

Email: attila_molnar@msn.com

Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

★ **Brian Lee Money**, Riverside Youth Judo Club P.A.L., Riverside, CA

★ **Martin M. Morales**, West Covina Judo Club, Covina, CA



New USJA Life Members

- ★ Jason I. Anglada, Dr. Iglesias MMA Academy, Bronx, NY
- ★ Mark Andrew Cox, Karl Geis Judo Club, Houston, TX
- ★ Abdi Levi, Unattached Illinois

USJA Donors



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

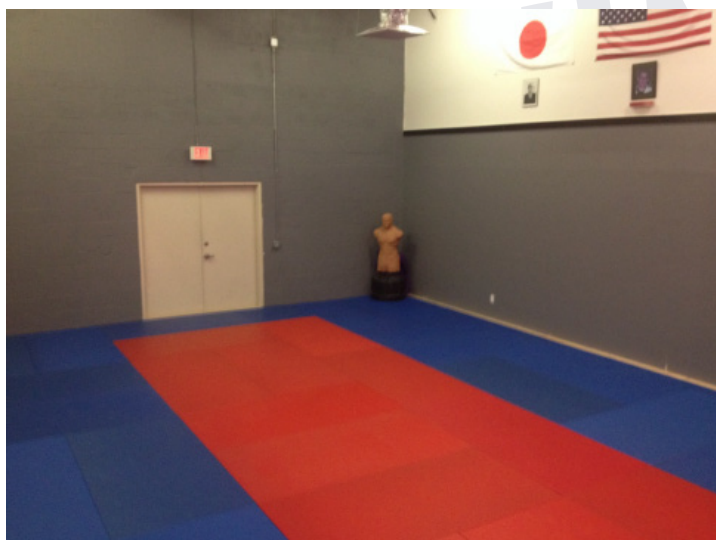
- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Dr. Matthew J. Doyle, Unattached Ohio
- ★ Karl E. Geis, Karl Geis Judo Club, Houston, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Dr. James M. Lally, Goltz Judo, Upland, CA
- ★ Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ Mark F. Waldron, Unattached Indiana
- ★ Gary Goltz, Goltz Judo, Upland, CA
- ★ Deborah L. Fergus, Southside Dojo, Portage, MI

Donations for the Development Fund can be made through National Office



Judo News from Around the Country

Nokido Ju-Jitsu, Judo and Bjj's New Location



Nokido Ju-Jitsu, Judo and Bjj had moved into our new location at 1050 Innovation Ave b109, North Port, FL. Our new location has a springboard floor and is twice as large as our last dojo. Our Grand opening will be held this January.



Judo News from Around the Country

The RAFU SHIMPO
LOS ANGELES JAPANESE DAILY NEWS

LOCAL DOJOS PAY TRIBUTE TO 'MRS. JUDO'

Documentary on Keiko Fukuda, 10th dan, has L.A. premiere at JANM.



From left: Low Dong, assistant head sensei, Gardena Judo Club; Hal Sharp, technical advisor, Gardena Judo Club; filmmaker Yuriko Gamo Romer; Robin Fernandez of Jundokai Judo and Jujitsu Club in La Mirada; Kenji Osugi, head instructor, Sawtelle Judo Dojo; Gary Goltz, founder, Goltz Judo.

By J.K. YAMAMOTO, Rafu Staff Writer

The Los Angeles premiere of "Mrs. Judo: Be Strong, Be Gentle, Be Beautiful" was also a memorial tribute to the film's subject, Keiko Fukuda, the highest-ranking woman in judo.

Judo News from Around the Country



Charmaine Galvez (left) and Robin Fernandez Demonstrate Keiko Fukuda's "Ju no Kata" forms.

The screening on Nov. 16 at the Japanese American National Museum was attended by members of local dojos, some of whom knew Fukuda.

Filmmaker Yuriko Gamo Romer said that the idea for the documentary began in 2006 when she saw an article about Fukuda and her dojo in Oprah Winfrey's magazine. "I looked at the pictures and I thought, 'This place looks really familiar.' (It was) two blocks from my house. So I felt like I should go over there..."

"I introduced myself after her class. I speak enough Japanese that I could chat with her in Japanese... She invited me up to her home, which is four blocks up the hill from my house, and I became intrigued with this story and felt like I need to make a film about her... It was something to discover that I lived partway between the dojo and the home. I just felt like it was my destiny to make the film."

The title refers to the fact that because of gender roles at the time, Fukuda had to choose between getting married and devoting her life to teaching judo. Kano, who died in 1938, had asked her to help spread judo outside of Japan, and in 1966 she moved to the U.S. to carry out that mission.

Fukuda lived to see the completion of the film, which had its world premiere last year at the San Francisco International Asian American Film Festival.



Judo News from Around the Country

The L.A. screening was part of the Mrs. Judo Community Engagement Series, coordinated by Jill Shiraki. In addition to being shown around the U.S., “Mrs. Judo” has been recognized at a sports film festival in Moscow and a women’s film festival in Mumbai, and is heading for Milan next month, Shiraki noted.



To mark the occasion, Gary Goltz (right) President of the U.S. Judo Association, presented Romer (left) a City of Los Angeles Proclamation from Councilmember Tom LaBonge.

Fukuda, the last surviving student of judo’s founder, Jigoro Kano, established a women’s dojo in San Francisco and held the rank of 9th dan from Kodokan and the U.S. Judo Federation and 10th dan from USA Judo. She passed away.

The judoka in the audience bowed in respect as they would before practice or competition, and a demonstration of Ju-no-Kata, Fukuda’s signature forms used to teach the principles of judo, was given by Robin Fernandez, 4th-degree black belt, and Charmaine Galvez, 2nd-degree black belt, of Jundokai Judo and Jujitsu Club in La Mirada, with Gregory Fernandez, 7th-degree black belt and head instructor, narrating.

Scenes from Fukuda’s memorial service — one of the extras on the “Mrs. Judo” DVD — were shown before the main feature. After the screening, Romer commented, “Fukuda Sensei served as an important bridge across many cultures – the Japanese culture and American culture but also the male culture and the female culture.” She asked three panelists to discuss their recollections of Fukuda. Kenji Osugi is head instructor of Sawtelle Judo Dojo, which was founded in 1927 and was visited by Kano Sensei in 1933. He is a board member of the U.S. Judo Federation and a judge and referee for USJF and USA Judo.



Judo News from Around the Country



Shelley Fernandez, Keiko Fukuda's student and friend since the late 1960s.

"I met Fukuda Sensei at one of the clinics," Osugi remembered. "I was still fairly young, immature I guess, kind of goofing off all the time. One day as I was being taught certain blocking procedures, Fukuda Sensei came to me and said, 'Learn from your sister. She's really good'... Every time I started to goof off, she would come back and scold me and say, 'Look at your sister.'"

Years later, after becoming a black belt, "I started to understand judo, how important that little lesson was for me... I started to realize that there was more to judo than just getting on the mat and throwing people around... Until then I didn't realize how important judo was not just for physical things but to really understand life in general."

Robin Fernandez won gold and bronze medals at the 2003 World Kata Championships in Tokyo. She has been practicing judo for 28 years, starting at age 33 after a career in ballet.

"We heard there was a kata clinic coming up in Southern California and I decided to go," Fernandez said. "Ms. Fukuda was there. I was aware that she was the highest-ranking woman in the world (and) that she was about 75 years of age at that time. I watched her and she was so active, she did all the throws, all the techniques. She was amazing. If she can do it, I can do it."

"I also noticed she wore a striped belt. I asked about it and I was told that's a joshi (women's) rank... but I thought again, if it's good enough for her, it's good enough for me. So I went out and I bought a striped belt and I wore that. At that time, they used to tuck the ends into the belt... I always wore my belt that way ...

"A few years later, I was at Ms. Fukuda's dojo and she was kind enough to give us coaching in kata. My partner and I had our striped belts on... Ms. Fukuda came up to us and she said, 'Untuck your belt ends.' So we untucked them and I noticed hers was untucked at that time. "And then she added to me... 'You don't need to wear those striped belts anymore. None of the shiai (competition) girls wear them.' And she walked off chuckling. After that I didn't wear a striped belt..."

"It had to have been some kind of change of mind for her, because I know for a long time she had worn a striped belt and worn it proudly. I'm not sure where her mind change came from, but I was happy to follow along."



Judo News from Around the Country

Hal Sharp, who is associated with Gardena Judo Club, learned the sport while serving with the U.S. Army in occupied Japan. He returned to Japan in 1952 to continue his studies, started judo clubs at U.S. Air Force bases, and participated in goodwill tournaments, competitive tournaments and exhibitions.

He was impressed by the training at Kodokan in Tokyo and jumped right in. "Someone came out and grabbed you and threw you all over the place. You woke up and you were trying to get even... We didn't really hurt each other. This is what made it great. I always liked scrapping, and this body contact and back and forth was a wonderful experience.



Keiko Fukuda in 2009 at Mills College in Oakland, where a martial arts exhibition was held in her honor.

"The senseis were really something. At the time that Ms. Fukuda did her judo in Japan, you did judo every day... All the senseis that I practiced with, these guys were on the mat all the time. The older ones were amazing. They could throw you effortlessly, and when they got you on the ground, all you could move were your eyeballs...

"Coming back to the States, I kind of felt sort of an obligation to my senseis to share in America what I learned in Japan... to build a bridge across the ocean."

Sharp, who knew Fukuda ever since his days at Kodokan, called her "an absolutely wonderful person. She really embodied the spirit of Japan."

Shelley Fernandez, former president of NOW (National Organization for Women) in San Francisco, was one of Fukuda's students and lived with her for decades. She announced the establishment of the Keiko Fukuda Judo Foundation.

"When people die, there's emptiness and loneliness, particularly if you love someone deeper than the ocean or higher than any mountain. It's very difficult," Fernandez said. "... Her legacy has to go on. Fifty years from now, people have to know who she was. So through this foundation, we are starting dojos all over the world for women who can't afford to go.

We're starting nine in India this coming January... We'll also be doing it in the States. We need help, people who know where there should be dojos. We want to train women to be senseis. We want to give scholarships to women...



Judo News from Around the Country

"My own personal thing since she lived with me most of her life here — half her life, actually — is that I would like to have her picture in every dojo in the world next to Kano Sensei's. We will supply the picture ... So far we have eight dojos... one in Portugal, one in Brazil, one in France, five in America."

Describing her friend as "a strong and gentle person," Fernandez said, "She didn't fight for women's rights the way I did, but in her own way, she achieved everything that a woman should achieve when she has that spirit and that love."

During Q&A with the audience, Nancy Oda of the San Fernando Valley Japanese American Community Center commented, "Judo means a lot to me and my family. My father was a judo sensei (at Sen Shin Dojo in Boyle Heights) with three daughters. He met Fukuda Sensei and it changed our lives... I have a picture of her with my two babies at that time... I treasure it."

After the program, Romer chatted with members of Norwalk Judo Dojo and signed copies of the CD.

For inquiries on the DVD, upcoming screenings and making donations, contact Romer through the film's website, www.mrsjudomovie.com, or visit the "Mrs. Judo" page on Facebook.

Photos by J.K. YAMAMOTO/Rafu Shimpo



Filmmaker Yuriko Gamo Romer signs a "Mrs. Judo" poster for members of Norwalk Judo Dojo as Sensei Stanley Morishima looks on.

Judo News from Around the Country



Judo News from Around the Country





Why I Teach Judo?

I'm often asked why I teach. I don't make money, though I spend a lot of time. I generally proffer the typical reply about fostering kids' development and self-confidence.

Something leads us into becoming teachers. Judo saving my life five times did it for me. I spent 31 years as a Dallas Police Officer, enjoying a job that I would have paid to do. I gain weight if inactive, plus I have a mouth. No one has to guess what I'm thinking! I needed a sport. I loved wrestling in college but that's not useful to a street cop.

My six month search ended at Vincent Tamura's Judo Institute. Tamura Sensei patiently tolerated my sloppy student attitude. We began on the wrong foot when told him that I was a Police Officer wanting to learn a sport and self-defense. To me that meant judo. To him, jujitsu.

Jujitsu, lacking powerful attacks and strong takedowns and controls, seemed boring. Some techniques had speed but emphasized being careful with your partner. Judo was more fun. Tamura Sensei insisted that I study jujitsu first. For six months I studied jujitsu, followed by a couple months of judo, then back to jujitsu.

After six months of lessons I couldn't seem to pick a fight on the street! I even tried provoking fights, to no avail. One violent ex-con wouldn't fight because "It just doesn't seem to be the thing to do." For a year I continued studying judo and jujitsu and patrolling Dallas streets, keeping my weight and profile low.

Working off South Oak Cliff, I was called to a family disturbance before my partner, who was caught in traffic. I approached the door, seeing nothing suspicious. We're taught when knocking to stand at the door, using it for cover. I didn't notice that the incorrectly hinged door opened the wrong way. I planned to knock three times, hollering "Police!" At my second knock, the door swung open and a shotgun pointed at my nose. Without thinking, I squatted, blocked the barrel with my forearm, and caught the stock with my other hand. The shotgun red, one pellet passing through my hat brim! Wrestling that weapon from the man's grasp, I reversed it and hit him repeatedly over the head with it.

My partner approached and said, "Now that's downright silly!" I explained that the man had tried to shoot me. "Not that," he continued. "You're hitting him with a semi-automatic shotgun with the barrel in your hands. Look where the gun's pointed when it connects with his head!"

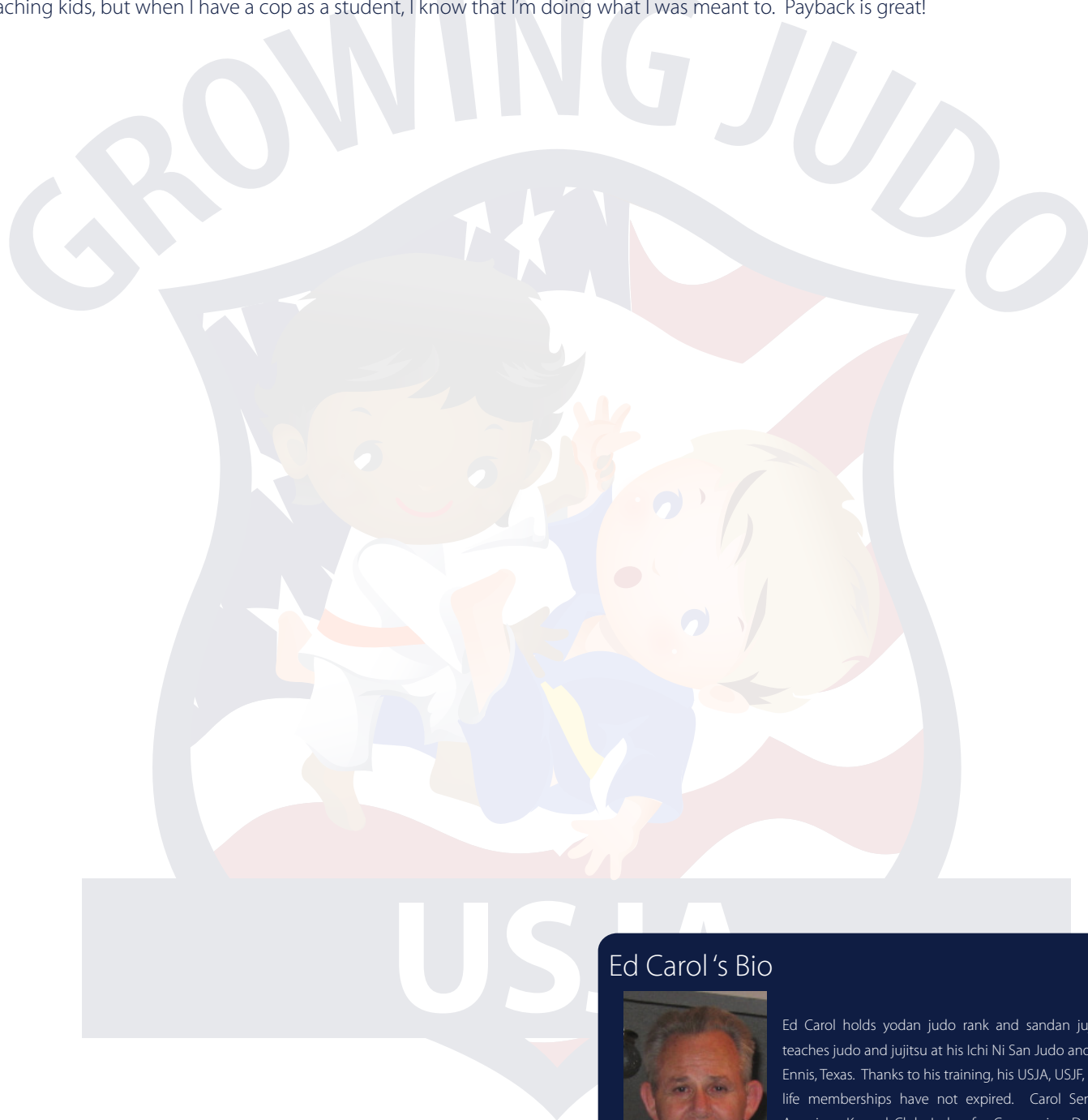
Two years later I responded to a call about a gang fight in a Pleasant Grove park. I parked and walked toward the fighting. About ten other officers arrived from another direction, and kids scattered. One ran directly at me, so I stepped aside, my right hand catching his right wrist. Then I noticed the knife. Hari-gatame took care of that, followed by waki-gatame to put him face down while I looked for anyone coming to help him. Vince Tamura's jujitsu saved me again.

A couple years later while patrolling Northwest Dallas at 2:30 a.m. I stopped a speeding vehicle. As I approached, the driver exited and walked toward me. I ordered him back into his car. He smiled and walked faster, suddenly kicking at my face. He kicked off my hat! I leaned and threw up my hands, grabbing his leg as he lowered it. He pulled his foot back and I went with it, ducking and turning my head to the side to avoid his punch. I wrapped my right arm around his neck as my left hand grasped his right elbow. Stepping past, I threw him with osoto-gari. I might have caught both legs, because he fell like a log. Executing the maneuver, I thought, "That's concrete, not a mat." I tried supporting his head with my left hand, succeeding only in getting my fingers smashed between his head and the pavement. His head required 27 stitches. He told me he'd always wondered if he could whip a cop. He was 18 and had just received his taekwondo black belt.



Why I Teach Judo?

Such incidents have convinced me that I owe my life to judo and jujitsu. Consequently, I teach to give pay back to these arts. I enjoy teaching kids, but when I have a cop as a student, I know that I'm doing what I was meant to. Payback is great!



Ed Carol's Bio



Ed Carol holds yodan judo rank and sandan jujitsu rank. He teaches judo and jujitsu at his Ichi Ni San Judo and Jujitsu Club in Ennis, Texas. Thanks to his training, his USJA, USJF, USJL, and USJJF life memberships have not expired. Carol Sensei also is an American Kennel Club Judge for Companion Dog Certification, though not licensed to promote canines to Showdog rank.

Collecting Saves Lives



Remember the carnage in the Darfur region of Sudan during a protracted civil war in which hundreds of thousands died from combat, starvation, or disease? There was genocide, violence, hunger, displacement, and looting. Sexual violence was common, with tens of thousands raped. From this horror in an impoverished country was born a new nation, when in 2011 the autonomous region of Southern Sudan gained its independence and became South Sudan.

To my surprise and delight, this new fourth-world nation in 2012 issued 18 beautiful martial arts stamps. Think about this: When a country issues stamps that collectors crave, those collectors buy them. If they cannot obtain them at face value directly from a post office, they pay a premium to a middleman.



But no matter how they acquire a stamp, it's destined for an album. And because collectors won't use these for their intended purpose, issuance becomes pure profit. Hence South Sudan makes money from everyone who collects its stamps. We like to think that when a country earns revenue, it filters down to improve the lives of its citizens. Thus collecting South Sudan stamps helps people. Save or improve a life by collecting South Sudan martial arts stamps -- sounds like a good slogan.

You can safely bet that there's no judo in South Sudan. I have taught judo in many African countries. Some, such as Malawi, have no judo. Being judo-deficient doesn't preclude a country from featuring judo on stamps. Stamps from South Sudan say Southern Sudan, though that's not the country's official name.

South Sudan's series commemorates the 2011 Paris World Judo Championships, where judo was the only martial art. That detail didn't dissuade South Sudan from issuing Paris World Judo Championships stamps featuring aikido, taekwondo, karate, kung fu, assorted martial arts, iaido, and ninjutsu. And by issuing these as individual stamps and as stamps with vignettes (attachments that mention the event) and on souvenir sheets and with all of these arts together, South Sudan has compounded sales. (A souvenir sheet is a sheet with images surrounding a stamp or several stamps, sometimes identical and other times different from each other.)



Collecting Saves Lives



Iaido is quick-draw of a live samurai blade, but South Sudan's iaido stamps illustrate kendo. South Sudan misspelled the art, labeling it Laido.

How popular are ninjutsu stamps? Before South Sudan's, there were only four in the world. Apparently South Sudan is a leader in martial arts stamps. The ninjutsu souvenir sheet shows kendoka on the border.

The stamp depicting martial arts shows four drawings, some resembling Bruce Lee.



So there you have it. Judo and other martial arts stamp collectors can rejoice that one of the poorest nations on earth has contributed to their collections. And by purchasing these, collectors have helped the economy, or at least the post office -- and maybe the people -- of South Sudan.



Ronald Allan Charles' Bio



Ronald Allan Charles, 8th dan, has assembled the world's largest collection of judo and other martial arts stamps, coins, and phone cards at www.judostamps.org. He teaches judo and jujitsu at the Samurai Judo Association, in beautiful, romantic Goose Creek, South Carolina, near Charleston.



Children's Judo

Trick question: How do you teach 4 and 5 year olds Judo? You don't, you let them play. Kids learn through play much more readily than they will if you try to teach them. Playing is a natural learning for children of all ages. Infants learn to walk when you help them up and support them because they see how their siblings and / or adults walk. To them walking is a game and they love getting around in a vertical position using their feet. They learn to balance and see things that are distant and far. They learn to be able to move forward to those objects and move backwards away from them. Moving from side to side is a different skill set that is something that toddlers learn through trial and error.

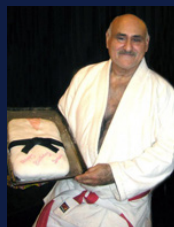
The physical skill sets needed to play Judo are complex. You need balance and multiple muscle groups working simultaneously as well as spatial and kinesthetic awareness. These are skills that children have attained for thousands of years through play and interaction with peer groups and caregivers. Having taught Judo to all age groups, something peculiar has happened; younger children are showing up showing a marked inability to perform the functions necessary to be involved in sports. I'm not a professional teacher, nor am I a child psychologist or for that matter a trained physical professional. I am an avid reader and student of human physiology and emotions and what I see is children who have not physically prepared to be involved in sports in general, much less Judo.

Play is no longer something that is natural to parents or children. Play is structured and done in short time elements. Children are used to seeing figures on a television or a computer screen doing the running, jumping or pivots that children used to learn naturally. Today children that are fortunate are brought to classes like Mommy and Me, where they learn rudimentary motions. They never learn on their own, only in tightly constricted spaces where they are programmed to move. They don't bump into things, they don't fall and their free play is restricted to rubberized mats and "ouch" is immediately followed by a cooing adult, ice packs and rest. Understand that children's safety is everything to me. I watch my young students like a hawk. I never pair them with someone who has a much greater knowledge or is aggressive. I make certain that every pairing is safe and controlled to the extent that injury is minimized to near zero. The issue I see is that children are so controlled that they don't have the opportunity to experiment and even fail at something, which is in itself an important learning tool.

Back to the question of how do you teach Judo to 4 and 5 year olds is start them in skill games that have little to do with Judo. We jump around, we turn, we do tuck and rolls, pencil rolls and bunny rabbit hops. We stand on one leg for as long as you can and jump on one leg from one side of the mat to the other. I also use a large red Pilates ball, with that, I have the kids lean over the ball, hang on and roll over the ball and you have the beginning of a roll out. I also use the ball to teach kids how to push and an old white belt to teach them how to pull. In a few weeks, the kids put on gi tops and on signal, they push and pull themselves around the mat. Add circling one and other to the push and pull exercise and the kids are having fun playing a game which is the basis for Randori. Within a week or so, they know and understand what Randori is and they are having fun playing with each other and then I can show them how to turn and duck for Seoie Nage, tai otoshi and we are off to the regular Judo throws.

As the children grow, they enjoy it more and the training becomes more traditional and that's how you teach 4 and 5 year olds Judo.

Marc Cohen's Bio



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



Why Do We Choose to Study Judo?

I have been involved in some sort of Martial Art Training since 1970 when I began studying Kodokan Judo under the tutelage of Sensei Jack Krystek in Ozone Park New York. My introduction into the Judo world came to me at age 11. While engaging in some rough housing with a friend of mine after school one day, I put my much smaller buddy in what I thought was a strong bear hug. He allowed me to feel very secure in the application of my unschooled technique and quickly used my energy and size against me, and I found myself sitting on my butt staring at the sky. What he had done to me was awesome. I never saw it or felt it coming and couldn't do a think about it once it was unleashed upon me. Little did I know John Palamaro, who is now one of my Judo mentors, was a skilled practitioner in the art of Kodokan Judo. He kept his training a secret from those of use that were more interested in football, baseball, and other "all American" sports, in fear of being laughed at or poked fun of. After some serious coaxing, I convinced him to take me to one of his practice sessions.

When I entered the school known as a dojo, I was surprised at what I saw. It wasn't anything pretty; basically a large canvas mat area with white walls, a picture of a frail looking Japanese man hanging on one wall between a Japanese and American flag. The odor of sweat and hard work lingered about. After a short ceremonious bowing to the teacher and the flags had taken place, the class began with a rigorous stretching, sit-ups, push ups, followed by falling techniques. Next, came a free practice where I observed small guys throwing other guys twice their size hard and crisp to the mat. No one got hurt and everyone seemed to enjoy it immensely and respectfully bowed to each other after they had finished.

That was it for me! It was love at first sight. I saw Judo for the first time and quickly became addicted to it. That took place more than 40 years ago. The reason why I say this is because if you walk into any traditional Kodokan Judo dojo today, the scenario is pretty much the same. The flags and picture of Jigoro Kano will be hanging. The "rei in" will take place, the warm-ups will commence, and you will observe basically the same techniques practiced from then till now. There may be subtle changes for maximum efficiency because Judo is practiced primarily as a sport. Today, Sensei John Palamaro still trains in Kodokan Judo. His Shodan was achieved through Batsugan. Training more than 43 years, he has achieved 4th Dan rank and probably would never accept any more promotional rank. The belt he wears is torn, gray and shredded and is proudly worn. His only goal is to maintain his skill level and teach others to be a good Judoka. I am forever indebted to him for opening the door to this wonderful life long journey.

I bring attention to this point because other Martial Art styles are very influenced and lured by the desire to attain rank. The Judoka's motive is to train to prevail in sport shiai, pursue personal objectives, and achieve personal excellence. Certificates and belts in the overall scheme is looked upon as artificial. No one cares about rank. You will never see 12 year old Black Belts or 14 year old Sandans as commonly seen in other Martial training. Most Judo dojos have no need to display 6 foot trophies in their front window because the prestige of a half dollar sized medal at a Judo event means so much more.

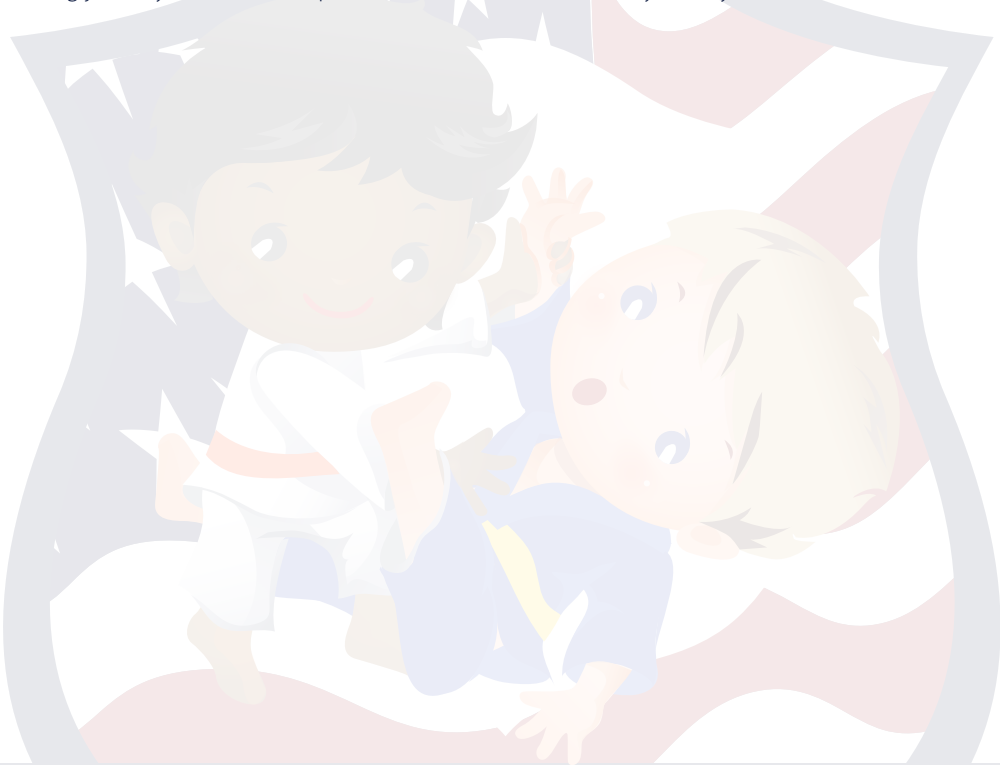
The amount of training that one endures to be an active Judo competitor is mind boggling. There is no kicking or punching a bag or at air, and it takes two live bodies to excel in Judo. It is said, "The toughest thing to do in the world is to throw a person that is trying to throw you first." That is why, in my humble opinion Judo is the hardest Martial Art to master. It is what I call the unsung Martial Art. You can do 1,000 Uchikomi and only "feel" the maximum efficiency of the technique 10 times. It takes a lifetime of study to master Judo. Most martial artists are influenced by the desire to have instant gratification, and get their Black Belt rank in two years. Two years in Judo training hasn't even broken in your Gi yet. Judoka are also not impressed with the idea of having illustrious titles that inflate ones ego. Master Senior Grand Soke titles just do not exist in the Kodokan System. Most Judoka are dedicated athletes not interested in displaying their skills with a desire to impress others, as this is but a demonstration of a fundamental weakness within. Most Judo Senseis do not use Judo as their primary source of livelihood and charge a nominal tuition to keep their schools operating to share their knowledge with others. You will never see a "chain operation" of Judo dojos. No Judo Instructor has ever boasted being a millionaire. There is no exorbitant charge for equipment, fancy belts, and monthly testing fees. Rank comes with sweat and training and not by the writing of a check.



Why Do We Choose to Study Judo?

When people approach me and ask me about me teaching them Judo I politely ask them why. The common response is because they want to protect themselves and get a Black Belt. I tell them Judo is a sport and not primarily to be used as a method of self defense. We don't break boards, swing nunchaku or kick and punch people in the face. I further inform them that rank means little and the top athletes that compete to Olympic status are at best only first or second degree Black Belts. Perfection of technique is what we strive for, not artificial objects that mean nothing. To further explain what Judo training is all about, I tell them if you came to me to learn baseball, you earn your rank by hitting 50 homeruns and batting 100 hits. If you came to me to learn boxing, you earn your rank by scoring 25 knockouts. It is not about the rank, it is what you are willing to devote to your training to be ranked that matters. The people that can grasp this principle will be dedicated Judoka and are welcome to train at my school.

The success in Judo is a long journey and not a simple destination.....This is why I study Judo!



Louis A. Balestrieri's Bio



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



Calling All Kids

In June something amazing will happen that you don't want to miss. Your child will want to be part of it! It's The Greatest Camp on Earth in Matthews, NC, June 19 - 21.

This is more than a Judo camp for your child. This is where your child becomes a SUPER HERO for three days. Your child will have the opportunity to work with and learn from international champions while making new friends. Here is a typical day's camp schedule for your 4- to 10-year-old.

9:00 a.m.	9:20 a.m.	Line Up/ Camp Opening
9:20 a.m.	10:00 a.m.	Train with an International Champion
10:00 a.m.	10:20 a.m.	Kids' Zone - (Snacks, Arts /Crafts)
10:20 a.m.	11:00 a.m.	Class with an Extraordinary Staff Member
11:00 a.m.	11:20 a.m.	Randori Fun / Games
11:20 a.m.	12:00 p.m.	Class with an Extraordinary Staff Member
12:00 p.m.	1:00 p.m.	LUNCH
1:00 p.m.	1:40 p.m.	Fun Activities
1:40 p.m.	2:00 p.m.	Train with an International Champion
2:00 p.m.	3:00 p.m.	MOVIE or Special Event
3:00 p.m.	3:40 p.m.	Class with an Extraordinary Staff Member
3:40 p.m.	4:00 p.m.	Kids' Zone - (Snacks, Arts /Crafts)
4:00 p.m.	4:20 p.m.	Judo Games
4:20 p.m.	5:00 p.m.	Class with an Extraordinary Staff Member
5:00 p.m.	6:30 p.m.	DINNER
6:30 p.m.	7:00 p.m.	Randori with the Instructors / Free Time
7:00 p.m.	8:30 p.m.	Special Events (Super Hero Night, Pool Party)



Super Hero Night at Camp

Super Hero Night is a night at camp when we dress up as Super Heroes. During the night we will have a parade, costume contest, Super Hero games, and Super Hero movie. This has become a popular camp event. Even adult campers want to participate.

For more information: WWW.GREATESTCAMP.COM



Mark Hunter's Bio



Mark Hunter is Kids' Instructor/Coordinator at the Greatest Camp. He holds ranks of 6th dan in judo and jujitsu and 3rd dan in karate. Mark, founder of the Lil' Dragon Judo Program, is CEO of the American Judo Union. He instructs in two Ohio YMCA clubs.



Joplin

An Interview with Sensei Justin Weston of Christ's Community Judo Club

After reading the November issue of Growing Judo I became extremely interested in learning more about Christ's Community Judo Club. I was interested in how this club was formed, organized and how they taught all the things Sensei Justin discussed in his article. With everything that is going on in our world, I was also very interested in their character training as well as the partnership they have with the church. Fortunately for us all, Sensei Justin Weston invited people to contact him with questions... unfortunately for him, I took him up on his offer.

What follows is an e-mail interview I had with Sensei Justin to learn more about their club.

Dojo Creation:

How did Sensei Ibra Brewton, Pastor Chris Sloan and yourself develop your Step 2 in setting up your club?

Well that was the tough part, creating a plan of what we felt was important for a student to learn ... Life lessons ... Ok, judo was great for that as long as that was our focus. The same thing the church helps with the human character!! - Oh wait that's what Judo is all about!! One of the thoughts we have always had, and it became a true value for our club, is our saying "Make It Your Judo". This is where every student that comes into Judo really has no idea what they will like and what they are really there for. After a while they learn what "Their Judo" is. Laughter is important to everyone and we love it!! Don't be afraid of it on the mat!!

I noticed that you do not have membership dues and that your club is actually in a church, how does that work?

Christ's Community Judo is a true ministry of the church. Just like the youth programs and children's ministry the Judo club is a vital part of the church right now and with 140 some students. We are now the largest ministry of the church. We have a goal to reach out to children, youth, adults, and families about Christian faith and growing in a life with God as your guide. We do not rent out space or pay anything because we are a part of the church's life. The donations we accept are purely up to the donor and we have several fundraisers in order to keep things going. Our funds are held as a line item in the Church's finances. The Methodist Church is very particular about keeping track of funds and ensuring they are spent correctly. We also donate from our Judo fund to other funds such as helping a kid pay for a church camp. This was probably the craziest thing most churches would ever allow but there are many people right now who wants to follow in our footsteps. Jesus said "Go and make disciples of all people, baptizing them in the name of the father, and of the Son, and of the Holy Spirit, and share with them all that I have given you." Jesus didn't say we couldn't use Judo to teach a better lifestyle. HaHaHa!!

Class Structure:

How do you structure your classes?

We tried several different methods and that was a learning lesson. We came down to the kids... They need to have a place that they can be themselves! Not meaning out of control, just a neutral zone kind. We have developed a year long lesson plan for the students that we give to them in a short manual. They know what they are learning and what they need to learn. We don't focus on a new throw every week or 100 different turnovers. Our 4 to 9 year olds barely learn more than two throws. They play Judo games and take lots of falls.

How do you balance the different types of judo training? I.E. – Technique, Tournament, kata, self-defense...

Well, we just didn't worry about tournament for starters!! We really got criticized for that, but where in the original teachings were tournaments actually important. Randori is important but USA thinks Randori is a full on 100% effort. That is very wrong... It needs to be comfortable and a learning lesson as well. So many students have no interest in competing. If you think about it then you see they really don't get much out of it anyhow. Technique is important and way more important than learning several new skills. My students learn skills on both sides and in motion. They start slow and learn how it's done then they progress. We truly take the core values to high importance!!! Kata is awesome for older students. Just keep in mind what it was used for. It was used to teach the skill in its real form not to compete in. We even made up our own katas for certain lessons. Self-defense is only for participants that are 12 years old and up. While the little kids will normally be learning it by reaction, they know that self-defense classes in Judo are only done while on the mat.



Joplin

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Do you have separate beginner and advanced classes?

We are such a young club we had only my kids as advanced students. About a month ago we started an advanced class. We learn what they want to learn and see where it leads from there and we have so much fun with it! We tried a beginner class but in Judo we are all students as well as teachers so our new students get some extra help on the mat but are in class with the regular students and they assist them as well.

How do you break up or do you break up the adults and kids in class?

Ages are 4 to 9 years, then 9 to 12 years, then ages 12 and up and adults, it seems to work well that just will vary with how many students. Do not be afraid to put adults with kids in a traditional teachings club. Just not for competition.

If you have them all together how do you meet the different needs of the group?

The students have the requirements that they are needing to learn in their manuals. We will do lots of free mat time where kids work as teams to practice their skills. Now keep in mind this is 9 years and up. This gives everyone time to explore what we call "Their Judo"

Curriculum:

What is or do you have an overarching/yearly curriculum? How has this changed as your dojo has gotten older?

We worked and tried so many different things. Just like teaching a forward rolling fall. Every club teaches it and has their way but most all won't change the way they do it. We tried at least 20 different methods to teach it!! We have to be willing to listen and change! We used to do a plan every week and decide what we were going to teach. BAD IDEA!! We needed a whole lesson plan for every belt rank and how they have to get there and not make it the typical complicated over done joke of a testing standard. I developed our Judo Quest. It has been awesome and we have several clubs implementing it in theirs as well. It makes it easy on instructors and students. You have to be willing to not be the typical everyone do as sensei does club. Free mat time is the key!

How do you teach the core values to new people while still keeping the rest of the class engaged?

That goes back to free mat time. Don't be the strict old sensei that just won't allow change and freedom.

What are your lessons like to help beginners to develop the core values of judo?

That is all in our Judo Quest Manual. We stick to relaxing basics never pushing the student.

How do you integrate the basic judo principals in the daily teachings?

NEVER EVER be afraid to have some sit down time with students and explain the reasons why it all works and how it's used. Too many clubs believe you have to have a "workout" in order to learn Judo and that is way far from the truth. If people come to our club for a workout there is a gym down the street. We learn Judo!



Joplin

I see that you have devotionals as part of your classes how do those work? Do they have a Martial Arts focus?

Yes our devotions can definitely include relevance to martial arts. This is the thing to remember, Judo was about improving the human character and giving back to society. Judo follows real easily along with the Christian Faith. Chris Sloan is actually the Pastor of our church and is now one of the black belts teaching in the club. He has agreed to talk to any church that needs a bit of nudging to see the value. The thing is though in order for it to work in a church as a true ministry the club needs to teach the true values and not get wrapped up in the "workout" or the "fighting" or it will fail as a ministry and just become a general Judo Club.

Feedback:

How do you get student input about lessons and plans?

I always have an open ear to the students and coaches. That is how we know if what we developed worked. They have to learn as well as enjoy.

How did you start conversations with parents about Martial Arts without them knowing who you are?

Always an introduction to the child first!! We then discuss to both parent and student of how we learn a wonderful martial art with no punches or kicks and no worries of competition. I have only had 2 kids that didn't even try it. You can't win every parent but you have a better chance to win the child or parent.

Relevancy:

How were you able to incorporate what they were experiencing in daily life, especially after the tornado, into the dojo teachings?

We did not discuss tornado unless they wanted to. It was everywhere and overwhelming every day. Judo was a neutral zone where no one was there to push them or pressure them. Judo is their time. We absolutely do not let parents push their children in Judo or do any sideline coaching. When the students step on the mat they are ours and not mommy and dad's! We try to connect with them and not be on the Sensei pedestal! In time the students come forward with all sorts of problems. We work with parents closely to assist the students in helping them. Connect with them on that mat!!!!!!

How do you guide your students to make and create their own plans? How do you meet/teach to their plans?

They develop on their own. We give them the core of what we want them to learn. They always end up having stuff that interests them. That's when our Friday Night Judo comes in. We have no structure those nights. It's like the ultimate free mat time and they come up with all kinds of stuff to learn. Even on regular nights you may have students steer you in a direction you hadn't planned on but once again don't be afraid to adjust and go with it. Keep it within reason though.

Sensei Justin and his team have created a wonderful new way of introducing kids to not only the techniques of Judo, but also the core principals that Dr. Kano espoused and the Christian faith. So is this really a new way of teaching or is it a reaching back into the past to the original roots in order to stimulate the future? After this interview I had, as I am sure you do, many more questions, but as they say in my dojo "The Answers are on the Mat" so now I just have to go and experience Christ's Community Judo Club for myself. I hope that if this interests you, you will consider doing the same.

John Bailey's Bio



John Bailey is a Shodan at the Sho Rei Shobu Kan in Lincoln, Nebraska and a music teacher by profession. He has been studying Judo now for 20 years and he loves to learn about all the different aspects of Judo, especially kata.



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

Ashley Interviews Hannah Martin



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

10-20 hours a week. It would depend on our competition schedule. Monday-Friday we practice at least 2 hours a day- but when we have two a day it can be as much as 5 hours a day.

Tell me about your diet.

Diet consists of lots of coffee, meat, usually eggs, chicken and beef and vegetables. I also eat a lot of cottage cheese and peanut butter.

How do you do to prepare yourself for a tournament?

As competition gets closer, it is all about mental preparation. Going into a tournament believing in yourself, and knowing that you did all you could do up until competition day. I always try to stay close to weight, so I don't have the added stress of cutting weight before a tournament.



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

I don't like to think Judo as a sacrifice, so I don't want to say that I have technically have given up on anything. But since I spend a lot of time training and traveling to different countries, I haven't been able to finish my bachelor's degree yet.

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

I would have listened to my coach (Jason Morris) a lot sooner, let's say about 4 years ago.

What is your favorite gi brand?

Kusakura

What are your goals as a judoka?

The obvious goal is to make Rio in 2016. I want to win a medal at the World Championships and be ranked top 5 on the World Ranking List within the next two years.

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

In 2007 I was in Finland, and I did not have any proper diet, this is when I was 57kg, so after my first match I literally crawled off the mat and my coach Teri Takemori was feeding me crackers and Gatorade because I had no energy.

What is your proudest and most disappointing moment in judo?

My proudest moment is my most recent Bronze Medal in Abu Dhabi. I was injured and could not train before the competition, so I didn't think I would do very well. My most disappointing moment is losing to Emene Gevise from France 3-2 at the 2013 World Championships in Brazil.

Ashley Interviews Hannah Martin



What was your biggest win?

My biggest win this year would probably be the Silver at the Uzbekistan Grand Prix and Bronze at the Abu Dhabi Grand Prix.

I am a 14 year old girl, who is a blue belt. What advice would you give me to improve my judo?

Show up in the dojo everyday with a goal in mind, it could be anything. Your main goal is to be the best version of yourself, and no matter how hard the judo journey may get, just try to keep improving.

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

You can contact me on my athlete page

<http://www.facebook.com/judohannah> or twitter @judohannah



Ashley Hall's Bio



My name is Ashley Hall. I am a 14 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.



Hannah Martin

Hannah Martin, from the Jason Morris Judo Center (JMJC) in Glenville, NY which is owned and operated by 4x Olympian, Jason Morris and his wife Teri Takemori has enjoyed a remarkable run since failing to qualify for the 2012 Olympics. Martin who was a 2008 Olympic Alternate in the under 57kg (125.5lbs) division and US Open Champion then needed to move up to the under 63kg division (138.8lbs) in 2011.

After moving up to her new weight class, Martin had limited success, going 0-1 at almost every event in the 2011 competition season. Martin traveled to El Salvador, Venezuela, Uzbekistan, Kazakhstan, and Samoa only picking up two wins and no medals. Her only medal victory was claiming the 2011 US Open title. Martin soon realized her journey to the 2012 Olympic Games in London was coming to an end when she lost first round in Paris and Hungary, and did not qualify for the 2012 Pan American Championship Team. Martin was ranked No.110 in the world at this time. To qualify for the Olympics athletes need to be ranked in the top 14 for women and top 22 for men. It was then that she decided to step her focus on training and improving to move toward 2016. After a few months of re-focus and lots of judo, Hannah won her first US National Championships in the spring of 2012.

Martin started rising on the international scene in her new weight class in May 2012 at the Miami World Cup where she earned her first international bronze medal at -63kg. From there she would move on to El Salvador to win her first World Cup title and claim the No.1 spot on the USA Rankings Roster. Later that summer she was the only American to travel to Argentina, where she made it the Final, barely losing to the No.1 ranked Brazilian, Katherine Campos. Martin continued to stay persistent and climb the world rankings, at the end of the 2012 competition season, she traveled to Apia, Samoa and picked up another Silver medal. In one year she went from being No.110 in the world to No.28.

2013 started off in Paris, France where Martin went head to head with 2010 World Champion Morgane Ribout from France. The scores were tied, and in the last 30 seconds Martin was penalized for a leg grab. A new rule that was just introduced into the sport that year. "This match helped set the pace for the 2013 competition season," Martin reflected "It made me think, hey maybe I can hang with the best of the best." After the European tour, Martin traveled down to South America and picked up a Bronze Medal in Uruguay, then won a Silver medal in Argentina, after her two wins she was now at a career-high of No.24 in the world. A few weeks later Martin competed in the US Nationals and won the 63kg title for a second straight year and once again solidifying her No.1 spot in the USA. A week after Nationals, Martin and her NYAC/JMJC teammates Nick Kossor (-60k) and Brad Bolen (-66kg) and NYAC Hall of Famer Jason Morris traveled down to Costa Rica for the Pan American Championships.

This was the first time that Martin qualified for the Pan American Championships, and posted a 3-1 record to take home the bronze medal. This result moved Martin up 5 slots on the world ranking list, putting her at No. 19 in the world. Martin also helped the USA women team capture their first ever team Gold at the Pan American Team Championships winning a tight battle against Brazilian rival Katherine Campos in the semi-finals and then defeating Andrea Gutierrez (Mexico) in the final in under 30 seconds via arm-bar submission.

After returning home from a successful Pan American Championships, Martin received an invite from the International Judo Federation (IJF) to compete at the World Masters in Tyumen, Russia. This event is one of the most prestigious tournaments on the judo world circuit. The top 16 players in each weight category are invited to compete at this event. Martin's consistency in her training regimen on and off the mat led her up to this point, "This was a goal that I set for myself, next year (2014)," Martin mentioned.

"She's here every day," Coach Morris added, "Seven years, every day equals World Masters." A day before leaving for the World Masters, Martin decided to travel to Ontario to compete at the Ontario Open as a warm up, for the World Masters. Martin went 4-0 to capture the Gold Medal, throwing her opponent with an uchi-mata in the final.



Hannah Martin

Martin made the journey to Tyumen, but lost first round to Italy's Edwige Gwend. Martin returned home to continue training for the upcoming summer tour in Miami and El Salvador. Martin, did not medal in Miami but she came back strong, taking home a Bronze Medal from El Salvador. After this event Martin was informed that she had officially qualified for her first World Championships.

The rest of the summer was going to be spent training and prepping for the World Championships. At the last second, Martin and Coach Morris decided that it would be a good opportunity to compete at the Ulaanbaatar Grand Prix in Mongolia. Martin was very hesitant to travel such a long distance, and be the only American competing at this event. However, she listened to her coach's advice and made the 14-hour journey to Mongolia, where she picked up her first Grand Prix Bronze medal.

A month later, Martin made her debut at the 2013 World Championships in Rio de Janeiro placing ninth. Martin dominated in her first two matches, then moved on to fight Gevise Emene (2011 and 2007 World Champion, 2005 World Silver Medalist, and 2012 Olympic Bronze Medalist) from France. The match was a back and forth affair with the score remaining tied before Martin picked up her third shido (penalty) losing 3-2. Emene moved up to eventually win the bronze medal. After her ninth place finish she was now ranked #14 in the world.

Two weeks after the World Championships, she traveled to Rijeka, Croatia to compete at their first Grand Prix event. Martin had a disappointing 7th place finish at this event and decided to sign up to compete in the Uzbekistan Grand Prix to redeem herself, and she did just that. Martin made it all the way to the finals at the Uzbekistan Grand Prix, losing to Mariana Barros from Brazil who she previously beat in the semi-finals in Argentina earlier this year. The silver medal finish put Martin at another career high of No. 11 in the world.

After Tashkent, Martin won Gold's at the Morris Cup and the Quebec Open. Her final tournament of the year was scheduled to be the Abu Dhabi Grand Prix. A week before the tournament, Martin injured her lower back during training and was thinking about cancelling her trip. "I already spent the money, and it was my last tournament of the year. Plus I did not want to let myself or my coaches down, so I decided to roll the dice and take a chance," Martin explained.

To her surprise, Martin made it all the way to the semi-finals where she lost to the eventual champion, Kathrin Unterwurzacher of Austria, placing her in the bronze medal match against Mungunchimeg Baldorj of Mongolia who is ranked No. 13 in the world. "I kept in mind what my coach always says, 'Don't hope- make it happen.'" Martin explained, "And then I threw her in the first five seconds for waza-ari (half-point) and then scored on her again for the bronze medal."

This was her third Grand Prix Medal this year, and it placed Martin No.10 on the World Ranking List. Even though the 2013 season is over, she is still working hard every single day. Martin rose 100 spots on the world rankings going from #110 to #10 in just under two years.

"I would not be where I am today without the help and support from my parents (Rebekah & Rich), the New York Athletic Club, all of my JMJC teammates and the guidance from my coaches Jason Morris & Teri Takemori," Martin reflected, "I have learned a lot over the past few years, and I think one of the most important lessons I have learned is to listen to my coach, stay positive, and to show up to the dojo every day with one goal in mind, and that is to be the best version of myself."



Overlooked Since 1882

In competitive judo, where winning is the absolute aim,
Art takes second place in the fighting game.
But the art in judo is not ignored, it is sought,
In form practice and formal katas, where it is taught.

The combative aspects of randori, where art is also sought,
Makes achieving the ju of judo next to nought.
Fitness and power that permeate winning,
Have roots that can be traced back to judo's beginning.

In 1882 there was an overlooked omission,
That gave defending stiff arms natural permission.
This omission from standing randori,
Was to be the cause of many a dead end judo story.

In Japan this omission did not cause an outcry,
Because students were in abundant supply.
But in the West, this overlooked omission,
Was to be the cause of much attrition.

To analyze why this is so?
Truth must be viewed as a friend, not a foe,
As reverently clinging to a traditional belief,
Will shackle progress, and of truth make a thief.

Analyzing this overlooked omission,
Requires impartial logic and reason,
Because right before our very eyes,
Is the overlooked cause of much demise.

If puzzled, please read on,
As a mystery is about to be undone,
Which partly answers the age old topic,
Of why judo populations are so microscopic?

As an element is an irreducible part of a whole,
And of judo, randori is considered its soul,
What better place is there to start
Dissecting the elements of randori apart?

There are five elements essential to randori,
No more, no less, and that's the full story.
Two are taught, and two are known,
The one causing the trouble was left alone.

Falling and throwing are the two that's taught,
As safety and knowledge are first sought.
Walking and gripping are the two that's known,
Naturally learnt before any nest is flown.

The one overlooked and left alone,
Has lived the life of an unturned stone.
The overlooked element --- defense,
Is an oversight that does not make sense.

Because, when defensive skills are not taught,
Stiff arming is the first and natural resort.
Then the randori becomes only about me,
Instead of both of us being able to see.

Executing an avoidance skill to defend a throw,
Effectively prepares how to go with the flow.
By skillfully harmonizing with the forces of a throw,
A throw is prevented from achieving its full blow.

After a beginner has committed the deadly sin,
Of using stiffness and brute strength to win,
He cannot be blamed for being misled,
As stiff arms can effectively stop a throw dead.

The blame is to be found in how randori is introduced,
Where strength and stiffness are rewarded and skill seduced.
When one partner reverts to stiff arming, so joins the other,
Then the oxygen of judo is given the smother.

Here it must be explained,
As misunderstood thoughts will be entertained.
Stiff arming is effective against throws of a lower grade,
But with higher grades it's no longer a barricade.



Overlooked Since 1882

One. An avoidance effectively leaves an attacker vulnerable,
From which the defender's choices are now numerable.

Two. An avoidance defense passes control to the defender,
As the attack is deflated to a harmless fender bender.

Three. Psychological control passes from the attacker,
To the defender who now has control of the matter.

Four. Avoidances create opportunities for follow up attacks.
Where stiff arming can never find such flaws or cracks.

Five. Avoidances create opportunities for counter attacks.

Where again stiff arming can never find such flaws or cracks.

Six. Avoidances are loose and free and aesthetically enjoyable,
Whereas stiff arming is restricted and far from pliable.

Seven. Using avoidance defensive moves energy is conserved,
Whereas stiff arming depletes energy that is reserved.

Eight. Avoidance defensive moves are far more safer,
Than rigid, stiff arming that engenders danger.

By habitually practicing the eight reasons above,
Harmony will replace the ubiquitous shove.

By introducing randori with avoidances included,
The early learning of judo principles will now not be secluded

Now it's true, in spite of itself,
The system has produced a wealth
Of players with incredible throwing skills,
Before they passed away over their hills.

But it's also well known,
That from the judo nest many have flown,
Before their wings were able to tout,
That their throws had some clout.

Why is this? You may ask,
Again, it's the introduction. It's not up to the task.
To acquire throwing skills one has to hunt,
And when the hunt is too blunt, skills become stunt.

Demonstrating a throw is one thing,
But when resisted can it be made to fling?
To make a throw fling requires unseen subtleness,
And learning this requires introductory gradualness.

Many beginners just give up and leave,
As nothing seems to work however hard they heave.
Those that stick it out and fight stiff to win,
Live with hard to break habits that are now within.

Introduction to randori is now based on hope,
Lacking preparation beginners dangle on a rope.
A baby at least starts out life with a rattle,
The unprepared beginner is just sent into battle.

Beginners enter and join the randori group,
And teachers hope they will catch on and be in the loop.
But for most beginners the loop will not roll,
Because there're expected to run fast when they can't even stroll.

Introduction to judo's elusive aspects are needed,
Otherwise the art part in judo goes unheeded.
After some basic throws are known,
Guidance on how to apply them must be shown.

So how can standing randori be introduced,
With attacking and defending skillfully produced,
And a style that's loose, floating and free,
With break-falls not taken egotistically?

The answer lies in the law of gradualness,
Which has far less chance of making a mess.
By building on knowledge already known,
The unknown becomes the beginner's comfort zone.

To fill this need Kelly's Capers was created,
Where Capers are the gradual playful steps inserted.
The objectives are to reduce beginner dropout,
And introduce judo principles with a skilful clout.



Overlooked Since 1882

The following verses endeavor to explain,
An elusive problem using words that are plain.
By applying gradualness to a special exercise,
The randori produced(not the throws)will elicit surprise.

First, a beginner works with one throw.
Second, is the fall that the throw needs to know.
Third, is an avoidance for the introduced throw,
In order to prevent the usual heave-hoe.

Now all is in place.
The first throw Osoto-gari, simple, basic and face to face,
The back break-fall for Osoto-gari is introduced,
And an avoidance that will constantly be produced.

Now the beginner practices throw for throw,
This is easy to do and easy to know.
Then he does a different kind of throw for throw,
Without telegraphing which side he will go.

Up to now it's all been mutual cooperation,
But now is the time for a deeper concentration.
The time has now come to cross that fine line,
With a competitive element that skill will enshrine.

One partner is given the role to attack,
And the defender permits the attack by holding back.
Then waiting until the moment is right,
The defender avoids or is sent into flight.

Attacks are frequent because they are allowed,
Making defensive actions a common episode.
This procedure is repeated by adding more throws,
Until attacking and defending constantly flows.

This is a mutual, active, educational exercise,
Where fun and skill development are the prize.
The exercise is named the Bull and the Matador,
As both can learn the martial aspects and more.

The Bull and the Matador is practiced awhile,
Until skills are familiar to the rank and file.
Then when both partners are able to attack and defend,
The Bull and the Matador is brought to an end.

Now each person combines his skills,
And attacks and defends without any frills.
Each person attacks and defends as they see fit,
Gradually adding skills bit by bit.

Without knowing the word randori before,
The exercise produces randori galore.
Fun and activity are high and postures upright,
Movements are bountiful and no one is uptight.

When the Bull and the Matador is correctly used,
Moving Uchi-komi and randori become perfectly fused.
The elusive ju of judo is being conceived,
With traditional methods it's usually deceived.

Truth is often confused when methods are praised,
So unpopular questions must be raised.
What is right or wrong or good or bad,
Must be answered, however sad.

In summation of the old;
Formed when today's knowledge was not foretold,
Modernity still makes use of the way it's always been,
So making changes may appear obscene.

Traditional randori introduction is easy to apply,
As the instructor says, "go at it," and then stands by.
Although easy to administer it's not effective,
As early fighting makes the art part defective.

Introducing randori the way it's always been,
Will produce results that are continually seen.
While the beginner seeks his throwing tricks,
All he will produce are strong armed tactics.



Overlooked Since 1882

In summation of the new;
Formed with knowledge anew,
The new is known to only a few,
Of those, not many persist to see it through.

The downfall of the new,
Is maybe that which sets much askew,
It is the need of the modern qualification,
Instant gratification!

Gradualness, not instantaneousness, is best,
Because it passes every test.
Establishing fundamental throwing skills takes time,
Abrupt, instant randori introduction is not worth a dime.

From fitting to fighting Kelly's Capers is gradual,
With instructors doing more than just dabble.
Each step of the way the instructor is involved,
Until introductory randori is resolved.

The Bull and the Matador introduces the art,
This is the elusive and most difficult part.
The fighting part, equally important as the art,
IS WITHOUT QUESTION THE WRONG PLACE TO START!

Sid Kelly's Bio



Sid Kelly began judo in 1957 in London, England. He represented Gt Britain on nine occasions and was the head instructor of the Renrukan JC with three of its members in the British team. He migrated to USA in 1967 where he got a few more accomplishments like becoming the Connecticut State Champion, ten years National Referee, two times gold medalist in the Worlds Masters, coach of the winning Connecticut team, USJA Certified Coach, Master Examiner and Kata Examiner.



Announcements

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

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

Jr, Youtube: JA now has a YouTube Channel!

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.



AL JACOBS SANDAN

ELI FLETCHER NIDAN

**DR. RONALD ALLAN CHARLES HACHIDAN
PRESENTS**

THE RETURN OF RANDORI NIGHT

**EVERY THURSDAY NIGHT IN JANUARY
WE WILL OPEN OUR DOORS FOR A FREE
OPEN MAT CLASS. THIS WILL APPLY TO THE
JUNIOR PROGRAM AT 6:00 PM AND THE
ADULT PROGRAM AT 7:00 PM.**

**KIDS AND ADULTS WILL ENJOY THE BENEFIT
OF RANDORI NIGHT! THIS ACTIVITY WILL
INCLUDE THROWS AND HOLDINGS UNDER
TOURNAMENT CONDITIONS.**

**THIS CLASS IS OPEN TO ALL SCHOOLS,
STUDENTS AND INSTRUCTORS.**

**YOU MUST WEAR A GI. USJA, USJF,
USA JUDO AND ATJA MEMBERS ARE
ENCOURAGED TO COME PREPARE FOR THE
SPRING TOURNAMENT SEASON! PLEASE
BRING CURRENT MEMBERSHIP CARD.**

6:00 PM AND END AT 9:00 PM

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Upcoming Events

Kangeiko Classic

Come and join us for our Annual Winter Training. All daytime events will be held at Red River Dojo.

Event Type: Clinic
Start Time: 02/01/2014 8:15 AM
End Time: 02/01/2014 5:00 PM
Competition: -
Level D Local: Local
Sanction(s): 13-094

Club Name: Red River Judo
Contact: Vernon Borgen
Location: Red River Judo Dojo
Address: 1335 Main Ave.
City: Fargo
State: ND
Zip: 58103
Phone: 320-424-3052

2014 Arizona State Open Judo Championship

Sponsored by both Tucson Judo and Desert Judo this is a great Tournament/Clinic to attend. Come and join us to compete, have fun, learn and improve your skills.

Event Type: Championship
Start Time: 02/28/2014 6:00 PM
End Time: 03/01/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-087

Club Name: Tucson Dojos
Contact: Steven Owen
Location: Deer Valley Middle School
Address: 21100 N 27th Avenue
City: Phoenix
State: AZ
Zip: 85027
Phone: 602-430-5361
E-mail: cheri.mckeown@gmail.com

Ippon National Judo Championship

Welcome to the 1st Annual Ippon National Judo Championships. There will be cash awards as well as trophies.

Event Type: Tournament
Start Time: 03/09/2014 7:30 AM
End Time: 03/09/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-089

Club Name: BMA Judo Club
Contact: Reginald Sutton
Location: Hamden Middle School
Address: 2623 Dixwell Ave
City: Hamden
State: CT
Zip: 06514
Phone: 203-676-4335
E-mail: bashtama@aol.com



Upcoming Events

CHP 11-99 Foundation

This Annual Club Scrimmage is one of the most popular events and for a great cause as well. Come join us to learn, compete and improve your skills.

Event Type: Camp/Competition
Start Time: 03/15/2014 8:00 AM
End Time: 03/15/2014 5:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-001

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

State Tournament

Hosted by the Stevens Point Judo Club this Tournament will include, Junior, Senior, Master, Kata. Come and learn, compete and improve your skills.

Event Type: Tournament
Start Time: 04/19/2014 9:00 AM
End Time: 04/19/2014 6:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: State
Sanction(s): 13-077

Club Name: Stevens Point Judo Club
Contact: Thomas Gustin
Location: UWSP Berg Gym
Address: 2100 Main Street
City: Stevens Point
State: WI
Zip: 54481
Phone: 715-343-0665

2014 USJA WI State Sr. & Jr. Championship

This event is open to all Wisconsin Judoka. Awards: 1st, 2nd, & 3rd Place Trophies. Come join us to have fun, compete and improve your skills.

Event Type: Championship
Start Time: 05/03/2014 9:00 AM
End Time: 05/03/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-092

Club Name: West Bend Judo Club
Contact: Jon Sanfilippo
Location: U.W. Washington County
Address: 400 University Drive
City: West Bend
State: WI
Zip: 53095
Phone: 262-644-8211



Upcoming Events

Spring Inter Club Scrimmage

Everyone is encouraged to enter. There will be no classes on this date. Come join us and learn from some of the very best.

Event Type: Camp/Competition
Start Time: 05/10/2014 9:00 AM
End Time: 05/10/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-002

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

Mahopac Judo Invitational

Come and join us at the Mahopac Judo Invitational. There will be Round Robin in all divisions (3-4 in each category). One minute Golden Score for all matches. Awards: 1st, 2nd & 3rd Place Awards.

Event Type: Tournament
Start Time: 05/18/2014 9:30 AM
End Time: 05/18/2014 6:00 PM
Competition: Juniors
Level D Local: State
Sanction(s): 13-097

Club Name: Mahopac Ju-Jitsu and Judo Club
Contact: Jose Martinez
Location: American Legion Hall Post 180
Address: 333 Bulks Hollow Rd
City: Mahopac
State: NY
Zip: 10541
Phone: 917-821-3857

Sensei Gary's Annual Birthday Scrimmage

This Annual event is a great deal of fun while also learning to improve your skills. Come and join us for a great time and learning experience.

Event Type: Camp/Competition
Start Time: 06/14/2014 8:00 AM
End Time: 06/14/2014 6:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-003

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com



Upcoming Events

Camp/Clinic

If you are looking for the Competitive Edge come join us at The Greatest Camp on Earth. This annual event helps you learn and improve your skills from a variety of Instructors.

Event Type: Camp/Clinic
Start Time: 06/19/2014 9:00 AM
End Time: 06/21/2014 8:00 PM
Competition: -
Level D Local: Regional
Sanction(s): 13-078

Club Name: Carolinas American Judo Assoc
Contact: Patrick Szrejter
Location: Socrates Academy
Address: 3909 Weddington Road
City: Matthews
State: NC
Zip: 28105
Phone: 704-458-1222
Web: <http://www.greatestcamp.com>

14th Annual Dr. Z Memorial

This Annual Event speaks to the memory of a great man and his devotion to the sport of Judo. Be sure to join us for this Annual Celebration of Dr. Z.

Event Type: Camp/Competition
Start Time: 10/11/2014 8:00 AM
End Time: 10/11/2014 5:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-004

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

Fall Inter Club Scrimmage

Everyone is encouraged to enter this event. There will be no classes on this date. Come and participate and compete, learn and have fun.

Event Type: Camp/Competition
Start Time: 11/08/2014 9:00 AM
End Time: 11/08/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-005

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com



Alex learns about Bushido Dojo of Staten Island

Bushido Dojo of Staten Island

4215 Hylan Blvd. Staten Island, NY 10308

718-966-9566

sensei@bushidodojosi.com



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

There is actually no particular kind of student in our dojo. Some would come for the traditional training we offer and some for the competitive. Regardless of why you train with us, we require a high moral standard that all of our students be respectful, honest, and loyal.

2) Are you a competitive club?

We do have a competitive side to our dojo. Although competition is not mandatory, we highly recommend our students compete at some point.

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

We have class at approximately 20 hours per week.

4) Do you have another class besides judo?

We also have a vibrant Jujitsu Program.

5) What do you specialize in?

We have instructors that specialize in Judo and others that specialize in Jujitsu, but we encourage all of our students to cross train in both.

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

There is a \$20.00 fee.

7). Do the members socialize outside the dojo?

Yes, most of our instructors and assistants socialize outside of the dojo. We feel that it's good to socialize off the mat.

8) Does your Club have a team image?

Our image is of a strong disciplined, family oriented and friendly club. Everyone is welcome and we treat them as if they are part of our Bushido Dojo family.

9) Tell me about your club culture.

Our dojo culture is one that portrays strong discipline, respect and loyalty. We teach our students to train hard and aim to be the best they can be.



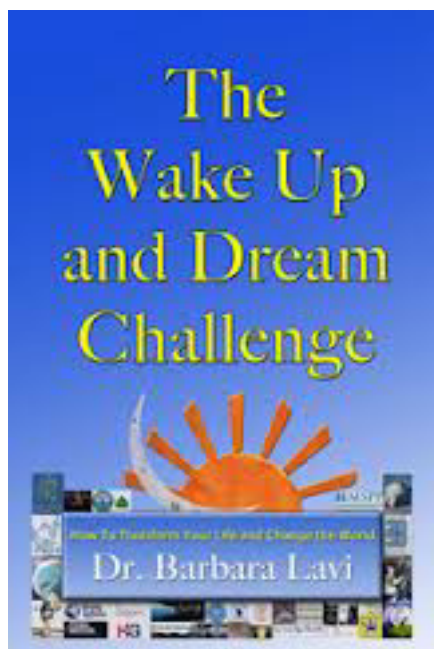
Alex Hall's Bio



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.

December 2013 Press Release

Noted Clinical Psychologist Becomes an Associate of the Blind Judo Foundation Inspiring Judo and Life Dreams



Psychologist and author, Dr. Barbara Lavi, Psy.D., becomes Associate of the Blind Judo Foundation teaching readers of her bestselling book, *The Wake Up And Dream Challenge* how to navigate their way to a life they had never dared to dream. Dr. Lavi believes the sport of Judo acts as a dream catalyst for blind and visually impaired athletes that transcends beyond the sport of Judo teaching individuals to overcome challenges of blindness and to lead independent dream-filled lives.

The Blind Judo Foundation (<http://www.blindjudofoundation.org>) is excited to have Clinical Psychologist, Dr. Barbara Lavi, as an associate. Her psychological expertise will help blind and visually impaired athletes reach beyond the Judo mat into the broader realm of aspirations and dreams.

Dr. Lavi's work began with a fascination with people who overcome adversity. Lavi states that she, "was Intrigued by the fact that, adversity can either make or break people. I was disappointed that psychology focused on those who are broken by adversity."

Dr. Lavi focused her career on what helps people overcome life's challenges. When she learned about the work of the Blind Judo Foundation (<http://www.facebook.com/BlindJudoFoundation>), she reports that she, "saw it as an adversity busting technique and wanted to help." Judo can be practiced at many levels with a select few becoming elite athletes, but it helps self-confidence at all levels of involvement according to Dr. Lavi.

Unfortunately, many blind people lose sight of their dreams. All too often they become discouraged or bullied by the sighted community into underestimating their abilities. When encouraged to dream, blind or visually impaired Judo athletes have the same aspirations or dreams as sighted people. Judo training under the legendary Coach Willy Cahill can help them begin to have the confidence to go after their dreams.

Although today they are not able to drive a car or fly a plane, (technology may allow even those endeavors in the future) there are very few things a visually impaired person can't do, including Judo. It all starts with a dream and thinking it can be done. Judo is the right discipline to help them start moving towards their dreams, according to Dr. Lavi.

Participation may start with a vision and aspiration of what one could accomplish, but for many the sport of Judo becomes a discipline and training ground for more productive and rewarding lives. The tenets of Judo include not only building self-confidence, but also learning to make and follow through on commitments; developing character; learning humility, respect and responsibility.

A couple of years ago when Ron Peck of the Blind Judo Foundation read an early draft of Dr. Lavi's book, *The Wake Up And Dream Challenge* (<http://www.wakeupanddreamchallenge.com/>), he found it to be a "Must have book," he says that, "The great thing about *The Wake Up And Dream Challenge* is that it provides real-life stories about people who learned to overcome adversity so they could accomplish their dreams."



December 2013 Press Release

Peck was honored that Dr. Lavi asked to feature The Blind Judo Foundation in the book as a Dream Nonprofit organization. He is equally excited that Dr. Lavi has agreed to take on a consulting role with the organization.

The Blind Judo Foundation is no stranger to helping people accomplish their dreams. Co-founder, Coach Willy Cahill, the former US Paralympic Judo Coach and iconic legend in Judo has witnessed over 1200 national and international champions realize their dreams.

Cahill and Peck know that Judo can help, but want to make their programs even more successful at steering their participants towards their dreams. They hope to implement Dr. Lavi's techniques into their programs. Dr. Lavi's Dream Positioning System™ will provide a road map to anyone who wants to meet and exceed their dreams.

Read more about Dr. Lavi from <http://WakeUpAndDreamCatalyst.blogspot.com> or check out her Facebook page (<https://www.facebook.com/TheWakeUpAndDreamChallenge>) and Twitter @WakeUpDreamNow.

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://www.blindjudofoundation.org) and at <http://www.facebook.com/BlindJudoFoundation> or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 425-444-8256.



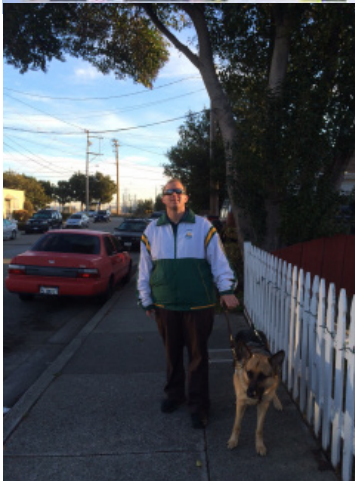
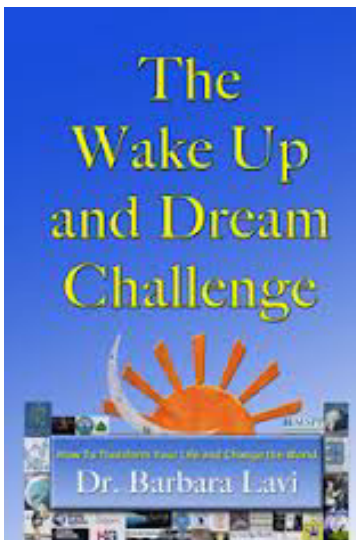
USJA



From our friends at



A Bloody Nose and Broken Glasses Did Not Stop A Blind-Hearing Impaired 9 Year Old from Dreaming of Olympic Gold



Michael Larsen is a Judo athlete with Olympic dreams, has talent but needs help to reach Gold. Michael is not just an Olympic hopeful, he was born with a rare inherited eye disease leaving him blind and in elementary school, he became deaf and the differences led to being bullied during his school years. Fortunately, he learned to overcome his disabilities with training and dedication to Jujitsu and Judo. He and the www.blindjudofoundation.org/wp [Blind Judo Foundation], would like your help so that Michael and other blind and visually impaired athletes like Michael will be able to reach their dreams of becoming a member of the US Paralympic Judo Team representing the US on the world stage.

Michael Larsen could have easily given up on his dreams from the get go. Doctors told his parents at birth that he was visually impaired. It took twenty-five years to get the diagnosis of Leber's Congenital Amaurosis. Doctors told his parents to treat him like a sighted child.

Michael reports his earliest memory is "wearing dark glasses and feeling different from other children," when he started elementary school. He did not know that there would be more challenges on the horizon. For two years, "I was constantly sick with painful ear infections leading to many missed school days" says Michael.

Hospital stays and multiple operations to drain the fluid from behind his eardrums offered short lived relief and, ultimately took its toll. Scar tissue on the eardrums caused a dramatic 45 percent hearing loss. This meant "I had to start wearing hearing-aids" says Michael.

In third grade, he went to a special class for visually impaired children which gave him some comfort. For the first time, he had the opportunity to learn from teachers who used visual aids and appreciated Michael and his classmates' visual challenges.

However, outside the special class sighted children started bullying Michael. Not only was "I overweight, I was the only kid wearing dark glasses and hearing aids, which made me an easy target for bullies" according to Michael. "When I was 9 years old, several kids began to call me names and ambushed me in the bathroom. My glasses were broken and I went to the nurse with a bloody nose" Michael recalls.

Teachers could not stop the bullying and Michael began to eat with teachers to avoid the bullies. He told his parents, but they did not know what to do either. Sometimes, they blamed him for the abuse saying he was lazy and it was his fault that kids were mean to him.

In Junior high, a student stole his cane and tried to trip him with it. By then Michael had a secret weapon. He had learned Jujitsu and Judo. Michael reports proudly, "I was able to take back my cane from the bully and the physical assaults stopped." Judo helped build his confidence and guarded him against bullying. "I did not have to fight him. I just defended myself and let him know I could fight back" says Michael. In addition, Michael was introduced to swimming. Michael became a multi-talented athlete winning medals in swimming and Judo. Bullying is an epidemic in the US and around the world. Coach Willy Cahill, Co-Founder of the Blind Judo and owner of Cahill's Judo Academy and Dr. Barbara Lavi, an associate of the Blind Judo Foundation, were recently guests on the syndicated Blind Matters Radio Show discussing the topic of bullying.



From our friends at



Cahill has helped many kids overcome bullying. He feels, "Learning Judo and becoming more self-confident helps kids be less likely to become the target of bullies" says Cahill. Clinical Psychologist, Dr. Barbara Lavi, author of *The Wake Up and Dream Challenge* book, spoke in-depth about how to prevent bullying and also offered ideas and road maps that can help people reach their dreams regardless of their physical challenges. Lavi says, "There are kids like Michael around the world who are suffering at the hands of cruel children who bully those that are weaker than themselves. Parents and teachers must do everything they can to stop this epidemic."

As an adult, Michael, who is now 34 years old, went on to become a massage therapist. He is respected by all his clients. His constant companion is a seeing-eye dog. But Judo and Jujitsu are still paramount on his mind. Michael practices several days a week with Coach Cahill, the former US Olympic and US Paralympic Judo Coach. Michael like many other blind and visually impaired athletes, need your help to get to the Paralympics. The Blind Judo Foundation is seeking donations and funds to continue the road to Gold with his dream of becoming a candidate for the 2016 US Paralympic Judo Team. Michael and other blind athletes like him are big dreamers and need financial support to compete in tournaments not only locally, nationally and internationally to help qualify for the US Paralympic Judo Team.

The mission of the Blind Judo Foundation is to support worthy and qualified candidates and funding is the financial lifeline. Half of the profits from *The Wake Up and Dream Challenge* book will help support these efforts.

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 are tax exempt. To learn more about the Foundation, check out www.blindjudofoundation.org and at <http://www.facebook.com/BlindJudoFoundation> or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 425-444-8256.



USJA



From our friends at



**Americomp Judo
wishes everyone a**

**HAPPY
new year
2014**



From our friends at



BEST WISHES FOR 2014

photo by Arik Dao



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- ★ Christian Aarns
- ★ Mark A. Baur
- ★ Andrey Akimov
- ★ Roman Sheyman

Nidan

- ★ Jonathan P. Teninty

Sandan

- ★ Jason R. Bruce
- ★ John B. Harness
- ★ Stephen Jackowicz

Yodan

- ★ Vicki L. Mahan

Rokudan

- ★ Joseph E. Walters

JUJITSU

Sandan

- ★ Gary G. Garnett

Current USJA Membership Statistics:

Active Annuals:	6,690
Active LM's:	1,437
Total Active USJA Members:	8,127



New Promotion Spreadsheet

USJA Promotion Board Member and Technical Evaluator.

Last month we explained the proper way to fill out the detail that is needed when you present your Recommendation for Promotion (RFP). In that article we mentioned we had available an Excel spreadsheet (SS) that if used would help calculate points based on activities. It also mentioned that often people insert points in the wrong table on the RFP and fail to calculate the totals correctly which could lead to confusion and rejection.

The SS we offered helps organize your activities and points.

We offered to provide this SS on request. The requests were overwhelming and we received many follow up comments saying this was a helpful tool.

One person after seeing the SS jumped in and offered his help saying he had experience with spreadsheets. His name is Brent Betourne, a Nikyu from Wisconsin Judo Club. Him saying he had some knowledge of spreadsheet proved to be quite an understatement. Using dozens of emails and telephone calls we went back and forth trying to come up with the perfect system that everyone could use.

We quickly realized we have members with various technical skills. Some just want an easy way to take their list of activities, figure out the points and use a spreadsheet to calculate the totals that belong on the RFP and insert in the proper tables. They want to use some basic information such as current rank, date of last promotion, today's date and have the SS calculate as they plug in points from their list. We call this our "USJA Prom SS STD" where STD means standard, attached you will find the SS called **USJA Senior Points Summary Template (8).XLS**

Also attached is the instruction called **USJA Senior Points Summary Template(4).Doc**

These two files we feel will be of considerable help preparing you and your student's RFP. For those that want to take the advance route we also have available on request what we call **USJA Prom SS Advance**

Those with more technical ability do not mind using a more complex system that calculates more items such as classes based on the date from your last promotion and the current date, required points based on your next rank and required TIG. They also want to select activities and have the SS calculate the points for the activity and the number of points and TIG based on the information they add. This is the brainchild of Brent and will be made available on request.

Just email me and request the **USJA Prom SS Advance** which will contain two files a XLS SS and an instruction doc.

Remember with either system they are based on your verifiable documentation of your activities and not a way to just plug in numbers not related to factual activities. These are tools to help you present a more professional RFP with less of the typical errors that often lead to promotions being rejected.

Feel free to contact me and again my many thanks to Brent Betourne of Wisconsin Judo Club as most of the improvements were directly because of his outstanding efforts.

Try using it to learn what it can do. Like anything new, it takes a little getting used to. Hope it helps!

Walter Dean: WDean9D@sbcglobal.net

Voice: 760 944 9486 **Fax:** 760 944 8268



New Year's Resolution for the Martial Artist: It's Not Too Late

Every year people make New Year's resolutions that they seldom expect to keep.

However, we are not like most people. We're martial artists, and we work hard to make our resolutions come true. So what sort of resolution should a martial artist make? It's easy: simply resolve to practice longer to improve your skills. Remember that old adage: if you're not getting better, you're getting worse.

It sounds easy and is -- if you practiced four hours a week last year, practice five this year. If your dojo offers open practice nights, resolve to participate at each training opportunities. Did you attend a camp or clinic last year? These are vital to your growth as a martial artist. Have you investigated what other martial arts have to offer? New ideas and perspectives are important for your development. Find something new to learn.

How do you discover these opportunities? If you're not sure where to start, search the Internet for the "greatest camp" (<http://greatest-camp.com>). At this camp you will experience three full days of instruction from over 50 nationally and internationally recognized teachers. During the day you can sample a wide variety of martial arts: competition Judo, traditional Jujutsu, Brazilian Jujitsu, combat Judo, Jeet Kune Do, Sambo, Kenjitsu, and Aikido. There are classes for kata, coaching, and refereeing, as well as First Aid, CPT, Kappo, massage, and healing arts.

Activities run from early morning to after sundown, with lunch and supper breaks. You can participate in nine or ten hours of instruction each day, practicing under the watchful eyes of high-ranking sensei. All that remains is for you to resolve to attend. Go to the website, check out the extensive list of classes and instructors, and complete the registration form to experience the Greatest Training Camp on Earth.

Don't delay. Make your resolution TODAY, and I'll see you in June!

Barry Stebbins's Bio



Barry Stebbins holds jujitsu rank of 6th dan and teaches at the Midori Judo Club in Columbus, Ohio. He has been doing judo and jujitsu for 43 years.



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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		S&H	
		TOTAL	

United States Judo Association Automatic Donation Plan

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

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

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

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

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