



February 2014

In this month's issue:

- West Hempstead Judo Club
- Ashley interviews USJA Life Member Tony Sangimino
- USJA Promotions
- Judo News from Around the Country



Photo by: Lou DiGesare/realjudo.net



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President's Message

Virtues of Leadership as Found in Judo

On every USJA card is Theodore Roosevelt's Man in the Arena Quote:



Brain Money, Sensei of the Riverside Police Youth Judo Club presenting me with portrait / quote

"It is not the critic who counts, not the one who points out how the strong man stumbled or how the doer of deeds might have done better. The credit belongs to the man who is actually in the arena, whose face is marred with sweat and dust and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, if he wins, knows the triumph of high achievement; and who, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat."

I hope our members have taken the time to read it thoroughly and think about its meaning. Roosevelt, who was among the first American's to study judo, is a fine example of the leadership qualities every judoka should strive for. This includes an understanding of the transcendence of victory and defeat which was at the core of the Code of Bushido, the way of the Samurai. According to Jigoro Kano the ultimate goal of judo is jiko no kansai; to seek perfection of one's own character. This centers on developing humility and a realistic acceptance of one's self. Based on this inner fortitude, trust among a sensei and his or her students is built, which is the essence of leadership in judo and all aspects of life.

The 7 Leadership Qualities - found in Judo:

1. Integrity – In my years of service to the USJA, there have been more than a few who disagreed with my views or policies. However rarely has my belief and dedication to the USJA ever been questioned. This is being true to the cause, which is a pillar of leadership.



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2. Perseverance – The ability to have self-discipline and stay on course in the face of adversity is another leadership key. My friend's mom, when I was growing-up, called this stick-tu-itve-ness which she often would say I have an abundance of. It wasn't until later in life I came to realize she was paying me a real compliment.
3. Courage to Risk – Going for a big throw like uchimata or seionage in a tournament requires one to make a 180 taisabki (pivot). BJJ folks say this is a weakness of judoka in that they will give their opponents their back. However, those same BJJ folks are the first to be awed at the site of an impressive judo throw. I wonder if they realize that these techniques require a great deal of calculated risk taking in order to achieve the goal of scoring an ippon.



Gary Wagstaff Photo

4. Knowledge Quest – The Japanese called this kaizen or the continuous improvement process. This is why Kano incorporated ranks in judo. He wanted to remind everyone that judo like life is ongoing. Achieving a new belt level is a renewal, as it marks both a beginning and an end.
5. Self Defense Skills – Taking personal responsibility for one's own actions is important. A judo person knows calling 911 is not always the answer in a predicament. Therefore, just like a Boy Scout one has to be prepared by having the basic skills and ability to handle a situation in the event the cavalry is busy fighting a battle elsewhere.



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6. Divergent Thinking – This involves keeping an open-mind or thinking out of the box. A leader surrounded by a group of yes-men may be taking a long walk off a short pier. Worse yet is when the support troops know it but have been conditioned to not speak up for fear of reprisals. Successful leaders readily admit their mistakes rather than continuing down the wrong path.
7. Giving Back to Society – Good leaders look out for society, not just their own company. They are concerned for human rights, the environment, and not simply their own bottom line. Kano said at the root of judo are two principles; seiryoku zenyo (to make the best use of your power) and jita kyoei (to go forward together with your opponent).



Kano's calligraphy of judo's principles

The 7 Rules for the Student - by Professor Jack Daniels:

Back in the mid 1970's when I was in college at the University of Pittsburgh; a professor of mine handed this out during our first class along with his syllabus. Years later I remember re-reading it and finally realizing the wisdom in it. I share this list with you verbatim and can now say with certainty that it involves many of the leadership virtues found in judo.

1. Never be over-awed by authority. Not at any time whatever, nor for any reason whatsoever, can anyone with profit or safety permit his faculty of thought to take a sabbatical, least of all when the mind is exposed to the thoughts of other people.
2. Be open to conviction, but refuse to be convinced until conviction becomes a necessity.
3. Read little, think deeply and much. Avoid acquiring the grasshopper-mind. Books are highly suggestive, therefore, chose your authors with care, take time to think through the full implications and connotations of what you have read, and test its validity from as many angles as you can. A hungry man must chew, swallow, and digest food before it can nourish him. Swallowing it whole leads only to indigestion. Avoid mental indigestion at all costs.
4. Seek TRUTH and pursue it, to the extent of re-making your own mind no matter the cost, should it become necessary. The "truths"



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of today will be the "superstitions" of tomorrow. Allow them no "permanent residence" in your mind. Seek not mere "knowledge" but UNDERSTANDING; perchance WISDOM may follow.

5. Never lie to yourself, or you are a lost fool!
6. Learn to think beyond the thoughts of men who lean on things they see; always remembering: NOT IN EXTERNAL THINGS SHALL WE FIND TRUTH.
7. Make it your golden rule to never consult an author on any subject until after you shall first have thought deeply about it and reached some conclusions, no matter how tentative.

Conclusions and Closing Thoughts:



Neil Ohlenkamp, myself, Neil Adams, and Tony Mojica at a recent clinic

The legendary British Judo coach, Neil Adams. M.B.E., during his seminar, which I just attended, told a room of 40 tough black belts, who were mostly competitors - to be adaptive. He said in the face of constant modifications to IJF rules top players must be able to embrace change in order to be victorious or for that matter to simply survive.

I agree with Neil, that being adaptive is an essential element of leadership both in judo and in life.

Gary Goltz
USJA President



In Memory of Bill Wetzel

“For some moments in life there are no words.”

David Seltzer, Willy Wonka and the Chocolate Factory



William H. Wetzel, 67, of Benton Harbor, MI passed away Wednesday, January 29, 2014 at Lakeland Regional Medical Center in St. Joseph, MI.

Bill was born December 12, 1946 at 12:14 PM at Hurley Hospital in Flint, MI to Harry Fredrick Wetzel & Barbara Marie Flintoft. Upon high school graduation Bill went on to proudly serve his country in the United States Army.

Bill was a proud Vietnam Veteran where he served from June 16, 1966 until April 1, 1968. He was a Specialist E4 with Sec. V11, Chopper 5, AR 635-200 SPN 411 Overseas. His last Duty was with the 498th MED CO (AA) USAR and Army Reserve until June 15, 1972 leaving with an Honorable Discharge.

He then went on to receive his associates degree in Criminal Law and a became a Michigan State Trooper, badge #1111, on December 20, 1968, until his retirement after 23 years of service on December 21, 1991.

Bill was an avid sportsman, enjoying hunting, scuba diving, skiing and everything outdoors. He was the kindest person you could know and will be dearly missed by all who knew him.

May Bill rest in peace and enjoy his next adventure.

He is survived by his wife Deborah L. Fergus; son Brian (Leah) Wetzel; daughter Tracy Sinclair; and grandchildren Braidan & Louis Wetzel. He was preceded in death by his parents.

A Celebration of Life Service will be held at a later date.

Respectfully,

Michael Hall
Editor-In-Chief
Growing Judo
michael@judopro.com

USJA



Regional Coordinator's Message



We are now well into the New Year and tournament season is starting up strong. The Mid – Atlantic region has been preparing by holding Clinics and tournaments.

Budokan Judo Club held a Tachi Waza clinic in October of 2013 in the Northeast Community Center in Chesapeake Beach, Maryland. They had many participants from all three organizations.

Two tournaments were also held in the area during the same time period in both Hyattsville, Maryland and Lancaster, Pennsylvania. Several tournaments will be held in the Mid Atlantic region between January 18th and March of 2014.,

Meanwhile, I want to congratulate 3x Olympian, Celita Schutz on her student, Isaac Oksman (12 yrs old) of Kokushikai Judo Academy, Fair Lawn, NJ represented USA at the Jr. Pan Ams in San Salvador, El Salvador (November 13-15, 2013) on a US junior team.

He competed in the Boys 62kgs+ category defeating players from Brazil, Puerto Rico and El Salvador twice his size. He finished the day 4-0 and returned home with the Gold from his first international tournament.

Isaac is a student of 3x Olympian, Celita Schutz and Kokushikai's Technical Adviser, Y. Matsumura. Isaac started judo three years ago at Kokushikai Judo Academy and is also 2013 US Jr. Olympic Champion and USJA/USJF Jr. National Champion. His father, Vladimir Oksman, also a student of Kokushikai Judo Academy was recently promoted to Sankyu.

Lets not forget in Florida on March 8th 2014 Kodokan Judo of Cape Coral will be hosting the 4th annual Yiochiro Matsumura Judo Championship. This tournament is a great event with three mat areas and approximately 200 competitors from all over the country.

There will be a Referee clinic held on March 7th with certifications after practical in the tournament. Sensei Matsumura and Schutz will be conducting a competitors clinic on March 9, 2014 at Kodokan Judo of Cape Coral for more information on the Florida events visit www.cape-judo.com.

Mike Srejter who is our new Coaching chairman is holding the Cherry Blossom national Point tournament February 1st. This should be a great event with competitors from all over the country.

Yours in Judo,
John Paccione



Our NEW USJA Clubs!



Judo Gym Madison/Campeon Elite (Class C) www.judogymmadison.com

Head Instructor: Osmil Millan

Email: oshachidan@tds.net

Location: Madison, WI

Phone: 608-577-8728

Mojica Judo Club/PAL (Class Regular)

Head Instructor: Crespine Tony Mojica

Email: mmojica@local1014.org

Location: Baldwin Park, CA

Phone: 626-806-6884

Judo and Sambo Academy (Class Regular) www.judosambo.com

Head Instructor: Mevloudi Zurab Bekochvili

Email: zurajudo@yahoo.com

Location: Glendale, CA

Phone: 818-821-2001

Olympian Tae Kwon Do Academy, Inc. (Class Regular)

Head Instructor: William Worthington

Email: jensdojang@hotmail.com

Location: Lakeland, FL

Phone: 252-442-3377

Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Mark Dillingham, School of Hard Knocks, Spring, TX
- ★ Joshua Heebner, School of Hard Knocks, Spring, TX
- ★ Quinn Kleerekoper, School of Hard Knocks, Spring, TX
- ★ Jaime E. Lazcano, School of Hard Knocks, Spring, TX



USJA Donors



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

- ★ **Andrew Connelly**, School of Hard Knocks Judo Club, Spring, TX
- ★ **Allen E. Johnson**, Emerald City Judo, Redmond, WA
- ★ **Brian L. Money**, Riverside Youth Judo Club P.A.L., Riverside, CA
- ★ **Larry Rogers Sr.**, Elm City Judo Club, New Haven, CT
- ★ **Ralph C. Ruschel**, Blue Dragon Judo Club, Bethesda, MD
- ★ **Dr. Stanley S. Seidner**, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ **Jerome Vessichio**, East Coast Black Belt Academy, Middle Island, NY
- ★ **Deborah L. Fergus**, Southside Dojo, Portage, MI



USJA



Judo News from Around the Country

Here we GROW again!

I just wanted to do a short article to let everyone know about the recent growth of Wall to Wall Martial Arts here in south Louisiana.

January 6th was a BIG day for us here at Wall to Wall. Not only did we open the doors on our brand-new, 3000 sq ft facility in Watson, LA but on the same day we opened up our second location. The second location is 3800 sq ft and is located in nearby Denham Springs, LA. The growth of our main location and opening of our second location is the fruit of about 10 years of hard work here in the area.

The Watson location is large and open and contains ample seating for parents and spectators as well as separate dressing rooms for men and women along with 2 restrooms. The mat area is made up of brand-new Swain/Dollamur roll out mats sitting on a "floating" or "spring-loaded" floor. The mat is 30 ft x 40 ft giving us 1200 sq ft of training area. We included a "lounge" area for parents that includes comfortable seating and wireless internet access and also a dedicated "play" area for young siblings that come along to the school while classes are taking place. This location is headed up by myself along with my wife Patty and a group of 5 other Black Belts as well as a group of Brown Belts. We teach classes 4 nights a week and are currently at about 90 students.

The Denham Springs location is really BIG at 3800 sq ft and includes not just one but two training areas, each with their own "floating" floor system topped off with tatamis. We have a total of 1900 sq ft of training space at this location. Having two training areas allows us to potentially have more than one class occurring simultaneously without any interference. This location is headed up by Sensei Nick Long with assistance from my daughter Caitlin Wall and several other dedicated Brown Belts. Being a new school means that we are starting from zero as far as students but in our first two weeks we have already signed up 4 students with several others engaged in trial classes. Our hope is to be at 30-40 students within the first 6 months at this location with an eventual goal of 100-150 in the next two years.

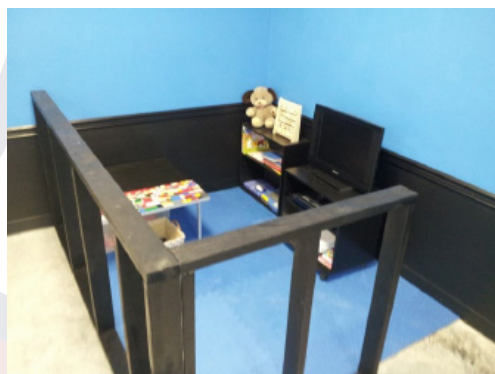
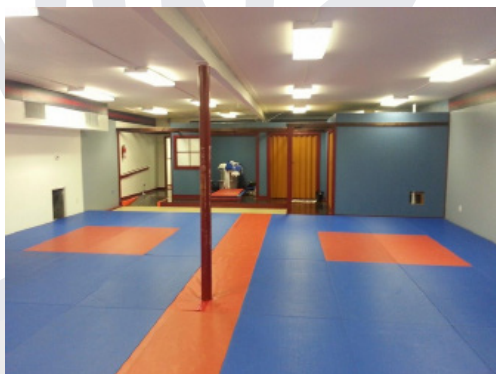
I have included a few pictures of the two locations. Keep us in your thoughts and send some positive energy our way as we work to grow Judo here in south Louisiana!





Judo News from Around the Country

Here we GROW again!



James Wall's Bio



James Wall lives in Watson, LA where he and his wife Patty own and operate Wall to Wall Martial Arts. He is a USJA Yodan in Judo and JuJitsu, a Sandan in Aikido, and a Brown Belt in Machado BJJ. He is a USJA Regional Coordinator and a member of the Coach Education Committee. He can be reached at wallmartialarts@att.net or through his school's website, www.wallmartialarts.com



Judo News from Around the Country

Discover Judo in California



These pictures are from the opening of Discover Judo's new dojo. They recently moved from a community center to a commercial property. This is a big plunge for John Moe, their head sensei and Gary Goltz's early students. The place is right across from their previous location in Rancho Cucamonga, California. He is planning a major open house soon.

Judo News from Around the Country

Eli's Club Open Randori Night





Judo News from Around the Country

Eli's Club Open Randori Night





Judo News from Around the Country

Presentation at the Japanese's American National Museum



Fukuda Sensei with her Sempai Eiko Shepherd



Fukuda at Kitty Hawk Judo and early AFJAS/USJA Dojo



Presentation 1/19/14



Fukuda Memorial Ceremony last March



Judo News from Around the Country

Open Randori Night at the American Judo and Jujitsu Academy





Judo News from Around the Country

Open Randori Night at the American Judo and Jujitsu Academy





Judo News from Around the Country

Open Randori Night at the American Judo and Jujitsu Academy



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Spectator for Love

The woman sitting on the bleacher appeared as though she'd done this many times. Her hands flew through the thread she was weaving. Upon closer notice, her eyes would flicker from her crocheting to the judo mat where two men were competing.

One was about 21 years old and muscular. His opponent's hair was grey at the temples, and he limped. Each wore the coveted black belt, but the older man's was as grey as his hair.

A crowd had gathered to watch the local hero destroy the aged interloper from Dallas who'd already beaten three of their favorites. A young lady wearing a sweaty judogi sat down beside the woman.

"That's neat! What are you making?"

"Just a dishcloth," replied the woman as she adjusted her glasses and looked at the young lady. "Do you crochet?"

"My mother does, but my hands get confused when I try. My name's Jackie."

"I'm Barbara," said my wife, "and that's my husband out there, the old crippled guy." Her hands continued to fly, making the design more apparent.

About then the younger judoka threw his opponent with osoto-gari for waza-ari. The crowd roared.

"Aren't you afraid for him to be fighting? Look! His face is bleeding!"

My wife glanced up from her work. "My husband is winning."

The young lady said, "He's pinned, with a waza-ari already against him."

Barbara replied, "He is smiling."

Suddenly the younger player stiffened and began to shake violently. The older player shoved him off, made sure that he was still breathing, and then stood as the referee announced "Ippon!" and awarded him the win. The crowd sighed and began to disperse.

"Wow!" the young lady said. "You really know your man."

Barbara put down her dishcloth project and turned to her new acquaintance. "I don't like judo. I like watching basketball, but I have three children and a husband who play judo. So I watch. I go to matches and watch them line up to fight on different mats. When I look again all the matches are over, and I don't even know who won. Consequently I've had to learn to read the signs of what's happening. We've been married for over twenty-five years and in that time gotten to know each other. I've learned that when my husband smiles on a judo mat, he has won. Maybe someday you'll be lucky enough to know a man that well."

The young lady smiled and joked, "I'm going to have my Mom teach me to crochet. Maybe in that way I can get a man like yours."

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, USJJ, 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.

Thoughts on Dyeing

"I'm in a really good mood today," I announced to my sixth-grade social studies students one morning. "Last night my mother dyed..." I paused to allow that to sink in.

"What'd Dr. Charles say? His momma died? And he's glad?" students chattered.

"Wait, let me finish. Last night my mother dyed my judo belt black, so I'm happy about that. What did you think I meant?" And in such merry ways I tried to stimulate mud-bogged brains. After all, there's a time to be serious and a time not to be serious, and this was not one of those times.

In the old days when judo was young and so was I, dyeing one's belts upon promotion was customary. I do this for my judo and jujitsu students when they meet promotion requirements, saving them money and continuing the tradition. And I recycle their belts.

Old belts retain the sweat and fortune that earned someone a promotion. It's nice to inherit belts, though I never did. I had to dye my own. Most buy a black belt when that time comes, or receive one as a gift.



I began judo as a cadet at The Citadel. We learned six hours of boxing, wrestling, gymnastics, track and field, judo, and ballet. Wait! No ballet. The Citadel then was an all-male military college. I didn't weigh enough to make the chess team, but when we competed during the final judo hour, I tossed a football player across the room with tomoe-nage. Was I surprised? You betcha! Was he? Well, let's say that he stayed with football, while I dove into judo, though after graduation he became a fighter pilot. Perhaps this flying episode inspired him.

Judo, after soccer, is the second largest sport in the world, except here, where Americans obsess over balls. Throwing, hitting, kicking, rolling, volleying, and catching balls keeps football, basketball, soccer, billiards, bowling, tennis, volleyball, and baseball players and spectators busy. In judo, we don't throw balls. We throw people. And that takes, er, people!

During holidays my judo partner Bob Cockey and I visited hometown clubs. We wore green belts then, the highest beginner rank. My family had moved to Greenbelt, Maryland, so the Greenbelt News celebrated my promotion with an article titled "Green belt from Greenbelt." I wondered if there was a town called Brownbelt, because after green come three brown belt intermediate ranks, then the coveted expert black belt.

Bob and I used to take our girlfriends to judo. I told them that the way to a man's heart is through his judo. They believed me and jumped into the sport. Mine even beat me to brown belt rank.



Thoughts on Dyeing

Before entering the Air Force, from which he eventually retired with a general's star, Bob married his sweaty, er sweetie pie. Mine had better taste in men and married our judo instructor after I left for a brief but illustrious Army career. But that's another story.

Bob, visiting a New Jersey club, asked a green belt to randori. Randori is free practice, sparring, though in judo we don't kick or punch. Randori can range from gentle to near competition intensity, depending on the players or direction of the instructor.

Bob's butt went flying, repeatedly. After taking many falls, which surprised him because he'd earned his green belt by training with good instructors and partners, Bob bowed out. He remarked to another player on the green belt's superb skills.

"Oh, he's not a green belt," the fellow explained. "He was, but when he was promoted to brown, he dyed his belt. And after three brown belt ranks, he earned his black belt and again dyed his belt. But after years of hard training, sweat faded his black back to brown, then green. So he's not really a green belt. Far from it, as you've just learned."

Oh. What could my friend say? We learn from experience. For me, learning from someone else's dyeing experience is even better and less punishing than firsthand.

Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., holds hachidan judo and rokudan jujitsu ranks. He teaches his arts at the Naval Weapons Station in beautiful, romantic Goose Creek, near Charleston, SC. His Gold Star club is the Samurai Judo Association.

Youth Sports



Two local athletes, Erica and Christina Paccione, who train at Kodokan Judo of Cape Coral, flew to France for the Harnes International Judo Competition.

The sisters were among 6 other Americans that competed. Each athlete was number one in their age and weight division in the USA. The tournament divisions were very large ranging from 9 to 50 in one division. On day one our American Team took home a gold, a silver and a bronze medal.

Jackson Butler was undefeated in the 50kg division taking home the Gold.

Erica Paccione fought in a 17 person, -52kg division and won multiple matches by ippon (full point) with one win was under 12 seconds.

She proudly took home the Silver medal along with a gift of an Adidas sports bag.

Mariah Holguin took home the Bronze.

Christina Paccione (11), fought up in age and weight. Her opponents had a 17 pound advantage and were one to two years older and she still managed to score some great throws but ultimately did not make it to the finals.

A few members of the USA Team traveled the next weekend to Lanester, France to compete and rose to the podium to collect their medals: Misato Sandoval - Gold, Rachel Butler - Silver and Jackson Butler - Bronze.

Jennifer Paccione's Bio



Jennifer Paccione holds the rank of Nidan in Judo. She continues to train and coach children in Judo, women in Cardio Kickboxing and proudly gives her support to her children and husband in the ventures of their family business.



First Baptist Harrah Judo Team

"Hajime!" Begin!



Aron Radcliff does a Kesa-Gatame on Justice Hopper



Bowing is an important part of Judo.
It is a means of showing respect.

Sensei Tim Davis shouts the command, and a dojo full of young Judo students square off to spar. Each grips the sleeve or collar of his opponent's uniform, or gi, and maneuvers for an opening, a split second advantage to throw the opponent off balance. The shuffling sound of bare feet is soon joined by the occasional thud, as here and there, one opponent throws another to the mat.

Translated, Judo means "gentle way." Unlike martial arts such as Karate or Taekwondo, Judo doesn't involve punching or kicking. By contrast, Judo's focus is the use of technical skill to throw the opponent to the mat using the adversary's own body weight, then if necessary, to subdue him or her with an immobilizing pin. It is a sport of both strength and finesse, explosiveness and tenacity.

On the mat, the downed opponents immediately get back to their feet, and the sparring continues. After a few moments, Sensei Tim calls "matte!" (pronounced MAH-tay), and the students pause and listen while he instructs them how to improve a particular technique. Then, with another call of "hajime!" (hah-jee-MAY) the sparring resumes.

It's a typical Tuesday night practice for the First Baptist Church Harrah Judo team.

Tonight's session has the feel of routine, but the sounds of sparring and throws are still new here. Less than a year ago, this Judo club didn't exist. In that sense, hajime, the Japanese word for "begin," or "beginning" is doubly appropriate. In a way, it signifies the beginning of this fledgling Judo club.

When the idea for starting the club came up, FBCH's Judo club instructors Tim Davis and Steve Parks were involved with another Judo club in Oklahoma City. After a few conversations, the two realized they had an opportunity, and the inspiration was simple.

"We realized we could bring the sport we love to the community where we live and go to church," says Tim, a third degree Judo black belt and member of First Baptist Church Harrah. "And that it could also serve as an outreach to those without a church home of their own." So with Steve's help, Tim approached the FBCH leadership and proposed the idea, which was well received. After converting a room above the church gym into a new dojo, the club held its first practice in January of 2013.

Despite the quick beginning, the club had something of a slow start. After generating some initial interest and a handful of students, competing activities like football and soccer caused numbers to dwindle after the first few practices. For several weeks, the club saw consistent participation from only four members – three brothers from the same family and Tim's own daughter, MJ.

But by spring, word started to spread, and attendance grew. New faces appeared, sometimes one at a time, and sometimes with the appearance of entire families. Before long the white belts of beginners started giving way to yellow as the students advanced, and the club gained students and momentum.

Back in the dojo, Sensei Steve calls a pair names. The students have moved on to one-on-one practice matches, and a couple of the older students on the team move to the center of the mat. They face off, bow and attack. Gripping gis, the two struggle for position before Justice, a fourteen-year-old white belt, gains a momentary advantage. He throws his opponent, resulting in a call of "ippon!" from Steve, who

First Baptist Harrah Judo Team



Senseis Tim Davis and Steve Parks



Ethan Davis receives his promotion to yellow belt from Sensei Steve Parks

referees the match. The call signifies a full point – enough for a victory. The two opponents bow, and Steve awards the win with a hand raised in Justice's direction.

Matches like this are more familiar now, and a casual observer might not realize these students are only a month removed from their first competitive tournament, a novice competition in Tulsa back in October. Participation in that tournament still marks one of the team's prouder accomplishments, the culmination of weeks and months of hard work by students, parents and instructors.

In the weeks leading up to the tournament, the tone at practice intensified as the team prepared, not just for the physical challenge of the matches, but also the mental challenge of learning the rules, what to expect from the judges, and how to behave during the competition.

After weeks of preparation, the team met in the church parking early on the Saturday morning of the tournament, loaded into a van and headed for Tulsa. With seven students registered to compete and another five coming to cheer on teammates alongside parents and coaches, FBCH arrived at the tournament well represented.

The first match turned out to be the quickest. Tyler, a five-year-old yellow belt, and the youngest competitor on the team, approached the mat, bowing in all the right places and careful not to walk in front of the judges as he'd been taught. The referee called "hajime," and just as quickly Tyler scored the full-point ippon with a throw of his opponent, ending the match. The match ended so quickly that first time parents turned to each other to ask what had happened.

That first match seemed to set the tone for the day. As the tournament progressed, every member performed well, including a couple of members who ended up being moved up a division by the organizers. At the end of the day, the seven competitors from the FBCH team claimed seven medals, all first or second places. Several referees were impressed with the representation from FBCH's small dojo, and commented on the team's positive attitudes and sportsmanship.

After the tournament, the team, coaches and parents all enjoyed a pizza dinner together before caravanning back home, a few medals and a lot of memories richer. The club is now looking forward to their next competition in Arlington, Texas this coming January.

In the FBCH dojo, as practice draws to a close, the students line up shoulder to shoulder and straighten their gis and belts before Sensei Tim closes in prayer. Tonight, the students bow, but don't leave the mat, since this is a special occasion. It's MJ's birthday, and birthdays in the dojo come with a tradition - the birthday throw. It's a chance for everyone to throw the birthday girl using their favorite technique or move. After being thrown by all her teammates and both instructors, MJ gets up with a smile to receive her birthday certificate and a candy bar.

The kids tend to work hard during practice, and some might attribute a little bit of that effort to what comes next. Some nights, hard practices are rewarded with a game, and tonight it's the belt game – a sort of martial arts hopscotch. Everyone rushes to untie their Judo belt, weather it is white or yellow, and place them on the mat in parallel, one after another like a ladder. The kids line up and take a turns, one at a time attempting to hop, walk or jump across the gauntlet of belts. Only one foot can touch the mat between each belt – a double step or touching a belt with a foot means you're out. Each round, a belt is removed, making the gauntlet harder. The game is a lot of fun, but of course it serves a purpose too – to make the students more nimble, and have that carry over into their Judo.



First Baptist Harrah Judo Team

Today, the FBCH club is sixteen members strong, but still welcomes and encourages new participants. Anyone interested in the club is welcome to watch or participate in a practice. The club meets Tuesday and Thursday evenings from 6:30-8:00 pm at First Baptist Church Harrah. Church membership is not required, and many on the team are not members of the church. The club is a sanctioned member of the United States Judo Association (USJA), which provides for insurance and allows for participation in tournaments. New students are welcome to join at any time, and participants must be at least five years old. Uniforms are not required for the first two weeks, and the team has both competition and non-competition members.

For more information, check out the FBCH Judo Club page on Facebook:

FB - <https://www.facebook.com/groups/424210004328816/549059801843835>



Tim Davis' Bio



Tim Davis started judo in 1973 in Decatur IL Dojo with coaches; Ole Coach Bill Horve and Bud Clements. He joined the Barksdale AFB Judo club with his friend, Coach Jimmy Jones. He joined Edwards AFB judo team in 1988 which became his certified club. He and Steve Bell formed a new club called Antelope Valley Judo club. He became a Head Coach in Oklahoma City OK. He was given Steve Parks' approval of the Senior Pastor of The First Baptist Church in Harrah.



How to Succeed in Jujitsu

Over the years I have noticed that martial arts, particularly Jujitsu, attract participants who treat them as hobbies that are quick to learn and provide a certain macho status, and as a byproduct, exercise. Such individuals hang around for a year or two before drifting to another hobby. No matter how earnestly I explain that Jujitsu requires a lifetime commitment -- or at the very least a long commitment to attain black belt proficiency, people simply nod their heads sagely, and then invest time, energy, and money to experience only exploratory levels of the art. They have the Thanks, I did that and got the orange belt to prove it attitude.

Of course commercial schools need these people to fill their ranks and fund serious students' continuation of the art. Many schools need temporary students to exist at all. Without them, the core group of dedicated students would lack a place to practice, and indeed, the art would slowly perish through insufficient places to study. How nice it would be if everyone who starts could quickly become proficient enough to actually reach black belt level. But there is no free lunch.

For those who persist beyond these first months or even years awaits a world of new experiences. If only human nature could be re-shaped to not expect a fast fix, more might realize the wonderful feeling of accomplishment that arrives at the moment of understanding Jujitsu's true principles.

As in any physical endeavor, Jujitsu requires practice to establish the muscular memory motions of specific moves. No one becomes a tennis or golf pro simply by picking up a tennis racket or golf club and waving it in the breeze for a few hours per week. It takes getting to the point where the individual no longer consciously controls muscular action, so that the brain calculates subconsciously the ball's path and then translates this data into responsive action.

What makes a good Jujitsu practitioner is the ability to respond to outside influences without thinking and to fluidly segue from one principle to another, as the flow of the actions dictates.

Occidentals seem to have difficulty devoting attention to a single task for an extended time. I was in awe of my Japanese masters, who related stories of practicing just one move thousands of times, until they had embedded it into their minds to be as natural as blinking an eye. That really is what is required to be able to do anything well.

Consider Olympic champions who devote time and effort to becoming the best in their fields. Often only a split second separates winner from loser. Winners had made the decision that instead of just enjoying the game, they would excel by investing whatever time and effort was required to reach that goal.

While there's nothing wrong with enjoying the game, what a thrill it is to be the best of the best!

Ben Bergwerf's Bio



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



New School Versus Traditional Judo

I have studied judo for over 50 years with many instructors, some national champions. However beyond demonstrating throws, none could explain the biomechanics of the sport.

Then I trained at Mambi Judo in Tampa, Florida, under Del Diaz, who had studied judo since age seven. Before moving to Florida, Sensei Diaz had been a division chief at the Cuban Olympic Training Center. In his division were boxing, fencing, Olympic taekwondo, and judo. Cuba considers all to have similar biomechanics.

The knowledge of biomechanics for judo comes from Japan. Masayuki Takahama, a six-time champion of Japan's National Police Force, westernized Japanese teaching methods into a system. Takahiko Ishikawa, All-Japan Champion, assisted in teaching competition skills for Cuba.

Sensei Diaz agreed to hold a special class for me and two other black belts. Although we had much experience in judo, what we saw was vastly different from what we had known. Sensei Diaz explained that this was New School, the Japanese term for judo that had evolved through competition. Sensei's training partner, who had studied judo extensively in Japan, elaborated about how Japan teaches two types of judo -- traditional and competitive.

I had a friend who had been trained as an elite judo athlete and as a coach in a sports academy. He came from Lithuania. This country is renowned for sambo and traditional judo and had taken a bronze medal in judo at the World Championships that year. Training with him would show the difference between Old and New School Judo. When my friend does judo, he leans his head away and uses strong bicep motions to pull his opponent. In New School, kuzushi (off-balancing) is performed not by arm strength but by shifting weight between toes and heels. This allows for arms to be relaxed with elbows down. The judoka executes throws more by pushing than pulling. Power is more from the front than the back, without strain on the spine and with fewer back problems.

My friend invited me to Lithuania to meet his coach, Petras Vinciusas. I was nervous about teaching something to a coach held in such high esteem, but he was friendly and open to new ideas. He was especially interested when I described how New School was developed for grip fighting and breaking through defenses. After showing some throws and explaining differences between the two schools, I asked him to hold me in a strong stance not allowing me to move. I then controlled him as I moved out of my weak position into a throw. New School is about control.

My experience in Lithuania proved to me that New School works! I continued to drill and improve my skills and have tested them against many opponents stronger and heavier than I.

I now teach at Grady's Family MMA Gym. Owner Don Grady, skilled in judo, wrestling, boxing, and jiu-jitsu, wants everyone in his gym to learn New School. It is a perfect fit in an MMA studio because New School has biomechanics identical to other fighting arts. And because New School utilizes pushing instead of pulling, it works well without a judogi.

Last year I attended The Greatest Camp in North Carolina, where I demonstrated New School. All who watched returned with cameras to video my presentations. I am writing this article in preparation for the next Greatest Camp.

While writing this article, I met someone who had studied Japanese martial arts for 45 years and had been stationed with the U.S. military in Japan. He trained at a grandmaster's dojo that had never accepted a foreigner. Fortunately one of the instructors was an English professor who wanted someone to practice English with.

New School Versus Traditional Judo

After many years training there, the American observed a seminar for the Japanese master instructors. A special guest explained that though judo instructors had been taught by demonstrating throws, the leadership had decided it was time for change, especially for the play arts, a Japanese expression describing Olympic-like competition. Now teaching would focus on sports science and biomechanics. They would call the new system New School and the old, Old School.

The special guest explained that New School was about controlling an opponent. He then demonstrated the biomechanics that made it impossible for other instructors to pick him up, even though he was small and light. The American vividly remembers the event because he had never witnessed anything in Japanese culture to prepare him for the admission that they would change to something new.

He explained that to understand the concept of New School, imagine that you have a plastic flowerpot that's been in your yard for years. As the pot aged, it changed color and shape because of things growing in and around it. New School is like chiseling off growth to bring it back to its original state. To me, that description fits, because all who have seen New School judo agree that it returns judo to its original art.



Robert M. Cockey stands between Mike Tusay (in white judogi), who represented the USA in the 2014 African Open, and Gediminas Pakalnis of Lithuania. Sensei Cockey coached Pakalnis at the recent Dallas Invitational and President's Cup.

Robert M. Cockey's Bio



Robert M. Cockey teaches New School-style judo in his New School Judo club in Florida.



Kata at Camp

Ever since the IJF began hosting the World Kata Championships, interest in kata has been on the rise. Nowhere is this more apparent than at kata clinics around the country where attendance is burgeoning. With a world-level competitive venue available for judoka to test their kata skill, this dynamic and challenging facet of judo is truly experiencing a resurgence. Eager competitors have been known to travel halfway around the country for clinics offered by elite clinicians like Eiko Shephard.

Few realize, however, that one of the premier kata clinics in the country takes place at the Greatest Camp on Earth every summer. Whether you are a kata novice dreading the Nage-no-Kata requirement for your next promotion or a seasoned shiai competitor taking the first step towards national or international kata competition, the Greatest Camp is the ideal place to build your skills.

The kata clinic instructors at the Greatest Camp are extremely talented. Last year, for example, multiple-time national kata champions Jeff Giunta and Heiko Rommelmann were joined by noted clinicians and competitors Michelle Holtz and Mindy Buehman. Together they instructed in Itsutsu-no-Kata, Nage-no-Kata, Katame-no-Kata, and Kodokan Goshin Jutsu. Sensei Giunta and Rommelmann shared their wealth of experience earned through training at the Kodokan and through international kata competition. Countering the common misconception that kata clinics are stuffy and dry affairs, the clinicians ran fun, challenging, fast-paced sessions.

Kata offers a lot to judoka of every skill level. Those who focus on shiai may improve their throwing techniques by studying Nage-no-Kata, while those preferring low impact exploration of the nuances of the art may gravitate towards Ju-no-Kata, and those with interest in self-defense applications of judo may be eager to learn Kodokan Goshin Jutsu. The Greatest Camp is one of the few places in the country to learn any or all of these in a three-day camp.



Michelle Holtze, Mindy Buehman, Jeff Giunta, and Heiko Rommelmann giving a clinic on Nage-no-Kata at the 2013 Greatest Camp on Earth. Over 30 judoka attended this session.



Kata at Camp

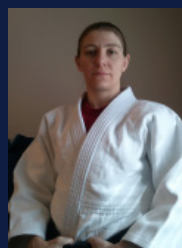
Kata clinics at camp go far beyond minimum requirements for promotion testing and demystify the process of elite kata competition, sharing up to date technical information and training techniques necessary to compete successfully at the elite level. The accuracy and level of detail covered in these sessions was evident when Sensei Giunta and Rommelmann competed at the 2013 World Kata Championships in Kyoto, Japan, and placed 4th in their preliminary round, the highest of any of the seven US kata teams present.

If you have never trained seriously in kata before, now is the time to consider doing so. One of the most important reasons to learn kata TODAY is because waiting until you retire from shiai will make it difficult to experience success in kata. The physical and technical requirements for elite kata competition, while different from shiai competition, are no less demanding and take years to learn. Just as importantly, success at kata can improve your shiai competition. Both Sensei Giunta and Rommelmann continue to compete in shiai and agree that kata practice and shiai practice reinforce each other. Dr. Kano believed that kata along with shiai and randori was one of the three pillars of judo, and like all things in judo, we improve through competition. Hence, do not learn kata solely because it is a promotion requirement. Attend the Greatest Camp on Earth, join the growing movement, and learn kata to WIN.



Jeff Giunta as tori demonstrates harai goshi with Heiko Rommelmann as uke during Nage-no-Kata clinic at the 2013 Greatest Camp on Earth

Lisa Capriotti's Bio



Dr. Lisa Capriotti holds the rank of shodan in judo, jujitsu, and iaido, and nidan in karate. She is a Naval officer stationed in Charleston, SC, where she instructs at the Samurai Judo Association. In addition to being a shiai competitor, she is a certified kata instructor and judge and works to develop kata appreciation.



Scrimmages

Somewhere in my fifty plus years of studying Judo, I heard or read (not sure) that Kano said that Judo is 15% kata and 85% rondori. I'm not positive that he ever said or wrote that, but it's in the fabric and lore of Judo and I'm sure he did because that's how everyone, including me learned Judo. When I was a teenager learning Judo, I became a Judo Gypsy using New York City's extensive subway and bus transportation to travel to every dojo that had a bus or train stop. Mat fees in the good old days were only about five bucks and a transit token was less than a dollar, so I traveled. When I finally got my license and a car ('57 Chevy Bellaire), I became a Judo Junkie because I could travel to New Jersey and Westchester to mix it up with the best in the region.

As interesting as this ISN'T, my point is to learn to USE Judo, you need to practice it and the best way to do that is Rondori. Generally, the more rondori, the better you become. And that brings me to my point. A friend of mine, Dave Passoff is a PAL club instructor and has two very active PAL Judo clubs and has been running them with PAL for decades. He would always invite his two clubs together so they could rondori with one another because it got the kids out of playing just among themselves and gave them the opportunity to play with someone they weren't used to work with. Dave and I morphed this concept over the years into a monthly scrimmage consisting of 7 to 8 and more clubs. We even went so far just to set up a Long Island Judo League that took the concept one step further and had club to club contests once a month with the club having the most wins over the season declared the PAL Judo Club Champions.

The thing about a scrimmage is the overall simplicity. You invite 60 or so kids to get together in a central location once a month. You line the kids up in order of size and experience and put them into general groups. The instructors of the invited schools take a look at where their people are positioned and they determine whether their player should be in a large and more advanced group or smaller, less advanced. Once everyone is settled in, a timer and referee is assigned to defined locations and they begin calling the players up two a time for a match of about 2 or 3 minutes. The players keep track of how many wins and losses they have and at the end of the day (maximum 3 hours) the players report their wins so that they can be recorded for participation and promotion points.

The matches are run under modified shiai rules with time, points and penalties, the major difference is they don't weigh in or wait around. Each person plays an average of 3 to 5 matches. Older kids get a chance to learn and try refereeing and learn match time and osikome timing. The most important thing is that the kids and teen agers who are recreational players get a chance to interact with their peers and are less isolated. Friendships happen quickly and the recreational players get the opportunity to learn shiai and that may pique their interest in participating in local or regional sanctioned competitions.

Long Island has been running these scrimmages for years. We have it down to a science where we run monthly scrimmages from October to April and invite instructors to teach a short lesson before the scrimmage, that is a sort of mini clinic. At that point, the attendees have a chance to use the clinic skill in their matches without fear of losing a match. The scrimmages are a 100% free. No one charges or makes any money off it. That is not to say that we could not charge a \$2.00 participation fee that can be used as a mat fund or donated to the USJA Development fund.

Earlier this year, I read that there was a large scrimmage in Nanka Yudanshikai that included multiple clubs and the report was that it was received positively by all the people involved. I expect that they will continue the scrimmages and make it a tradition. You might be reading this in an area where there are limited number of clubs.



Scrimmages

You might have to travel hours to get to a tournament. The closest people can get to the multi club scrimmage is an inter-club workout and that is perfectly fine. The idea is to move outside of your school to learn by doing rondori. You have your instructor and your friends cheering you on and learn valuable lessons in technique and timing.

Make February and March **Visit Another Dojo Month** in the USJA and we encourage everyone to get out of your school and learn from the experience. Scrimmage on!

Hal Sharp's bio



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

Memories of My Sensei

I would like to share some of my experiences with you about my Sensei and dear friend, Takahiko Ishikawa, 9th Dan who passed away at the age of 91 in June 2008. I first met Ishikawa in 1953 in Japan after I became a Shodan (1st degree black belt) and thus was allowed to workout at the Keishicho (Tokyo Police Dojo). At that time Ishikawa had a favorite student, an Englishman by the name of Malcolm Gregory, who helped me improve my judo skills and introduced me to Ishikawa.

Background: Ishikawa was the All-Japan Champion in 1949 and 1950. The 1949 championship final was against Kimura. The head referee was Mifune, 10th Dan. The match was a draw (hikiwake) thus an extension was granted. Usually in such an important contest two extensions may be granted before a final decision. However, in this case the first extension ended in a draw and a second extension was not granted. Mifune declared both Ishikawa and Kimura as Champions of Japan. After that match Kimura left judo to enter professional judo and wrestling. Ishikawa won the championship in 1950, lost in 1951 and retired from competition. He was the youngest person to be awarded the title of Shihan (Professor) at the Keishicho.



1953: This was a big year for the Sensei and me. I was awarded Shodan rank (1st degree black belt) and the book, "The Sport of Judo", which I co-authored with Kobayashi was published.

Also, Ishikawa became part of a team of outstanding instructors which toured the United States under sponsorship of the U.S. Air Force. The team included S. Kotani, T. Otaki, C. Sato, T. Ishikawa and Kobayashi for Judo and K. Hosokawa, K. Tomiki, for Aikido and Self-Defense, and I. Obata, T. Kamata, H. Nishiyama for Karate.

1955: This year I was promoted to Sandan rank (3rd degree black belt). By now I had a reputation as a writer of judo books, therefore, Senseis Takagaki, Ishikawa and Mifune asked for my assistance with their books. Takagaki and I wrote "The Techniques of Judo". Ishikawa asked me to write the technical descriptions for photographs used in his book. Mifune wanted me to edit his English version of the "Canon of Judo".

Working on the book with Ishikawa led to many hours of discussions where Sensei told me his life story and his thoughts on competitive judo and how to be a champion which will be discussed later in this article. Ishikawa's book was never published because he left Japan for Cuba. Many years later Mrs. Helen Foos published a series of Ishikawa Journals which contained parts of his unpublished book.



Takahiko Ishikawa Hal Sharp Maurice Gruel
At the Keishicho, Tokyo Police Dojo

The War Years: Japan was at war from 1937 to 1945. Military training was mandatory in Japanese schools and the students military records followed from school to military service. Ishikawa was his high school judo champion and he had to represent his school in an important tournament.

Unfortunately the tournament and a school examination were scheduled for the same time. Ishikawa requested that he be excused from the examination so he could compete in the judo tournament. The school military officer refused his request. Ishikawa disobeyed the officer and competed. As a result a black mark was entered into his military record. Normally Ishikawa would have qualified to be an officer as other members of his family were. Instead Ishikawa became an enlisted man and drove a truck in Manchuria.



Memories of My Sensei

During the war the United States fire bombed Tokyo which resulted in the destruction of his records. Ishikawa told me it was ironic because if he had become an officer he might have died in the Pacific Battles like his relatives. Since his military records were destroyed he was able to get a great job with the Tokyo Police as a judo instructor.

How to Become a Judo Champion: After discussing specific techniques illustrated in his book, Ishikawa would speak his thoughts on becoming a champion. In this writing I will only address some of the key points. Ishikawa spoke of the importance of the mind, posture, control and training. All of these subjects are interrelated. We often receive constructive suggestions from judo teachers; however, we normally do not follow these suggestions. Most of players tend to practice their favorite techniques (Tokui Waza) and train the same way. Ishikawa's influence caused me to change my approach to judo. By following his suggestions my power, mentally and physically, seemed to double. I rarely was thrown. I became very positive and aggressive and stopped defensive actions. I learned to take advantage of my opponent's movements. I stopped trying to force my favorite techniques on my opponent; instead I attacked based on the opportunity my opponent gave me.

The Use of The Mind: Ishikawa considered this to be the most important factor in becoming a champion. When Ishikawa was a **young judoka** he would prepare himself before a contest by repeating over and over "I am going to win", "I am going to win". Then he would mentally plan the techniques he would use, like Osoto Gari and Ouchi Gari then repeat this over and over in his mind. Later in his career he fought more by taking advantage of his opponent's actions rather than force his favorite techniques.

He related the ultimate power of his mind when during the 1949 All-Japan Championship he was seriously injured and became unconscious. His opponent, Daigo, attempted a powerful inner thigh sweep (Uchimata) which crushed one of his testicles. When Ishikawa was revived he continued to fight and beat Daigo. In spite of the intense pain he went on to fight Kimura, the toughest competitor in Japan. As previously described the main bout and first extension ended in a draw. The head referee, Mifune 10th Dan, decided not to have a second extension and thus declared both players as champions. Ishikawa told me he was disappointed in not having a second extension because he was certain that he could defeat Kimura. After they bowed out Ishikawa collapsed and was taken to the hospital.

During our discussions I asked Ishikawa if he ever practiced hand stands to escape from throws. He said, "I use to practice hand stands but then I thought this is training to lose. I will not lose. Of course if someone tries to throw me I can avoid being thrown". His lesson was do not train to lose, only think of winning.

Ishikawa's Sensei, Sone, was an ardent believer in the power of the mind. One day Sone introduced Ishikawa to a Living Kamisama (God) on the outskirts of Tokyo. The Kamisama had displayed unique powers over his disciples. Ishikawa described the strange behaviors of the disciples and invited Nishiyama a Karate Instructor, and me to join him in a visit to the Kamisama. When we arrived at the Kamisama's house, we were ushered into the main room. The Kamisama was wearing a black Hakama and sat on a raised dais. His disciples sat in a row before him in a zarei position with their hands pressed together and held up as if meditating or praying. The three of us assumed the same position along side the disciples. Although I was to meditate, I couldn't help but peek at the disciples. Disciple One started to vibrate and twisted on the mat like a pretzel. Disciple Two would swing his arms to and fro and with every other swing would pound his tummy. Disciple Three shook and cried. He later told us he saw a gold image of Buddha. One by one, the Kamisama had each of us sit in front of him. The Kamisama blew air across our forehead. He then dismissed us. We bowed and departed. We had tea with the disciples and each one explained their experiences and how this helped them. When we walked away from the house Ishikawa asked Nishiyama if something happened to him. Nishiyama said no. Ishikawa then asked me and I shrugged and said no. Then I asked him if he experienced anything and he responded no. But Sensei I replied, "you did a beautiful Tanko Bushi (coal miner's dance)". Ishikawa was stunned and asked Nishiyama, "honto, (truly)". I winked at Nishiyama and he replied, "honto". Nishiyama could not keep a straight face and cracked up and tried to punch out a telephone poll.

Posture and Form: Ishikawa suggested that you stand straight bending slightly forward like a boxer, arms in front of you at a ninety degree angle. Your hands and wrists should be turned outward so that the heel of your hand is forward and your elbows are near your side.



Memories of My Sensei

Although you grip the opponent's judo gi with your hands you should keep your mind in your elbows so that you push, pull or lift with your elbows. This makes your actions more of a body movement not just a hand action. This method makes you stronger and avoids telegraphing your actions. Pushing or driving is done with the heel of your hands versus the knuckles. Move on the balls of your feet, gripping the mat with your toes when you throw.

Balance and Control: Ishikawa believed that if you become part of the opponent's body, as one, it is easier to anticipate his actions and to respond automatically with a block or throw. Also, lean slightly against your opponent creating a downward vector or line of power from your elbows to his center of gravity which is a point behind his navel. To develop your confidence, try this while blindfolded and have your opponent really try to throw you.

Ishikawa theorized that when an opponent attempts a forward throw, the opponent will have the advantage if he can turn his back into your chest. Therefore, if you strongly pull his opposite side it will stop his rotation. This action will press the opponent's side into your chest. For example, if both men are in a right side position and your right hand has a lapel or pocket grip on his left side, then as he rotates pull hard with your right hand crushing his right side into your chest. At this point you can throw using a turnover throw or other throws like Ushiro Goshi and Utsuri Goshi. Ishikawa was credited with developing this turnover move where as you snap the opponent into your chest you squat and hook his right leg from behind with your left arm, lifting with your legs and pulling his left shoulder down in a circle, and throwing the opponent on his back. Ishikawa said there was no name for this throw, although some incorrectly called it Teguruma. Since we were writing a book I made up a Japanese name for the throw. Ishikawa was shocked and said do not say that because it is a bad word in Japanese. Since then The Kodokan has recognized the throw and classified it as a Sukuinage.

Training: Ishikawa suggested that for every hour you train at the dojo with others you should train two hours by yourself. Because of my work schedule and judo practice I was only able to devote one hour each night to self-training. I used a bungee cord to practice throws and did shadow throwing, newaza drills, squats, push-ups and sit-ups. The effect of this routine seemed to doubled my power and improved my reflexes. In Japan most of the time in the dojo was dedicated to randori with little or no training routines.

Ishikawa In Cuba: In late 1953 the Cuban Judo Association requested an instructor from the Kodokan to train their judoka in competition skills. Ishikawa was selected because he was a two time All-Japan Judo Champion. When he arrived in Cuba he worked softly with the Black Belt Students and he let them throw him. The President of the Cuban Judo Association wrote a letter to the Kodokan stating that he was disappointed in Ishikawa and that students were throwing him with ease. The Kodokan sent a copy of this letter to Ishikawa for his information. Ishikawa became angry and had his good friend and student, Malcolm Gregory, fly to Cuba. When Gregory arrived Ishikawa showed him the letter, gave him a judo gi and took him to the dojo. Ishikawa had all the Cuban Black Belts lined up for a **slaughter line**.

He told Gregory to start at one end while he would start at the other end. Gregory told me that he was out of condition, so when he saw how fast Ishikawa was throwing the Cubans he slowed down and let Ishikawa do most of the work.

After that session the Cuban Judo Association President became embarrassed, apologized and asked Gregory what he could do? Gregory replied, "write another letter".

As a side light I would like to share a funny story that happened when Gregory lived and trained with the Sensei. Because of the hard training Gregory cherished every moment of his sleep. However, early every morning Grandma would clean house using a duster to slap the Shoji Doors. Gregory complained to Sensei that the noise woke him up and he needed his sleep. He pleaded with Sensei to ask Grandma not to clean with the duster so early in the morning. Apparently Sensei did not get the word to Grandma for she kept banging away each morning. Gregory loved to sing grand opera and owned a record player. One morning after Grandma awakened Gregory, he cranked up his player and as loud as he could he sang along with the record. Everyone in the house and nearby houses jumped up and complained about Gregory's noise. Ishikawa shouted, "Gregory, are you crazy"? Gregory responded, "When I cannot sleep I must sing". Grandma got the message and stopped early morning cleaning. In the photo below Grandma is standing in front of me.



Memories of My Sensei

Ishikawa In The U.S.A.: I lost all contact with Ishikawa after he left Japan for Cuba. From Cuba he moved to the United States under the sponsorship of Mrs. Helen Foos of Philadelphia. Sometime in the 1970's I was given a box of over three hundred photographs from the book we had worked on. It was like a giant jig saw puzzle, but I was able to put them in order by technique. I returned them to Mrs. Foos who used them in the Ishikawa Journal that she published. Later I visited Sensei in Philadelphia in an attempt to finish the book. We took a few fill in photos with me as the uke. Then I asked Sensei to show some escapes from chokes. He shouted at me that when he chokes no one escapes. I explained that this was just for the book, so he agreed to show some basic escapes. Then I asked him to show some escapes from arm locks. He shouted again at me that when he does arm locks no one escapes. Again I pleaded that this was only for the book and so he showed some basic escapes.

Many years later, in the 1980's, I visited Ishikawa and Mrs. Foos at Virginia Beach, Virginia where she had built him a beautiful dojo. This is where I learned of his great passion for GO, a Chinese chess game played with black and white stones. Apparently Ishikawa was the second highest rated person in GO in the United States. On Sundays he played the number one player by telephone.

During my visit we could not stop talking about the old days in Japan and our judo friends. He was concerned about the judo political problems in the United States. Ishikawa felt the biggest problem was the awarding of high black belt ranks. He recommended that rank should be limited to Godan (5th degree black belt) and that certificates be awarded for different levels of teachers.

When Ishikawa drove me to the airport he confided that the death of his son Hajime tore his heart. He longed to return to Japan and be buried near his son. Hajime had died a tragic death when he was a teenager. I tried to console him by saying that he did so much to help his students. He said he understood but that the death of a son is especially difficult for a Japanese father. I told him how he affected my life and judo. My heart and mind doubled in power. There was silence and then he said, "I understand, but if you use that power for evil you will lose it". With that our discussion ended. I thought this was like a Star Wars movie script.

I did not see him again until May 2007 when I visited him in Japan with his second wife, Aiko. Ishikawa apparently had a stroke. He could not speak or feed himself. I showed him a video on my laptop computer of him doing judo in 1953 in Japan. He perked up and intently watched the film. This brought his wife to tears. She thanked me. This was the last time I saw him.

I plan to finish a DVD film of Ishikawa, Daigo and other champions from the 1950's in the near future. Please forgive any ramblings and errors in this article since I am 81 years old and tend to have senior moments.



Hal Sharp

Ishikawa Family

Mr. Kudo

Wishing Ishikawa Farewell for his trip to Cuba

Hal Sharp's bio



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



Changes in Judo

As an advocate for change and bringing new ideas and technique to sport Judo, I am not getting the warm fuzzy feelings for things that are happening on the mat. It seems like every several months come new Rule changes that seem to inhibit sport Judo as opposed to making it better. It appears that more CANNOT be done and will be awarded with Hansoku-Make if the rules are not adhered to.

Judo is a grappling sport. Grappling involves touching, grabbing and controlling an opponent. As long as we are not grabbing an opponent's ears, hair, eye sockets etc. or performing a Kumikata that is dangerous in nature, the Gi should be grabbed in any manner possible. Superior grip equals superior control. Breaking a grip should not involve more of a striking separation, but rather a clear and decisive technique to cause separation of the Gi from the opponent's hand. Prevention of the grip should be all part of the strategy of the game. As a young competitor in the early 70s, grip fighting was not as prominent in Randori. A kind of mutual respect was performed among Judoka and although you did not allow your opponent to gain his superior grip before he did, the emphasis was more on getting a good grip to perform your best technique.

I am not a fan of grabbing the legs in technique such as Merote Gari or certain leg picks that can be applied. It is my opinion that bum rushing tackle style technique cheapens what we do in Randori. I do not feel grabbing the legs should be allowed to count as a score, but used as a combination technique to set up a hold down, choke or armbar. Kata Guruma should be allowed in that although contact with the leg is made with one hand, a beautiful Waza can be executed. I am not a fan of single handed technique as well unless, used in a defensive manner and as a last resort to counter. Tai Sabaki and blocking with the body should be prevalent in defensive Judo.

I feel that many Judoka in their later years will suffer from training mistakes and injuries they have suffered as younger practitioners. Shoulder, knee, elbow, ankle and back injuries are prevalent. Grip Fighting among some athletes has dislocated finger joints and broken many a finger. The tendency is just to tape up and continue. Arthritic changes will take its toll in latter years. These athletes won't be able to bend their fingers in their daily lives. I feel that anything that has dangerous consequences should be eliminated completely. Many years ago Kani Basami was dropped from Shiai play due to the dangerousness of one landing on the back of their neck. It is my opinion that Shime Waza and Konsetsu Waza should be utilized by Judoka at Brown belt level at age (16) and above. The human neck not being fully developed on a (13) year old can have tragic results. If these chokes are snapped on quickly, a fracture of the trachea may occur. Once swelling takes place a tracheotomy is needed for the injured person to survive. In addition, youths may not have fully developed growth plates in their arms and breaking a growth plate will severely hamper the child's limb development. Blood chokes on anyone can have severe results in that, dislodged plaque can cause blood blockage. Now, I have not conducted any studies within this area and do not have any statistics to support my allegations. This is just my theory in an attempt to keep young Judoka safer. I think that guillotine chokes should be completely illuminated in MMA or BJJ. I am amazed that more athletes have not been permanently crippled from such techniques. Landing in a bridge position should be considered dangerous and Hansoku -Make applied.

I would really like to see Judo scoring go back to Ippon and Wazari. An Ippon should be the equivalent of a knockout in any other Martial competition. In my opinion, a drop knee Seio Nage politely rolling an opponent on his back should not be efficient for the criteria necessary for Ippon. It should qualify as no score at all but a combination to get an opponent into a hold down or submission. An Ippon by throw should be hard, fast and severely decisive. A Wazari should be scored for much lesser technique. What I see scored as Ippon today, would not have been scored at all back in the 70s. I feel that Stalling should be eliminated, unless a Judoka can be seen just about running away from the fight. Stalling can be a great strategy utilized by a defensive fighter as a tactic to wait for his opponent to make a mistake. Judoka on the ground should also be allowed much more time to utilize a Ne-waza game plan to sucker their opponent into their trap.

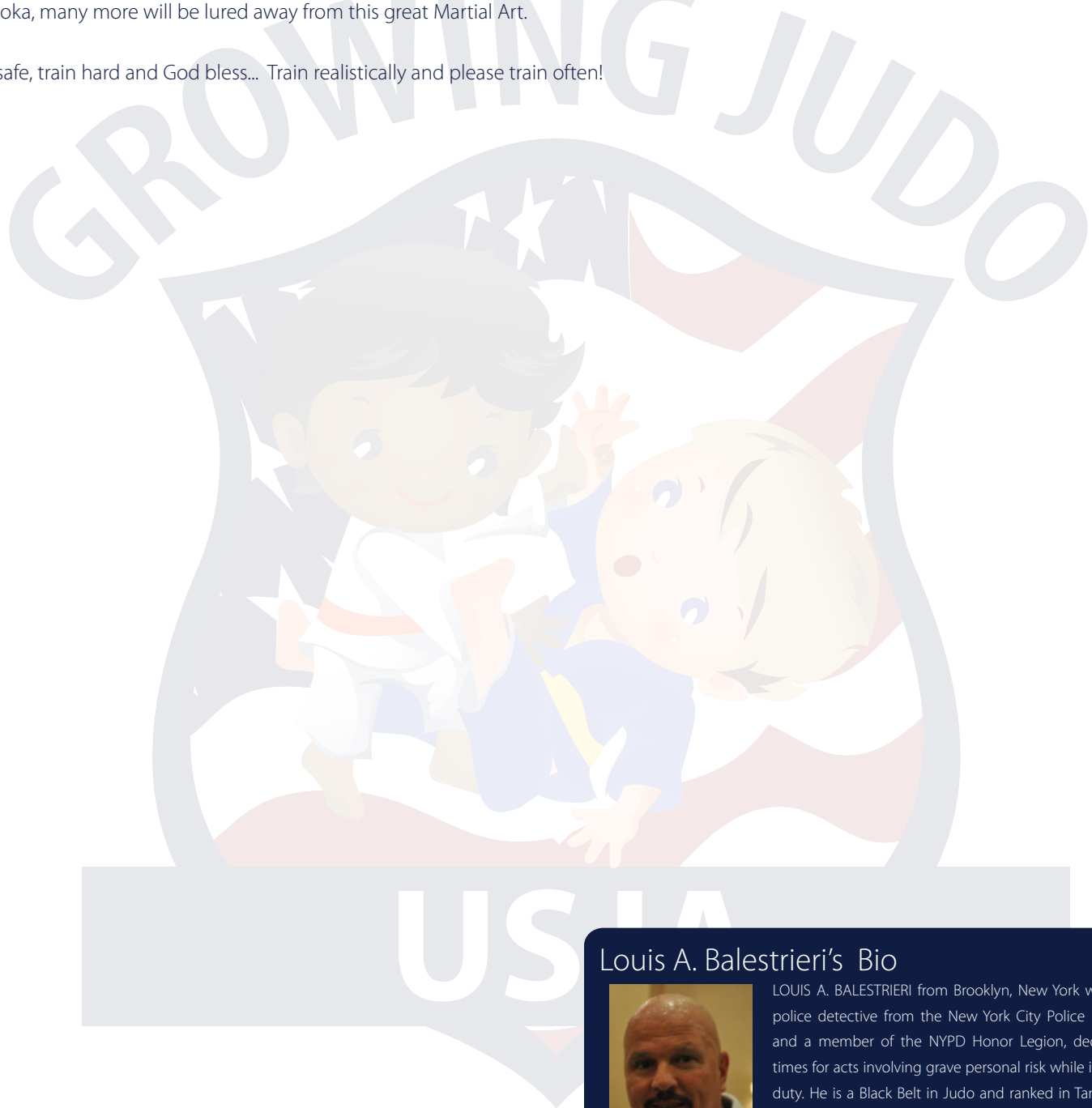
One of the best changes I would like to see is the Organizations that run Judo in the United States all be on the same page. The main goal in mind should be to expand Judo in the USA as well as assist Judoka to thrive.



Changes in Judo

In my opinion Judo is the feared and misunderstood of all the Martial Arts. Most people do not want to set forth the time necessary to become good Judoka. The false sense of security by attaining belts quickly, immediate gratification, and imperfection of technique they think they know, is what inspires other Martial Artists to be lured into the "belt mill trap". If the large Organizations do not learn to support its Judoka, many more will be lured away from this great Martial Art.

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



Louis A. Balestrieri's Bio



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



Alex Interviews West Hempstead Judo Club

West Hempstead Judo

516-485-5076

817 Hempstead Ave, West Hempstead, NY 11552

esg939603@yahoo.com

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

Any person who wishes to learn Judo as an art, as well as anyone who wants work on a specific aspect of Judo, for example: Kata, Refereeing, Waza, and Competition.

2) Are you a competitive club?

Yes, we compete in all levels of tournaments - from local scrimmages to international events such as the Jr US Open.

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

There are 20 hours of classes per week.

4) Do you have another class besides judo?

There are classes in Kata, Randori, Strength and Conditioning, and a 5 week Summer Judo Camp held at the end of June through July.

5) What do you specialize in?

I specialize in Judo as an art. Teaching all aspects of it to my students. For the past 6 years I have begun emphasizing Kata as a means of training.

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

The process for anyone who wishes to come and train is a bit more complicated than a mat fee. It is best to contact me for additional information.

7) Do the members socialize outside the dojo?

Yes, many of the students have developed life-long friendships after having met and trained together. Some have known each other outside of the dojo, only to have their bond strengthened by training.

8) Does your Club have a team image?

Yes, originally it was a patch used by Sensei John McGinley for the St. Francis Prep Judo Club. A number of his former students become students of mine years after they had graduated from St. Francis Prep (15+ Years after graduation in some cases). Sensei McGinley had been retired from teaching for many years but was still in contact with two of my assistants... When I was looking for a patch or logo, my Assistant, Nancy suggested the St. Francis Patch. I contacted Sensei McGinley and he granted permission for my club to use it. The only change to the original is the words: Nassau County PAL, West Hempstead Judo, and changing one judoka's gi from white to blue.





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9) Tell me about your club culture.

The culture of this school is to have fun, work hard, and learn Judo. It is impressed upon the students that only they can do the work necessary to make them better. I and the other instructors, can teach techniques and drills, but only the students can practice to make their skills and techniques better. If they get better, then the dojo gets better and stronger, and if the dojo gets stronger eventually through them Judo gets stronger. To reach this goal we train hard to improve our technique, develop self-discipline, self-confidence, and try to attain Kano Shihan's goal of the eventual perfection of human character.

Sensei Charles Schweizer has studied martial arts for 24 years. He holds a 4th Degree Black Belt in Judo, a 3rd Degree Black Belt in Ju-Jitsu, is Vice-Chairman of the USJA Referee Committee, Member of the USJA Kata Committee, Is a Bachelor's Degree in Physical Education, a Masters' Degree in Exercise Physiology and a NYS certified teacher.



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.



The Business of Judo

This will be the first in a series of articles that I will be writing over the next few months. These articles will focus on the topic of opening and operating a full-time martial arts (Judo) school for the purposes of not only teaching and spreading Judo but also making a profit. If you have absolutely no interest in opening or running your school for profit or if you are offended by the idea of someone doing so then this series of articles is probably not for you. All of the thoughts and ideas expressed in these articles are based on my personal experiences. I am not a lawyer or a CPA so any advice offered should always be verified by yourself through consultation with the appropriate professional in the field at question.

About Me:

I've been involved with Judo for close to 20 years. I opened my own school 10 years ago in a small building located behind my house. Over the next 7 or so years I ran my school in this location, adding on to it twice to accommodate a slowly increasing student base. My goal was always to grow to a point that I could teach Judo as my full-time profession. This goal remained elusive for a long time and it took me lots of effort, research, and trial & error to get to the place I am currently at. About 2 years ago I left a lucrative job in Technology Sales to open a more commercially visible location of my school. My school became my full-time occupation and my main source of income. It was a scary step to say the least! Within the first 18 months we doubled our student count and completely outgrew that location. On January 6th 2014 we moved yet again into our current, 3000 square foot location. Bear in mind that our main location is in a town so small that we only have 2 Red Lights. There are 3 other martial arts schools within 5 miles of my school. There is a lot of competition for a relatively small population so we have to be on our A Game! This move to full-time martial arts instructor was the culmination of years of struggle and came about as a result of the implementation of many changes to the way that we started out doing things originally.

On January 6th 2014 we also opened the doors on a second location in a nearby town. This location is a joint-venture with a long-time associate and is a separate business entity but is also a part of the Wall to Wall Martial Arts family. We currently have over 90 students at our main location. Our second location has only been open for 3 weeks but we are off to a good start there and expect to have at least 50 students within the first 8-12 months. My plans are to open 2 additional locations over the next 5 years in other nearby towns.

I have by no means "figured it all out" I still make plenty of mistakes. It is my hope that these articles will serve to help those individuals out there who, like me, believe that our best hope for saving and growing Judo in America is to find a way to make it commercially viable. I strongly feel that until more coaches can make a decent living teaching Judo full-time it will never succeed. I will share some of the steps that I have taken over the years as well as some of the mistakes that I have learned from. So without further ado, here we go!

Goal Setting: What do you want to accomplish?

Opening a full-time martial arts school or transitioning your school from a hobby to a full-time profession can be a daunting task. One of the most important things that you need to do very early on is to spend some time identifying exactly what your goal(s) are. If you don't know where you are trying to get to then it's almost impossible to the necessary steps to get there. So, ask yourself a few questions:

1. Do you want the school to be your main or only source of income?
2. Can you afford to run the school full-time right away or will you need to maintain a "normal" job initially?
3. What kind of school do you want to run? By this I mean will it be a hard-core competition school that focuses on producing national champions? Will it be a self-defense school? Will you teach kids and adults?

It's very important that you are honest with yourself when answering these questions and also in assessing your own strengths and weaknesses. For example, it's great to WANT to produce national champions BUT if you have very little experience competing or coaching at that level then it's going to be tough to make a school work with that as your focus.

Pre-Conceived Notions

Let's assume that you have been successful at identifying your goals for your school and you now know what your focus will be for it once you open. I can tell you from experience that in the Judo world you are going to face an uphill battle fighting against a LOT of old, pre-conceived notions and ideas when it comes to the question of running a "commercial" school. We've all heard these before. They usually go something like this:

1. You shouldn't be teaching Judo for money, it demeans the art.
2. You can't make money teaching Judo unless you sell rank.
3. It's wrong to require people to sign a contract. I only want people that WANT to be there.



The Business of Judo

4. Judo is just too tough for people to do these days.
5. I don't want to run a "McDojo"

The list goes on and on and is basically just a bunch of excuses but it's been passed down and repeated by so many people for so many years that it's practically a mantra! Don't expect to get much help or guidance from the Judo community at-large on this subject. There are a few successful, full-time Judo instructors out there but they are few and far between. Understand that in this context and for all future discussions when I use the term "successful" I am not referring to tournament success but rather to monetary success by getting and keeping students in your school.

If you are going to be successful at running a full-time school you absolutely, positively MUST delete all of these pre-conceived notions from your mind! They are simply NOT true! You have to believe in yourself and in your vision of what you want to accomplish and you have to be willing to work very hard to achieve it.

Surround yourself with Like-Minded People

As I've already stated, you won't find much help or guidance within the Judo community. It is crucial that early on you start to surround yourself with other individuals that are of a similar mindset. I know that I spent years attending clinics, seminars, and coaching symposiums trying to gain knowledge and insight into how I could grow my school. I met a lot of great people and they shared a lot of really great technical knowledge. Unfortunately none of them could offer much advice on how to really grow a school or how to maintain a student base. Most of them outranked me substantially but were asking ME for advice on how I managed to have so many students. (During those years I was averaging 35-45 active Judo students) So what's an aspiring Judo-Entrepreneur to do? Simple: look outside of the Judo community! Find some successful martial arts school owners in your region (maybe not your town) and reach out to them. Go and workout with them. Offer to share some Judo knowledge. Get to know them and then ask for their advice. Now you need to be a little bit smart about this. You want advice from people that are running successful schools not people that have the same or fewer students that you do. You might also strike out the first few times but keep at it! There are some truly good people out there that will recognize what you are trying to accomplish and that will be willing to help.

Remember that when you talk to these folks of other styles you are not really looking for info on the techniques that they teach on the mat. You're looking for things like:

1. What forms of advertising have been successful for them?
2. How much do they charge for initial signup?
3. How much do they charge per month?
4. Do they use EFT's?
5. Do they use contracts?
6. Do they use a marketing and/or billing company?
7. How long are their classes?
8. What ages do they teach?
9. Do they have a Character Development component to their program?
10. Do they charge for promotions? How much?

It's also really smart to spend some time observing these folks in action. Again, you're not really looking to learn how they teach kicks or punches (although it's always good to learn new stuff). What you are looking for here is how they structure and run their classes. I have really learned a LOT by visiting and observing how successful school owners structure a class and manage a mat full of students. I can't always take this and directly apply it to my school but many times it only requires a little bit of tweaking and it's good to go!

That's it for this month. Tune in again next month when we'll talk a little bit about EFT's, Contracts, and Perceived Value!

James Wall's Bio



James Wall lives in Watson, LA where he and his wife Patty own and operate Wall to Wall Martial Arts. He is a USJA Yodan in Judo and JuJitsu, a Sandan in Aikido, and a Brown Belt in Machado BJJ. He is a USJA Regional Coordinator and a member of the Coach Education Committee. He can be reached at wallmartialarts@att.net or through his school's website, www.wallmartialarts.com



Greatest Camp

What is it that you want out of your Judo? I started to help with my career as a police officer. I'd spent three-quarters of my career using basic knowledge from the academy and my younger years of schoolyard battles. Sometimes things went well and sometimes not. It wasn't until a guest instructor at the department showed some groundwork along with escapes from chokes that the judo bug bit me. Since that day I've strived to learn as much as I could about the sport and lifestyle that Judo founder Dr. Kano promoted.

After I'd been practicing for about three years, Sensei asked if I wanted to go to judo camp. I had no idea what that'd be like. He explained that it would be an experience I'd never forget. Sensei was right! I haven't missed camp since. As a matter of fact, I've already lined up vacation days for this year's camp from June 19th - 21st in Matthews, North Carolina. The Carolinas American Judo Association -- CAJA -- annually hosts The Greatest Camp on Earth. CAJA puts together a first class operation with world-class instructors and over 300 martial artists. I honestly can't do camp justice in these brief descriptions. Camp is something that you need to experience to truly understand the magnitude of its awesomeness.

At my first camp, friends and I were greeted at the school venue by the friendliest of people, who answered our questions and assisted with every need. I was impressed from the get go. I attended my first large bow-in (other than local tournaments), and was overwhelmed by the number of red and black belts. It was intimidating. Organizers made announcements and presented plaques to a couple of exceptional judoka; then we bowed in. Classes followed immediately. With so many simultaneous events, it was hard to choose which to attend.

Thankfully CAJA had posted the schedule in advance so we could plan. Black and red belts joined us if they weren't teaching. I was learning with those with decades of experience, and though initially apprehensive, I discovered that every one of them was humble and willing to work with me, a green belt. Not one time at any camp have I felt looked down on or made to feel as if anyone was better than anyone else. As a matter of fact, I've never felt more welcome and accepted.

For three days I attended class after class, gobbled dinners at the Golden Corral (included in the camp fee), and then returned to the hotel to ice my knees. I began my venture into this martial art late in life; hence, it was a challenge. Next day, I would rinse and repeat from the day before. My hotel's ice machine was working overtime! By the end of the third day in class I felt as though I'd been run over by a Mack truck -- one that backed up and then ran me over again.

Even so, you couldn't wipe the smile off my face if you tried. No matter how tired, sore, and cramped up I may have been, I was sad when camp ended. I calculated that I'd just crammed three months of judo training into three days. The knowledge that had been passed on to my fellow judoka and me was still racing through our brains. We were practicing moves in the hotel room, lobby, parking lots, and sometimes in the car as we drove down the road. We wanted more. Already we were counting days until next year's camp, planning ahead.

Subsequent years have increased my view on why this truly is the Greatest Camp on Earth. I've gotten to know some of the world's best judo sensei. Sensei Nick Lowe from England with his unique Eudo is always on point. Nick has more energy than the Energizer Bunny. He's also as humble as American pie, though he is from across the pond. Next, there's Igor Yamikov, Russian sambo sensei. For a taste of what he brings to the table, Google him. He begins classes with his trademark, "OK, guys!" Classes begin and close with action! Work is constant on his tatami. If you don't walk away from his class with a new \$500 move, then you weren't paying attention! Then there's Tom Ryan, the sensei who has probably made the greatest impression on me, literally! His style of teaching is detailed, informative, and best of all unique and bone crushing! The Judo/Jujitsu lifestyle flows from all he does. Last but definitely not least is Gerard Trawinski. This man is serious yet fun. He easily can inflict much pain from a simple technique. Usually he does this grinning from ear to ear! These are only a few of the many talented sensei. Everyone from Olympians and World Games veterans to local instructors showed up to grace eager judoka with experience and understanding of their martial arts.



Greatest Camp

I recommend this camp. You'll be satisfied from the minute you check in until the time you leave. Camp can be a lot of work, or it can be a time to sit and watch, taking in everything. Either way, camp is one of the most enjoyable times I have ever had and has become a yearly ritual. The saying that you will forget more than you learn definitely applies to camp. So, if you really want to try to remember everything, bring a camcorder and camera plus someone to work them while you work the mats. I pray that all who read this continue to work toward maximum efficiency with mutual benefit and welfare in all aspects of their lives. I also pray that they stay injury free and that their grips stay strong and their execution be as beautiful as Mifune's.

Michael Saxton's Bio



Michael Saxton is a police academy instructor who teaches at the Gulf Coast Ju Jitsu club in Venice, Florida. He is a graduate of the USJA Coach Education course. Michael looks forward to meeting you at the Greatest Camp.

Ashley Interviews Tony Sangimino



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

It depends on what kind of training cycle we're in. It would range from 5-12 judo sessions weekly. Typically every day except Sundays and usually when we have visitors, it's twice a day.

Tell me about your diet.

My diet is fairly simple. I eat a lot of whole foods, animal protein with every meal, fat rich low carb foods in the morning, and leaner carb rich foods in the evening to match the body's circadian rhythms. I also try to have big fasts(12-16hrs) when training permits.

How do you prepare yourself for a tournament?

At the JMJC, we don't need to prepare, we're always prepared. This is what we do, we're professionals.

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

I don't look at it as giving anything up, I see it as trading up. The funny thing about chasing your dreams is that you realize you don't give up anything. I think that's a myth. I've done this all my life, so I've never known anything else, but what I've learned and received from this journey has been amazing.

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

Wow, a lot. Way too much to go into detail but the biggest one would be to take it all more seriously from day 1.

What is your favorite gi brand?

I've always been fond of Mizuno, but I've really only ever had Mizuno.

What are your goals as a judoka?

My goals would be to be a respected player in the mix. Some World or Olympic hardware would be nice but there are so many greats out there that don't have the medals they should have, but are still amazing athletes and top notch judoka.

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

Nothing funny has ever happened to me on the mat. I've gotten my ear separated from my head, that was funny for some.

What is your proudest and most disappointing moment in judo?

Proudest moment would probably be being in the final against RUS in a world cup. It was my first final, and first world cup medal, so I was thrilled. Most disappointing? There's plenty honestly.

Ashley Interviews Tony Sangimino

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

I'd say to learn. Not one thing specifically but everything. Learn how to train right, learn how to suffer, learn how to beat yourself. Active learning is one of the big missing components to training. You must stay cognitive.

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

Thanks for asking. People can get in touch with me on my Facebook. Just www.facebook.com/sangimino it's pretty easy to remember but a little hard to spell, thanks so much.



Ashley Interviews Tony Sangimino



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.



Hall of Fame Inductees Named

Our National Awards Committee is pleased to announce selection of the following judoka for national recognition and induction into our Hall of Fame for 2013:

Master's Outstanding Male Competitor -- Jeff Wolfe

Master's Outstanding Female Competitor -- Shandra Smith

Kata Competitor of the Year -- Joshua Smith

Outstanding Life Member Contributor -- Dr. James Lally

Coach of the Year -- Jesse Jones

Congratulate these fine individuals when you see them. Through their accomplishments, our USJA shines!

Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., holds hachidan judo and rokudan jujitsu ranks. He teaches his arts at the Naval Weapons Station in beautiful, romantic Goose Creek, near Charleston, SC. His Gold Star club is the Samurai Judo Association.



Announcements

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

Year: 2014

Dates: 3/16 & 4/6

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.



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

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

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 Szejter
Location: Socrates Academy
Address: 3909 Weddington Road
City: Matthews
State: NC
Zip: 28105
Phone: 704-458-1222
Web: <http://www.greatestcamp.com>



Upcoming Events

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

USJA



From our friends at



Makings of a Judo Legend - The Willy Cahill Story

Willy Cahill was born in 1935 in Oahu, Hawaii. At an early start to life Willy contracted Polio in 1943 at the age of 7. Few diseases frightened parents more in the early part of the 20th century than did polio and his parents were no exception.

Willy was admitted to the Shriners Hospital for Children in Honolulu, HI where he began his long treatment regimen. His parents received the prognosis that their son would not walk again. In those days there wasn't any cure for polio but Willy's parents, John Sr. and Abigail were not going to accept that fate for their son. "He will walk again," the Cahill's declared.

During the Pearl Harbor airstrikes on Oahu, young Willy remembers a bomb landing across the street from their home as it slide under a car. No one ran for cover but could only stare to see what would happen. Fortunately the bomb did not go off. The early 1940's were difficult times in Oahu dealing with the bombings and the aftermath of Pearl Harbor and rebuilding the hardest hit area of the island.

The grade school Willy attended required all children to carry gas masks just in case there was a potential "gas attack". One can only imagine how frightened the children must have felt. There were numerous drills during the day placing gas masks on and clearing them for a tight fit. Many times gas canisters were ignited in each room as part of the practice sessions. This whole "exercise" must have been frightening for the children but was a necessary part of the school day. Willy can remember the exercises as if it were yesterday.

Four years later in 1947 Willy's parents surprised the whole family, and announced they were moving to California. In those days, no one questioned their parents. It was a shock that they were leaving Oahu and heading to the mainland. Willy and his four siblings began to prepare their journey to the mainland. However, an older sister was not with them as she passed away in 1945 at the young age of 13.

The family settled in Pacifica, CA. Not realizing it at the time but the family was not fond of fog that encompassed Pacifica much of the morning. Consequently the family moved again to South San Francisco. Willy laughingly says "the morning fog in Pacifica was the afternoon fog in South San Francisco."

Willy's father was working for his brother after arriving in California as a machinist but was not happy. Therefore he decided to start his own business in San Francisco in 1948. John Sr. was constantly on the move. Because of his love and dedication to Judo/Jujitsu at his Hawaiian Dojo called Hui Miki Miki (meaning: Club with lots of pep), John Sr. created Cahill's Judo Academy in 1948 on the mainland. In 1950 he also co-founded the South San Francisco Boys Club. It's not too hard to see where Willy gets his drive and dedication to Judo/Jujitsu along with other sports.

Willy comes from a very athletic family and especially his Father, John Cahill, Sr. who started his first introduction to Jujitsu at 27 under Professor Seishiro "Henry" Okazaki while still in Hawaii. Okazaki was a Japanese American healer, martial artist and founder of Danzan Ryu Jujitsu who befriended Cahill Sr. and taught at the Hui Miki Miki dojo.

Okazaki also studied health sciences and physical therapy. In 1929 Okazaki established the Seifukujutsu Institute of Restorative Massage. Learning about John's son having polio in 1943, Okazaki went to work employing his skills in restorative massage. Professor Okazaki massaged and applied a special ointment to Willy's legs seven day a week for months. Cahill's Doctor wasn't pleased when he learned of the Okazaki treatment but knew young Willy wouldn't walk again and decided the "treatment" certainly couldn't hurt. Months later Willy walked out of the hospital cured of Polio and have been thankful ever since.



From our friends at



Professor Okazaki restorative therapy and work became well known. One of his patients, President Franklin D. Roosevelt and other notable figures went to Hawaii to avail themselves of Okazaki's services. FDR was so impressed with Okazaki that he invited him to be his personal therapist at the White House.

For an e-copy of the whole story email Ron Peck at roncpeck@blindjudofoundation.org and request in the address line "Willy Cahill Story"

Ron Peck's bio



Ron Peck has worked around the globe for Fortune 500 companies as a sales and marketing executive in Healthcare, Medical Imaging and Radiation Oncology. Since returning to the US, Ron has devoted his personal and professional life to improving people's lives. He founded a medical software company in radiation oncology and served as Executive Director of the Neurological Disease Foundation. Currently, as Co-Founder and CFO of BJJ, he manages all "off the mat" efforts to promote and grow the organization and its amazing athletes. Ron is a graduate of Columbia Pacific University with a Bachelors Degree in Management and an MBA in Marketing.

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From our friends at



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From our friends at



On March 8th, 2014, Texas A & M will host the 53rd National Collegiate Judo Association Championships. Over the last three years, participation at this event has continued to increase. Last year, almost 200 competitors represented their colleges and universities in the Novice, Advanced, and Kata championships. This event provides an opportunity for all collegiate Judo athletes to compete at the national level, against other collegiate athletes in their year group. If you have any collegiate players in your club, whether they are novice or advanced, please encourage them to participate. This year, at the official meeting, the NCJA will open the regional conferences that will provide opportunity for clubs to compete at the regional level as well. This is a great opportunity to join a growing organization...be there!

USJA



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- ★ David Brogan
- ★ Robert L. Gouthro
- ★ Frank Melendez
- ★ Monica Brogan
- ★ Mikayel Hayrapetyan
- ★ Nicholas S. Piepmeier
- ★ Matthew N. Fleisig
- ★ Davit Hovhannisyan
- ★ Christopher E. Sloan
- ★ Librado Garza, III
- ★ James Huber, III
- ★ Arthur Ghukasyan
- ★ David P. Lewis

Nidan

- ★ Carlos Alvarez
- ★ Cesar Castro
- ★ Michael B. Thomas
- ★ Pete Braun
- ★ Gregory A. Polcyn

Sandan

- ★ Josh K. Artigue
- ★ Jaime E. Lazcano
- ★ Justin A. Winn

Yodan

- ★ Timothy R. Davis
- ★ Roderick Ritchie

Godan

- ★ Carla F. Martin

Rokudan

- ★ Joseph Walters



USJA Promotions



Congratulations to the following individuals on their achievements:

JUJITSU

Shodan

★ David P. Lewis

★ Christopher E. Sloan

Yodan

★ Gary Garnett

★ Alexander Velazquez

Rokudan

★ Aram Ghukasyan

Schichidan

★ John Newton

Current USJA Membership Statistics:

Active Annuals: 6,381

Active LM's: 1,385

Total Active USJA Members: 7,703



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 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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