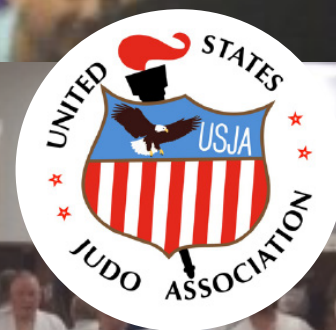


# June 2014

## In this month's issue:

- Emerald City Judo Club Overview
- Ashley Interviews Hana Carmichael
- Judo News from Around the Country
- Upcoming Events





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# Leadership Forum

## Early Promotions

"The ongoing discussions and decisions expressed by the Promotion Board on early promotions reflects a need to establish and remind ourselves why we have a promotion manual. It provides the complete promotion guide with well-defined procedures to evaluate the qualifications of the applicant.

Many hours have been spent revising and editing the new technical manual, which I think should be regarded as the USJA constitution for Senior Promotions. In that regard, I think of our positions on the promotion board as the defenders of this document. Of most importance, following and applying the applicable sections fairly to all applicants.

In evaluating promotion applications, time-in-grade, on the date of the promotion board meeting, is only one of the elements, but the most important and definitive pre-qualifications for consideration. It assures that the candidate has at the least, adequate time to meet the standards for the newly applied promotion, specifically related activities. It is also a buffer against potential fraudulent cumulative activity points submitted for the promotion. We have also noticed that applications are being submitted for promotions with less than minimum and minimum time. This should be a rare occurrence, and should be discouraged by coaches and certified rank examiners.

As you know, this manual provides guidelines for various levels of activity and unusual circumstances. It is the promotion board's obligation to follow these procedures without favoritism so we can be perceived as a vital and fair element in the development of judo. We must be perceived as a functional, cohesive, and the most technically experienced group in the USJA.

In the absence of this new manual, waiting for printing and implementation date, please remember that there is only one promotion system, the current one. Don't get confused by referring to both of them.

Thanks,  
**Ernie Smith**  
USJA Promotion Board Chair

### Ernie Smith's Bio



In addition to being a coach, Ernie Smith is a national level referee and officiates at numerous tournaments a year. The Pacific Southwest Judo Association in November recognized Smith with their prestigious Ambassador of Judo award, presented to only about a dozen people since the organization was founded in the early 1960s.



## Regional Coordinator's Message

Those who are preparing for many of the upcoming National tournaments should be aware of the new rules for the Gi. The sleeves must be to the wrist and the opening in front of your gi is smaller. For more information on the new gi rules, you can check it out on the IJF site.

Many areas in the country are growing and consistently improving the quality of Judo and the amount of people practicing Judo in the USJA. In the New York and New Jersey area, the JA is building fast thanks to many instructors. Sensei Dave Goodwin of Bushido dojo and Sensei Celita Schutz of Kokushi Kai Dojo in Fair Lawn New Jersey have built their clubs to top 20 status within the USJA.

What is even better is that both Dave Goodwin and Celita Schutz have been working together getting media coverage from New York One and the Staten Island Advance. They have had clinics conducted by both Sensei Celita Schutz and Sensei Yoichiro Matsumura in Staten Island.

On June 8th, Celita Schutz and Dave Goodwin hosted the 1st Annual Celita Schutz East Coast Championship at Farrel High School in Staten Island.

The USJA President was on hand as well as other Board members.

This tournament was great help for those Judoka preparing for the Jr. Olympics and the USJA/USJF Nationals.

This is the type of cooperation between JA dojos that we should be encouraging throughout the country.

One good example of this is Ronald Charles from North Carolina. He consistently sends out information about events happening in his area. Don't forget the Greatest Camp on Earth is starting in late June.

Kokushi kai camp in PA is also a great place for having a good time and of learning from some of the best. The YMCA camp in New York is another option for those who want to make Judo part of their summer outside the dojo.

Whatever your choices, please remember to work together for the advancement of Judo.

**John Paccione**  
Chairman

# USJA





## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Pavel R. Gill P.I., Real Judo of Naples, Naples, FL

## New USJA Life Members

- ★ Joseph Hogan, Cohoes Judo Club, Cohoes, NY
- ★ Ed Kimes, Victoria Judo and Jujitsu Club, Victoria, TX
- ★ Ian Walsh, Carolinas American Judo Assoc., Matthews, NC

## 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
- ★ Edgardo Rodriguez, Harbor City Judo and Jujitsu, Melbourne, FL
- ★ Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX



# Judo News from Around the Country



On May 4th 2014 at the USA Judo Senior Nationals in Reno, Sensei John Weiner of Ozeki Judo Dojo in Las Vegas, Nevada won a silver medal in the Master 100+ Kg weight division.

There were several players at championships from Las Vegas. All showed their grit and determination by competing in the championships all should be congratulated.



Brad Bolen (white) submits Spencer Augustine in the 66kg with his signature "Bolen Arrow" choke final to claim his 2nd US National Judo Championship  
Action Photo by: Sebastian John

# Judo News from Around the Country

We present Aram Ghukasyan, founder and head instructor at Kenam's his 5th dan promotion last night by USJA President, Gary Goltz. Kenam's Judo Club is Aram's school and is a growing USJA dojo located outside of Los Angeles in the City of Glendale. Aram started judo and sambo in Armenia in 1978 when it was still part of the USSR. He immigrated to the US in 2003. His club has placed in one of the top 3 positions at the Winter Nationals since its inception 8 years ago. After the ceremonies, feast was held in Aram's office to celebrate his promotion.





# Judo News from Around the Country



Las Vegas Tournament held over Memorial Day weekend was hoisted by Sergio Sanchez, head of the Ryoku Dojo a JA Club who won the Top Team. Ernie Smith of the Barstow Club took 3rd and Excel Judo came in 2nd.







# Judo News from Around the Country





# Judo News from Around the Country



# USJA





# Judo News from Around the Country





# Emerald City Judo Club Overview



In true fashion of "grassroots Judo", Emerald City Judo Club was founded in a garage in 1999 by Sensei Robert Wittauer. In 2001, the club moved to the local Kirkland Boys & Girls club until its final move to its current location in 2004 in Redmond, WA. Upon Sensei Wittauer's retirement in 2008, the dojo was transferred to three of his senior instructors, Greg Dean, Mike Hiatt, and Nelson Salazar who are now the dojos three principals, management, and lead instructors. Other instructors include James Osborne and Chris Gonzales, and their Technical Advisor Allen Johnson. The club operations manager is Donna Lee.



Emerald City Judo Club is a community-based Judo dojo. The dojo serves the greater eastside communities of Redmond, Kirkland, Bellevue, Bothell, Issaquah, and Woodinville. The club is roughly 120+ members strong made up of youth, juniors, and adults of varying abilities. The majority of the dojo's practitioners are recreational Judo players, but also has a very competitive youth and juniors program that actively compete in local, regional, and national events. One key strength of the club is a focus on keeping it fun and enjoyable for its youth and juniors which encourages them to improve, grow, and potentially compete. The second is community and being part of a larger family.



The club is a 501 (c) 3 non-profit organization with a commitment to the mental and physical well-being of the youth and adults of its community through their participation in the martial art and sport of Judo. One of the clubs' key goals is to help grow awareness, visibility and cultivate member talent that can help raise the level of Judo in the state of Washington through the development of its youth and adult community.

Classes are held each Monday, Tuesday, Wednesday, Friday, and Saturday's. All classes begin at 6:00pm each day with a second, more advanced class beginning at 7:00pm. Saturday class runs 10:30am to 12:00pm. First class is for beginners and novices, and focuses on all levels techniques and fundamentals. Second class is focused on advanced technique, dynamic drilling and randori. Each class is taught by the lead instructor for that specific day with assistance from other instructors and senior students. Monthly dues for single membership is \$70/month. Family memberships run \$85/month.



# USJA





# Judo Brings Out the Best in Players

Recently, I participated in a well-attended three-day workout session. The attitude and skills of the black belts impressed me. These guys were 19 - 25 years old. One had just returned from playing judo all over Europe. They were training for the Nationals. I would venture to say that they would be a challenge to our Olympic team athletes. At least they'd keep them honest!

Conditioned and focused, they stayed on the mat until each session ended. I overheard one mentioned the need for a bathroom break. His partner suggested that because the session was informal, he go. His response: "I'm not leaving as long as I have players to fight."

A phenomenon I'd noticed before in judo was occurring with regularity: teaching by elite competitors. Not sit-down-and-explain-and-demonstrate teaching, but the kind whereby the lower rank attacks and the higher rank takes a fall if the attack is good; teaching in which the higher rank blasts a stalling, stiff-arming lower rank; teaching that only high-quality attacks count and that ego doesn't. Lower ranks randoried with higher ranks and then, with improved timing, speed, imagination, and confidence, returned to play within and dominate their own rank levels.

I'd seen this before and often wondered if this is something judo teaches or if people like this are drawn to judo. Judo seems to bring out the very best in those I teach. I used to think it was because of me, though I am no longer sure unless someone cloned multiples of me without my knowledge.

Professor Kano developed judo to promote physical fitness and perfect the character of judoka. I believe that what I have described is a practical application of his concept of "Mutual Welfare and Benefit." From all indications Dr. Kano has succeeded in Texas.

## Ed E. Carol's Bio



Ed Carol, holds yodan rank and has taught for 30 years at the Tamura Judo Institute. Now retired after 31 years with the Dallas Police Department, Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kaufman, Texas.

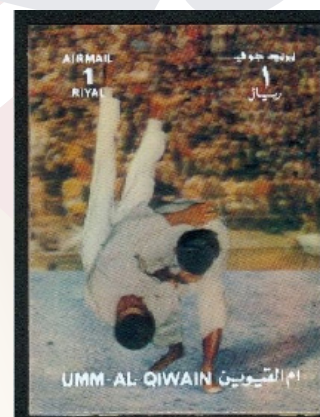
# In Search of Martial Arts Stamps

Most stamp collectors got their start as kids, cutting out or steaming colorful stamps from envelopes. Nowadays with self-adhesive backing, removing stamps presents more challenge. After a time, accepting that one cannot collect everything, the budding collector begins to focus. And though cancelled stamps cost nothing, unused ones do. Hence focusing on a topic or country becomes pragmatic and requires locating and purchasing stamps, which is fun except when expensive.

This article addresses ways to locate martial arts stamps. Pre-Internet collectors would have to haunt stamp shops and shows or send want lists to companies that sell stamps on approval. Returning unwanted items cost postage.

For many years, I bought stamps by mail. The problem is when stamps are part of a set. Recently, the stamp company sent me a judo stamp on a sheet with 19 other sports stamps. That stamp was neither beautiful nor interesting, though some are.

One unusual stamp is three-dimensional. It's from Umm-Al-Qiwayn. Find that one on your map!



Ajman --everyone knows this great judo country's location -- issued an interesting stamp of Anton Geesink, whose name they misspelled. When you tilt it, you see Mohammed Ali, the greatest boxer since Cassius Clay.

Last month, I decided to stop buying stamps. I can find images on the Internet to include in the Judo Stamps, Coins, and Phonecards website collection at no cost and then view at my convenience, without having to dig out my album and turn pages. On the virtual collection I can locate stamps faster and even print them (but not for postage).

For years Piet van Hool, a well-known judo teacher in Belgium, has been providing stamp and phonecard images for our virtual collection. His own site at [www.martial-arts-collection.be](http://www.martial-arts-collection.be) features all martial arts, with extensive details about each item. A major design difference between his website and ours at [www.judostamps.org](http://www.judostamps.org) is that his lists particulars about stamps and phonecards as text visitors click on to view. At [www.judostamps.org](http://www.judostamps.org), visitors see the item first, and then can find information by clicking on the image. We hope it's more appealing visually. Casual collectors don't care about sizes of stamps, for example.

The Internet offers a new way to collect without even leaving home. Now collectors can browse websites that sell stamps and, in many instances, even bid on the price.

By far the easiest access to thousands of images of judo stamps is via the Judo Stamps, Coins, and Phonecards site, the most popular online collection for educational purposes and collecting fun. There's no buying or selling. Collectors can learn about items that interest them and then buy them elsewhere.



# In Search of Martial Arts Stamps



Collectors sometimes examine their miniature art forms with a magnifying glass. Interestingly, there is a stamp from Benin, a small African country next to Togo, an even smaller nation, that features a judo stamp under a magnifier: a stamp of a stamp. One pretty much needs a magnifying glass to find Benin on a map. On older maps, Dahomey was its name when I backpacked through there with my judogi 42 years ago.

The world's largest virtual collection of these items, including those for 32 other martial arts, is located at [www.judostamps.org](http://www.judostamps.org). Many martial artists have never heard of some of these.

Here's a sampling of martial arts stamps other than judo. Click to link:

Aikido	Jujitsu	Muay Thai	Sambo (Sombo)	Wushu
Arnis	Karate	Naginata-do	Ssirum	Yabusame
Bojitsu	Kendo	Ninjutsu	Sumo	
Capoeira	Kenpo (Kempo)	Pankration	Taekwondo	
History	Kobudo	Pencak Silat	Tai Chi Chuan	
Iaido (Laido)	Kung Fu	Sai	Tarung Derajat	
Jeet Kune Do	Kyudo	Samurai	Tonfa	
Jojitsu	Lao Art	Shaolin	Vovinam	

## Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., is a noted authority on judo stamps, coins, and phonecards. He is a Coach of the Year and ranked 8th dan judo and 6th dan jujitsu. He began judo in 1961. Dr. Charles operates the USJA's largest club, the Samurai Judo Association, headquartered in beautiful, romantic Goose Creek, South Carolina. Club website: [www.judostamps.org/samurajudoassociation](http://www.judostamps.org/samurajudoassociation). Video: <http://www.youtube.com/watch?v=Kbvs37lv0hQ>.



# The Story of Nicholas Finding His Way in Judo



When Nicholas was born everything appeared to be normal. Throughout his first year, he hit most of his developmental milestones, except his speech. My husband and I consulted with our family physician at his 12-month appointment because Nicholas was not babbling. Our family physician wanted to wait to see what happened at Nicholas' 15-month appointment. We first heard the word "Autism" when Nicholas went to his Cranial Facial Specialist at 13-months for a routine check on the helmet he was wearing to correct Plagiocephaly (the flattening of the head). He was checking Nicholas' developmental milestones and I had mentioned Nicholas was not talking. He thought Nicholas might be Autistic and did a quick little test to watch Nicholas' reaction to strangers. Nicholas did not have a problem with strangers coming in the room so all seemed fine at the time.

Once Nicholas learned to walk, he was all over the place and very active. At 15 months old Nicholas still was not talking and he was referred to Regional Center for testing. Regional Center is an early intervention program for kids under three years of age. Nicholas qualified for Regional Center services to help with his speech.

At 18 months, Nicholas had ear tubes put in and his tonsils and adenoids removed. He was starting to babble but his speech was not progressing as fast as we had hoped. Nicholas would have melt-downs (he was crying and inconsolable) between the ages of two and three and we were not sure why.

We also noticed Nicholas had a hard time getting along with other children on playgrounds and he did not like trash trucks but we did not think anything of it at the time. Nicholas also developed some sensory issues. For example, Nicholas had an extreme fear and would hysterically cry when the trash truck would come.

When Nicholas was three, we joined a group of mom's who exercised with their children in strollers called Stroller Strides. During one of our workouts, one of the mom's suggested I try Judo for Nicholas. I was looking for something active for him to do and she told me how much Judo had helped her son. At this time, Nicholas still had not been diagnosed as being Autistic but I noticed he was very aggressive and would still have melt-downs.







# The Story of Nicholas Finding His Way in Judo

I signed Nicholas up for Judo in the Tiny Tots program with Goltz Judo. During this time, we were also trying other sports like soccer and t-ball but they were not a good fit for Nicholas. Nicholas struggled with the team aspect of these sports and turn taking more so than the average child his age.

We would discuss with him how he needed to act and he could tell you what was right and wrong. However, when he would get around other children he was very impulsive and aggressive.

On our first trip to the dojo Nicholas did not want to go onto the mat. He sat on my lap and observed. The following week, he sat in a chair next to me but refused to go out on the mat with his class. Finally, on the fourth week Nicholas went out on the mat and joined the class. Nicholas enjoyed the class and had a lot of fun.

While in Judo and the Tiny Tots program, Nicholas thrived. His Sensei's were very good at setting boundaries for him and disciplining him with a time out when he did not behave. I noticed during Judo I would not see Nicholas throwing the tantrums out of frustration like I had seen him do in other sports.

At the age of four, Nicholas finally received an official diagnosis of Autism. We were relieved to finally have a name and reason why our child was not behaving like some of his other peers (by this time his speech was age appropriate). When we got Nicholas' diagnosis, we asked the doctors about the types of activities we should be getting Nicholas involved in. They told us that individual sports would be best for Nicholas because it would allow him to socialize with other kids but he did not need to depend on them like we would need to in team sports.

It took Nicholas about a year to earn his yellow belt. During class he had admired the yellow belts and wanted to be one of them. Over that first year Nicholas had learned how to bow in and out of class. He had learned the warm-up routine and was very excited to go to judo. Nicholas continued learning throws and pins. He learned how to win and lose against his peers (this was not always easy). The routines found in judo were great for Nicholas. They were something he had come to depend on.

When Nicholas was 5 ½ we started the transition from the Tiny Tots class to the "Big Kid" class (as Nicholas calls it). This class had kids in it as young as Nicholas to the age of 12. This transition is overwhelming for most kids but it was especially overwhelming for Nicholas. At the time, we were doing the Tiny Tots class one day a week and doing the "Big Kid" class one day a week. After the first class, Nicholas was in tears and did not want to go back. I asked him why and he told me it was too hard. The real reason was he was very over-whelmed with the new students and the new class. This was another cross-road judo allowed us to face. I told Nicholas he needed to go back the following week. I knew athletically he could handle the class and that I needed to continue to push him out of his comfort zone so he could continue to grow and face Autism head on. I knew that the number of kids in class was very overwhelming for Nicholas and that was part of the reason why he did not want to go back. I did not let him use that as an excuse.

Nicholas slowly grew to enjoy all of the chaos and commotion that comes with a class of that size and level. The structure that is found within the sport of Judo helped Nicholas in the transition. Nicholas knew how to bow in and out and the moves were the same. He learned the warm-up routine (which was a lot more advanced than the Tiny Tot routine) and he began to occasionally socialize with some peers.

Nicholas was almost 6 ½ when he did his first U.S. Judo Association tournament. I specifically chose to have Nicholas do this tournament as his first "Big Kid" tournament because it was at his home dojo. It was a very overwhelming experience for Nicholas to have all of those people around. Since he was younger, he was one of the first groups to fight. It was a double elimination tournament and Nicholas was eliminated after two matches. He fought hard. However, I was very proud of him for not quitting when he got uncomfortable with all of the people around.



# The Story of Nicholas Finding His Way in Judo



After the tournament, Nicholas continued to go to practice but we did not do another tournament for a couple of months. The next tournament was not at his dojo. It was at a high school gymnasium. On the way to the tournament we talked about how we were going to some place new but his teammates would be there.

Nicholas was excited to see his teammates as they arrived. It was time for warm-up and Nicholas did the warm-up with his team. After warm-up, Nicholas came off the mat crying. When I asked him what was wrong he said he wanted to go home.

I knew that he was feeling very overwhelmed with all of the changes and this was one of those moments that I was either going to teach him how to persevere when he felt uncomfortable or let him succumb to his feelings. I consoled Nicholas and we talked about him going out and doing his best. Even though Nicholas lost both of his matches that day I could not have been prouder of him. He faced his fear and he did not let the Autism control him. He went out and fought his opponent and the Autism.

The next month Nicholas had another tournament at his home dojo. It was a scrimmage and he was no longer having the severe anxiety about all of the people being there. He did the warm-up with his teammates and went with his group. Again it was a double-elimination tournament. Nicholas had five fights that day and won three. He had won his first metal. However, the Autism and perfectionism that often come with the Autism reared its evil head. Nicholas was mad because he did not get first place. It took us as well as one of his Sensei's over an hour to convince him that he had achieved a lot.

Judo has allowed Nicholas to grow and learn how to accept things. The following month we did another tournament and Nicholas was the same high school gymnasium he was at a few months prior.

Before this tournament Nicholas' anxiety was getting the best of him and he was really nervous. The night before he did not want to eat and his stomach hurt. He had a hard time falling asleep from the nerves. In the morning he was hiding because he did not want to go. This was another point where I had to make the decision to let the Autism win or teach Nicholas how to fight the Autistic tendencies that come so naturally to him. I stayed calm and told him we would get his favorite breakfast on the way to the tournament. That got him excited about going. On the way to the tournament (it was at the high school gymnasium he had previously been to) Nicholas ate his breakfast. When we arrived at the tournament Nicholas saw one of his buddies and his sisters in the parking lot. He was excited they were already there. Nicholas did his warm-up and did not come off the mat crying. It was great to see his growth (I have learned to appreciate the little accomplishments).



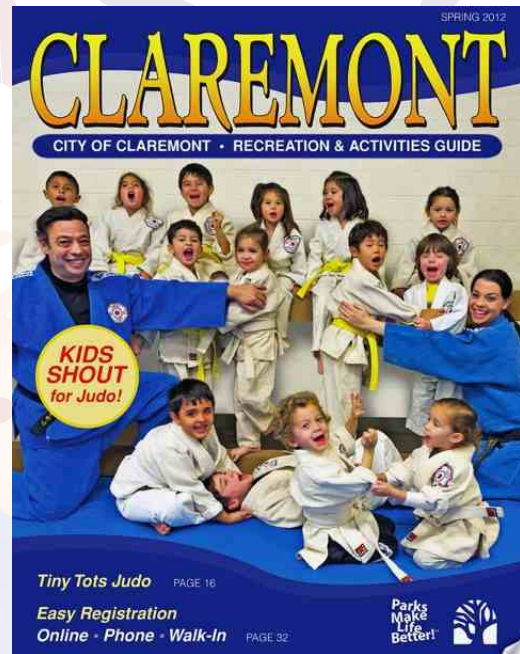


# The Story of Nicholas Finding His Way in Judo

Nicholas fought in his flight again and won a third place trophy. When he lost a match he handled it with maturity and this time he was very proud of his third place.

I know our adventure with Nicholas and judo is not over. Nicholas is currently working on earning his orange belt. Throughout the years Judo has help Nicholas work on impulse control (a problem for many Autistic children) as well as socialize with other children. Judo has taught Nicholas the discipline needed to have appropriate interactions with peers and adults. Last, judo has helped Nicholas face all of the natural tendencies that Autism brings. Each day is a battle with new challenges. Nicholas continues to amaze all of us (including his Sensei's) and judo has been an amazing combination of therapy and physical activity for Nicholas.

By Lisa Murphy







# The Need for Alternative Competition Styles

Judo is first and foremost a martial art. It is a form of self defense. It is a style of grappling that, when practiced correctly, allows the defender to utilize an aggressor's strength and momentum against him. Moreover, for its first 43 years, Judo was viewed primarily as Professor Kano's style of Jiu-Jitsu. So why does the martial arts world and the Judo community often get wrapped up in defining Judo by its competition rules?

The truth is Judo has had many different competition rule sets since its inception. Being a style of Jiu-Jitsu, the original inter-dojo competitions had to take into account many different fighting styles and combat techniques. There were no restrictions on the type of gripping used. There were no restrictions on gi length, color, or style. Fighting until submission was common. Fighting without time limits was common. Numerical scoring was often used. "Ippon" (one victory) was not necessarily the end of the match. Often, competitors would continue to fight until a "Nihon" (second victory) was achieved.

Today, as a whole, the Judo community has been placing too much emphasis on one's experience in Judo competition rather than practical application of the martial art. Let's face it, we live in a Mixed Martial Arts world. The popularity of MMA in the United States has eclipsed any single martial art. To keep students' interest, we must teach a more multi-faceted curriculum. Often, when my experienced adult students randori, they play "Fewer Holds Barred Judo" where we allow leg-locks and other non-competition Judo techniques with the understanding that we all tap-out early.

Fortunately, I am old enough to remember Judo when it was still a combat sport with equal emphasis on both newaza and nagewaza. I began Judo as a child in New Orleans during the late 1970s as a student of the late "Coach" Jacques Legrand, USJA 10th Dan. I was fortunate to be surrounded by many of Jacques' black belts who were also great wrestlers. Outside of "Coach's" club, there was not that much Judo that was easily accessible to a young kid. Consequently, when I reached high school age, I immediately joined the Wrestling team. I was quickly introduced to the team captain, another one of Jacques' brown belt Judo students. During this time, there were far more Wrestling tournaments than Judo tournaments in which to participate. Access to Wrestling was cheap, easy, and plentiful. Does that make me not a judoka?

Over the past few years, many changes were implemented in Olympic Judo rules that have passed down to the national and local levels. Some of these changes were for safety; however, many of these changes were admittedly for TV viewing purposes. Almost all of these changes have been met with sharp criticism by coaches and players.

When you look at statistics, less than 1% of the judoka in the world make it to the Olympics. That means approximately 99% of the judoka in the world either did not qualify for the Olympics or did not aspire for the Olympics. Does that make the other 99% bad judoka? Of course not. Especially when you consider that on any given day, any competitor can defeat any other competitor at a whim or even by a questionable ruling. Moreover, champions are not made alone. It takes a large skilled team of judoka from the other 99% to make a single Olympic Judo champion.

So should we all compete using the same rule set? Why? Other sports have different rules for different types of competition. Football rules vary widely from the Pee-Wee leagues to the NFL. Wrestling has Folk Style, Freestyle, Greco-Roman, etc. Why not Judo? A skilled grappling coach once told me that he and the experienced members of his team could compete in any grappling event as long as they had about two weeks to train and adjust to the rule set. While this may be an exaggeration and may not immediately produce the best competitors, it emphasizes the point that all grappling arts are similar. In my dojo, we jokingly say "It doesn't matter if you prefer to fight in your pajamas or panty hose, grappling is grappling."



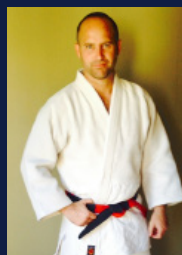
# The Need for Alternative Competition Styles

The truth is there are alternatives to Olympic Judo rules. The USJA, USJF, and USA Judo offers scrimmage sanctions so clubs can compete with modified IJF, Classic Judo, or even Freestyle Judo rules. Freestyle Judo is now an alternative that is supported at the national level by the AAU, and is growing at the international level. Kosen Judo competitions are still held in Japan. NAGA and BJJ tournaments are extremely popular with the Jiu-Jitsu and MMA crowd. Of course, Wrestling is always a popular alternative--it worked for Jason Morris, Jimmy Pedro, and others. Crossovers from Russian Sambo have contributed a great deal to the world of Judo. Just because you train in Judo, your competition choices should not be limited to only one specific rule set.

What about MMA and professional competition? For many years, professional fighting was looked down upon by the traditional Judo establishment due to Judo's Olympic status. But we often forget that the original Tokyo Police competition that defined our sport in 1886 was a competition between Professor Kano's Kodokan Judo school and other Jiu-Jitsu schools. The rules they used were nothing like today's Olympic Judo. Moreover, when you look throughout the history of Judo, many judoka competed in professional fighting. Mitsuyo Maeda was said to have won more than 2000 professional fights. Masahiko Kimura changed the history of martial arts when he fought Helio Gracie in a professional fight. AAU Judo champion Gene Lebell gets credit for the first professional MMA match in the US. Most notably, Judo Olympian Ronda Rousey has brought Judo to forefront of the modern MMA world so much so that one time critics are now sponsoring her. Moreover, it is now common for upper level amateur Judo competitions to offer prize money to the winners.

My message to Judo coaches everywhere is to embrace these new alternative competition styles. Some are older than Judo itself, while others are very new to the martial arts world. The reality is all of these competition styles are here to stay, and new ones will come every few years. Let's all adapt for the sake of Judo to stay relevant. So the next time a new student shows up at your dojo asking for instruction because he wants to fight in MMA, Freestyle Judo, Wrestling, Sambo, BJJ, NAGA, etc., welcome him with open arms. Train him like the competitor he wants to be, *but teach him Judo--all of it.*

## Vincente D'Ingianni's Bio



Vincente D'Ingianni began training in Judo in New Orleans in the late 1970s. Today, he is a Yodan and a proud USJA Life Member. Vincente is the Head Coach of The Judokai ( [www.judokai.net](http://www.judokai.net) ) in Dallas, Texas where he teaches Judo / Jiu-Jitsu / Wrestling "the way it ought to be". He can be reached at [vincente@judokai.net](mailto:vincente@judokai.net).

# Ashley Interviews Hana Carmichael



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

Usually twice a day and on average a 1.5 hr.

## Tell me about your diet:

I don't have a strict diet but I don't really eat fried or fatty foods. Lucky for me since I was little, I have loved fruits and veggies. I eat pretty healthy all the time.

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

I have to give up living in Florida with everything I know and love. I moved to Boston when I was 19. While all my friends were going off to college, I was coming here to pursue my dream. I also work and go to school but they are part time. Judo is my full time job!



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

I do circuit training every Monday, Wednesday and Saturday. We run as a team every Monday, Wednesday and Friday.

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

If I could start over as a junior, I would do way more in international tournaments and training camps.

## What is your favorite gi brand?

MIZUNO!!!!!!

## What are your goals as a judoka?

To become an Olympic and world champion.

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

When I was fighting in Florida, when I was much younger. My pants fell down during the match. Thank God I was wearing leggings under my gi pants but it was a little embarrassing.

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

Proudest: When I won my first World Cup in Miami 2012.

Disappointing: I would say losing my bronze medal match in Germany this year.

## How do you prepare for a tournament?

Well, here at Pedro's we do a lot of live randori and line ups. That's the main preparation. Our coaches are amazing at making me speak at the appropriate time.

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

Well, "train hard" is the best advice to give. If you set hard work ethics right now, later you will only know how to work hard. Therefore,







# Ashley Interviews Hana Carmichael

everyday you step on the mat... you'll only get better. Work on a couple of techniques and how to transition from those tachi waza techniques to your best ne waza techniques. As long as you're making hard standing attacks and then continuously working on the mat... you'll be hard to beat.

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

Just email me [hanacarmichael@gmail.com](mailto:hanacarmichael@gmail.com)



## 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.



# 2014 Michigan Blind Athletic Association Sports Camp

## 2014 Michigan Blind Athletic Association Sports Camp



Southside Dojo had the honor to participate in the annual Blind camp hosted by the Michigan Blind Athletic Association (MBAA) and held at the Western Michigan University in Kalamazoo, Michigan.

The Judo portion of camp started Sunday the 5th of May with the Junior campers ages 9 to 12. We continued on Thursday with Senior returning campers age 13 to 19. Friday started out with the Senior never ever campers and then the Senior returning campers culminating with the State Games Friday night.



### Mission Statement

The Michigan Blind Athletic Association (MBAA) is a non-profit organization that seeks to provide visually impaired individuals, who are often segregated from physical education classes and competition, opportunities to participate in competitive and recreational athletic activities. The MBAA further considers, as part of its mission, the continuing education of coaches and physical education instructors in techniques of coaching and physical education for participants of all ages who are visually impaired. The MBAA is dedicated to the proposition that, empowered to participate, the quality of life of persons who are visually impaired is improved while he/she develops the confidence needed to participate and contribute in a competitive society.



### Deborah L. Fergus' Bio



Deborah L. Fergus has practiced Judo for 44 years. She is a Yodan, a USJA BOD member, a National Referee, National Coach, a Certified Rank Examiner and Technical Official, a Competitor, and host of "Fight Like A Girl Camps" and the "All Women's Championships". She is a member of Southside Dojo in Portage, MI.



## Upcoming Events

### Kids Judo Summer Camp

This Camp is an attempt to further grow judo in Wisconsin. Plans are for next year at a camping location, with swimming, eating arrangements, camp fire, music games and more.

**Event Type:** Tournament  
**Start Time:** 06/16/2014 9:00 AM  
**End Time:** 06/20/2014 1:00 PM  
**Competition:** -  
**Level D Local:** Regional  
**Sanction(s):** 14-041

**Club Name:** Judo Gym Madison/Campeon Elite  
**Contact:** Osmil Millan  
**Location:** Judo Gym Madison  
**Address:** 1115 South Park St.  
**City:** Madison  
**State:** WI  
**Zip:** 53715  
**Phone:** 608-577-8728

### 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>

### Junior Invitational 5 to 12

This Grassroots Tournament will feature 3 & 4 person pools.  
Awards: 1st, 2nd and two 3rds.

**Event Type:** Tournament  
**Start Time:** 06/29/2014 11:00 AM  
**End Time:** 06/29/2014 6:00 PM  
**Competition:** Junior  
**Level D Local:** State  
**Sanction(s):** 14-050

**Club Name:** Bronx Judo  
**Contact:** George Pasiuk  
**Location:** Bronx Judo  
**Address:** 3149 Bruckner Boulevard  
**City:** Bronx  
**State:** NY  
**Zip:** 10461  
**Phone:** 718-430-9385





## Upcoming Events

### Camp Bushido 2014

Camp Bushido West has been holding this event for many years with a great deal of Featured Guest Instructors. Come and join this event and have fun, learn and improve your skills.

**Event Type:** Tournament  
**Start Time:** 08/03/2014 8:00 AM  
**End Time:** 08/09/2014 4:00 PM  
**Competition:** -  
**Level D Local:** National  
**Sanction(s):** 14-023

**Club Name:** Seika Ryu Martial Arts  
**Contact:** Joa Schwinn  
**Location:** Westminster Woods Camp  
**Address:** 6510 Bohemian Highway  
**City:** Occidental  
**State:** CA  
**Zip:** 95465  
**Phone:** 707-523-3200  
**Web:** <http://www.campbushido.com>

### State Games of Oregon Judo 2014

Come and join us at this Tournament to have fun, compete and learn from some of the very best.

**Event Type:** Tournament  
**Start Time:** 08/09/2014 8:00 AM  
**End Time:** 08/09/2014 5:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** State  
**Sanction(s):** 14-044

**Club Name:** River City Martial Arts/Grants Pass  
**Contact:** Daniel Dawson  
**Location:** North Valley High School  
**Address:** 6741 Monument Drive  
**City:** Grants Pass  
**State:** OR  
**Zip:** 97526  
**Phone:** 541-761-8081

### 2014 America's Cup

This Event is Hosted by Anderson YMCA Judo Club. It is open to Junior, Senior, Master & Kata. Come and compete, learn and have fun while improving your skills.

**Event Type:** Tournament  
**Start Time:** 09/06/2014 8:00 AM  
**End Time:** 09/06/2014 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Local  
**Sanction(s):** 14-051

**Club Name:** Anderson YMCA Judo Club  
**Contact:** John Branson  
**Location:** Pendleton Heights High School  
**Address:** One Arabian Drive  
**City:** Pendleton  
**State:** IN  
**Zip:** 46064  
**Phone:** 765-621-3416



## 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

### 4th Annual Gateway Invitational Judo

This event is for all to come and celebrate the 4th Annual Gateway Invitational Judo Tournament. Come and join us to have fun, learn and improve your skills.

**Event Type:** Tournament  
**Start Time:** 10/11/2014 8:00 AM  
**End Time:** 10/11/2014 5:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 14-042

**Club Name:** White Dragon Judo  
**Contact:** Derick Ulysses Wellman  
**Location:** Overland Community Center  
**Address:** 9225 Lackland Road  
**City:** Overland  
**State:** MO  
**Zip:** 63114  
**Phone:** 314-223-9398

### Mojica Judo Scrimmage Tournament

Matches will be conducted using current IJF rules with modifications. Referees and Coaches meeting at 8:00 AM

**Event Type:** Tournament  
**Start Time:** 11/09/2014 9:00 AM  
**End Time:** 11/09/2014 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Local  
**Sanction(s):** 14-049

**Club Name:** Mojica Judo Club / PAL  
**Contact:** Tony Mojica  
**Location:** Esther Snyder Comm. Center  
**Address:** 4100 Baldwin Park Blvd.  
**City:** Baldwin Park  
**State:** CA  
**Zip:** 91706  
**Phone:** 626-806-6884



## From our friends at



**JudokAlliance**  
Judo, united.

Judokalliance Partners With The Blind Judo Foundation To Unite Judo Individuals In All Lands And Nations Around The World With A Common Bond In Judo

### Summary:

Uniting individual Judo athletes of all ranks around the world was the brain-child of Markus Schulten who reached out to the Blind Judo Foundation in the USA, in an apolitical act of uniting blind and visually impaired athletes into a Judokalliance with the common bond being Judo.



### Body:

The sport of Judo has a long history dating back to 1882 when Jigoro Kano created the "gentle way" in Japan called Judo. The sport is practiced around the world in most all countries and nations. Judo transcends religious, ethnic, social, color and educational barriers to all who step onto the Judo mat. Now through the Judokalliance and [www.myjudonetwork.com](http://www.myjudonetwork.com) everyone can be a part of the larger family regardless of their club or affiliate organizations.



This includes blind and visually impaired athletes of all ages, as can be attested by Coach Willy Cahill of Cahill's Judo Academy and Co-Founder of the Blind Judo Foundation. Cahill was the former US Olympic Judo Coach and US Paralympic Judo Coach and holds an 8th degree Black Belt in Judo and 10th in Jujitsu. At the 2000 Paralympic Games in Sydney, the US Paralympic Judo Team under Cahill's coaching leadership secured for the first time in American Olympic and Paralympic history, two Gold Medals. Cahill has created over 1,500 national and international champions in the sport of Judo including the blind and visually impaired.

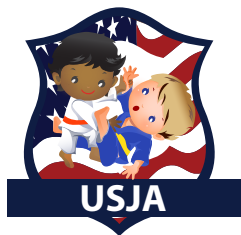
"I have seen many successes on the mat and off of the mat where the sport of Judo has been the foundation for excelling in all areas of peoples life" says Coach Cahill. Cahill continues saying "Therefore we need to do everything possible to spread the word about Judo and its inherent values for all including the blind and visually impaired."

Markus Schulten, Founder of the Judokalliance and [myjudonetwork.com](http://myjudonetwork.com) is to unit all Judoka (Judo athletes) around the world into one competitive family with Judo being the thread uniting them all. "This is just the beginning of a major opportunity to further boost Judos widespread popularity" says Schulten. He continues by saying "the influence Judo has on youngsters whether sighted or blind, is not widely known as it should be." Schulten continues saying "people are largely unaware that Judo can be safely practiced by anyone, of any age with a wide range of fitness, ability and even disability levels."

The Blind Judo Foundation and the Judokalliance is committed to reaching out around the world bringing awareness, encouragement, introductions and bonding among all who practice the sport of Judo. To learn more check out the following websites [www.judokalliance.com](http://www.judokalliance.com), [www.myjudonetwork.com](http://www.myjudonetwork.com) and [www.facebook.com/myjudonetwork](http://www.facebook.com/myjudonetwork) Help grow Judo by registering, it's free.

Learn more about the Blind Judo Foundation at [www.blindjudofoundation.org](http://www.blindjudofoundation.org) and Facebook [www.facebook.com/BlindJudoFoundation](http://www.facebook.com/BlindJudoFoundation)





From our friends at



## Intending to Fail

In the world of athletics, things rarely go as planned. There are too many variables to account for, especially with combat sports, where the opponent is not necessarily you; track and field, weight-lifting, etc. You and your coach should come up with a training plan that accounts for things in and out of your athletic life. There is no separation or duality when it comes to stresses put on the body, everything matters. This sounds well and fine, but if you don't plan to go off track, you'll find yourself lost rather quickly.

We see it all the time. Someone makes a training plan they're excited about, or they think they have a plan, only to be derailed by a life event or injury. They're thrust off of their path and float on in limbo until they gather themselves up and try to do something new. These are the times quitting feels easy. Other opportunities in life seem greater than they are, and your love for your sport or other discipline quickly diminishes. You forget about what matters to you, and as a self-defense mechanism try to avoid rediscovering it. Sometimes it's easier to give up and move on.

Yet, this can all be avoided with smart programming. Having fail-safes and implementing them correctly can make or break a preparation for a competition. Knowing your strengths and weaknesses and being aware of where you are at in your training is crucial to understanding your body's responses to your plan. Volume, intensity, frequency, and density really won't matter unless you're doing the right things for your body at the right times. Sometimes we can't foresee how we're going to respond to a certain stimulus, so having multiple options, including rest options, give athletes a break mentally. Most athletes will lose confidence and the desire to train when unexpected circumstances arise that they weren't ready to deal with. Taking a couple days off in a given plan to recover even when you're not supposed to can give athletes the edge they need. Absolute rest isn't necessary either, but lowering the overall volume and intensity of the training sessions will provide a chance to rest intelligently.

Training hard is always the answer, training harder isn't. We can slam ourselves into the wall all we like and stick to the plans that we make fervently, but without a couple intelligent windows of planned failure, programming your training can seem daunting. This isn't an excuse to slack off, and if you aren't training at least 5 times a week, this method won't be for you. Though for those that have 6+ training sessions a week and implement outside strength and conditioning, it's a must. Be smarter about your training, and know that plans and training routines aren't black and white. They need to be individualized and tailored to each athlete to fit their strengths, and manage their weaknesses. The psychological effects of bombing at a competition or important camp, scrimmage etc. can be profound, yet easily avoided implementing the right programming techniques.

By, Tony Sangimino

# USJA



From our friends at



The “Early Registration “ deadline (and fees) has been extended to June 7th, Saturday.

After that date, we will accept mailed entries until the 24th (with the increased fees). If you miss the June 24th deadline you should hand carry your documents to Registration walk-in.

Link to entry forms

# HAWAII

**2014**

**Judo**

**JR NATIONALS**

**JUNIOR, SENIOR & MASTERS COMPETITIONS**

US Judo Federation logo, USJA logo, Grassroots Judo logo, and a circular seal with '2014 JUDO JR NATIONALS' and 'HAWAII'.



From our friends at



We would like to inform everyone that there has been a change with the date of the

## 2015 NCJA National Collegiate Championships at West Point

This event will now be on the  
**28th of FEBRUARY 2015**

# USJA





# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Emma V. Bollinger
- ★ Jose F. Ramirez
- ★ Paul Woo
- ★ Doug Lowden
- ★ Andrew Sherman

### Nidan

- ★ Kenneth E. Agnello
- ★ Jacob P. Powell
- ★ Daniel C. McLendon
- ★ Hike Sahakian

### Sandan

- ★ Jorge H. Ayala, Jr.
- ★ Al Perez

### Yodan

- ★ Sargis Balian
- ★ Kai M. S. Ishisaka

### Godan

- ★ Marshall R. Coffman
- ★ Aram Ghukasyan

### Rokudan

- ★ Vernon A. Borgen

### Schichidan

- ★ Orestes J. Soler



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

Hachidan

★ Lee W. Frakes

## JUJITSU

Nidan

★ Andrew Sherman

### Current USJA Membership Statistics:

Active Annuals:	6,572
Active LM's:	1,337
Total Active USJA Members:	7,909

# Vineland Visit

Below are shots from my stop at Ray Marquez's dojo which included the promotion to 6th Dan of Joe Walters.





# Vineland Visit

Below are shots from my stop at Ray Ray Marquez's dojo which included the promotion to 6th Dan of Joe Walters.



## Gary Goltz's Bio



Gary Goltz, President of the USJA, 7th Dan, started judo in 1965 at the Young Men and Women's Hebrew Association in his hometown of Pittsburgh, Pennsylvania. There he met Kyu Ha Kim, 9th Dan, a two-time All Korean Champion. Gary trained under Mr. Kim for over a decade. He also trained under Dr. Kiel Soon Park, 9th Dan, a 1967 World Silver Medalist, who today is President of Korean Sports in America.



A photograph of three men in military uniforms standing side-by-side. The man on the left is in a dark blue Canadian naval uniform with a peaked cap. The man in the center is in a khaki Canadian Army uniform with a white-topped service cap. The man on the right is in a dark blue Canadian Air Force uniform with a white-topped service cap. They are standing in front of a large Canadian flag.

The Judo community has been honored by Richard Muller in the many roles he played for us and his local community in Oregon. We will all miss his wisdom, gentleness, and guidance.

By Neil Simon





# 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.





## United States Judo Association Automatic Donation Plan

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

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

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

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

> IF DONATING BY BANK DRAFT, please complete printing and include a voided blank check:

Bank Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name on Account: \_\_\_\_\_ Bank Account #: \_\_\_\_\_

Bank Routing Code: \_\_\_\_\_

> IF DONATING BY CREDIT CARD, please complete by printing:

Credit Card (circle one):      MasterCard      Visa      Discover

Card Holder: \_\_\_\_\_  
(print name as it appears on credit card)

Card Number: \_\_\_\_\_ Expires: \_\_\_\_\_

I authorize the United States Judo Association to initiate a monthly activity authorizing the bank to debit, or credit card company to charge, the above listed account. This authorization shall remain in effect until the United States Judo Association has received, in writing, notice from me revoking this authorization.

Monthly donation: \$ \_\_\_\_\_ - \_\_\_\_\_  
(figure amount)      (print amount)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Your donation cannot be processed without your signature)

Print your name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ USJA Member Number: \_\_\_\_\_  
(must be 18 or older)

Mail or Fax completed form to

USJA:  
P.O. Box 1880  
Tarpon Springs, FL 34688-1880  
Phone: (877) 411-3409 Fax: (888) 276-3432



# USJA Online Publication Advertising Agreement

The USJA offers advertising space in its current and future on-line magazine(s). All advertising copy, including artwork, must be submitted to the Editor(s) at least 30 days in advance of the schedule publication date.

Advertising copy and artwork must be submitted in MS Word format and will be converted to Adobe Acrobat PDF by the editorial staff of the publication prior to publication.

All advertising must be approved by the Editor prior to insertion. The Editor has the right to reject any advertisement that is questionable in either fact or format.

All advertisers are legally bound by the USJA's rules regarding indemnification, duty or cooperation and limitations of liability.

Monthly advertising rates are as follow:

- **Full Page (color or b/w)** \$100.00
- **Half Page (color or b/w)** \$55.00
- **Quarter Page (color or b/w)** \$30.00

Ad location within the publication will be at the sole discretion of the Editor and the editor and editorial staff.

Contiguous multi-month advertising discounts are as follow for the same ad sizes:

- **3 month continuous insertion discount** 5%
- **Six month continuous insertion discount** 10%
- **One year (12 calendar continuous months)** 15%

Payment for advertising must be made directly to the National Office at PO Box 1880, Tarpon Springs, FL 34688-1880 and to the attention of Ms. Katrina Davis, Executive Director. Payments must be submitted along with the advertising copy 30 days prior to the desired publication date along with this signed agreement. The Executive Director will sign, date and return a copy of the agreement to the advertiser.

## Indemnification, Duty of Cooperation and Limitations of Liability

Regarding Indemnification, the Advertiser assumes full and complete responsibility and liability for the content of all advertising copy submitted, printed, and published pursuant to this Agreement, and the content of any product sold through the submitted advertising copy, and shall indemnify and hold the USJA totally harmless against any and all demands, claims or liabilities in any way arising from the requested USJA on line publication including, but not limited to, any and all sales and services that is processed by the Advertiser through the web site referral.

The Advertiser shall reimburse the USJA for any amount paid by the USJA in settlement of claims or in satisfaction of judgments related to or arising out of the on line publication of the Advertiser's copy and product sold together with all expenses incurred in connection therewith, including, but not limited to, attorney's fees and costs of litigation.

Regarding a Duty of Cooperation, in the event of any court action or other proceeding challenging any advertising copy submitted, printed, and published for Advertiser pursuant to this Agreement, Advertiser shall assist in the preparation of the defense of such action or proceeding and cooperate with USJA and USJA's attorneys to the extent that USJA is a participating party in said court action or other proceeding.



# USJA Online Publication Advertising Agreement

Regarding Limitations of Liability, in the event that the USJA fails to publish, or fails to deliver the full time period of the Advertising Order (if any), or in the event of any other failure, technical or otherwise of the submitted advertisement to appear as provided in the advertising order, the sole liability of the USJA and the exclusive remedy of the Advertiser shall be limited to placement of the advertisement at a later time in a comparable position until the total advertising time is delivered.

In no event shall USJA be liable under this agreement for any consequential, special, lost profits, indirect or other damages, whether based in contract, tort or otherwise, even if USJA has been advised of the possibility of such damages and notwithstanding any failure of essential purpose of any limited remedy. USJA's aggregate liability under this agreement for any claim is limited to a maximum of the amount received by USJA from Advertiser for the advertising order giving rise to the claim. Without limiting the foregoing, USJA shall have no liability for any failure or delay resulting from any condition affecting production or delivery in any manner beyond the control of USJA. Advertiser acknowledges that the USJA has entered into this Agreement in reliance upon the indemnification, duty of cooperation and limitations of liability language set forth herein and that the same is an essential basis of the bargain between the parties.

This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser. This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to all parties to this agreement upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser.

This Agreement, and all of the language, terms and conditions contained therein, shall be governed by the law of the State of Florida.

Dated: \_\_\_\_\_

Advertiser: \_\_\_\_\_

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_

USJA: \_\_\_\_\_

Signature: \_\_\_\_\_

# USJA





# Advertise your Judo-related product in Growing Judo

Beginning in March 2014, we will be accepting commercial advertising in Growing Judo magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively. Multiple issue discounts are also available.

If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or [katrina.davis@usja-judo.org](mailto:katrina.davis@usja-judo.org).

CONCISE, well-written and proofread.

Contain correct details (like dates and contact information) and include hyperlinks to event forms.

In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.

Your original work, or includes the expressed permission of the creator.

If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.

Has "Growing Judo" or "GJ" in the subject line of your email.

- Full Page (color or b/w) \$100.00
- Half Page (color or b/w) \$55.00
- Quarter Page (color or b/w) \$30.00

Contiguous multi-issue advertising discounts are as follows for the same-size ad:

- 3 consecutive issues 5% discount
- 6 consecutive issues 10% discount
- One year of consecutive issues (12 calendar months; 10-12 issues TBD) 15% discount
- (November/December & perhaps July/August may be combined issues).

When the ad has been accepted and the Advertising Agreement has been signed by the Advertiser and the USJA Executive Director, payment must be submitted along with the advertising copy 30 days prior to the desired publication date.

Acceptable form of payment, Credit/Debit card, MasterCard, Visa or Discover. Also, certified funds/money order.

Deadline for submitting your ad is the 23rd of each month.

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