



# Oct/Nov 2014

## In this month's issue:

- Ashley Interviews Everet Desilets
- Judo News from Around the Country
- Upcoming Events



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# Leadership Forum

About six years ago I had a discussion with the committee chair headed up the Women's Committee for the USJA. She was preparing her report to the Board of Directors about her women's retention plan and it all sounded like a good idea except for the fact that women and girls were, and continue to be a much lower percentage of the of the entire Judo community, not just in the USJA. I don't have the exact numbers in front of me, but I will venture a guess that female participation in Judo is less than 20% of the membership at best. Interestingly enough, you can also point to the fact that some of our greatest successes for the past 40 years have come from the female competitors, including the first and only USA Olympic gold medal winner from Kyla Harrison and so it is reasonable to postulate that women, although a relatively small group in Judo have performed as well or better than our best male players.

During my conversation with our committee chair, I told her that I thought she had her priorities in reverse because, before you have to be concerned with retention, you first have to consider recruitment and management. A continuing theme of my messages is how to get more feet on the mat. It would be great if our biggest problem was management and retention, but you can't manage and retain talent until you have them and that is the biggest problem that we are facing.

Since I began with female Judo, allow me to continue along this line; Judo is not on every female's list of things that they want to do. Truth be known, and we know that every girl and woman would probably benefit from taking Judo. It is after all, one of the few activities that has a level competitive playing field for women. The rules and scoring are the same as men's and the path to accomplishments are also equal for all intent and purpose, but there are problems. Most of us know that there is very little difference between pre-pubescent boys and girls in strength and endurance. Girls from the age of six to about 12 years of age have little or compunctions about mixing it up with boys or other girls. The differences become apparent when girls begin to develop sexually and fall behind boys in upper body strength and they become aware of their sexuality. Some girls become acutely aware of the intimate physicality of Judo and the begin to "shy away" from the art because of the fact that they are in the minority in the class and are "forced" to work out with their male student counterparts.

In other cases, girls might want to pursue other athletic sports like the various ball playing sports (basketball, softball, volley ball), which are offered for free in the schools and because most of them are varsity sports, they get immediate peer recognition, whereas in Judo, they are limited to to recognition within the small Judo community .

Clearly there are females that are drawn to Judo such as Kayla Harrison, Hannah Martin and Marti Malloy to mention but a few; they are some of the best in the world, but where did they come from and where do we find more women like them? Girls, just like boys are born with an inherent desire to interact with one and other and play games. Maybe because of their environment and their nature, they like to physically compete and like all children, when left to their own devices, they like to "roll around" with each other and have fun. Society and nature will likely siphon off many females to pursue less physical outlets, but their need for physical expression will still get some girls to do "acceptable female sports" like tennis, track and gymnastics where there are female role models that excel in their pursuits and succeed financially.

My suggestion then, as it is now, is to recruit girls in schools, 4H, GSA and other organizations that attempt to add structure and quality to a young woman's life. Bring Judo to them and I think you will find that many continue their interest. A second and I think a better idea is to tap the potential of women in wrestling. USA Wrestling has an entire section devoted to women's wrestling; tap their potential for now and in the future. Look at the women training in Muy Tai, BJJ, boxing and MMA; they are the best potential source for women players.



# Leadership Forum

Those of you who know me, know that I am not a psychologist, sociologist or any scientist for that matter, but what I am certain of is that women's Judo needs the right instructors, team mates and structure to make it work for women. I'm against all women's tournaments because it excludes women from being able to take part in the larger picture of Judo. I understand and support women's clinics, but not events allow women to enjoy the full camaraderie and experience of Judo. I understand the physiological differences in training women and men in the beginning, but once involved, women can and do train as hard and harder than many men; we just have give them the space and respect to do.

Comment as you see fit at: [feedback@usja-judo.org](mailto:feedback@usja-judo.org)

If you have an article or an idea for an article, send it to [GJ@usja-judo.org](mailto:GJ@usja-judo.org)

If you just want to pick on me, send it to [VP@usja-judo.org](mailto:VP@usja-judo.org)

The opinions expressed are solely my own and do not necessarily reflect the feelings of the USJA or the Board of Directors.

Respectfully,

**Marc Cohen**

Vice President

USJA Associate Editor of Growing Judo

A large, light gray watermark of the Growing Judo USJA logo is centered in the background of the page. It features the same shield emblem with two children and the text "GROWING JUDO" and "USJA".

# USJA



## The Office Corner

### The office has a new corner!

We are pleased to announce to our membership that we are excited about moving forward in our new location. The result of this move has cut expense for the USJA and was done with very minimum downtime over the long Holiday weekend of Columbus Day. The actual down time was Thursday & Friday.

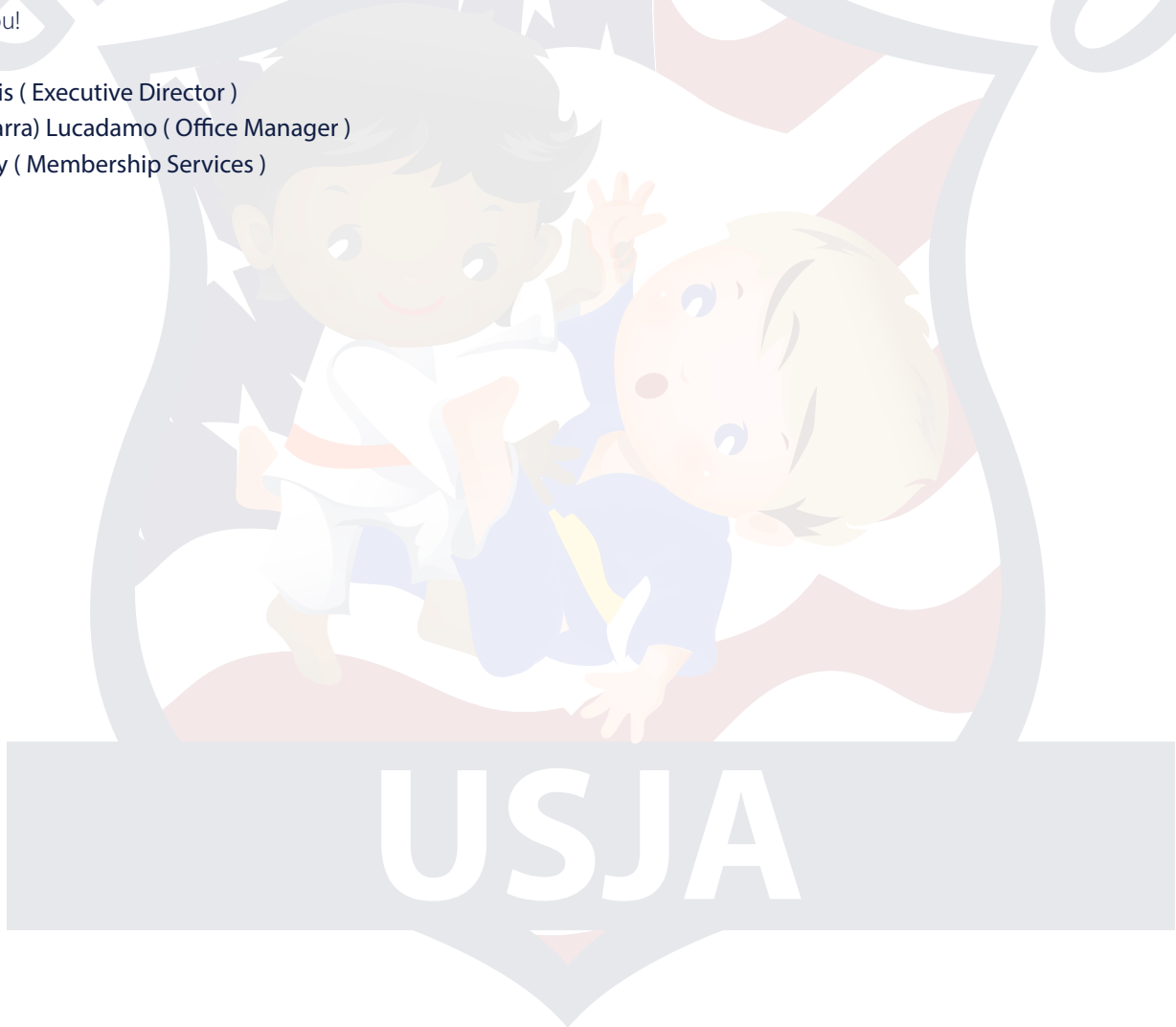
The entire staff stayed late and worked the weekend to make sure that everything would be operational to serve our members and coaches by Tuesday. We were then greeted surprisingly by one of our leading coaches in the USJA Earl DelValle.

As always, we would like to thank our members for their contributions to the USJA. Your support is what we need and it is always appreciated. Thank you!

Katrina Davis ( Executive Director )

Michael (Marra) Lucadamo ( Office Manager )

Robin Ridley ( Membership Services )





## Regional Coordinator's Message

Dave Passoff is the USJA district coordinator for Long Island, New York and some parts of the boroughs or eastern Queens and Brooklyn counties and as such, he, along with like minded friends have been running free interclub scrimmages for the past 10 years on Long Island. The rules are simple, 1. It's free. 2. it's fun, 3. it's social when you get together just to play and not worry about what place you are going home with (or without). hardware.

Here is how it works, you bring 50 to 60 boys and girls from 7 years of age to 14 years of age. The children are lined up in size order beginning with the smallest participants all the way to the largest and oldest players. Based upon size and experience, the groups are sub grouped into their playing group of around 6 to 8 in a group and during the event, it's true round robin so that everyone plays everyone else. Wins and losses are counted up to see who won the group.

The matches are run under IJF refereeing rules so that the kids become conversant with the referee's calls and signals, and no there are no prizes except that the few large pizzas that make their way into the room at the end of the two hour time frame, which in turn is followed by the same thing over again with young adults and not so young adults from for an additional 90 minutes.

It's a scrimmage to give the kids a controlled environment where they can experiment with techniques, grips and timing under Shiai conditions but without the stress, costs and time commitment, but still play in realistic conditions and stress in order to get as meaningful training. If the next one is as good as the first fifty or so that we have a great time.

The first one of the season is being held at Combat Judo & BJJ in North Massapequa right on Broadway. The following two will both be held at the Oyster Bay Recreation Center in Hicksville.

We've always had a great time at these scrimmages and the adult players feel just as good as the kids. There are no charges for any event, save the \$1.00 I ask everyone that comes in order to make that dollar go the USJA Development fund so that the money has the potential of making a positive difference for Judo somewhere in this country.

I believe that we need more and more of these events around the country, just make a difference for Judo.

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The following report came from Dave Passoff, the coordinator from Long Island, New York:

Hi Everyone,

Every year we run a series of scrimmages from autumn to spring. The first three events are listed below:

The first free scrimmage we have will take place on Saturday, October 18th. It will be at the Combat Judo School on Broadway in North Massapequa(Exit 30 N off the Southern State Pwky)

Players 14 & under will start at 11:00 AM.

Players 15 & older will start at 12:30 PM.



## Regional Coordinator's Message

On Sunday, November 23rd there will be a free scrimmage at the Hicksville AC on Broadway(RT.107) in Hicksville.( Exit 41 south off the LIE)  
Players 14 & Under will start at 1:00 PM  
Players 15 & older will start at 2:30 PM

On Sunday December 14th there will be a Junior Tournament at the West Hempstead PAL clubhouse.  
See Charlie Schweiser for details.

For additional information go to [nassajudoclub.com](http://nassajudoclub.com) website.

We will announce the January through May events before the end of the December.  
All but the West Hempstead event on December 14th is free and we only ask that you consider making a donation, as small as \$1.00 per event for the USJA Development fund.

Thanks you,  
**Dave Passoff**



# USJA



## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Kevin Cassidy, Team Combat Judo, Massapequa, NY
- ★ Andrew Gorospe, Southside Judo and Jujitsu School, Tulsa, OK
- ★ Luis Gorospe MD, Southside Judo and Jujitsu School, Tulsa, OK
- ★ Greg Ilaria, United States Merchant Marine Academy Judo Club, Kings Point, NY

## New USJA Life Members

- ★ Joe Franco, Clarksville Judo Club, Clarksville, TN
- ★ Aaron Hubbard, Kanokoshi Judo Center, Harrisburg, PA
- ★ Rhadi Ferguson, Unattached, Tampa, FL

# USJA



## New USJA Life Members



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
- ★ **Stanley S. Seidner**, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ **Raimundo Marquez III**, Vineland Judo Club, Vineland, NJ
- ★ **Low Dong**, Unattached, Lomita, CA



USJA



# Judo News from Around the Country

Over 20 coaches attended what was among the best certification courses I've seen in years. Matt Vander Horck, a Lt. with the Los Angeles Sherriff's Department along with Jovany Varela who runs a computer business and are both part of Dave Overbury's USJA Club, Ogden Judo in Belflower, California conducted the clinic. They cover everything from training methods, risk management, dealing with refereeing, working with juniors, and beyond. Attendees included Dr. Robert Oishi, head of the Taishi Judo Dojo. Both Matt and Jovany will work with Mike Szejter along with Hayward Nishioka at the course to be held in conjunction with the upcoming USJA/USJF Winter Nationals on December 5th.



# Judo News from Around the Country

## Fond du lac, WI. Kata Clinic



Sensei Matt Carpenter of the Welcome Mat Judo Club of Fond du Lac, WI hosted Sensei Eiko Shepard, 7th Degree black Belt in Judo from Missouri on September 20, 2014. She is one of the best Kata instructors in the world. Twenty-four judokas came from Illinois, Missouri, Minnesota, and Wisconsin to learn from one of the best.

She instructed Nage no Kata (throwing techniques) and Katame no Kata (hold down techniques) for beginning Judoka students. These two katas are the foundation for learning the principle of Judo. They are the base for learning Shiai (competition) or kata competition. Students will often refer to these two katas to refresh any correction of errors in their technique.



She emphasized that the students should keep the head tucked in tight while learning how to fall properly. The body should fall with one impact and not hitting the ground with two impacts. If the body hits hip first then legs, uke will drop harder, hurt the hips and cause pain. You can hear the different when the body contacts the mat. The slap is better than a thud when hitting the mat or ground. Better put, you hear a loud slap verses boom and boom, where the body hit twice.

All of us have had the wind knocked out of us and you feel as if you will never get that needed intake of air. She instructed everyone on proper breathing, in through the nose and out through the mouth during contacting the ground. Contact is being thrown on to the ground by the thrower (tori) and you are preparing to make contact with the ground. She insisted that you breath in (fill the lungs) as tori performs the technique and you release that air as you hit the ground. This additional air acts as a cushion and protects the vital organs inside the body. Correct breathing skills and falling skills means many more years of Judo. As you get older it could be a preventive measure to hand, head, elbow, hip, and shoulder damage.

As for the elderly learning how to fall without injury is very important. My Father was in the Veteran Home at King some years back. The nurses always informed me that my Father was always falling but never getting hurt. They didn't know why? I informed them that he was a student of Judo and one of the first things you learn is how to fall properly.





# USJA Board of Directors Meeting

An open meeting of the USJA's Board of Directors will be held on Friday December 5th from 4:00 to 5:30 PM. This will be in conjunction with the Grassroots Judo™ 2014, 9th Annual Winter Nationals & Clinics which is expected to draw over 600 competitors to the Los Angeles area. All interested members and friends are welcome to attend this Open Board Meeting that will include reports from the USJA President as well as the various USJA Committees. The location will be The Alexander Hughes Community Center, 1700 Danbury Road, Claremont, CA 91711.





# Judo: The Forgotten Martial Art

Since the 1964 Olympics, the martial art of Kodokan Judo has been neglected and forgotten, in favor of the sporting aspect in the USA and probably in many other countries as well. All one needs to do is look at the majority of judo websites for both schools and organizations, and one can see that sport and shiai take center stage over any mention of the martial art aspect of judo. This fact along with the rank requirements of the USJA, USJF, and USA judo, not including any mention of or the listing of martial art application of judo for promotion, cannot be disputed. Yes, you may read on a website that a specific dojo has special days where they teach Self Defense, but that does not represent a dojo that teaches the martial art of judo.

The United States Judo Association is an excellent organization, but like other groups has given its focus to Olympic/sport judo endeavors. Without any consideration for those members who study and teach judo as a traditional martial art, with the sporting aspect of secondary interest if at all. Yes, some of you will say that is why we have the USJA Jujutsu Division but that doesn't hold any validity. Why, because judo is Professor Kano's jujutsu system, and if taught correctly. An individual would have all the tools necessary for defending themselves, or come to the aide of another. You would not have to enroll in a Judo division for sport activity, and a Jujutsu division for Self Defense. You could enroll in the Jujutsu division, if their curriculum has a specific appeal to you, and that is fine. However, Judo stands on its own merits if taught as a serious martial art.

The sporting aspect of judo has run its course in attracting members into the USJA, and the leadership is looking at other avenues to attract members, and being all inclusive by talking about recreational members. However, no mention of those of us who study and teach judo as a martial art.

People who are looking for a school that teaches Self Defense walk pass judo schools and join the local Karate or Taekwondo school, to meet their needs. Sport judo has been so emphasized that it isn't looked at as an extremely effective form of Self Defense. Just read the comments on various martial art forums, with questions such as "Is judo effective on the street".

I do not consider myself a "recreational judo player," and have been teaching judo as a martial art for over 47 years. I have no problem with students participating in competition, but it should not be the main focus of judo. Sport judo is an added benefit of studying judo, but not the main focus of the art.

Those who want to teach Judo as a martial art should include as an example in every class the emphasis on Self Defense applications of their judo techniques. To include blocking/striking/parrying techniques, joint locks beyond just the elbow, defense against unarmed single and multiple assailants as well as against armed assailants, kata, special situations such as sitting in a chair, against a wall, kneeling/sitting on floor etc. I also use judo as a therapeutic tool to develop my students and create a success oriented activity.

Personally I have studied and gained ranks in Aikido and Jujutsu which augment my judo development. Last August I traveled to Tokyo, Japan and had a private class at the Kodokan and at the HOMBU dojo for Hakkoryu Jujutsu. Aikido, Hakkoryu Jujutsu and Kodokan Judo all stand on their own merits, but they complement each other as well. Nowhere in the USJA rank requirements, would I be given credit towards rank advancement by augmenting my martial art studies, to enhance my Judo. Therefore, if I and others do not support sport judo and competition, rank advancement can be difficult if not impossible for some.

The United States Judo Association has the resources, administrative staff, superb leadership in leading the way to bring back the martial art aspect of Judo to its members and the USA. To reach those who are not looking for a sporting school but Judo as a means of Self Defense for their wife, husband, child, and yes those of us over 60 yrs. old! Judo has the benefits, that many punching and kicking arts do not have. We have the flexibility in using the principles and techniques of judo, to respond with varying degree of intensity from mild to severe, when required. We have options in the use of force and have the ability not to injure when possible.



# Judo: The Forgotten Martial Art

Wonder why people are asking on martial art forums, as to why new Judo organizations are being created beyond the USJA, USJF, and USA Judo ? It is due to whatever respective organization they belong to, not meeting their needs. These new groups for the most part, are developed to meet the needs of those wanting to study Judo as an art, with sport as a secondary interest if any. With rank advancement based on skill, and knowledge of judo areas other than sport or competition participation/ involvement of some sort.

There is no area in the current USJA curriculum, for those of us who study and teach Judo as a traditional martial art, concerning rank promotion. If you want to be all inclusive, and reach out to many new members. to If you want be all inclusive, and reach out to many new members, you must compete with all these Organizations being developed. Either approach would be easy to accomplish.

Fellow USJA members and leadership, The USJA has the people and expertise to develop and keep traditional Judo alive ( TOTAL JUDO ) and compete with these new groups. To grow in membership and reach out to a large segment of the population that has been ignored and to be all inclusive. Have Olympic Judo if you must, but inform people Judo is an effective martial art, and they will choose which organization meets their needs.

The United States Judo Association can take the lead in keeping the martial art of Judo alive.

Yours in Budo  
Barry E. Southam  
Lebanon, Pennsylvania  
Judo 6th dan USJA



# Kuzushi, The Essence Of Judo

The great judo masters throw without effort and with great simplicity. Many say, including this writer, the feeling is like slipping on ice. How do they do that? These are my thoughts on their "Magic."

The essence of good Judo is in its simplicity. The three components of a throw, Kuzushi (Off balancing), Tsukuri (Preparation) and Kake (Execution) define the beginning and the end of the throw. To achieve the essence of a throw, one must master Kuzushi. Without Kuzushi, the simplicity of a throw is lost and power dominates. The search for the optimal moment is the achievement of Kuzushi. Kuzushi is divided into eight points of the circle; front Kuzushi (mae-kuzushi), rear Kuzushi (ushiro kuzushi), Left kuzushi (hidari Kuzushi), right Kuzushi (migi Kuzushi), left rear corner kuzushi (hidari ushiro kuzushi), right rear corner Kuzushi (right rear kuzushi), Left front corner Kuzushi (hidari mae kuzushi), right front corner kuzushi (migi ushiro kuzushi).



The Optimal point of breaking the balance is where the opponent's inflection point is reached. The inflection point is the point at which the force required to make the opponent move in the direction desired requires minimum effort. The equilibrium of the opponent must be significantly disturbed so he/she cannot return to stability. As I like to say, "A small bird sitting on the opponent's shoulder will make him/her fall". Using osotogari as an example... If you break the balance on the opponent's right side (left rear corner), such that, he/she is standing flat on his/her right foot, with the appropriate kumikata, the inflection point has not been reached and power is needed. If the opponent is now balanced on the heel of his right foot, with appropriate kumikata, then the point of inflection has been reached and the "bird" can do its work. This is the point of minimum effort and maximum efficiency. Achieving the optimal point in a static situation, like practicing uchikomi is quite different than in the kinetic mode, such as in randori or shiai.

The laws of motion, as defined by Sir Isaac Newton, control the essence of Judo and hence must be understood to achieve the optimal point in the kinetic mode. Newton's first law of motion is called the law of inertia. It relates to the fact that all objects resist a change in their state of motion. The law formally stated is "an object not in motion (at rest) will stay at rest unless acted upon by some force." "An object will continue in motion in the same direction and speed unless acted upon by some force". This tendency is true for all objects. Newton's second law of motion is stated as follows: "Acceleration is generated when a force on the mass of an object such that the greater the mass being accelerated or moved requires a greater amount of force to achieve the required acceleration". What this says is that heavier objects require more force to move the same distance as lighter objects. The third law of motion states that "For every action there is an equal and opposite re-action". This means that for every force there is a reaction force that is equal in size but opposite in direction. So whenever an object pushes another object it gets pushed back in the opposite direction with equal force.

# Kuzushi, The Essence Of Judo



To achieve the kinetic mode the opponent must be moving to overcome inertia. Sufficient movement with appropriate force and control must be utilized to achieve the inflection point. This movement with force and control can affect an action-reaction scenario which can achieve the inflection point. Once the inflection point is achieved, Kuzushi has been established then Tsukuri and Kake become effective.

Newton's laws of motion along with the understanding of Kuzushi are essential to achieving the essence of Judo. This is the secret of the "Magic".

## Mel Appelbaum's Bio



Mel Appelbaum, PhD, IJF-A, 8th Dan, is a member of the NYAC Judo Club, Tournament Director of the New York Open Judo Championship, Former Chairman of the USAJudo Referee Commission, Former Chairman of the USAJudo Standards Commission, '92 Olympic Referee, and '96 ParaOlympic Referee.



# The Other Art

Most of us know that the United States Judo Association offers very good judo. What most folks may not be aware of is the jujitsu component of the USJA. Remember, judo developed from jujitsu. In a sense, jujitsu is the momma and judo is the baby. There are many similarities. Judo became the sportive aspect of jujitsu, which is self-defense.

A student can study both jujitsu and judo at the same time. At my Harbor City Judo & Jujitsu Club, for example, many students learn and practice both arts.

The study of jujitsu can improve one's self-defense skills. Because jujitsu need not be as physically demanding as judo, an injured student may well be able to concentrate on jujitsu while recovering.

The USJA offers an excellent jujitsu manual to study from. It's thicker than a phone book and contains over a thousand drawings of techniques. Though there's no substitute for a live instructor, the book simplifies techniques to make learning fun.

An interesting thing about jujitsu is that there are many styles. You may want to search for the style that you most prefer. As in judo, jujitsu utilizes an opponent's strength so that it works against them. In addition to throws, jujitsu employs finger, wrist, elbow, and leg locks, as well as strikes and nerve point attacks. Some martial artists focus on the diverse techniques of jujitsu.

I know a sixteen-year-old girl who defended herself using jujitsu against a much larger attacker. The police were amazed at the difference in size between the defender and her assailant. Many experienced martial arts share true tales about how jujitsu saved them or someone they know from harm.

Give jujitsu a try. You may like it, and the knowledge of jujitsu may one day be a lifesaver for you and your loved ones. It's fun too!

## David Parritt 's Bio



David Parritt holds 7th degree judo and 6th degree jujitsu black belt ranks and chairs the USJA Jujitsu program. A certified coach, he is senior instructor of Harbor City Judo & Jujitsu Club in Melbourne, Florida.

# Gary Goltz Visit to DeLeon Judo Club



Sensei Gary Goltz, 7th Dan, came up to Northern California to visit DeLeon judo Club. DeLeon Judo Club is one of the oldest USJA clubs founded by Sensei Jim DeLeon in 1970, (Club number 39). Since 2007, Henry Kaku who Joined DeLeon Judo Club about 19 years ago heads the Club. He took over as the Head instructor after Jim DeLeon retired. In honor of Jim, the club retained the name.

Sensei Goltz was scheduled to be in the area for California Highway Patrol's Retiree Celebration. They invited him to bring his classis 1955 Buick Broderick Crawford style police cruiser to their event. Knowing he would be close to Sensei Kaku Dojo, Sensei Goltz offered to stop by. He was accompanied by Sensei O.J. Soler, 7th dan who has been the assistant head Sensei of Goltz Judo since its inception in the late 80's.

Over 45 Judoka's from DeLeon Judo Club and local clubs came out to greet and learn from Sensei Goltz and Sensei Soler. Sensei Goltz worked with the students on their ukemi and then some uchi komi. He broke down O Soto Gari. First he worked on how to establish kuzushi and then he worked on finishing the throw. The students then learned a couple of combinations with O Soto Gari.



Sensei Soler took over with a Ko Soto Gari. Showing his technique of hand motions for kuzushi and then the foot movement to finish the throw. Sensei Soler then continued with showing different combinations to complement the throw depending on the reaction of the uke. The techniques were very simple but effective which made it easier for the younger students to learn.



The 2 hour long clinic finished with some randori where students were able to try out some of the techniques, which were just taught. Sensei also added a demonstration on how to increase the effectiveness of osai-komis by using the abdominal muscles correctly.

We look forward to having another visit in the future.





# Flip-flopping Judo

Well here is the latest count on French Judo, one of the most successful judo organizations outside of Japan. According to Michel Brousse, Vice President of the French Judo Federation there are approximately 700,000 registered judoka in France, a country of about 75,000,000 people. In the USA there are about 300,000,000 + people and about 15 to 20,000 registered members, depending on how you count them. Some members being members of two or three of the National organizations, thus double or triple counted. We should be asking at this point, WHY? Instead we are asking, as if sucker punched and dizzy, WHAT can we do about it any way? Some are even throwing up their arms and saying WHO cares? If you are a dedicated judoka you should be asking, "How can I help?" At the end of this article is WHEN I'll make a few suggestions.

Now that I've enlisted my friends, who, what, where, when, how and why lets look at some of the macro and micro problems of judo as we practice it in the United States. Macro problem; some would insist that having three National organizations is a problem. It has become a long-term macro developmental problem in that the three organizations have decided to divide up the responsibilities of the three National Organizations, USA Judo because of their charter with the USOC to develop US teams was to take on the development of seniors. The development of any of those other than those who would represent the US would fall to the USJA and USJF. This then would be called the "Grassroots" organizations. This all seemed fine in concept but doesn't pan well in practice.

First of all USA Judo as it exists today doesn't seem to have the infrastructure sufficient to maintain or develop a strong US presence on the international scene. Where once it had the involvement of the US Judo community it is now just a ten-member board running expensive tournaments and taxing members without proper representation or vote. How is it that the two larger organizations in the United States now have to share only one out of ten votes. How is it that you can have two athletes representatives out of ten votes when most athletes should be and are probably concentrating on the game of competing and not know all the ins and outs of administering a very political game, whose main agenda is to keep the status quo and their position. Which would be a good thing maybe when times were good.

While USA Judo points to Travis Stevens, Kayla Harrison and Marti Maloy as their successes, are they really? Or, are they a residual effect of what we once had. More importantly, where will the future champions come from. Has the ten member board developed a program to build the next generation of US Teams? Where once we even sent and paid for second string teams to Europe and Asia to gain experience and bring back and build judo throughout the U.S. we now barely send one or two major tournaments, and mostly at the athletes expense now, which often means they may not be our best.

The inference upon which USA Judo's Athletes vote's caused the downsizing was that the USOC would give more money to USA Judo to use for their athletes. It does not seem that the extra money has done much for athletes who once voted for downsizing, who by the way are no longer around. It has also not done much for the USOC's original idea that downsizing would expedite issues.

As per infrastructure, the two other National organizations have the infrastructure to build US Judo but because it is concentrating on junior judo its growth too will eventually be impeded. Even today it has very little desire to build a senior program. Why? Because USA Judo is supposed to do that but it is not. Just ask yourselves these questions:

1. Is there a written up to date program and tests for developing new judo schools?
2. Is there a written up to date program and tests for developing new judo instructors?
3. What manuals and information on coaching judo is available that compare with even Canada much less the European Judo Union?
4. Where are we in the World Standings and what are your markers for the next quadrennial?



## Flip-flopping Judo

5. Where are the real books that tell the story?
6. Budget wise, why aren't we able to do better than before the downsizing and the promises of a faster more efficient USA Judo?
7. Why is it that the USOC hasn't monitored, corrected, or helped USA Judo after having strong armed the change?

by Hayward Nishioka, September 2014

Commentary by Gary Goltz, USJA President:

While I enjoyed your article Hayward, I don't agree that USJA is consumed with juniors. Our latest statistics show that our population of juniors is not nearly as big as our population of seniors and that our weakest group is teenagers. Also we've recently spent a large amount of our energy redoing our senior manual. Plus we do have the Winter Nationals going on its 9th year which gets an average 150 Seniors and Masters. And we have an active martial arts program with close to 1,000 jujitsu and aikido members.

For me the ultimate answer is proper marketing. We need to attract the right constituents that are going to Pilates, Yoga, BJJ, TKD, LA fitness, or just sitting on the couch playing video games or watching television! We also have never developed a commercial judo program whereby a motivated entrepreneur with good judo skills has a pathway for making a decent living at our sport. Plus there are no scholarships or real incentives for someone to hit a jackpot becoming a judo champion with the exception of Ronda.

I think it would be worth while for the best minds in the country regardless of organizations or particular area of interest in judo, to come together for strategic marketing brainstorming session on how to once and for all to get judo back on track in the United States.



# USJA



# Jujitsu America's National Championships

Jujitsu America held its annual convention and National Tournament on this past weekend, (September 26th-28th) at the Embassy Suites in Fort Lauderdale Florida. Competitors from across the United States participated in the National Championship and attended seminars from some of the best Jujitsu and Judo instructors in the United States. One of which was Sensei Earl DelValle, who was named Jujitsu America's Instructor of the year for 2014.

Nokido Ju-Jitsu, Judo & BJJ took a team of competitors to the championships. Our team did extremely well and every competitor brought home a medal. Our self defense teams were impressive and were complimented by the Jujitsu America Board of Directors. Our fighters fought against some very tough competitors and showed that they are some of the best in our nation. To say that we are proud of them would be an understatement. Our students also showed great respect for their teammates and fellow competitors.

Here is a list of our competitors and their placements. Congratulations to all on a job well done.

## Self Defense Competitors:

### 1st Place

Teddy Kitchens & Fischer Clark  
Adam Woelkers & Cayden Davis  
Rocco Cecora & Giovanni Castro-Priddee  
Kierstin DelValle & AJ Fernandez

### 2nd Place

Brandon Schneider & Brody Schneider  
CJ Thompson & Justin Thomas  
Ariel Rivera & Jaden Rivera



## Sport Jujitsu Fighting

### 1st Place

Teddy Kitchens  
Cayden Davis  
Jaden Rivera  
CJ Thompson

### 2nd Place

Devonte Dixon  
Brody Schwarzenbach  
Landon O'Kon  
Brandon Schneider  
Jordan Kirkus  
Joshua Richards  
Adam Woelkers  
Kierstin DelValle



### 3rd Place

Brody Schneider  
Fischer Clark  
Aydin Crawford  
Jeremiah Richards  
AJ Fernandez



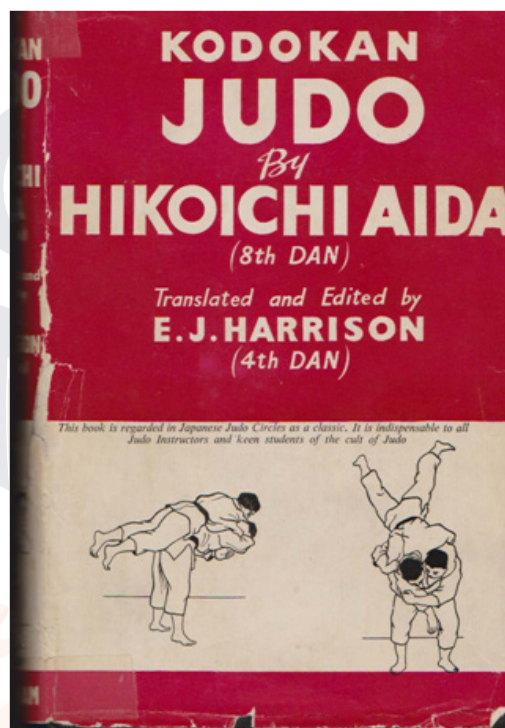
# Disability Sports Festival

For a second year in a row judo was included in the annual Disability Sports Festival held at Cal State University San Bernardino. Walter Dean who has been active in the blind judo movement nationally and internationally was charged by Prof. Aaron Moffett founder of the event with organizing training for participants with various disabilities. President Gary Goltz was on hand along with Jovany and his son Marvin Verla, with members from Goltz and Discover Judo to offer their assistance. This year's event saw a dramatic increase in participation with more than 20 taking part in the two seminars offering basic judo and self-defense skills.

<http://youtu.be/JOtFAw4HJfo?list=UUtYlsim8ml-E-ExMx2hg5Bw>



# Book Review - Kodokan Judo by Hikoichi Aida, 9th Dan

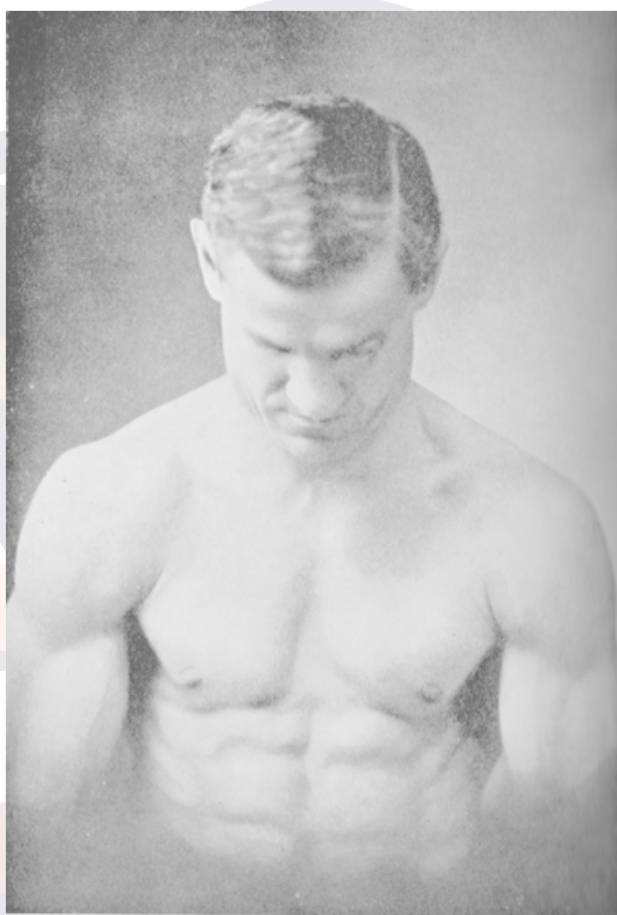


Hikoichi Aida, 1893-1973, was a student of sensei's Kano, Yamashita and Nagaoka all of whom were famous 10th Dans. His original book in Japanese, titled, "Zukai Judo", meaning "Illustrated Judo" was published in 1951 and was acclaimed as one of the greatest books on judo by the Kodokan and by many high-ranking sensei's. The book was translated into English by E.J. Harrison and published in 1956. Sensei Aida was one of Jigoro Kano's favorite students whom he took to Europe in 1920 to teach judo. For the next 10 years Aida taught judo in England, France and Germany. There he met a challenge of teaching relative novices the skills in judo that he had learned the hard way in Japan. After he had returned to Japan he spent the rest of his years teaching judo at a Japanese university. Aida was motivated to write this book as a teaching tool especially for novices. During his lifetime, judo competition was based on "Ippon Judo". If either player within the time limit (sometimes there were no time limits) did not win by Ippon, then the fight was declared a draw. In most tournaments the player who won had to continue to fight other players until he either lost or there was a draw. The concept of championship type judo, where there had to be the winner, even by decision, for each match did not exist at that time. Also, there were no weight divisions. There were promotion tournaments within which players fought others of a similar rank, team tournaments and regional kohaku (red & white) tournaments, all of which were based on "Ippon Judo". Just imagine a time when there was no television, computers, video or judo books and players usually practiced 6-7 days a week with the workouts being primarily randori (sparring) against powerful players. Therefore, one had to be in excellent physical condition, flexible, knowledgeable of many techniques and in competition have the ability to read the opponent (mental eye), find a sweet spot and quickly react to take advantage of his opponent. Other than a penalty for forbidden acts, rarely done, they did not have International Judo Federation (IJF) type penalties or award wins based on decisions. In fact the IJF did not exist at that time.

The translator and editor E.J. Harrison was an English journalist and amateur wrestler. He arrived in Japan in 1897 to work for a Yokoyama newspaper. Shortly after he arrived in Japan he had an encounter with a jujutsu player and was easily thrown. Being impressed by that skill, Harrison practiced jujutsu. He thought he was doing quite well, until he went to the Kodokan in Tokyo where he was easily thrown by the judo players. At this point he devoted his time practicing Kodokan judo. He discovered that the competitive skills gained in randori and shiai were more highly developed at the Kodokan. Harrison became one of the first foreigners to be awarded a black belt at the Kodokan.

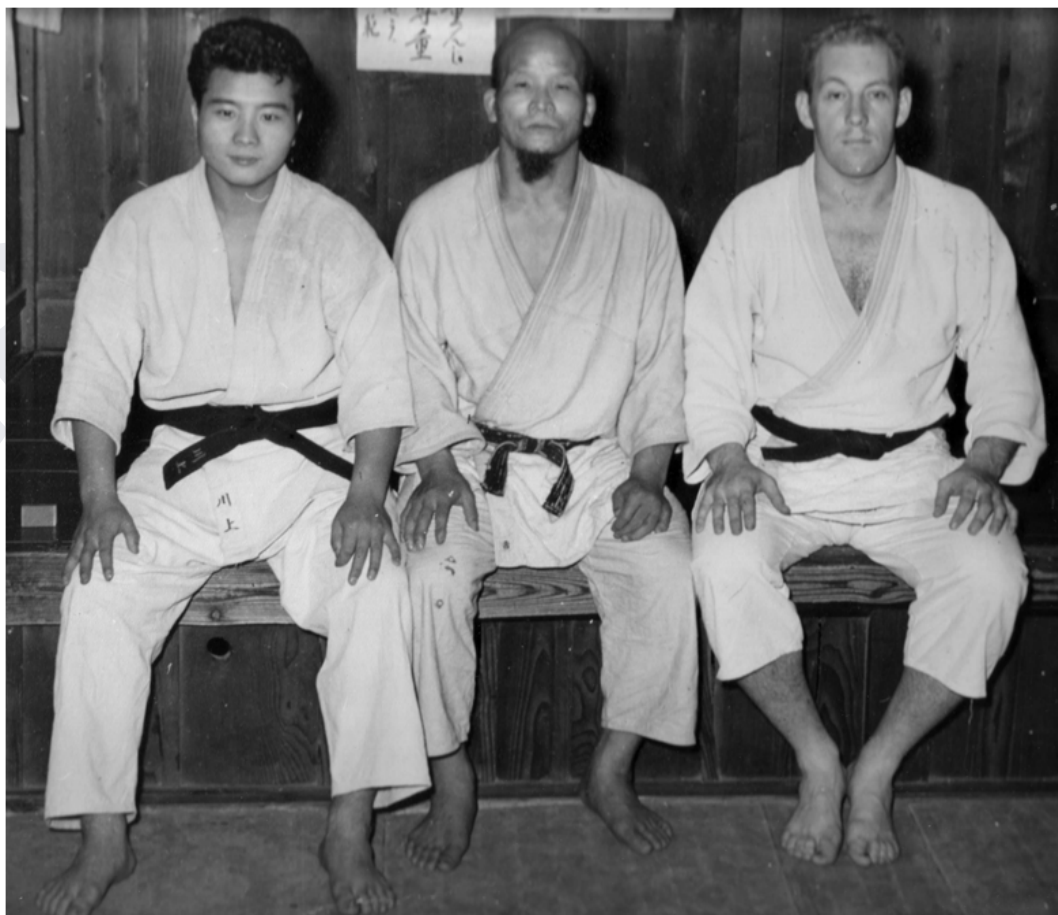
## Book Review - Kodokan Judo by Hikoichi Aida, 9th Dan

Throughout his life (1873-1961) Harrison wrote many books on judo including the translation of books by Kawaishi, Oda and Aida. He also wrote a book titled, "The Fighting Spirit of Japan", which is recommended for the Budo enthusiasts. Harrison's writings were written in the style used by British journalists in that day which to some of us may seem archaic and difficult to follow. Compounding the problem is that this book is a translation from Japanese. I, Hal Sharp, have been a judo educator for over 60 years and own an extensive library of judo books. My greatest treasures are books written by E.J. Harrison. It is a pity that Aida's book is out of print and is only available as a used book on the Internet. Nevertheless, I consider this one of the best books ever written on judo and want to share some of the Aida's teachings with you. Below is a photograph of Harrison showing his abdominal strength.



**Editor's Notes: (Hal Sharp).** When I was in my 20s during the early 1950s I trained in Japan for almost 5 years. At that time we trained hard 6-7 days a week. Most of our training was hard randori with few formalized classes. Generally you learned the hard way by trial and error and by observing others. Most judo experts were known for their knowledge of special techniques. There were a few like Oda who developed a newaza system where you could transition from one technique to another. Their knowledge was not freely given, you had to be accepted by them as a student before you studied under them. Therefore, when Aida went to Europe he could easily defeat European judoka, however, he had to learn how to teach on his own. The fruit of his experiences as a teacher are brought out in his book. During this period I fought in approximately 100 tournaments, 99 were based on "Ippon Judo" and only one was a championship type which I won by decision. I only mention this experience because this is why I understand the background and mindset of sensei Aida. Below is a photo of myself and sensei Kawakami and his son (Rei). Sensei Kawakami, 1897-1987, had trained at Kodokan with sensei Aida in his younger days.

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Getting back to judo education in Japan, I once had a chance to film sensei Kawakami's techniques. He demonstrated many techniques, some of which were his specialties. His son was his partner during the filming. When we finished I told his son that he was lucky to have a father who knew so much judo. His son said that this was the first time he had seen these techniques, his father would never teach him and just told him to go to the dojo and practice. Learning judo in Japan was like pulling teeth. This book was designed to help the student apply these techniques in order to win by "Ippon Judo".

Sensei Aida does a brilliant job in explaining how to train and how to make the techniques work emphasizing both the physical and mental attributes of the Nage-no-Kata. Within each of the throwing techniques he describes various ways of applying the throw, defenses, counters and how to practice by oneself. This is in contrast to the typical judo book which only shows the form of the technique applied to a cooperating partner. For mat techniques he covers transitions and escapes. At the end of the book in about a dozen pages in a section titled "Judo Orbita Dicta" sensei Aida summarizes his thoughts on how to train and take care of yourself in judo. Fortunately the publisher, W. Foulsham, has allowed us to reproduce this section. The section titled "Judo Orbita Dicta" is reproduced in full text. Since this article is only a book review I will limit my writings to Aida's descriptions on how to train and practice judo. There are too many individual techniques in the book to describe. In my latest book titled, "Boys & Girls Judo & Self-Defense" subtitled, "Road to Blackbelt" by Amazon. I have included some of sensei Aida's teachings, reinforced by the inclusion of YouTube instruction videos because the subtleties of kuzushi, kumikata, tsukure, kumikata, taisabaki, opportunity, etc are very difficult to describe in the book.



# Book Review - Kodokan Judo by Hikoichi Aida, 9th Dan

## HOW TO TRAIN & ELEMENTS OF VICTORY

**Attributes of Judo:** In judo the result of the ideal development of the physique, the muscles and nerves of the body, is that the same action becomes smooth and swift, this condition is referred to as muscle memory. Symptoms of fatigue are few and staying power increases. Efficacy of bodily action improves. If we contemplate the efficacy of judo training in its spiritual aspect, character and morale are elevated, and arrogant and boastful demeanor is deprecated; hardships are lightly regarded; vacillation and immorality are abhorred, and respect for the etiquette of the game is fostered. As far as the efficacy of judo as a means of intellectual culture is concerned, the power of attention, the power of observation, the power of reasoning, the power of intuition, and the power of memory are intensified.

**Order of Judo Training:** Judo training seeks to temper the body and cultivate the mind or spirit in the practice of both the defense and attack. Nagewaza or throwing methods are a most suitable starting point of training because it offers greater diversity; its theory is complex and it offers maximum zest in practice. From a standpoint of physical training it is more efficient. When the judoka begins with Katame waza it is then more difficult for him to progress in Nage waza. There are three stages of training, (1) Randori or free practice, (2) Kata or prearranged drills and (3) Shiai or contest which is the ultimate measure of your physical and mental ability to apply your skills under duress.

**The Soft Controls the Hard:** With every judo waza you do not powerfully resist your opponent's strength but softly adapt yourself to it and on the contrary take advantage of it so that when his forces reached its culmination you execute your waza in either attack or defense. The Tsukuri and Kake of judo are based on this principle. They epitomize the action designed to control the opponent, to lure him into a situation, physical and mental, calculated to facilitate the execution of the relevant waza when his strength becoming more and more of a loss and is less capable of resistance. Generally, the skillful or awkward manipulation of the opponent's posture becomes the turning-point of victory or defeat. That is why in judo the man with strong arms and of large physique does not necessarily win.

**Union of Mind, Spirit and Strength:** To effect waza the mental attitude is a primary consideration. The instant your mind is aware of the opponent's lapse (literally, gap, crevice, interval, etc.), in a flash the operation of your mind response to it and the relevant waza is born. In between there is not a single gap. Thus, "mind" (Kokoro) is a serene state of mind which senses the opponent's situation. "Ki" is the state or condition operating in the mind's energy. In conformity therewith is the working strength, i.e. waza. When these three relationships work smoothly and harmoniously but swiftly, without an unreasonable gap between them, mind, spirit and strength united, and when the student begins his training on this basis, then action adapted to changes in the presence of opportunity is forthcoming. When grappling with an opponent the most important points one should not lose sight of are always to forestall the opponent, to seize favorable opportunities, and until one has thrown one's opponent not to relax one's own offensive. In a word, the retention of the initiative in attack is essential.

Now the author goes on to explain three technical terms which describe three situations where there is an opportunity to apply a technique. These terms originated in kendo, sword fighting. (Editor's note: I will use also Osoto-gari as an example of when the opponent attacks you.)

(1) Sen-no-sen or Kake-no-sen: When you anticipate that the opponent is making a move against you. At this moment you can use the hand technique such as Ukiotoshi to pick up the opponent's momentum and throw him.

(2) Sen or Tai-no-sen: When the opponent starts the throwing action, in the case of Osoto-gari the opponent steps in with his left foot and swings his right leg in the air. At this moment the opponent is standing on one leg and it is easy to directly apply a technique like Ippon-seoi or Sumi-gaeshi. If the opponent manages to hook your leg then you can apply a counter, Osoto-gaeshi stepping back and reversing the throw on him.

(3) Go-no-sen or Sen-go-no-sen: When opponent's throw fails and he attempts to recover his position. In this case Sasae-tsurikomi-ashi or propping ankle throw can be applied.



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Although victory and defeat are largely determined by seizure of the initiative, if there is only the seizure and one is robbed of the spirit, the mind here ceases to function. This is a condition called "Shishin", literally "stopped mind". If one lapses into Shihin the operation of a vigorous mind is lost; falling into a crisis you may be doomed to defeat. To defend yourself effectively against an opponent's offensive understand the opponent's intention and so control it. Another term is "Ken-tai" which is a condition where your bent on attack and you leave an opening for the opponent to defend or counter you.

**Opportunities for Executing Waza:** to control your opponent you seize the initiative, and take advantage of his broken posture to attack with the waza you have in mind. The following is the list of situations where you have an opportunity to attack.

- (1) **Take advantage of the imperfection of your opponents posture;** In a case where the opponent is energetic, alert and his posture does not seem to offer a gap. You may find that he is concentrating most of his attention on his right with a vacuum to his left, is an easy for a gap to be created on that side.
- (2) **Take advantage of the start of your opponent's attempt to execute a waza:** For example, if the opponent's "pet" throw is Harai-goshi and he tries to bring it off and turns his body into you, if you hold in in check the retort to Taiotoshi this may well prove effective.
- (3) **Take advantage of your opponents bewildered situation:** when you notice such situation you must attack in a flash and throw him.
- (4) **Take advantage of your opponents static immobile situation:** If an opponent hesitates it may cause you to likewise become immobile for an instant. You must invigorate your mental activity without a break dominate his immobility.
- (5) **Take advantage of your opponent's excitement:** Your opponent when excited in a contest may try to drag you with him so that your posture is easily impaired. Avoid being dragged along with him, retain your possession and instead dominate your opponent.
- (6) **Take advantage of your opponent's failure with his waza and the disorder of his mind and body:** When your opponents waza fails, then for an instant his posture will be broken, and his mind and body are also disordered. Take advantage of the interim disorder of your opponent's mind and body to attack can throw him.

**Methods of Executing Waza:** However skillfully you may seize the opportunities, if there is a flaw in the method of executing your waza that waza will not operate effectively. Consider the following points;

- (1) **Take up a position at a suitable distance from your opponent:** This distance is called "Ma-ai". If your Ma-ai is too far away, your waza level falls short of perfection; if, on the contrary, it is too near then your momentum will be lacking in your action.
- (2) **The practical use of strength:** If your strength is recklessly applied the opponent can read your actions and the unbalancing (Kuzushi) of your opponent is not skillfully affected then your waza may be wrongly executed. Originating from the principal that "the soft conquers the hard", if it is executed in one breath the waza will be cleanly decided.
- (3) **Don't retract your opponent's disequilibrium:** Once having unbalanced your opponents posture, until you have thrown him, don't retract your Kuzushi but more and more you continue to pull or drive and execute the waza.
- (4) **Do not forget the union of mind, spirit and strength:** If the gap occurs in your mind then your spirit and strength will not be effective and you may not be able to control the opponent.



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**Aiki:** this represents a condition whereby your opponent tries to push and pull you around or sometimes just become static. Intuitively, you may react the same way. This condition is referred to as "Aiki". (Editors note: This may be similar to when someone yawns you tend to also yawn.) Do not allow your mind to be wrested from you by your opponent, you must really operate in accordance with your own rhythm and move about with foot action of advance and retreat (Shintai).

(Editorial note: I was fortunate to be trained by sensei Ishikawa, 9th Dan, and two time All-Japan champion. Like Aida, he kept emphasizing the power of the mind, rather than dwelling on specific techniques, which turned me around completely. It felt as if my heart doubled in size and I became more aggressive, powerful and successful in competition. I no longer practiced defense, only offense, with a strong belief that I am going to defeat my opponent).

**The other writings of techniques in this book or more commonly known by judoka and are beyond the scope of this article. However, the following section titled "Judo Obita Dicta" is quite unique and is given in its full text.**

## Judo Orbita Dicta (Opinions of the author)

Fundamental Attitude to Training – There are no Secrets in Judo – Plan and Training – Continuity of Training – Abuse of Waza – Improvement of Technique – Opponents in Practice – Management of Mind and Strength – Daily Care – Practice and Contest – Care Before Contest – Hints on Training

**Fundamental Attitude to Training** – Nagano Shogo 9th Dan, speaking about his "pet" throw, Uchimata (Inner Thigh Sweep), is quoted as saying: "The fact that I can complete the technique of Uchimata is due to the practice of so-called "Happo akehanashi" (literally "leaving the door open in all directions") which means that whenever I practiced with my opponent I always let him freely seize, any part of my judogi he liked and afterwards I never refused an opponent's proposal. There has never yet been an opponent whom I disliked."

This attitude in which the opponent and you adequately display real ability and try to do so is indeed that of the true spirit of sportsmanship. Until now in judo some have been prone to attach too much weight to the question of victory or defeat only, and for the sake of victory not to discriminate in their choice of methods so that one has come across some decidedly ugly contests and practices. This attitude is a distortion of the spirit of the late Dr. Kano and is the cause of losing sight of the intrinsic nature of judo.

Whether winning or losing, regarding victory or defeat as a secondary consideration, displaying to one's heart's content one's own real ability and manifesting one's temper in a fair and square tussle – such should be the basic attitude of judo training. Only to obstruct the issue, the consequence of forgetting the primary objective of the sport, must militate against progress in commendable waza.

The object of sport while engaged in the struggle is to make a robust and healthy body and to nurture the spirit of wholesome sport. More especially to create a spirit of fair play is the ultimate object of sport. Both parties exhibit their efficiency, and the will to develop it is indeed the consummation of sportsmanship and the spirit of fair play.

An attitude in which when we are engaged in judo practice we reciprocally take hold of the desired part, always adopt a correct posture without tension in a fair and square manner with the intention of earnestly progressing and technique and of taking pleasure in waza, is of the utmost importance. This indeed, to create the spirit of fair play, is the first step; it is the sole road to progress in judo.

(Editor's comments: The above comments may appear confusing, essentially they encourage you to train hard and intelligently, understand what works and doesn't work, then when you engage with your opponent promptly square off and go at it. A young French judoka whom I



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trained with once made the observation that the young Japanese players in randori fight to lose, attacking constantly, but when it comes time for a real fight they know how to win. In Aida's day if you attempted grip fighting, avoiding grips, etc. it would have been considered an embarrassment.)

**There are no Secrets in Judo:** There are sayings which imply that there are individual throws or "pet" throws (Tokuiwaza) and when listening to these remarks one might conclude that there must be some sort of secret in judo progress. But there are no secrets and it! Even a teacher of the invariable caliber of Kyuzo Mifune 10th Dan in practice and contest invariably and insidiously records points which have attracted his attention and by always adopting an attitude of inquiry is able to achieve mental progress. Nor is this restricted to Mifune Sensei. Every individual, every expert, by always adopting this attitude of inquiry and to gather with judo and his state of health can make mental progress in practice. The following are points which seem important to reply to the question of what preparation is essential to progress in judo.

**Planning and Training:** In the first place planning and training are indispensable. A suitable plan should never be neglected and training in technique (waza) should be uninterruptedly continued. However, there are many instances tending to prove that judoka, are apt to incline towards methods inconsistent with this principle.

Even when the theory only is understood and when one is practically tempered therein, if it is not understood with the body then the position may be likened to that of one swimming on the surface of the mat. On the contrary, if one concentrates only on practice (keiko) and neglects a logical plan and inquiry, then progress in waza is only delayed and having reached a certain water level the judoka cannot expect to rise above that elevation. The techniques of judo are not simply a manifestation of brute force; they are scientifically compounded and are scientifically at the disposal of the trained judoka.

Understanding of judo is an absolutely indispensable condition of progress in such techniques. Furthermore since skill in waza is a determining factor as regards the issue, when one is engaged in contest or practice, concurrently with attention in the first place to the customary study and planning, the judoka must train insidiously in actual keiko (practice). However, in connection with this point, owing to lack of understanding and when in practice the judoka's efforts are limited to his body only, he may be said to reach a certain water level where his progress is halted. Waza (technique) is not a fixed quantity. According to the utmost individual effort and planning, fresh methods are called into being; the "pet" throws of so-called experts are surely generated in conformity with this kind of normal study and training and this truth should be impressed upon the mind of every judoka.

**Continuity of Training:** Continuity of training is important. We have already said that there are no secrets in the progress of waza, but only that there is no other path thereto than to devote oneself wholeheartedly to training. But to go in for excessive training in the expectation of suddenly achieving progress can never be efficacious. They're all too many examples of such mistaken tactics; longing for progress the judoka injures his body and is obliged to interrupt his training; he is disappointed when the prosecution of the studies fails to bear fruit so that he has to break off his training halfway.

The number of judo techniques is great. And prolong study is essential to the mastery of these multifarious methods so that they can be applied as occasion may require. The efficiency of one's studies is not immediately apparent. But as a rule while the judoka himself hardly notices it he is making progress and can himself direct unlooked for opportunities. On the contrary, the result of neglected training is that although not immediately apparent like the lingering snow on the roadside which melts bit by bit, before the judoka is himself aware of it, when eventually he does notice it the damage may very well have become irreparable. It must not be forgotten that indomitable application is essential to progress in judo. And among those entitled to day to be called experts there are many who have devoted as long as 30 or 40 years to one unflagging investigation and training in order to obtain their present stage of skill.



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(Editor's comments: Again I refer back to my training with Ishikawa sensei. He told me that when he was training to be a champion, for every hour on the mat practicing with a partner, he would train two hours by himself. I could not devote that much time but I took what he said very seriously and before sleep each night I would train hard for one hour, pulling on bungee cords, squats, and down on the floor doing newaza drills. This training paid off big time and was just as valuable as hard randori.)

**Correct Training:** However patiently and perseveringly the judoka continues his daily practice, if he is employing erroneous methods harm only is likely to result. And while admittedly to continue practice correctly and for long is of utmost importance, it is undeniably very difficult. While the judoka aiming at advancement is exerting the greatest efforts it may happen that he becomes conscious of having at various points reached a deadlock or stalemate, when the task of extruding himself from such an impasse will prove troublesome. Not a few aspirants finding themselves unequal to this effort of extrusion eventually succumb and abandon the struggle. Therefore together with the necessity for firm resolve to continue the struggle, in the case of judo correct training is equally indispensable. The moment when this deadlock is reached may be regarded as it down he may then hope to start afresh with the bright prospect of a path to progress opened up before him.

**Abuse of Waza:** A word of caution must be addressed particularly to the young beginner. When he has learnt a few methods and is eager to try them out he should on no account abuse them. It is, of course, only natural that he should wish to test how far the techniques he has learnt are effective, but he must never recklessly attempt them against others at the risk of causing injury through his own clumsiness. Moreover he may even run into trouble on his own account. Therefore when engaged in practice among his friends he should be careful not to experiment recklessly upon them.

The judoka is also warned that he must not with a view of perfecting his acquired waza recklessly abuse his art outside the dojo. And in this context the story is told of how in former days a student of the old jujutsu, eager to test his acquired skill, was in the habit of sallying forth every evening and of lying in wait at some lonely spot at the roadside for passer-by whom he would dare and then throw by means of one of the tricks he had mastered. However, his jujutsu instructor later got wind of this playful propensity and decided to teach him a lesson along typically Japanese lines. So one evening covering his face so as not to be recognized he wended his way towards the way spot wayside and spot where he knew his pupil was lying in wait for a victim. The pupil unaware of the wayfarer's identity as usual rushed out and threw him. But the teacher while being thrown applied ointment he had brought for the purpose to his pupils side and then as he rose to his feet addressed his assailant; "Look at your side!". Then the pupil for the first time recognizes his instructor and notices the smear of the ointment applied to his side. Thereafter he abandoned the habit of throwing passerby's! His teacher had thus practically shown him instead of applying the ointment he might just as easily have killed him.

**Improvement of Technique:** A correct posture (shisei) is the most important factor in the mastery of correct waza. If the posture is not correct then a light, easy nimble action will never be acquired. Therefore, even when there is a favorable opportunity to attack your opponent, if your posture is wrong a trick opposite to this opening will not be forthcoming. Moreover when you are attacked by your opponent you will not be able to elude him. Thus if the posture is bad, however much you train you will never realize a correct and polished technique.

The best posture whereby to be able to initiate a light and an easy nimble action of advance and retreat (Shintai) is the Natural Posture or Shizentai-. The Natural Posture is the most convenient for either attacking your opponent or defending yourself against his attack. The novice disliking the idea being thrown sometimes at the first to adopt a bad posture in practice and it is afterwards really difficult for him to rectify his fault. He should therefore always strive to practice in the correct Natural Posture.

Again, the novice when practicing is sometimes inclined to fixed his gaze upon the opponent's stomach or feet and this tendency is the cause of a wrong posture. The spot at which one is looking should be neither too high nor too low. You ought not to be as though staring at



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a fixed spot on a tree in a field. It is best to direct your gaze at a point about the height of your own eyes with the feeling that your field of vision is lightly reflected in your eyes and in this way your posture will naturally be good. It is further important that when engaged with your opponent you should not grip his jacket too strongly; a strong grip militates against the adroit countering of your opponent, as also against the light and easy foot movement. We must endeavor to hold your opponent's jacket gently and must never infuse too much strength into your fingertips, wrists or arms. You may perhaps imagine that to put strength into the fingertips does not matter, but if you do so your entire body tends to become stiff; the most important nervous and sensitive parts, the fingers are deadened, thereby inhibiting expedient, light and easy waza, so that when you try to unbalance your opponent you are likely to fail. What is more, the object of your action is directly made known beforehand to your opponent. Without putting strength into your hands you want to adopt a positive position conducive to swift changes and foot movement in which you can utilize your opponent strength and naturally unbalance him while he himself is not conscious of lapsing into a perilous situation and is unwittingly put off balance. That is the ideal method of disturbing and opponents balance.

A final point upon which special emphasis is laid is a necessity of sufficient training and Ukemi or break falls. If you are adequately trained in the break falls, then no matter how you are thrown you will be able to take the fall skillfully without fear of injury. Your body instinctively and naturally avoids stiffness and your movements are agile, light and easy. The judoka adept at Ukemi is most likely to progress in technique as also to become skillful in the execution of the Kata or Forms. The foregoing more important considerations in addition to the training in techniques are particularly commended to the student's attention.

**Opponents in Training:** In judo practice the students are free to take on all and he should always exert himself to the utmost, falling with abandon and grappling for all is worth. Unhesitatingly, resolutely he should practice his waza and try to understand the principles of Tsukuri and Kake. When practicing with an opponent of the same grading as his own he should hold himself upright and attack with imperturbability. But he ought not to practice too long with an opponent of the same grade because to do so was calculated to engender apathy. When engaged to his opponents level. What must most of all be eschewed is the unreasonable application of methods regardless of his opponents feelings. Unless he is careful in this respect not only is he likely to evoke the spirit of apprehension in his opponent but resentment as well. He will overtax himself, spoil his posture, technique will become warped and bad habits encouraged. He must therefore aim at throwing his opponent with logical and reasonable waza.

Again it is important to practice with opponents that are hard to handle. Of course even with the difficult opponent, as one continues to practice one gradually gets accustomed to him so that to throw him a suitable plan and effort are essential. For example, when opposed to a person taller or shorter than himself or one of corresponding weight or one prone to the extremes of a right or left stance, the judoka should in practice lead his opponent take hold of the desired place. At first he is likely to be handicapped and often thrown, but with cumulative training he will become skillful in evolving counter tactics and cool and collected in action. On the other hand in order to define his "pet" throw when the desired place is even unreasonably grasped, he must practice a positive offensive.

In order to master the numerous judo techniques the pupil should first select the methods he fancies and exert himself to perfect them as soon as possible. By so doing he can use his favorite methods as a nucleus and easily get the hang of other waza.

Again it is important to train with opponents whose posture is correct. Caution in attack is necessary, but as practice is continued the judoka ascertains his opponent's weak points and succeeds in throwing him. Moreover his own posture remains correct. As regards the mastery of a correct posture, even when the judoka takes on a beginner it is a step forward in the improvement of his own waza.

Management of Mind and Strength: Shorn of sheer verbiage this paragraph is an earnest plea for the distinction between "mind" and "strength" in the practice of judo. The purpose of this distinction is to emphasize the undesirability of relying solely upon what in the vulgar vernacular we should call "beef" (Japanese: Wanryoku) for the attainment of victory.



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If in the early stages of his training if the judoka depends upon mere "strength" waza, not only will his progress in technique likely to be retarded but his action from the inspiration of mind may prove of little practical avail. It should therefore be the aim of the aspiring judoka to understand the proper use of strength and to train with the object of managing his body in conformity with reason. When practicing he should refrain from aimlessly putting strength into his hands and feet, trying to throw his opponent by dint of mere strength. He should not fear being thrown himself and should employ correct methods. In this way he may hope to advance both mentally and physically in a study of the art.

(Editor's comments: Along this line, Ishikawa sensei once suggested that if you put your mind in your elbows, pushing and pulling from the elbows you will be using less hand action and will have better lifting and pulling power with your body.)

**Daily Care:** The judoka adjured to exercise great care in his daily eating and drinking habits. It is recognized that in the flush of animal spirits many young people are prone to indulge in over eating and drinking, but where the students of judo are concerned they are reminded that as a result of such indulgence even the possessors of superior waza have suffered defeat in contest. For instances are by no means rare. The ideal would, of course, before the judoka to steer clear altogether of alcohol and tobacco. Failing that, he will be advised to reduce to the minimum his intake of those stimulants and narcotics. Alcohol impairs the functions of the stomach and intestines and tobacco is injurious alike to the nervous system and digestion. Moreover if indulgence in them becomes a habit then gradually the quality absorbed tends to increase. Thus in connection with the sport such as judo calling for the concentration of one's maximum stamina, indulgence in these habits ought to be taboo. Especially on the day before contest they must be forbidden.

As regards to food, eating between meals is not to be recommended and before going to bed the judoka will be well advised to cut out eating altogether. At least an hour or two are elapsed after a meal before the judoka practices on the mat. In my opinion an interval of at least two hours is still better. In any case the extremes of an entirely empty and a full stomach or to be avoided.

The author rightly extols the tonic properties of the mutational cold douche and brisk toweling of the body as being conducive to both mental and physical invigoration and the improvement of an all round good health. In a word the zealous judoka will always accumulate habits calculated to increase the efficiency of his training and will sedulously avoid unsanitary and unhygienic conditions.

Supplementing the foregoing sage counsel the author tenders advice on essential precautions before judo practice. Most of them ought to be self evident. Thus before going on the mat the judoka should always wash his feet and see that both toenails and fingernails are cut it short as possible. Slackness in this respect can easily be responsible for minor injuries to an opponent. Nor should it be necessary to warn the judoka who was not a total abstainer from tobacco and alcohol that on no account should he drink or smoke before judo practice since the odor of both alcohol and tobacco mainly with his breaths can hardly fail to be highly obnoxious to his partners on the mat.

**Practice and Contest:** All students of judo must be familiar with the phenomenon of the judoka strong in practice but weak in contest. This common defect is ascribed to insufficient participation in contest judo (Shiai). On the other hand, there is the judoka who is regarded as weak in Randori but who when engaged in contest displays quite unusual ability. The reason is that since he enjoys contest is able composedly to develop his ability to the maximum degree. The judoka strong in Randori but weak in contest, when engaged in contest tends to become stiff intense in his movements; he loses the spirit of decision and cannot sufficiently display what ability he possesses. It is here that practice in contest is essential. When the judoka takes frequent part in contest then contest tends to produce impressive and efficacious technique. It may be said that if practice in contest involves only skill and tactics the result is not good, but in all matters if a bad use is made of the thing the results is bad, whereas if a good use is made of it the result is good. Be that as it may, the self-confident waza acquired from contests cannot fail to be serviceable.



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**Care Before Contest:** Although much of the advice contained in this section will seem trite and obvious enough to Western readers, it may be well to summarize the gist of this sage counsel from which less experienced and would-be judoka can perhaps gather some useful hints. The author's views are more or less in consonance with those of the leading Western authorities in the realm of sport. Thus at least two or three days before the contest the judoka ought to rest. If he keeps up violent practice up to the very eve of the contest he is more than likely to find himself stale and dog tired when he confronts in the adversary on the mat and so incur the risk of defeat. On the other hand, by letting up a few days before the matches he should have recovered from the normal fatigue of Randori and engages his opponent with renewed pep and vigour or what in judo parlance is called "genki". However, a day or so before the contest can benefit from a few light limbering-up exercises which will stimulate the muscles, and so to speak, boost his morale.

Again, reasonable gastronomic frugality should be observed before the day of contest. Highly spiced and seasoned food should be avoided and needless to say overeating in any shape or form. If he indulges in an unduly rich diet he may suffer from gastric disturbance which will prevent his participation in the matches. Instances of this kind, we are told, are not infrequent. In any case if he overeats is almost certain on the day of the contest to suffer from lassitude and diminished vigour.

On the eve of the contest he should as far as possible try to distract his mind from thoughts of either to be the victory or defeat in various congenial ways, e.g. by listening to gramophone records, taking a walk, light reading, etc., in order to invite restful slumber and a clear head and in the morning. And once more abstention from alcohol and tobacco is strongly urged.

On the morning of the contest special care should be taken with diet. Thus if an extensive burden is imposed upon the stomach the judoka will take the mat feeling languid and sluggish in these conditions are bound adversely to affect his fighting spirit. On the other hand, you must not feel hungry because of the does his full strength will not be available. As already suggested the lapse of two hours after his last meal is as a rule the most suitable before his participation in contest. Individuals differ but this interval seems on an average to be the best to allow for transmission of food from the stomach to the bowels. During what are called the Taiko-shiai and the Yusho-shiai (Intercollegiate tournaments and championship contests) which last for days on end, so that it is customary for the participants to bring their noon meal with them, the choice and quality of food must be left to the individual taste. No other courses available. None the less if the judoka overeats (before going on the mat) both his wind and body activity will almost certainly be impaired. He should refrain as far as possible from drinking either warm or cold water. Gargling is a reasonable compromise. The author concedes that there can be no serious objections to the taking of a small quantity of some harmless stimulant apparently before the judo goes on the mat. It would, however be interesting to know what sort of stimulant he has in mind.

Before championship and all other matches the judoka can advantageously have his body massaged to ward off muscular stiffness. Some hints are appended on the best means of recovering from fatigue presumably after the contest, though this point is not specified. In any case it seems redundant to inform us that a recumbent posture is preferable to an upright one to minimize the strain on the rate of pulsation, respiration, the circulation of the blood, etc.

Further, the judoka about to take part in contest will be well advised not to speculate overmuch beforehand on whom is weak and who is strong among his prospective antagonists. It may as likely as not turn out that the adversary deemed to be weak unexpectedly proves to be strong, which discovery at the start is often calculated to discourage and this concert his opponent. And conversely a foeman previously supposed to be strong may prove to be weak.

What follows rather tends to qualify if not to contradict the foregoing. Thus the author postulates quite rightly that the object of contest is to defeat one's adversary and that consequently it is important that the judoka should know his opponent. For reference purposes knowledge of both his strong and weak points is essential. Nevertheless to know too much may exert a negative effect upon the issue is therefore not advisable!



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On the other hand, when the judoka is confronted by an entirely unknown opponent a plan of action is necessary. Indeed it not infrequently happens that a plan of action is a determining factor in the outcome of the match. But on the other hand, should the judoka be too full of pep and impatient the victory he may run the risk of failure!

When the judoka seizes an opportunity he should resolutely apply his waza. He is naturally eager to make an opportunity for the execution of his favorite waza but such opportunities are none too many. It is rather advisable to wait for the opponent to provide an opportunity and we are assured the plan of waiting never negatively affects the issue. On the contrary, to be in too much of a hurry over- impatient to execute waza may easily become the cause of failure.

The judoka must perfect his defense. But the supreme defense is attack. Especially in Nagewaza or throwing methods self-confidence in the posture of defense is highly important.

In the domain of contest tactics the competitor is advised not to pull his punches and to go all out for his immediate adversary without bothering his head over the next one. The policy of trying to conserve one's energies for the purpose is severely deprecated. The next opponent is the next opponent; the present opponent is the present opponent. Therefore when tackling the present opponent the judoka should exert his full strength. Unless the judoka bent on victory he is not likely to win. However he should endeavor as when engaged in every day Randori practice to keep cool, not to be overcome with awe of contest so that both his mind and body can operate freely and softly.

**Hints on Training:** Should the judoka incur an injury during practice he ought to discontinue it until he has completely recovered and is set to resume it. It is a mistake to give way to impatience and to resume practice before the injury has been entirely cured. The result of premature resumption of practice is to retard recovery. Instead he can while thus immobilized advantageously study showing of other judoka and profit from the waza of higher grade man. During the period of the mobilization also we should be careful not to yield to the importunities of his colleagues who may urge him to go on the mat. Minor injuries such as surface abrasions and scratches can usually be treated with first aid on the spot but when a real sprain, fracture or dislocation has been diagnosed by a competent senior or yudanshaka no time should be lost in the evoking the services of a medical man.

When the pupil first joins the dojo he should on no account, even after he has mastered the break falls, be in a hurry to start violent training. As in the case of other sports he should begin with preparatory exercises to get his body in good trim, and then by easy stages pass on to more vigorous movements. If he begins violent keiko prematurely he will run the risk of some injury which will appreciably slow up his chances of progress in the art. Moreover when he begins his training in earnest you must be careful not to lapse into careless haphazard methods. Unless he has a definite plan of action his efforts are unlikely to yield much fruit. As to what plan of action ought to be the author comments that inasmuch as allowance must be made for individual differences it is difficult to lay down any hard and fast rules, but as a guide to beginners he suggests a probationary three-week curriculum divided as follows: during the first week the tyro (beginner) should submit himself to the instruction of a senior high-grade yudansha, endeavor to grasp their waza, then with this experience as a basis during the second week he should strive to develop his physical strength to the maximum degree and to take part in strenuous practice. During the third week while resting or taking things easily he can map out the next plan of action, consider his state of health or his role in his first contest and, so we assume, brace himself for the resumption of rational training with the coveted black belt as is beckoning objective.

The judoka is advised to observe the following six Golden precepts: (1) After practice to bathe his entire body. (2) If overall bathing facilities are not available he should wash his entire body with cold water and afterwards rubbing vigorously with a dry towel until he is perfectly dry. (3) Gargle well with warm or cold water and thoroughly clear his nostrils of any very dust which may have entered them from the match during practice. (4) In winter, since there is always risk of catching cold if the judoka is wearing soiled and cold judogi, after practice he ought



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immediately to take it off, perform ablutions and dress himself. (5) If soiled and cold judogi is tried in that state, then owing to salinity, dampness is caused and it should therefore without fail be dried after washing. (6) Immediately after practice he should exercise care in eating and lying down. The author interpolates some well meant advice on how to deal with the problem of perspiration!

It may be that for Western readers suggestions are redundant but since not all Western judoka are equally fastidious in matters of personal hygiene I have decided, so as to make assurance doubly sure, to include his remarks under this head. In summer more particularly the judoka after a strenuous bout on the mat is as often as not drenched in perspiration. The author deplores the fact that some judoka in the habit of wiping their faces with the sleeve of their judogi. He urges that this must be stopped not only because it is unseemingly but also because it is dirty. Instead his clean towel should always be used for this purpose. The continual wearing of a sweat soaked judogi is not only harmful to the wearer but tends to rot the judogi. Moreover the wearer of the judogi cannot easily feel fresh and his discomfort in this respect is bound adversely to affect the efficiency

of his practice. Therefore the judoka's judogi should always be kept clean and the habit of wearing soiled judogi he reflects scant credit upon the wearer.

A warning on the subject of rest while engaged in judo practice seems worthy of note. Thus we are told that it is not well from the judoka to rest imprudently; to do so is declared to be harmful in a mental and spiritual sense. No useful purpose to serve the resting longer than is really necessary to recover one's wind. The nervous and muscular stimulation engendered by the judo exercise disappears in the wake of an unduly long rest to the detriment of the efficacy of the judoka's training. Therefore after completing a short rest, the judoka feels no longer fatigued it is better for him to resume practice before the cessation of the nervous and muscular stimulus promoted by reasonable exercise.

As an auxiliary aid to progress in judo was what is called *condo Tandoku-Renshu*, literally "independent practice", i.e. practice solo, only recommended especially when a suitable opponent is not immediately available. As a foundation for the assimilation of knowledge of *waza* and therefore a more rapid progress in the art, it is becoming increasingly popular. It is indeed likened by the author to shadowboxing and bag punching among boxers. It is pointed out in this context that in judo techniques, whatever they may happen to be, in order to make them operate with maximum efficiency attention must always be paid to an important central or focal part or section. If the judoka, independently and adequately trains this essential or focal part, when he is engaged with an opponent in *Randori* he will be conscious of marked improvement in the management of his body (*Taisabaki*), hands and feet which will help to accelerate his progress.

(Editor's comments: Even when I trained in the 1950s the tatamis were made out of straw and sometimes covered with canvas or vinyl. The air was usually full of dust from the tatamis. Dojo's were hot in the summer and cold in the winter. Many players only owned one judogi which was seldom dry between practices and actually smelled and had a slimy feel. I personally have had two judo gi jackets ripped from my body because the material had become rotten. Hygiene in the dojo was a difficult problem.)

-End -



# What Makes A Policeman?

Way back in the day when I became a police officer trainee, I assumed that the Department would train me to do the job. Well, they did, kinda. But I had special problems. I was in the very first training class. Just entering the class required 45 hours of college. Police candidates who joined the force with only a high school background didn't think college kids could fight.

I had wrestled for four years at K-State for coach Fritz Knorr as a meat guy. I'd fight anyone's favorite bear -- just throw us into a sack together and let me do my thing. I tend to be chubby and very vocal. Early on I discovered that I was either going to shoot a lot of people or learn something that no one else knew.

I went to several Karate schools of different styles, but at every class I observed an instructor hit a student to make a point. Had I been one of those students, about the second time they did that to me I'd be getting my .45 out of my truck glove box and returning to tell the instructor, "Karate this, sucker!" This would not do either one of us any good, so I nixed Karate schools from my quest for street-applicable martial arts knowledge. I almost joined an aikido class, but it appeared that it would take me ten years to get good enough with aikido to use it in the street.

I stumbled across the Tamura Judo Institute and dropped in to watch a kids' class. Sensei Tamura was teaching 15 five-year-olds. He never raised his voice nor touched them. They were sweating like little pigs, working hard and obviously enjoying what they were doing. I decided then and there that Tamura Sensei could teach me Judo and signed up.

I was disappointed in my first class. Sensei insisted on teaching me Heike-ryu JiuJitsu. I wanted to learn the same Judo that others on the mat were doing. That looked like fun. But Sensei insisted that I learn Heike-ryu instead. Boring.

Arguing with Sensei about this matter was like screaming at a brick wall. Maybe Karate students can work with brick walls, practice breaking them while screaming KIAI!, but this didn't apply to me or Judo or the situation. So I bit my tongue and diligently studied Heike-ryu JiuJitsu for three months before Sensei allowed me to do Judo.

After about three months of Judo training I noticed a couple of things happening in my police work. First, there was always an adrenaline rush when I won or survived a scuffle. I no longer experienced that rush outside of Judo. Actually I told a perpetrator who wanted to resist that if he got my uniform dirty I would be very angry and probably hurt him. Suspects that I had to physically engage seemed to be moving in slow motion compared to what I saw twice a week in Judo class. It was becoming harder to goad suspects into fighting with me, even to avoid arrest. One man that I arrested confessed that resisting didn't seem smart.

In 31 years with the police department I used my training only a handful of times; each occasion could have had resulted in serious consequences for me without my Judo/Jujitsu training. That preparation also kept my belly to a controllable size.

Judo and most Jujitsu are about control. That is what police work is all about. I believe that every law enforcer should study Judo to at least black belt level. The time it would take for that is about the same as the average patrol officer's tenure to making sergeant or detective. Every officer that I had the honor to train in Judo and Jujitsu will agree that their training helped them become better police officers on the street. But I didn't get to train many. Training cops is like herding cats! They'd watch martial arts on TV and assume that they already know how to do perform them. This attitude prevailed from the chief down to the rookie patrolman. The only way to circumvent that attitude is to go over their heads. Convincing the mayor or town council that Judo/jujitsu needs to be included in officer training more likely would obtain results.

Judo is the very best training for officers because it includes standing as well as groundwork and does not require seriously incapacitating blows. Officers good at hand-to-hand encounters will wait longer before using their firearms.

## E. E. Carol' Bio



E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kaufman, Texas, where he is terrorized by seven-year-olds. He holds 5th dan judo and 3rd dan jiu-jitsu ranks.



# Martial Arts and Judo Injuries

At some point in time any Judoka, myself included has experienced some sort of injury while practicing Judo that has sidelined them for many months. It is safe to say that this occurs in many other Martial Arts practice as well as participation in any other physical sport also. Many of these injuries occur when we are young, and youth gives us the advantage to work thru the aches and pains and continue training. The old time Martial Art Warrior Mentality and the idea of "no pain-no gain" is in my opinion a primitive way of training, that can surely come back to haunt you when you are older. Pain is a signal that the body gives of screaming something is wrong and that we should attempt to rest and heal, or at least change the methods of training that we are involved in. The primitive idea that we should continue to train with injuries we now find is very detrimental to our physical being in our later years. We must now learn to become more scientific in our training and try to develop a body that is efficient to the Martial Art that we are participating in.

The human hand was not made to punch hard inanimate objects at full force to brake them apart. The badge of courage to have knuckles that are swollen and calcified from years and years of makiwara training or hitting stones, rocks or pebbles is very antiquated in my opinion. The human knee and elbow joints were not made to throw thousands of kicks and punches at air, locking out the joints in mid air destroying the joint a movement at a time. Thank goodness someone figured out that striking into a bag or pad will slow down energy, thus preventing the joints from locking out and virtually eroding ligaments, cartilages, and bone away. Most old time hard style Karateka that I know now need knee, and hip replacements as well as torn bicep and elbow tendon surgeries for repair. I know this, because I am one of them.

The Judoka has some special types of injuries as well. The human body was NOT made to be lifted quickly and thrown over head six feet through the air to crash on real tatami that was straw reeds tied together and then covered with a canvass, but felt like landing on concrete. Add a human body on top in a makikomi style throw and the energy was left in the body of the poor Uke being thrown. Thank goodness for the development of the new mat systems as well as the crash mats to assist the Judoka in preventing severe injury from being slammed as well as whiplash type trauma to the cervical area. Many Judoka in their later years suffer from severe arthritis in their backs and necks as the result of too many slamming falls without the aid of the newly developed crash mat training. I know this, because I am one of them.

This brings us to the human neck. The human neck is meant to hold up the human head and not to be whipped around causing repetitive whiplash action while being thrown or having the head hit the mat; bending the neck in positions it was not supposed to go. Worse than that are the shime waza techniques that push our tracheas to tickle our spinal columns or have the left and right carotid arteries shaking hands with each other while being crushed by a pair of thighs via Sankaku Jime or other Triangle type chokes. I believe one of the most dangerous chokes out there today, that is prevalent in BJJ as well as MMA is the Gioultine Style chokes which not only pull and spread the vertebrae apart, but by the action of dropping to the ground and crushing the trachea and windpipe in, will surely do severe damage to the human neck and or spine. I cringe when I see these chokes applied in MMA and feel that at some point in time someone will snap a neck and the opponent will either die on the mat or become a vegetable for the rest of their life. In my humble opinion, development of the neck muscles is as important as conquering Ukemi Waza in Judo. It is my personal opinion that Shime Waza should not be taught to juniors under the age of sixteen and below brown belt level because the neck of a young Judoka is not as developed to absorb the energy of a choke that is cranked on very quickly in the heat of competition. Additionally, a young Judoka under sixteen may not have the mind set to understand that Shime Waza can kill an opponent when placed on in an improper manner or with excessive force. The same logic should apply for joint locks as well. I feel at age sixteen and at brown belt level, the young Judoka has put in numerous years of experience in Judo and has the development of a Judo body that will hopefully offset his ability to injure another Judoka or themselves. For older middle aged Judoka, I read an article that application of carotid artery style chokes may dislodge plaque in an artery and cause a blockage. I am really not sure if any study on this has been done, but the theory can make sense, in that older Judoka need not engage in severe blood choking techniques. in that they may have developed plaque over years in their arteries.

This brings us to the human elbow joint. The elbow is the cross road of many nerves that extend from the neck to the human hand. It is a very complex area of the body and only the most experienced hand surgeons will tackle problems with the elbow. The elbow joint was not made to be bent back in a manner to dislocate it stretching tendons, ligaments, and tearing muscles attached. This action can also be cause



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of many injuries to the wrist as well. These joints are not made to be tortured time and again by excessive force cranking them into positions they were not made to be in. This is surely an easy way to plant seeds for arthritis to set in as the years go by. I know this, because I am one of them.

We cannot leave out the knee, ankle, and shoulder joints. Turning left and right with or feet planted is the highway to hell tearing up ACL, LCL, meniscus, patella tendons and knee joint dislocations. The ankle can additionally be destroyed as well and a tearing of the Achilles tendon is one of the most painful injuries to endure with a just about guaranteed surgical approach to healing, as well as a year of therapy. The shoulder enjoys being slammed on constantly and rotator cuff injuries become prevalent to this joint as well. Most importantly, many of these injuries can end a professional sports person's career, and needless to say will easily force a Judoka to hang up their Gi. Don't forget the by-product we call arthritis which just loves to eat up knee, ankle and shoulder joints. I know this, because I am one of them.

And last but not least, we have the digits and the toes. Who has not been on the mat and has not stubbed their toe into a leg or the mat while attempting a foot sweep? Who has not had their toes stepped on while attempting to be thrown thus breaking or dislocating several toes in one shot. I personally broke four toes in one class. We go home, pull them straight and tape them so we can train again. This is the Judo way and is just a minor bump in the road. My toes can wave at you in all different directions. The human fingers are not meant to be pulled out of joint, dislocated, bent backwards, or stretched from side to side while engaged in grip fighting. Very recently, the lovely Marti Malloy who I am a very big fan and supporter of, posted photos of her fingers after a Judo practice. It was obvious they were severely injured and she would be paying the price for these injuries in the years to come. I look at the hands of international fighting Judoka I know or have met personally such as Travis Stevens and Gary St. Leger. Respectfully, their finger joints have become grossly disfigured from constant dislocations or breaks. I understand this is apart of paying your dues and a by product of sport Judo training, but at age fifty I feel it is important for them to be able to open a door, comb their hair or brush their teeth. Oh, did I forget to mention our friend arthritis who will rear its ugly head in every finger joint in the hand as well. I know this, because I am one of them.

In closing, I must profess I have loved Judo more than any other sport since 1970. I would like to be involved in it way beyond age seventy, but I know it will never happen. Improper and antiquated training will prevent this. Worse than that, never letting my injuries heal, masking pain with anti-inflammatory over the counter drugs, never icing the injury properly, never resting in my youth, and always trying to work through the pain has defeated me. I am currently recuperating from a knee replacement surgery more than eight months ago. I have a severe deficit in extension and flexion. I have a back and neck full of arthritis and see a chiropractor for adjustments. The future will hold a back surgery in all probability as well. I wish I knew then what I know now. I wish I had some to tell me slow down and don't train today or limit your training without doing this or that. I wish some told to me to go ice down and not train for two weeks. We trained like maniacs in an antiquated manner and continued in this fashion for many years.

Today, we have become more scientific in our training, have better mats and crash pads to limit the energy in our ukemi, and hopefully train to develop or necks, knees, core and other bodily joints. Develop a Judo body. I have found out the hard way, that training while injured, training without rest, masking pain with drugs is clearly detrimental to the human body in the long run. I stand by the argument that Judo is one of, if not the toughest Martial Art on the planet. Maybe today MMA, which is just insane will be taking over soon. Having another human being drop elbows on my head while it is pressed against a mat delivering foot pounds of energy into my brain, is not my idea of a fun evening. These people will surely have scrambled eggs for brains by the time they are fifty. As Mickey Mantle one said, "If I knew I was going to be this old, I would have taken better care of my body." There is much truth to that statement that was said in jest.

I do not profess to having a medical degree, but have learned from common sense that our bodies were not made to do some of the things we ask it to do. Take care of your body. Train it, develop it and listen to it when it tells you to slow down or stop. I am feeling my training days are a thing of the past. The older I get, the better I was. I know this, because I am one of them.....

**Louis A. Balestrieri, Coach**  
Montgomery Judo Academy



## Alex learns about Mahopac

Mahopac Judo & Ju-Jitsu Club

#917-821-3857

333 Buckshollow Road, American Legion Hall, Mahopac, NY 10541

mahopacjudo@aol.com



# MAHOPAC



### 1 ) Are you a competitive club?

We, are not a Competitive Club...The Students go to a few tournaments a year.

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

The Classes are held on Tues & Thurs: Kids Judo Class @4:45 - 5:30PM, Adults Ju-jitsu & Judo Class @5:30-6:45 PM.

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

We do teach Japanese Ju-jitsu.

### 4 ) If some one wanted to come and visit your club how much would the mat fee be?

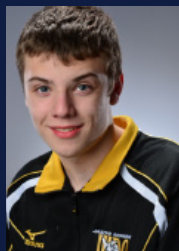
There is no, mat and fee.

### 5 ) Do the members socialize out side the dojo?

Yes, on occasion students do socialize out side the dojo.



### 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.

# Ashley Interviews Everet Desilets



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

I practice judo 12 times a week for 1:30-2 hours each.

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

I gave up partying, bad eating habits, some free time.

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

What I could do differently is to practice all my throws to the left and right.

**4. What is your favorite gi brand?**

Mizuno is my favorite Judo brand.

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

My goals are to become a World and Olympic champion and after I retire to expand my knowledge to other judokas.



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

One of the funniest moments would have to be facing a team mate and putting a show on for the crowd.

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

One of my proudest moments was placing at junior worlds for my first time going and my saddest moment would have to be losing in the 3rd round of junior worlds for my last year.

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

I watch my diet before completion.. Run 4 miles every morning And just get to practice even if I'm tired or don't want to go.

**9. How has judo changed over the years?**

Judo changed a lot since the leg grabs disappeared and the grip fighting changed. I think the rules should have never changed because I use to love throwing my opponent in the air with a leg grab.



**10. What advice would you give to a person just starting out in the sport?**

My advice would be to just have fun and only start at your pace not anyone's else's it's your career. Love the sport so you don't have any regrets.

**11. What is your most fond memory of judo?**

My favorite fond moment was hanging out with my two favorite judokas from Japan both multiple times world champion Takato Noahisa and Ono Shohei at junior world's.

# Ashley Interviews Everet Desilets

12. If you could have changed one thing about your past judo career what would you have changed?

I would change putting more effort in my training and not relying on my talent for the last year I was competing for my last junior world's

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

My advice to you would be for you to think how bad do you want to win and what would you do to become that champion that you see in yourself. Judo is a marathon not a sprint race so don't give up when you're on your face just get up and give it your all. Not everyone is going to be a Olympic champion but everyone can be the best they can be



## 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.



## Upcoming Events

### Coach certification Clinic

Come to the Clinic and learn how to be Certified and receive your Coach Certification after lessons and testing.

**Event Type:** Clinic  
**Start Time:** 11/02/2014 9:00 AM  
**End Time:** 11/02/2014 4:00 PM  
**Competition:**  
**Level D Local:** Local  
**Sanction(s):** 14-095

**Club Name:** School of Hard Knocks Judo Club  
**Contact:** Andrew Connelly  
**Location:** SOHK Judo Club  
**Address:** 25770 Interstate 45 Suite 106  
**City:** Spring  
**State:** TX  
**Zip:** 77386  
**Phone:** 281-292-1882

### Team Championship

Hosted by Tomodachi Judo Club the Team Championship is an event attended by approximately 150 participants and is a great place to experience the thrill of competition and the anticipation of learning

**Event Type:** Tournament  
**Start Time:** 11/08/2014 8:00 AM  
**End Time:** 11/08/2014 7:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 14-063

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

### UT Martial Arts Club Annual Judo Tournament

Current IJF Rules. Additional rule modifications may be made at the discretion of the Tournament Director with consultation from the Chief Referee.

**Event Type:** Tournament  
**Start Time:** 11/08/2014 9:30 AM  
**End Time:** 11/08/2014 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Local  
**Sanction(s):** 14-052

**Club Name:** U Of TN Judo Club  
**Contact:** Michael Takata  
**Location:** Health, Physical Education & Rec Bldg  
**Address:** 1914 Andy Holt Blvd  
**City:** Knoxville  
**State:** TN  
**Zip:** 37996  
**Phone:** 865-300-6453  
**E-mail:** [mtakata@mindspring.com](mailto:mtakata@mindspring.com)



## Upcoming Events

### 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

### Referee Clinic

Content: Judo Refereeing & Competition Rules, with emphasis on IJF Refereeing & Competition Rules Modifications for 2013-2016. Local/Regional USJA certification testing will be available at the conclusion of the Clinic.

**Event Type:** Clinic  
**Start Time:** 11/15/2014 8:00 AM  
**End Time:** 11/15/2014 12:00 PM  
**Competition:** -  
**Level D Local:** Regional  
**Sanction(s):** 14-098

**Club Name:** Ogden Judo Club  
**Contact:** David Overbury  
**Location:** Ogden Judo Club  
**Address:** 17034 Bellflower Blvd.  
**City:** Bellflower  
**State:** CA  
**Zip:** 90706  
**Phone:** 562-522-6038

### Reraku Waza Clinic & Proper Gripping Strategies

This will be an excellent Clinic on STRATEGIES to improve entry to competitive Tachi Waza. This will also be great for Coaches to take back to your Dojo's.

**Event Type:** Clinic  
**Start Time:** 11/15/2014 9:30 AM  
**End Time:** 11/15/2014 6:00 PM  
**Competition:** Junior, Senior  
**Level D Local:** Regional  
**Sanction(s):** 14-097

**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



## Upcoming Events

### 12th Annual Red, White, & Blue Classic

Kata competition begins at 10:00 A.M. Opening ceremonies will be 11:30 with Master & Junior competition to follow. Come join us to have fun, learn and improve your skills.

**Event Type:** Tournament  
**Start Time:** 11/15/2014 9:00 AM  
**End Time:** 11/15/2014 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 14-075

**Club Name:** Marion Pal Club Judo  
**Contact:** Bruce Bender  
**Location:** St Paul Parish School  
**Address:** 1009 Kem Road  
**City:** Marion  
**State:** IN  
**Zip:** 46952  
**Phone:** 765-669-2595

### Judo for Self Defense

Thomas Moreau will be the head clinician. He will teach all aspects of judo application for self defense. The Clinic will include Nage waza, Ne waza, Shime waza, Kansetsu waza & Atemi waza.

**Event Type:** Clinic  
**Start Time:** 11/22/2014 10:00 AM  
**End Time:** 11/22/2014 1:00 PM  
**Competition:** -  
**Level D Local:** State  
**Sanction(s):** 14-094

**Club Name:** Moreau's Training Center  
**Contact:** Thomas Moreau  
**Location:** Moreau's Training Center  
**Address:** 1 A Rockingham Rd  
**City:** Londonderry  
**State:** NH  
**Zip:** 03053  
**Phone:** 603-421-4753

### Nakabayashi Judo Championships

Come and join us for the Nakabayashi Judo Championships 2014. Competition will involve Junior, Senior and Master Players. Awards will be presented for 1st, 2nd & two 3rd Places. Perpetual Team Trophy awarded to the Club scoring the most points.

**Event Type:** Tournament  
**Start Time:** 11/30/2014 8:30 AM  
**End Time:** 11/30/2014 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Regional  
**Sanction(s):** 14-087

**Club Name:** Bronx Judo  
**Contact:** George Pasiuk  
**Location:** Salesian High School  
**Address:** 148 East Main St  
**City:** New Rochelle  
**State:** NY  
**Zip:** 10801  
**Phone:** 914-413-9944



# USJA Local and Regional Referee Certification

## New Minimum Ages, 9/30/14

In an effort to expand the pool of referees and develop an interest at an early age we are pleased to announce the following updates to our program which have recently been approved by the USJA's Board of Directors

**Club Referee:** Learns to referee in the dojo and at club events, under the supervision of a *club instructor and/or a certified referee (Regional/National/International)*. No minimum rank requirement. Minimum age is 10 years. USJA certification is optional. Certification requires written test, practical test and fee (\$30 or as specified) payable to USJA.

*Club Referees under the age of 17 shall be always be under the supervision of at least one certified Regional, National or International referee.*

Any Club Referee 10-16 years of age can referee within his/her own age group (i.e., a 10-12 year old Club Referee can referee 12 year old & under division matches; a 13-16 year old Club Referee can referee 16 year old and under division matches). Club Referees 17 years and older can referee all age/rank division matches, also under the supervision described above.

Certification as a Club Referee, if obtained, or approval of the head Instructor and a *certified referee (Regional/National/International)*, allows a Club Referee to begin officiating and training as a Junior/Novice Referee at Local and Regional tournaments and scrimmages at the Junior Referee minimum age of 10. (Novice Referee designation refers to age 17 and older.)

**Junior/Novice Referee:** Referees at Local & Regional tournaments and scrimmages. No minimum rank requirement. Minimum age is 10 years for Junior Referee. USJA certification is optional. Certification requires written test, practical test and fee (\$30 or as specified) payable to USJA.

Any Junior Referee (10-16 years of age) can referee within his/her own age group (i.e., a 10-12 year Junior Referee can referee 12 year old & under division matches; a 13-16 year old Junior Referee can referee 16 year old and under division matches). Junior/Novice Referees shall officiate under the supervision of certified Regional, National and/or International referees. Novice Referees 17 years and older can referee all age/rank division matches, also under the supervision of certified Regional, National and/or International referees.

The head referee on each mat (Jury) shall be responsible to ensure that a Junior/Novice Referee works on a team (team = referee + 2 judges) with certified (Regional/National/International) referees. At the discretion of the Jury and/or Chief Referee, a Junior Referee may be allowed to officiate matches in the next higher age group (i.e., a 10-12 year old Junior Referee may referee 16 year old and under division matches; a 13-16 year old Junior Referee may referee division matches of any age or rank) if that individual demonstrates the maturity and ability to do so to the Jury, based on that day's performance.

**Local Referee:** Referees at local and regional tournaments and scrimmages. Certification required (written and practical test, fee (\$30 or as specified) payable to USJA). No minimum rank requirement. Minimum age of 12 years.

*The head referee on each mat (Jury) shall be responsible to ensure that a Local Referee under the age of 17 works on a team (team = referee + 2 judges) with certified (Regional/National/International) referees. A local referee 12-16 years of age requires approval (and supervision) of Jury and/or Chief Referee to officiate in 17 year and older division matches).*

**Regional Referee:** Referees at local, regional and state tournaments and scrimmages. No change to current minimum age of 15. No minimum rank requirement. A Regional Referee can referee all age/rank divisions. Certification required (written and practical test, fee (\$30 or as specified) payable to USJA).



## USJA Local and Regional Referee Certification New Minimum Ages, 9/30/14

**General Requirement:** All youth referees (under the age of 17) referenced above shall be accompanied on the mat by judges who are certified Regional, National or international referees, and shall be supervised by national or international Jury (head referee on the mat) at all tournaments and scrimmages.

The youth referee's authority shall be limited to conducting and scoring the match. All decisions affecting the safety of the competitors shall be the responsibility of the adult oversight (certified judges and Jury).





# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Christian Bova
- ★ Michael Bricker
- ★ Cody Eisenberg
- ★ Jaime Perez
- ★ Michael Quiles
- ★ N'Jameh Samuels Ford
- ★ Nicole Sasso
- ★ Chris Seistrup
- ★ Keith Shoji
- ★ Tory Strege
- ★ Kenneth Weiss II

### Nidan

- ★ Marcus Miller
- ★ Mathew Popham

### Yodan

- ★ Justin Breese

# USJA

### Current USJA Membership Statistics:

Active Annuals:	6,305
Active LM's:	1,312
Total Active USJA Members:	7,617



## From our friends at



### Judo Becoming a Big Success at the Largest Sporting Event for People with Disabilities in the Western US

*For a second year in a row the Blind Judo Foundation provided Judo introductions and coaching at the annual DisAbility Sports Festival in San Bernardino, CA. More than 700 athletes of all ages, with various disabilities, including amputees, the blind and visually impaired, had the opportunity to experience sport of Judo.*



The Blind Judo Foundation reached out to a southern California friend of the Foundation, Sensei Walter Dean who like last year's DisAbility Sports Festival provided the leadership implementing the "on-mat" introductions and instructions where all who attended had their first experience with Judo incorporating their respective disabilities.

Sensei Dean was not alone in the tasks before him. He was able to corral another well know Judo Coach and President of the US Judo Association, Sensei Gary Goltz to help make a difference with all who participated in the Judo session. Sensei Goltz also convinced some of his Judo athletes from Goltz Judo Club to once again travel to San Bernardino, give up their Saturday and help make a difference in the lives of all who were willing to step on the mat, experiencing the enhancement and empowering sport called Judo.



Members of the Goltz Judo Club who participated last year and some newer members had the opportunity to influence the disabled through hands-on attention and personal instruction. The supporting Judoka (Judo athletes) included Mckenzi LaMott, Marvin Varela, Jovany Varela, Kevin Herr and Spencer LaMott

There is a video as part of this Press Release where Sensei Goltz captured the essence of the day and where Dr. Aaron Moffett creator of the Festival so succinctly captured the value of Judo for the disabled.

The reason Judo is now a part of the DisAbility Sports Festival at CSUSB is due to the efforts of Howard Brodwin, Principal of Sports and Social Change and an Associate of the Blind Judo Foundation. Sports and Social Change provides marketing and sponsorship support for the DisAbility Sports Festival and as an advocate for the adaptive sports community Howard was instrumental in bringing Judo to this event.

Dr. Aaron Moffett, Professor of Kinesiology at CSUSB and founder of the DisAbility Sports Festival said "The sports offered at the DisAbility Sports Festival emphasizes awareness of what a disabled person can do to reach their potential, from training in a sport like Judo being able to set new heights in their lives." This year had exceptional attendance and fun for all.

#### About us:

The Blind Judo Foundation is a nonprofit 501(c) (3) organization that introduces and trains blind and visually impaired children, young adults and returning blind and visually impaired military men and women in the sport of Judo. Supporting our blind athletes to train, travel and compete relies upon tax-exempt donations.

All members of the Blind Judo Foundation are volunteers. A select few of our elite athletes go on to represent the USA as members of the US Paralympic (not to be confused with Special Olympics) Judo Team. Check out the Foundation and our Facebook page at <http://www.facebook.com/BlindJudoFoundation> or by contacting Ron C. Peck at [roncpeck\(at\)blindjudofoundation\(dot\)org](mailto:roncpeck(at)blindjudofoundation(dot)org) and 1-425-444-8256.





## From our friends at



The 2014 National Collegiate Judo Association Championships served as the selection event for the upcoming 2015 World University Games in Gwangju, Korea. The Summer Games is from July 3-14, 2015 and is expected to have 550+ USA team members participating in 21 sporting events. The Universiade, is an international multi-sport event organized for university athletes by the International University Sports Federation (FISU). The Universiade is held every two years and represents both winter and summer competitions.

National Collegiate Judo Association  
USA World University Games  
Official World University Games site

<http://www.ncjajudo.org>  
<http://www.wugusa.com/summer-games/>  
<http://www.gwangju2015.com/>

### 2015 USA Judo World University Games team

#### Women's Team

48 kg Anne Suzuki  
52 kg Elaine Ramos-Tandjung  
57 kg Alisha Gales  
63 kg Caroline Patton  
70 kg Sophia Swain  
78 kg Elizabeth Posey  
+78 kg Ronny Elor

#### University

UC Berkeley  
San Jose State University  
San Jose State University  
United States Military Academy  
San Jose State University  
United States Military Academy  
San Jose State University

#### Men's Team

60 kg Brent Yasukochi  
66 kg Tyler King  
73 kg William Inserra  
81 kg Matthew Ogata  
90 kg Colton Brown  
100 kg LA Smith  
+100 kg Raj Sidhartha

San Jose State University  
United States Military Academy  
San Jose State University  
San Jose State University  
San Jose State University  
San Jose State University  
San Jose State University

#### Men's Coach

Shintaro Hakano

San Jose State University

#### Women's Coach

Marty Malloy

San Jose State University

#### Team Manager

Bob Perez

Texas A&M University

#### Assistant Team Manager

Dan Lorenzen

United States Military Academy



## From our friends at



### Men's Team

Brent Yasukochi, 60kg  
San Jose State University.  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #5

Tyler King, 66kg  
Southeast Missouri State Univ.  
2014 National Collegiate Judo Silver Medalist  
USA Judo roster ranked #17

William Inserra, 73kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #14

Matthew Ogata, 81kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #14

Colton Brown, 90kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #2

LA Smith, 100kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #6

Raj Sidhartha, 100kg+  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #13

### Women's Team

Anne Suzuki, 48 kg  
UC Berkeley  
2014 National Collegiate Champion  
USA Judo roster ranked #3

Elaine Ramos-Tandjung, 52 kg  
San Jose State University  
2014 National Collegiate Champion  
USA Judo roster ranked #7

Alisha Gales, 57 kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #3

Caroline Patton, 63 kg  
United States Military Academy  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #7

Sophia Swain, 70 kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #2

Elizabeth Posey, 78 kg  
United States Military Academy  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #6

Ronny Elor, +78 kg  
San Jose State University  
2014 National Collegiate Judo Champion  
USA Judo roster ranked #2

### Men's Coach

Shintaro Nakano  
San Jose State University

### Women's coach

Marti Malloy  
San Jose State University  
2012 Olympic Bronze medalist

### Team Manager

Bob Perez,  
Texas A&M University  
2014 NCJA Coach of the Year  
2011 WUG Coach

### Assistant Team Manager

Dan Lorenzen  
United States Military Academy  
Director of Combatives and Coach West  
Point Judo Team



# Morris Cup



The following are the results for the Morris Cup 2014 Judo Championship held at Burnt Hills-Ballston Lake High School, Burnt Hills, NY

## Junior Category Divisions:

### Girls 7-8 yrs. 23 kg.

- |                      |                      |
|----------------------|----------------------|
| 1. Tatiana Iriazzary | New London           |
| 2. Keath Berliner    | Cumming Martial Arts |

### Girls 7-8 yrs. 27 kg.

- |                     |                          |
|---------------------|--------------------------|
| 1. Brianna Tabicas  | Takigawa Judo            |
| 2. Julia Shvartsman | Cohens Judo Club         |
| 3. Hanna Stoitchkov | Jason Morris Judo Center |

### Girls 7-8 yrs. 32 kg.

- |                          |                          |
|--------------------------|--------------------------|
| 1. Leilani Isel-Register | Jason Morris Judo Center |
| 2. Esther Ribeiro        | War Memorial Judo        |
| 3. Julia Shvartsman      | Cohens Judo Club         |

### Girls 9-10 yrs. 27 kg.

- |                       |              |
|-----------------------|--------------|
| 1. Brooke Ellis       | Mayo Quanchi |
| 2. Celine Bouyssou    | Mayo Quanchi |
| 3. Alissa Caltigirone | Mayo Quanchi |

### Girls 9-10 yrs. 32 kg.

- |                    |              |
|--------------------|--------------|
| 1. Bridget Boehlke | Tohoku Judo  |
| 2. Celine Bouyssou | Mayo Quanchi |
| 3. Eve Apreletti   | Mayo Quanchi |

### Girls 9-10 yrs. 37 kg.

- |                      |                      |
|----------------------|----------------------|
| 1. Skylar Hattendorf | Mayo Quanchi         |
| 2. Esther Ribeiro    | War Memorial Judo    |
| 3. Sophia Mates      | Middletown Judo Club |

### Girls 9-10 yrs. 42 kg.

- |                    |             |
|--------------------|-------------|
| 1. Emma Blake      | Asahi       |
| 2. Brooke Johnston | Asahi       |
| 3. Sofia Choqri    | Tohoku Judo |

### Girls 9-10 yrs. +42 kg.

- |                        |           |
|------------------------|-----------|
| 1. Stefania Oudovikine | Taifu     |
| 2. Arianna Menendez    | Tech Judo |

### Girls 11-12 yrs. 32 kg.

- |                   |                      |
|-------------------|----------------------|
| 1. Anna Zhitareva | Taifu                |
| 2. Emma Mates     | Middletown Judo club |
| 3. Anne Bartish   | Chu To Bu            |





# Morris Cup

## Girls 11-12 yrs. 37 kg.

1. Skylar Hattendorf
2. Alexa Silao

Mayo Quanchi  
Jason Morris Judo Center

## Girls 11-12 yrs. 42 kg.

1. Mckenzi Samuels
2. Alexa Silao
3. Skylar Hattendorf

Jamie Towers Judo Club  
Jason Morris Judo Center  
Mayo Quanchi

## Girls 11-12 yrs. 47 kg.

1. Daniella Torres
2. Gabby Williams
3. Olivia Brum

Guttenberg Judo  
Chu To Bu  
Blue fawn

## Girls 11-12 yrs. +52 kg.

1. Deisha Fry
2. Rachael Krapman
3. Stefania Oudovikine

Mayo Quanchi  
Upper Canada  
Taifu

## Girls 13-14 yrs. 47 kg.

1. Victoria Goncalves
2. Skylar Cummings
3. Olivia Gillis

Total Form Fitness  
Mayo Quanchi  
Asahi

## Girls 13-14 yrs. 52 kg.

1. Dominique Domingo
2. Olga Parovyk
3. Sarah Sparkes

Mayo Quanchi  
Taifu  
Asahi

## Girls 13-14 yrs. 58 kg.

1. Yasmine Nadon-cloutier
2. Sierra Tanner

Montreal Metropolitan  
ATC Judo

## Girls 13-14 yrs. 65 kg.

1. Rene Romantowski
2. Katrina Liberman

Team Link Judo  
Neutral Ground

## Girls 15-17 yrs. 48 kg.

1. Victoria Goncalves
2. Laurie Monette

Total Form Fitness  
Boucherville

## Girls 15-17 yrs. 52 kg.

1. Yumi amal Bellali
2. Anais Boyer

Club Judo Shidokan  
Dojo Perro Shimat

## Girls 15-17 yrs. 57 kg.

1. Bianca Parisee
2. Anne-claire Paquin
3. Erin Reim

Sept-Iles  
Montreal Metropolitan  
Club Judo Shidokan

## Girls 15-17 yrs. 63 kg.

1. Madison Montgomery
2. Willessa Rivera

Ruben Martin Training Center  
Mayo Quanchi

## Girls 15-17 yrs. 70 kg.

1. Kira Fusch
2. Erin Bursey
3. Natasha Torres

Kawasaki Rendokan  
Torakai  
Camal

## Girls 18-20 yrs. 48 kg.

1. Marie Besson
2. Laurie Monette
3. Laurence Thiffault

Albatros  
Boucherville  
Judokas of Jon Quiere

## Girls 18-20 yrs. 52 kg.

1. Dominique Domingo
2. Olga Parovyk
3. Kristen Kadooka

Mayo Quanchi  
Taifu  
Mayo Quanchi

## Girls 18-20 yrs. 63 kg.

1. Bianca Parisee
2. Madison Montgomery

Sept-Iles  
Ruben Martin Training Center

## Girls 18-20 yrs. 70 kg.

1. Alina Fusch
2. Mikayla Latimer
3. Erin Bursey

Kawasaki Rendokan  
Nova Scotia  
Nova Scotia

## Girls 18-20 yrs. 78 kg.

1. Alina Fusch
2. Emily Witherow

Kawasaki Rendokan  
Ottawa

## 5-6 yrs light weight

1. Adrian Cohen
2. Malia Ellis
3. Elysia Ayala

Cohens Judo Club  
Mayo Quanchi  
Takigawa Judo

## 5-6 yrs Middle Weight

1. Noah Fathalla
2. Fajer Choqri
3. Mayasaa Choqri-hamarani

Georgian Wrestling School  
Tohoku Judo  
Tohoku Judo

## 5-6 yrs Heavy Weight

1. Nickita Tretiacov
2. Alex Udebashvili
3. Matthew Molchanov

Taifu  
Taifu  
Taifu

## Boys 7-8 yrs. 23 kg.

1. Peyton Ellis
2. Michael Mulokandov
3. Maximus Morse

Mayo Quanchi  
Taifu  
New London

## Boys 7-8 yrs. 27 kg.

1. Anatoly Fidelman
2. Torre Samuels
3. Alirizo Kahramonov

Samir Judo  
Jamie Towers Judo Club  
Samir Judo



# Morris Cup

## Boys 7-8 yrs. 32 kg.

1. Gabriel Bouyssou
2. Fabian Delorbeiii
3. David Avshalumov

Mayo Quanchi  
Jamie Towers Judo Club  
Combat Judo

## Boys 7-8 yrs. 37 kg.

1. Timur Beksultan
2. David Melkonian
3. Gabriel Bouyssou

Combat Judo  
Taifu  
Mayo Quanchi

## Boys 7-8 yrs. +37 kg.

1. Jose Beriguete
2. JuanMendoza
3. Tato Shalamberidze

Jamie Towers Judo Club  
Guttenberg Judo  
Georgian Wrestling School

## Boys 9-10 yrs. 27 kg.

1. Lenny Sheynfeld
2. Daniil Kremerman
3. Viktor Benilov

Combat Judo  
Judo ippon  
Judo ippon

## Boys 9-10 yrs. 32 kg.

1. Benjamin Yankilevich
2. Nicholas Voronetski
3. Lasha Tsatsalashvili

Combat Judo  
Samir Judo  
Taifu

## Boys 9-10 yrs. 37 kg.

1. Daniel Abramov
2. John Smith
3. Vlad Chernov

Combat Judo  
Camal  
Combat Judo

## Boys 9-10 yrs. 42 kg.

1. Gregory Shleyger
2. Nikolai Rodrigues
3. John Smith

Camal  
San Machi  
Camal

## Boys 9-10 yrs. +47 kg.

1. Kosei Cuyler
2. Dylan Greenstein
3. Jose Beriguete

Sport Judo  
Pedros  
Jamie Towers Judo Club

## Boys 11-12 yrs. 32 kg.

1. Joziah Fry
2. Ben Shvartsman
3. Lasha Tsatsalashvili

Mayo Quanchi  
Cohens Judo Club  
Taifu

## Boys 11-12 yrs. 37 kg.

1. Artem Tsishchanka
2. Zakaria Mahmoud
3. Ben Shvartsman

Yawara Force  
Kaizen Judo Club  
Cohens Judo Club

## Boys 11-12 yrs. 42 kg.

1. Alan Shoykhet
2. Benjamin Burt
3. Thomas Escolar

Yawara Force  
Upper Canada  
Club Judo Shidokan

## Boys 11-12 yrs. 47 kg.

1. Dimitri Gamkrelidze
2. Guy Rozenman
3. Timothy Laboundro

Georgian Wrestling School  
Samir Judo  
Tohoku Judo

## Boys 11-12 yrs. 52 kg.

1. Sandro Chaladze
2. Benjamin Levin
3. Michael Short

Georgian Wrestling School  
Samir Judo  
Nova Scotia

## Boys 11-12 yrs. 58 kg.

1. Zachary Southworth
2. Matthew Friedman

Takigawa Judo  
West Hempstead Judo

## Boys 11-12 yrs. +58 kg.

1. Thomaz Grigorian
2. Armen Danielyan
3. Kyle Early

Georgian Wrestling School  
Bushido Kai  
Worcester Judo

## Boys 13-14 yrs. 42 kg.

1. Dontae Dejesus
2. Finley MacLennan
3. Erik Vandersanden

Upper Canada  
Ottawa Judo club  
Upper Canada

## Boys 13-14 yrs. 47 kg.

1. Dontae Dejesus
2. Shawn Michel
3. Trent Svingala

Upper Canada  
Boucherville  
Jason Morris Judo Center

## Boys 13-14 yrs. 52 kg.

1. Sandro Chaladze
2. Daniel Chosack barkay
3. Justin Lemire

Georgian Wrestling School  
Club Judo Shidokan  
Montreal Metropolitan

## Boys 13-14 yrs. 58 kg.

1. Philip Dion
2. Reid Johnston
3. Daniel Shleyger

Judo valle de richlieu  
Asahi  
Camal

## Boys 13-14 yrs. 65 kg.

1. Isaac Oksman
2. Alexandre Arencibia
3. Mark Jang

Kokushikai  
Club Judo Shidokan  
Mayo Quanchi

## Boys 13-14 yrs. +65 kg.

1. Leo Rabinovich
2. Rian Russo
3. Luka Khatelishvili

Brighton Judo  
Pedros  
Taifu

## Boys 15-17 yrs. 55 kg.

1. Joshua Briggs
2. Zacharie Cheng-boivin
3. Shaim Paret

Waka mu sha  
Lycee Claudel  
AMS



# Morris Cup

## Boys 15-17 yrs. 60 kg.

- |                  |                       |
|------------------|-----------------------|
| 1. Alex Troshyn  | Combat Judo           |
| 2. Jacob Valois  | Judokas of Jon Quiere |
| 3. Vincent Miran | Jikan                 |

## Boys 15-17 yrs. 66 kg.

- |                              |              |
|------------------------------|--------------|
| 1. Francois Gauthier-drapeau | Seiko        |
| 2. Adrian Bernal             | Tech Judo    |
| 3. Ethan Vandersanden        | Upper Canada |

## Boys 15-17 yrs. 73 kg.

- |                     |             |
|---------------------|-------------|
| 1. Davit Arakelyan  | Camal       |
| 2. David Daniyelyan | Bushido Kai |
| 3. Naryan Shukle    | Judo Canada |

## Boys 15-17 yrs. 81 kg.

- |                   |                          |
|-------------------|--------------------------|
| 1. Eric Skylar    | Jason Morris Judo Center |
| 2. Jacob Boisvert | Blainville Judo club     |
| 3. John Silva     | Pedros                   |

## Boys 15-17 yrs. 90 kg.

- |                  |                          |
|------------------|--------------------------|
| 1. Eric Skylar   | Jason Morris Judo Center |
| 2. Will Chery    | OSU Judo                 |
| 3. Cody Angevine | Kanokai Judo Club        |

## Boys 18-20 yrs. 60 kg.

- |                   |                  |
|-------------------|------------------|
| 1. Ossama Mahmoud | Kaizen Judo Club |
| 2. Alex Troshyn   | Combat Judo      |
| 3. Vincent Miran  | Jikan            |

## Boys 18-20 yrs. 66 kg.

- |                              |                        |
|------------------------------|------------------------|
| 1. Gueorgui Poklitar         | AMS                    |
| 2. Johan Guertin             | Judo Valle de Richlieu |
| 3. Francois Gauthier-Drapeau | Seiko                  |

## Boys 18-20 yrs. 73 kg.

- |                    |                   |
|--------------------|-------------------|
| 1. Alex Marineau   | Dojo Perro Shimat |
| 2. Yoni Dulitzki   | Liberty Bell      |
| 3. Cameron Burgess | Asahi             |

## Boys 18-20 yrs. 81 kg.

- |                            |                          |
|----------------------------|--------------------------|
| 1. Olivier Gobeil-St-Amand | Seikidokan               |
| 2. Maxim Cote              | Sept-Iles                |
| 3. Eric Skylar             | Jason Morris Judo Center |

## Boys 18-20 yrs. 90 kg.

- |                |                          |
|----------------|--------------------------|
| 1. Eric Skylar | Jason Morris Judo Center |
|----------------|--------------------------|

## Boys 18-20 yrs. 100 kg.

- |                     |                          |
|---------------------|--------------------------|
| 1. Eric Skylar      | Jason Morris Judo Center |
| 2. Joshua Paltielov | Spartak                  |

## Boys 18-20 yrs +100 kg.

- |                    |       |
|--------------------|-------|
| 1. Kenneth Worflar | Camal |
| 2. Agon Kullashi   | NYAC  |

## Senior Category Divisions:

### Women Novice Light

- |                  |                  |
|------------------|------------------|
| 1. Pearl Brooks  | West Point       |
| 2. Aspen Doran   | West Point       |
| 3. Susanna Heidi | US Naval Academy |

### Womens Novice Heavy

- |                   |        |
|-------------------|--------|
| 1. Emily Witherow | Ottawa |
| 2. Katrina Blaus  | Pedros |

### Women 48kg (105.8lbs)

- |                       |                          |
|-----------------------|--------------------------|
| 1. Ashley Hejlik      | Jason Morris Judo Center |
| 2. Victoria Goncalves | Total Form Fitness       |
| 3. Haley Meara        | Jason Morris Judo Center |

### Women 52kg (114.6lbs.)

- |                      |                          |
|----------------------|--------------------------|
| 1. Maria Dhami       | Jason Morris Judo Center |
| 2. Yumi amal Bellani | Bushido Kai              |
| 3. Linouse Desravine | OSU Judo                 |

### Women 57kg (125.6lbs.)

- |                       |                     |
|-----------------------|---------------------|
| 1. Alicia Briggs      | Albatros            |
| 2. Emmanuelle Batisse | AMS                 |
| 3. Andrea Laisure     | West Hempstead Judo |

### Women 63kg (138.9lbs.)

- |                    |              |
|--------------------|--------------|
| 1. Caroline Patton | West Point   |
| 2. Emily Burt      | Upper Canada |
| 3. Paula Sitek     | Penn State   |

### Women 70kg (154.3lbs)

- |                 |                          |
|-----------------|--------------------------|
| 1. Leah Fisher  | Jason Morris Judo Center |
| 2. Sara Roberts | West Point               |

### NoviceMen 73kg

- |                  |                          |
|------------------|--------------------------|
| 1. Paul Martin   | Jason Morris Judo Center |
| 2. Andrew Gugino | Kin Tora                 |
| 3. Frank Lin     | West Point               |

### NoviceMen +100kg

- |                   |                          |
|-------------------|--------------------------|
| 1. Chad Dukes     | Jason Morris Judo Center |
| 2. Michael Rivers | Jason Morris Judo Center |
| 3. Khodadod Kia   | West Point               |

### Men 55kg (121.1lbs.)

- |                  |                          |
|------------------|--------------------------|
| 1. Joshua Briggs | Waka Mu Sha              |
| 2. Zachary Judy  | Jason Morris Judo Center |



# Morris Cup

## Men 60kg (132.2lbs.)

1. Nick Kossor
2. Joseph Martinez
3. Sebastian Ruiz

Jason Morris Judo Center  
Jason Morris Judo Center  
Budokan Judo club

## Men 66kg (145.5lbs.)

1. Bradford Bolen
2. David Harris
3. Robby Schultheis

Jason Morris Judo Center  
Jason Morris Judo Center  
OTC

## Men 73kg (160.9lbs.)

1. Alexander Turner
2. Vincent Marticotte
3. Salama Salem

Jason Morris Judo Center  
Bushido Kai  
Tech Judo

## Men 81kg (178.5lbs.)

1. Tony Sangimino
2. Everet Desilets
3. Olivier Gobeil-St-Amand

Jason Morris Judo Center  
Mayo Quanchi  
Seikidokan

## Men 90kg (198.4lbs.)

1. Max Kafka
2. Igor Lobaz
3. Oleg Lobaz

Pedros  
Combat Judo  
Combat Judo

## Men 100kg (220.4lbs.)

1. Andrew Jacobs
2. Toylimurad Nazarov
3. Ryan Proulx

Cranford  
Georgian Wrestling School  
Dojo Perro Shimat

## Men +100kg (+220.4lbs.)

1. Jean-francois Ouellet
2. Akbar Iminov
3. Peter Stanley

Sept-Iles  
Spartak  
Jason Morris Judo Center

## Masters Category Divisions:

### Men Masters 30-39 81kg

1. Marty Grisanti
2. Chris Cummings
3. Jiyong Jang

Kin Tora  
Mayo Quanchi  
Mayo Quanchi

### Men Masters 30-39 +94kg

1. Chad Dukes
2. Peter Stanley
3. Jonathan Thurston

Jason Morris Judo Center  
Jason Morris Judo Center  
Shinzan

## Brown Belt 73kg

1. Davit Arakelyan
2. Paul Martin
3. Charles Day

Camal  
Jason Morris Judo Center  
West Point

## Brown Belt 81kg

1. Eric Skylar
2. John Silva
3. Dane Oshiro

Jason Morris Judo Center  
Pedros  
US Naval Academy

## Brown Belt 90kg

1. Eric Skylar
2. John Santos
3. Chima Uwazie

Jason Morris Judo Center  
West Point  
US Naval Academy

## Brown Belt 100kg

1. Joshua Paltielov
2. John Norman
3. Michael Whetzel

Spartak  
West Point  
Jason Morris Judo Center

## Brown Belt +100kg

1. Kenneth Wolflar
2. Zeal McGraw
3. John Norman

Camal  
Jason Morris Judo Center  
West Point

## Brown Belt 66kg

1. Alexander Chavez
2. Cameron Shanahan
3. Pete Stanley

Camal  
Jason Morris Judo Center  
West Point



# Morris Cup

## Results by Judo Club

### Point System:

#### Place won | Point Value

1	5
2	3
3	2

Judo Club name	[Total]	# 1	# 2	# 3
1. Jason Morris Judo Center	127	17	10	6
2. Mayo Quanchi	80	9	7	7
3. Taifu	40	3	5	5
4. Camal	39	6	1	3
5. Combat Judo	37	5	2	3
6. West Point	32	2	4	5
7. Georgian Wrestling School	30	5	1	1
8. Upper Canada	23	2	3	2
9. Pedros	19	1	4	1
10. Jamie Towers Judo Club	18	2	2	1
10. Sept-Iles	18	3	1	0
12. Asahi	17	1	2	3
13. Samir Judo	16	1	3	1
14. Kawasaki Rendokan	15	3	0	0
14. Club Judo Shidokan	15	1	2	2
16. Cohens Judo Club	15	1	2	2
17. Tohoku Judo	14	1	1	3
18. Total Form Fitness	13	2	1	0
19. Bushido Kai	12	0	4	0
19. Takigawa Judo	12	2	0	1
21. Spartak	11	1	2	0
22. Albatros	10	2	0	0
22. AMS	10	1	1	1
22. Dojo Perro Shimat	10	1	1	1
22. Yawara Force	10	2	0	0
22. Waka mu sha	10	2	0	0
28. Boucherville	9	0	3	0
29. Guttenberg Judo	8	1	1	0
30. Ottawa	8	1	1	0
30. Tech Judo	8	0	2	1
30. Kin Tora	8	1	1	0
30. Judo valle de richlien	8	1	1	0
30. Kaizen Judo Club	8	1	1	0
30. Ruben Martin Training Center	8	1	1	0
36. Seikidokan	7	1	0	1
36. Nova Scotia	7	0	1	2
36. Seiko	7	1	0	1
36. New London	7	1	0	1
40. US Naval Academy	6	0	0	3
40. War Memorial Judo	6	0	2	0
42. Team Link Judo	5	1	0	0
42. Middletown Judo club	5	0	1	1
42. Chu To Bu	5	0	1	1
42. West Hempstead Judo	5	0	1	1
42. Cranford	5	1	0	0
42. Judokas of Jon Quiere	5	0	1	1
42. Judo Ippon	5	0	1	1
42. Sport Judo	5	1	0	0
42. Kokushikai	5	1	0	0
42. OSU Judo	5	0	1	1
42. Brighton Judo	5	1	0	0
53. Jikan	4	0	0	2

54. ATC Judo	3	0	1	0
54. Liberty Bell	3	0	1	0
54. Lycee Claudel	3	0	1	0
54. Neutral Ground	3	0	1	0
54. Blainville Judo club	3	0	1	0
54. Torakai	3	0	1	0
54. San Machi	3	0	1	0
54. Ottawa Judo club	3	0	1	0
54. New York Athl. Club	3	0	1	0
54. Cumming Martial Arts	3	0	1	0
64. OTC	2	0	0	1
64. Worcester Judo	2	0	0	1
64. Penn State	2	0	0	1
64. Kanokai Judo Club	2	0	0	1
64. Judo Canada	2	0	0	1
64. Shinzan	2	0	0	1
64. Blue Fawn	2	0	0	1
64. Budokan Judo Club	2	0	0	1

### Special Awards:

Nicolas Gill Award (Most Outstanding Sr. Male)  
Alex Turner (JMJC)

Irwin Cohen Award (Most Outstanding Sr. Female)  
Carly Patton (West Point)

Jason Morris Award (Most Outstanding Jr. Male)  
Ben Yankilevich (Combat Judo)

Teri Takemori Award (Most Outstanding Jr. Female)  
Maria Besson (Albatros)

Dave Grimes Award (Potential & Sportsmanship)  
Anatoly Fidelman (Samir Judo)

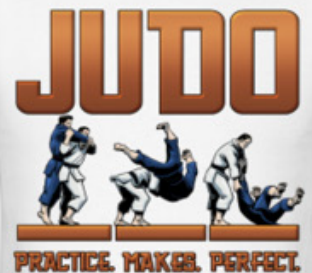
Rene Capo Trophy (Most Inspirational)  
Eric Skylar (JMJC)



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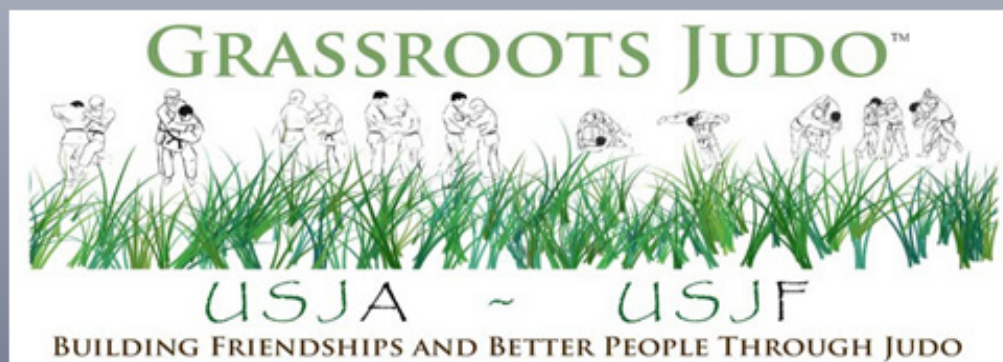
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