

Growing Judo



APRIL 2006
MONTHLY NEWSLETTER OF THE
USJA DEVELOPMENT COMMITTEE

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OUR COVER STORY: CAMP AT MAYO QUANCHI

Last month, we published an article about joint workouts at Amerikan Judo, the fifth-largest club in the USJA. This month, we have photos from a camp at the fourth-largest USJA club, Mayo Quanchi, in Rhode Island. Their weekend competitor camp was attended by 130-150 participants during March 18-19. Coaches included USJA Junior Development Chair Serge Boussyou, USJA Senior Development Co-chair Grace Jividen and USJA Junior Development Subcommittee member, Jim Hrbek. Jim Pedro, Sr., our coaching chair, also brought a group of players to attend.



*CAMP AT MAYO
QUANCHI*

HOW JUDO (AND MIKE LEIGH) CHANGED MY LIFE by Timothy Smith

This note is about a person we both have known for a very long time, Mr. Mike A. Leigh. I was an 11-year-old child living in the worst of neighborhoods and being raised by an alcoholic mother. In retrospect, I now feel that I would have been most likely doomed to a much harder life had it not been for one thing. That one thing is Judo.

Just for the heck of it, one night I stopped into an old dilapidated building that once housed the workings of a macaroni factory. The sign at the bottom of a stairway, scribbled in just barely readable letters, said “JUDO UPSTAIRS”. As I got to the top of the stairs, I could hear muffled pounding, screaming, and yelling coming from the other side. I had an uneasy feeling about entering that door. The sounds coming through were just too reminiscent of the sounds that emanated from the closed door of my mothers’ room whenever her newest friend got tired of her drinking.

But now I thank God that good sense won over instinct, causing me to enter. Once inside, I saw dozens of people throwing each other and the pounding I heard was the sound of the slapping of the mat. The yelling was the sound of ki-iae, during the determined but not always successful attack.

In the middle of it all was a Tasmanian Devil clad in a judogi going through opponent after opponent. I later learned that he was Mike Leigh, after he invited me on the mats for a free lesson. I returned the next week with the \$15.00 USJA fee and the \$10.00 monthly fee. Although I had to beg, borrow, and steal for that amount, it still seemed awfully reasonable. I didn’t know at that time as I do now that Judo isn’t about making money, but it is about making a profit and that profit is collected by humanity in the form of better human beings. In my case, Judo and Mike Leigh took me off the streets and taught me all the altruistic traits that exemplify Dr. Jigoro Kano’s Judo.

Before the Dojo, I was an 11 year old who wandered around with my head down, rarely, if ever, making eye contact. After a few months and a couple of tournaments that changed. I saw the faces of many people and realized that some actually smiled at me and learned that maybe I wasn't such a low life. Hell, I even began to think that the only one ever judging me to begin with was myself. There were many months that I could not come up with the monthly dues and Mike's reply was, "Don't worry about it". I cannot recall anyone ever being thrown out of the Dojo because of the lack of finances. That was nearly 33 years ago and I must say that just recently, Mike and Judo has made a great change (for the better) in my life.

I have an only son from a previous marriage and because of my job (Police Officer) and my own shortcomings, I wasn't spending much time with him. A short time ago, Mike called me, asking if I would help him teach a class that just happened to be on one of my nights off. I reluctantly agreed and returned to the Dojo. After the first class, it was like finding a long-lost friend. That euphoric feeling returned with such an intensity that I had to find someone to share it with. And who better to pass it on to than my own son. He jumped at the chance and after the first practice, he was hooked. In the last 3 months, I've seen my own son more than I have in the past 2 years. Once again, Judo and Mike have made me into a better person. Thirty-three years ago it gave me the confidence to be somebody. Just recently, it has turned me into a better father and I'm only one of the dozens of lives that Mike and Judo have touched.

International Judo Competitor in Town



Brett Wood- Taylor shows the MTV generation how judo is done!

INTERNATIONAL JUDO COMPETITOR continued ...

Tuesday evening twenty-seven students from the University of Wisconsin and Stevens Point Judo Club received some valuable information about Competitive Judo. For approximately two hours Brett Wood-Taylor an international competitor, coach, IJF Referee, and Wisconsin Judo President instructed the interested Judo students.

The students received updates on International Judo rules and procedures. And that Katie Sell Fond du Lac, Wisconsin made the United States Pan American Team.

Mr. Wood-Taylor has been doing Judo since 1956. He is a sixth degree black belt and considers himself a student of Judo rather than an instructor.

“Judo is one of three things to a student, first it can be recreational, competitive, or formal”, explained Coach Wood-Taylor. He also shared some light on the competitive aspect, explaining the physic of Judo; he demonstrated how weak the biceps muscle is in comparison to thumb muscle. Using this principle to achieve that all important grip, you may apply the required physic for throwing technique.

The student were taught a few important grips which lead into a number of throws and combinations. Once a Judo student achieves his or her favorite grip it becomes very difficult for the receiver of the throw to stop or counter the execution.

Mr. Wood-Taylor is such a dynamic competitor that the skills he has acquired from around the world will benefit anyone willing to learn from experience.

Judo, Just for the Fun of it Clinic

3/18/2006

Acadian Judo, Lafayette, LA.

Clinician – James Wall- Nidan

Wall to Wall Martial Arts

Ok, a couple of quick questions: Have you ever seen a Judo Brown belt become a Penguin? No. How about watching 4 big, strong Black belts singing Row, Row, Row your Boat? No. Last question; have you ever been on the mat with 1 Cowboy and a dozen stampeding horses?

If you answered no to any of these questions then you should have been at the Judo, Just for the Fun of it clinic on March 18th in Lafayette , LA. Sensei Jeff Miller and Acadian Judo were the hosts and Sensei James Wall from Wall to Wall Martial Arts in Watson, LA was the head clinician. There were about 35-40 Judoka ranging from age 6 to age 50 on the mat

*“Have you ever
seen a Judo Brown
belt become a
Penguin?”*

The clinic had a couple of purposes. The main one was to just have fun! I think that too many times we get so caught up in preparing for the next tournament or preparing for our next promotion or heaven forbid, involved in Judo politics that we forget to just have fun doing Judo. The second purpose of the clinic was to share a bunch of different games and drills that we use in my Dojo to help our students have fun while also helping to build skills or just disguise repetition.

After a brief introduction we ran through a warm-up period that started with an ice-breaking exercise called the Rump Bump. Lots of fun and a good way to get everyone to relax and get in the spirit of fun that we wanted for the day. The rest of the warm-up included a few other “fun” exercises like Zoo Laps, Rockets, Crab Crawls, and 4 Partner Rowing.

After a quick water break it was on to standing games and drills. Partners paired up and competed in a variety of games like Lead Foot, Dead Weight, Hang ‘em Out to Dry, Tiger Tail, Land Mine, and the very popular Sumo Challenge just to name a few.

After over an hour of standing work we then moved to the ground for more fun. We had a great time with Touch the Crown, Crab Battle, Monkey Feet, Penguins and Sharks, Tunnel Race and a crowd favorite, Cowboys and Horses.

We finished the day off with open randori for anyone who wanted to participate. After about 45 minutes of randori we bowed off the mat and descended on a local pizza parlor In-Force to do battle with many large pizzas. There were about 50 judoka and parents from different clubs and parts of the state all mingled together. It was great Judo camaraderie and the spirit of Jita Kyoei was evident in everyone.

Everyone seemed to have a great time and we got tremendous participation from everyone in attendance. I was particularly impressed with many of the young brown and black belts from the local college clubs. They don’t usually work with kids much but jumped right in to help in organizing and supervising the juniors when it was time for their games. They also didn’t mind going all out in the games themselves when it was their turn on the mat, much to the delight of the kids.

If anyone out there would like a list of the games we played along with basic written instructions please contact me. We are also working on a DVD of the clinic showing the games. I hope to have it ready in a few weeks. It won’t be professional quality but could still be helpful. The games all come from many different sources over the years and most of them I did not create myself but in many cases modified a bit. If anyone else has some good games or drills to share please pass them on.

James Wall

Wall to Wall Martial Arts

www.wallmartialarts.com

wallmartialarts@cox.net



(Editor's note: I don't know what this game is called but I think I will try it.)

Coach, I want to be a champion! (Continued from March issue)

By Gerald Lafon

Student of the Game

While you will undoubtedly receive guidance and advice, and learn from many sources, it is important that you become a student of the game (Judo) and of the field (athletic performance) in your own right. Read as much as you can on all the subjects that will affect your competitive career. Among many topics, this would include literature on athletic training methods, nutrition, sports medicine, and sports psychology. Biographies of champions or coaches should also be part of your research. Find out what other champions have had to do in order to accomplish their goals, or what made them continue after setbacks. Learn about the function and roles of top-level coaches. Understand what drives them to drive you to achieve your goals. There is no need to reinvent the wheel, so learn from their mistakes.

Supplement your readings with audio-visual materials. Watch the very best model of Judo. That's competition at the Olympics and World Championships. Watch yourself on videotape. Compare yourself with the players at the world level. What performance traits do they have that you lack? Do you look like them or perform like them? Are they doing a whole range of techniques you are not even familiar with?

There is much technical and training information in other sports that is also very pertinent to Judo. Watch drill training for wrestlers. Find out how Olympic weightlifters perform their lifts since Olympic weightlifting should form a large part of your physical preparation. Learn more about plyometric, flexibility and agility training. To help control monotony, find different exercises, drills and ways to accomplish the same goals. And if you won't or can't cross-train in other combative sports like wrestling or Brazilian jujitsu, at least watch and analyze their bodies of techniques so it won't come as a complete shock when you get slammed with a technique you have not seen in traditional Judo.

Becoming an Athlete

Once you make the decision to become an Olympian, you must transform yourself from mere judoplayer to Judo athlete. Being a Judo athlete is no longer a hobby; it's a job. I can't tell you how many American judoplayers think they can do well internationally merely by doing Judo two to three times a week, hopping from one club to another, with little coaching, and minimal supplementary training other than perhaps a little running on the side to maintain weight. I call these players Judo tourists. They talk a good story and go through some of the motions, but clearly they don't train, think or act as successful athletes do. They simply haven't become students of the game or the field.

All athletic performance, regardless of the sport, will be ruled by the technical, psychological and physiological demands of the sport. However, the athletic background you bring with you to the sport of Judo might also affect your potential in Judo. It's the old dispute pitting proponents of early specialization vs. proponents of late specialization. I must admit that, considering the athletic demands of the sport, and the conditions of the sport within the United States, that I favor a more general athletic development with late specialization. If everything else is equal, I believe that the player with the more varied athletic background will beat a player who has only played Judo. Having said that, let's now focus on the technical, psychological and physiological demands of the sport.

Technical Development

Because of our small numbers of players and our lack of depth all across the board, our national technical development as a general rule has suffered. The bottom line is that in the United States you can win national junior championship titles with one throw, usually a dropping shoulder throw. Our over-reliance on a tiny number of techniques, and our desire at the local club level for the "short-term, immediate gratification" development program at the expense of a more fruitful "long-term, delayed gratification" development program set us up for failure in the senior international arena. Thus, here are my recommendations for long-term success, which is the only success that really matters:

- Develop as large an inventory of skills in several directions as possible before specializing in a smaller number of effective tournament skills. Since there is but a limited amount of training time on the mat, supplement your learning by watching videotapes to discover techniques that are not being taught to you in your club.
- Defer your study of what I call "flop and drop" throws until you have a good command of the tachi waza (standing) throws. The early study and use of "flop and drop" throws like dropping shoulder throw, kata guruma and most sutemi (sacrifice) throws make it more difficult to develop decent tachi waza skills.
- Force yourself to vary the skills in practice and competition, or to handicap your tournament performance by putting limits on what you can or can't use, even if it means the risk of losing a match here and there. Remember that most tournaments should be treated as nothing more than another workout to gauge your progress. It is far better to miss out on an inconsequential trophy than to have your technical development stagnate due to technical over-reliance.
- Judo performance includes nage waza and ne waza. Don't neglect either one in training or in competition. Why players go into battle armed with fewer weapons than the opponent baffles me. Don't wait until you are thirteen to learn chokes and seventeen to learn armbars. Other countries don't have those arbitrary limitations.
- Train the way you are expected to compete. This is almost always not the case in your average Judo club, and requires a serious change of attitude to overcome.
- Don't put up with training that makes little sense. Time spent on static uchi komis and mat bashing (ukemi) should instead be spent on dynamic drills involving entire skills or sequences of skills, and learning to not fall on your back.
- Cross-train in similar combative arts like wrestling or Brazilian jiu-jitsu if you can. If you can't, try to involve wrestlers and jiu-jitsukas in your program. Learn to recognize and be ready for unusual grappling skills. If you can't do either one, study videotapes of wrestling and jiu-jitsu competitions

COACH, I WANT TO BE A CHAMPION continued ...

- Emphasize quality over quantity in your training. Ten well done, complete throws are better than fifty, sloppy, static uchi komis. Remember, more is not better.
- Practice what you don't know. Baseball super-star Pete Rose said it best

“Practice what you don't know more than what you do know. It's easy to practice something you're already good at, and that's what most people do. What's tough is to go out and to work hard on the things that you don't do very well.”

Psychological Development

This is one aspect of training that unfortunately few pay attention to. It is either neglected on purpose- I call this the macho or bushido syndrome- or often it is not even thought of. After all, what does psychology have to do with how the body performs physically? The answer, of course, is that it has everything to do with how the body performs. Psychological training is just as important, if not more important, as your physical preparation. Through this type of training you will learn:

1. How to think and act like a champion
2. Coping skills to minimize anxiety and fear
3. Pre-competition strategies
4. Positive mental imagery to enhance performance
5. Positive self-talk to keep you focused and on task
6. Goal setting to help you achieve your performance goals
7. How to increase the positive aspects of a sporting experience
8. How to debrief a performance

Physiological Development

Physiological development deals with the basic components of sports fitness:

1. Cardio-respiratory endurance
2. Muscular endurance
3. Muscular strength
4. Muscular speed, which when coupled with strength becomes muscular power
5. Flexibility

The physiological demands of Judo are enormous and at times on opposite ends of the spectrum. Judo requires both anaerobic and aerobic endurance. It requires short outbursts of explosive speed with longer periods of lower intensity grunt work. While Judo practice by itself develops many of these

“Psychological training is just as important, if not more important, with how the body performs.”

conditioning is required to reach the highest levels of athletic performance. Powerlifting, Olympic Weightlifting, strong man competition type lifts and an array of aerobic exercises and circuits will make up the bulk of this training.

As far as flexibility training is concerned, the practice of Judo will improve general flexibility. However, for many players, a more extensive dose of flexibility training may be required. This might more appropriately be addressed by participating in yoga or ballet classes, or merely by undertaking additional sessions of flexibility training consisting of slow, dynamic or PNF (proprioceptive neuromuscular facilitation) stretching outside of regular Judo practice.

Your Support Staff

You will not become a champion by yourself. It is going to take an entire team of specialists, supporters and training partners to help you reach your goal. It will be prudent to understand very early that the national governing body will do very little for you. You will have to fend for yourself, especially at the beginning of your competitive career. Here are some of the experts and supporters you will need.

Judo coach

Your choice of Judo coach might be the most important decision you make. Choose a knowledgeable coach, capable of getting you to the level you desire, and willing to work with outside experts.

Training environment/partners

Contrary to common opinion, you don't need to rush out to one of the big training centers (i.e. OTC or San Jose State) nor do you necessarily need lots of partners. Quality programs exist in all sizes in many areas of the United States. Success can be achieved with just a handful of good home-based training partners provided the training environment and the coaching are of high quality. It's also a common misconception that you only need people who can beat you up in order to improve. While it's important to have a few people who can push you and get the best of you, it is more important that you have good drill and randori partners to enable you to successfully ply your skills. Remember, skill improvement occurs when your skills can be performed repeatedly, correctly, in their entirety, under the conditions in which they will ultimately be performed. This won't happen very often with superior players but it will with equal or inferior partners. Training camps, both domestic and foreign, will also be a big part of your training. This is where you will find and take advantage of better players than yourself.

Sports psychologist

This is a job for a specialist. Don't choose a psychology generalist who masquerades as a sports psychologist. Find one who has worked successfully with other athletes. Ask other athletes or coaches for recommendations.

Strength and conditioning coach

This is more than likely a job for another specialist, or two, since your Judo coach may not have the time or the knowledge to address this very important component of your training. Find someone who works with athletes rather than the general population. Too many certified personal trainers have no idea how to train athletes. Get a good Olympic weightlifting coach to teach you the correct mechanics of the Olympic lifts. A general strength and conditioning coach, such as one certified by the National Strength and Conditioning Association (NSCA,) should be able to handle your needs. You can gain a lot of knowledge from track and field coaches as well, although many of them will be too busy to work directly with you.

Medical staff

It's always good to have someone who can put your body back together and make it feel better after all the beatings you take in practice. A good physical therapist, chiropractor or massage therapist can do wonders. Find someone who understands your needs as an athlete.

Nutritionist

Many athletes are clueless about diet and weight control. Spare yourself a lot of grief, hard work and starvation by learning more about your nutritional needs and how they affect your weight.

Fundraisers

Without money to train, travel and live, it won't matter how gifted you are. Be prepared to have to raise from \$5,000 to \$10,000 per year once you are at the national level of competition. Besides the obvious sources of income- you and your parents- your club, yudanshakai, state or national organization, and community should also be part of the equation.

Public relations

Nobody said you have to toil in anonymity. It helps fundraising efforts if the Judo community and the general public recognize your name and are familiar with your accomplishments. Find a person willing to help you with this aspect of your competitive career. Create a portfolio of professionally done photos that can be used for a web site, fan club, press releases, articles, and requests for funding.

Conclusion

Although I have covered a lot of information in this article, it was never meant to be all-inclusive, nor was it meant to give you all the answers on how to be a champion. Hopefully, what it has provided you is a reality check, a push in the right direction, and perhaps a sense that, armed with a plan, you too can become a champion.

“On the road to success, you can be sure of one thing. There is never a crowd on the extra mile.”

Become a student of the game and pursue your dreams!

DOJO OF THE MONTH: TEXOMA JUDO

Submitted by Coach Roy Hash

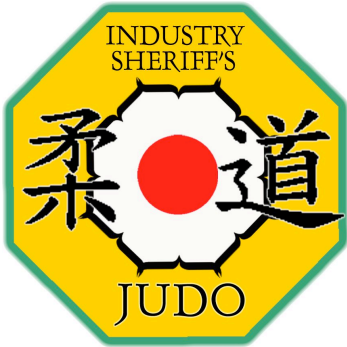
Nineteen members of the Texoma Judo team competed in the Mose Woodson Memorial Regional Tournament held on Sat, 4/1 in Denton, TX, earning a total of 14 medals. The medal tally was 2 Gold, 7 Silver, and 5 Bronze. Two other members of the team garnered 4th place finishes.

One of the highlights was Mina Fiorentino being down by a Wazari, 2 Yukos, and a Koka coming back to throw a heavier more experienced opponent with a dynamic driving drop seoi. After this match, there was no stopping her as she went on to earn one of our gold medals. Her younger brother Gregory, finally grasped the concept of why I stress not run at opponents when the referee calls hajime. He was dumped with a solid and resounding harai goshi maki komi. He landed square on his back with his adversary landing with speed and force in the middle of his stomach. At the start of his next match he made a text book circling methodical approach to his opponent. As I've said before, good judgment comes with experience and experience comes from bad judgment. Recently we started a Saturday morning training class for the competitors. Several of the kids attempted to apply concepts and techniques that we've reviewed with varying degrees of success. Danny McGinn was the most successful with his application of a single leg pick-up O Uchi Gari for ippon. Mike Patterson exemplified my advice to never quit and to understand the rules when he managed to escape from kesa after having a wazari scored against him. When the referee called toketa, his opponent stopped fighting and sat upright. Mike drove into and buried him into a solid and unescapable yoko shiho. Another player, Anthony Mirabito also learned this lesson in reverse. Anthony had Devon Sobay in a solid kesa for about 24 seconds. Devon struggled for the entire hold down, never stopping his efforts to escape. Literally, as the beanbag was being raised and tossed in, he escaped and the referee called matte before the bag hit. After a consultation, when the match resumed in tachi waza, Devon very quickly employed drop seoi for ippon causing Anthony to go home with a 4th place finish. By the way, Devon is 8 and had no one in his division to fight so he requested that I move him up a division to allow him to get mat experience at this tournament. I thought this was a very mature decision for a child who could have gone home with a shiny gold medal just for showing up. He earned a more valuable bronze medal at the end of the day though. Fillipo Monesi is an Italian fighter pilot who is training at Sheppard AFB. Fillipo was a pleasure to watch as he employed skillful and precise judo to garner a silver medal at his only American tournament.

Overall, the team had a very good day in my humble opinion. We learned some valuable lessons that will be applied in future events and cemented my determination to continue with the Saturday training sessions.



DOJO OF THE MONTH: TEXOMA JUDO



WELCOME TO THE NEIGHBORHOOD **Industry Sheriff's Judo Club** **City of Industry**

A newly created Judo Program started on March 15, 2006, by the Los Angeles Sheriff Department in the City of Industry, California. This program was created by Deputy Sheriff Jeff Domingo, judo student of the USJA's COO, Gary Goltz, 6th Dan, of Goltz Judo Club in Upland. This program is sponsored by the "Industry Sheriff's Youth Activities League (Y.A.L.)", which is always looking for new ways to get their youth (mostly from low-income family households) involved in activities outside of gangs and drugs. And thereby, the "Industry Sheriff's Judo Club has been established.

The Head Instructor for the Cal State LA Judo Club, Sensei Sanders (Butch) Ishisaka, USJA 5th degree black belt, is supervising this activity along with students from California State University, Los Angeles. Some of the assistants assisting in the instruction are students seeking college degrees in Sociology, Teaching, Child Development, Law Enforcement, or they just want to help others the art of American Judo. Sensei Butch has produced over 223 Junior, High School, Senior National Champions, and International Placed Winners during his 45 years in Judo, as well as being an alternative for the 1976 Olympic. Under the guidance of Sensei Goltz, and Deputy Jeff Domingo, the new judo program, started with over 30 children is a beginning of a bright future. Sensei Butch, which drives 1 _ to 2 hours to volunteer his services to teach the art of judo at the YAL, say, "it is worth very minute to see the faces of youth learning the sport that I love and respect, and hopefully create better individuals for the community and the judo world."

The Industry Sheriff's Station Youth Activities League (Y.A.L.) began in 1991, as a nonprofit organization, and is the largest community based program at the station. The concept and goal of the Y.A.L. is to be proactive in dealing with the youth of the community and divert them from gangs and drugs. The program recognizes the importance of early intervention and the need to provide alternative activities to prevent negative behavior. The Y.A.L. provides supervised recreational and educational activities and reaches economically and socially disadvantaged boys and girls from the age of 8 to 18. The Y.A.L. strengthens the relationship between the deputies and volunteers as they work together for the benefit of the youth of the community. The Y.A.L. not only has a positive influence on thousands of children, but has UNITED THE COMMUNITY through the involvement of law enforcement, parents, business, education, government and community service groups.



FIGHT LIKE A GIRL

“a mini-camp for girls, and yes, for boys too!”

DATES: Saturday, May 6: 1-6 pm (Coed practice & **sleepover for females ONLY**)
Sunday, May 7: 10am-4pm (Female practice only)
Optional: Join our regular Friday practice. Kids: 6-7pm, teens/adults from 7-8:30pm.

LOCATION: Judo America San Diego
9825 Carroll Centre Road, San Diego CA 92126
(858) 578-7748

CLINICIANS: **Gerald Lafon, AnnMaria Rousey DeMars and Steve Bell. Valerie Gotay** will be one of the participants and will be helping out as well.

GUEST SPEAKER: **Dr. Brent Rushall**, world-renowned sports psychologist from San Diego State University, will give a presentation on Saturday. He has worked with hundreds of world class and Olympic athletes, including Valerie Gotay. Dr. Rushall is the author of *Imagery Training in Sports, Think and Act Like a Champion* and *Training for Sports and Fitness*. Don't miss this presentation!

ELIGIBILITY: Minimum age 10 years old, rank of orange belt and higher. Must be USJA/USJI/USJF member

COST: \$25.00 per day for Saturday and Sunday. Friday practice with Judo America is FREE.

REGISTRATION: Advanced registration by May 1 is highly encouraged since we will have limited space. Please make checks out to Judo America.

HOSTED BY: Judo America San Diego

INFORMATION: Gerald Lafon at (858) 578-7748 or Martina Pappas (619) 572-5444

USJA COACHING

James Pedro, Chair

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Date: March 30, 2006

Announcement of availability of specialty clinics

My committee members and I have had the opportunity to discuss their training and education needs with coaches around the country over the past two months. As coaches ourselves, we were not surprised to find that most of our coaches did not think one day or one clinic every four years was sufficient to help them become the coaches they want to be.

I can only speak for myself, but I know there is a lot of judo I still want to learn and I am trying to learn every chance I get. When I was out in California recently, I was gratified by the number of coaches who attended the clinics not for certification but just because they wanted to get some ideas on being better coaches.

Consequently, the USJA Coaching Program will begin offering specialty clinics. These add to the existing program, they do not replace it. For example, you are a certified coach who has a large junior club. You might want to attend a clinic on **Basic Matwork for Juniors** or **Judo Games**. The clinics we are offering are listed and described below.

Matwork Clinics Offered

BASIC MATWORK FOR JUNIORS covers teaching matwork escapes and combinations.

MATWORK FOR SENIORS includes escapes, matwork combinations, juji gatame and sankaku.

Junior Judo Clinics Offered

TEACHING CHILDREN'S JUDO is a clinic on throwing skills, taught in a specific sequence designed to give children a basis for success in judo. Skills taught first in the sequence are a building block for later more complex skills.

JUDO GAMES is an entire clinic on activities that are fun for children but also designed to develop specific prerequisites for judo, such as increasing cardiovascular conditioning, balance, hand strength for gripping or just teaching children to get in there and fight.

Clinics for Seniors and Transitional Juniors (High School and up)

CONDITIONING FOR JUDO – Running track or playing basketball may be fun activities and keep the weight down. However, a more effective conditioning program works those skills specific to judo.

GRIPPING – We consider this a senior skill. Juniors need to first learn their basic throws. This clinic covers gripping drills, cross-grips, one-handed attacks, breaking grips and re-gripping.

JUDO DRILLS – This clinic covers drills for a multitude of purposes including developing better movement, conditioning, teaching counters, combinations and escapes.

ASSISTANT INSTRUCTOR

This clinic is for brown belts and new black belts who are interested in helping their clubs as assistant instructors. It is highly recommended for those good judo players who are not able to devote themselves to competition due to college, injury or other reasons.

All of our coach committee members are available for clinics. Committee members are:

Jim Pedro, Sr., Chair

George Weers, Vice-chair

Maurice Allan

Lanny Clark

Gerald Uyeno

Bill Montgomery

Dave Wertheimer

We also have a number of other coaches such as James Wall (Louisiana – Judo Fun & Games – for children and adults), Gerald Lafon (California – Judo Drills, Matwork for Seniors), Michael Pedro (Massachusetts – Judo Games), AnnMaria De Mars (California – Teaching Children’s Judo, Matwork), James Bregman (Virginia – Judo Drills, Teaching Children’s Judo), Justin Flores (California – Judo Games). These are a few examples of the individuals available.

If there is some other particular need you have, please contact the Coaching Committee vice-chair, George Weers at gweers@theramp.net. If you are not a big fan of email, you can call me at the phone number above. One other option is to contact the regional coordinator in your area. These are all listed on the USJA website at <http://www.usja-judo.org/committees/development/regional.html> . We will recommend a clinician in your local area who can address your request. You can also request someone from outside the area but in that case the host would be responsible for paying travel expenses. Coaches who attend the entire clinic will receive a certificate of completion.

Mayo Quanchi Judo Presents

ELITE SUMMER TRAINING CAMP

June 23rd – 30th, 2006

We will only be taking 15 more Home stay people for our camp this year because many people have already reserved their spots from last year. We will be on a first come, first serve basis. All others will need to provide their own housing at camp hotel. The cost of this camp will be \$150 for anyone staying here (Meals Included). \$100 if you provide your own housing. Coaches are welcome. This camp has really grown for us and I would like to thank you all for you support.

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www.mayoquanchijudo.net
Phone/fax 401-647-4678

USJA Junior Development will award 4 scholarships to deserving athletes to attend the Mayo Quanchi camp. Scholarships will be awarded to two male and two female athletes.

Coaches should send a letter of recommendation, including a discussion of financial need, to Serge Boussyou at judocoach@cox.net

Must be a USJA member.



COMING DEVELOPMENT SPONSORED EVENTS

April 15 - Grass Roots Clinic – Goltz Judo, Claremont, CA

Email g.goltz@verizon.net for more information

May 6- 7 Fight Like a Girl Camp, San Diego, CA

Email glafon@judoamerica.com

May 13 Grass Roots Clinic Goltz Judo, Claremont, CA

Email g.goltz@verizon.net

June 23 –30, Elite Training Camp, Providence, RI

Email judocoach@cox.net

July - Junior Elite Training Camp & Coaches Clinic, Miami, FL

Email judonut@msn.com

July 25-30 - Camp Bushido West, Camp Paradise at Clipper Mills CA

Email judo@syix.com

October 21 – USJA Junior Team competes, Ocean State, Providence, RI

Email judocoach@cox.net

November 4-5 – Athlete clinic and coaches clinic at International Women’s Tournament, Kalamazoo, MI



SPIRIT LAKE CONSULTING

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