

# GROWING JUDO



**September 2006**  
**Monthly Newsletter of the USJA Development Committee**

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*Cover photo: Mike Noriega, Head Instructor at San Gabriel Dojo, teaches a clinic at Goltz Judo Club. Senior National Champion Aaron Kunihiro trains at San Gabriel, along with other junior and senior elite players including Mitchell Yokogawa, Scott Yokogawa and Brent Kataoka.*

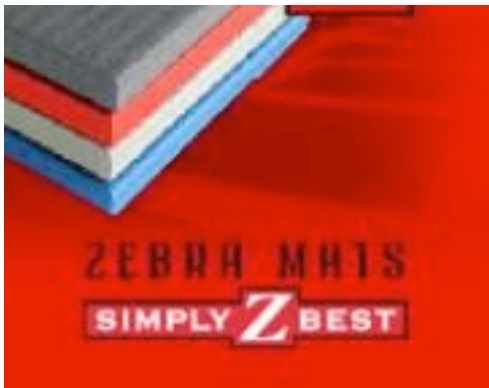
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### **USJA SPONSORS**

Did you know that you get 10% off purchases from Golden Tiger Martial Arts if you are a current USJA member? Order anything you want from their website at

<http://club.goldentiger.com/USJA>



Thanks to USJA Official Mat Sponsor Zebra Mats, there will be a clinic with Jimmy Pedro, Jr. at the USJA Senior Nationals in Ontario, Ca which, to quote USJA COO Gary Goltz, “Is free to anyone in a gi.”

[www.zebamat.com](http://www.zebamat.com)



## COACHES CORNER

### **Periodization**

By Jim Pedro, Sr.

There are three phases, the off-season, pre-season, and competitive season. I like to start with the off-season first. The first part of the off-season is when you do most of your heavy lifting; you pick your major muscle groups and do less repetitions and heavier weights. This is also when you go over new techniques and fine-tune your old techniques. Third, you should run around two miles every other day. At this point, you don't do too much running and try to build more power and strength.

Pre-season you should start doing cycle lifting and plyometrics, less weight and more reps, less distance running and more sprints unless you are cutting a lot of weight (sprints are more important for judo than distance running.) If you need to cut weight you will have to do both sprints and distance. This is when you start your randori and start doing a lot of throws on the crash pad. The pre-season is when you should be building your endurance for the competitive season coming up.

The competitive season you should try to maintain the strength and power from the off-season lifting. You should be doing circuit training and cycle lifting. You shouldn't worry too much about the final weights you are lifting but focus on the cycles. Depending on the number of sprints you are doing in the pre-season, you should either maintain or cut back on the number of sprints. During the competitive season, you should be doing lots of randori and drills.

(Two problems are that many athletes are training by themselves, so they quit before they should on the sprints, weights, etc. Many elite players over-train at this point because they are so competitive and focused on winning.)

I heard a European coach years ago say that Americans think that the more you do, the better you are going to get, but sometimes less is better than more.

Periodization – you need to plan out what two or three major competitions you are aiming for. Adjust your training accordingly and try to peak for just those two or three major tournaments. You should use all other competitions for training and not worrying about results. You can't be in top form, both mentally and physically in all competitions. In the next issue I will have some lifting exercises, plyometric exercises and randori drills.

## **LAND MINE**

Here we go with the September installment of **Judo Fun and Games**. This month we have a great stand up game called “Land Mine”

Before you play you will need to make a trip to the local Wal-Mart, Target, or sporting goods store. You should be able to locate some soft plastic orange cones that are used as markers for football and soccer. (Be sure you get the soft plastic version because in some cases I have come across a version that is hard and could potentially cause injury) They are typically sold in a pack of 4 for about 4 or 5 dollars. I try to have at least 4 cones for each pair that I am going to let play at once.

Divide your players into pairs roughly by size. Place the cones around the game area in a random order. Have your pairs get in place in the middle of the mat surrounded by the cones and take a grip. At the start command each player will attempt to move his partner around the area and force them to step onto a cone while at the same time avoiding the cones themselves. We will typically play until one player has stepped on a cone 3 times or until a specified time limit has expired.

This game is lots of fun and helps the kids (or adults) get some good practice in several different areas. They are working on gripping and possibly grip fighting, positional control of the mat and their opponent, and also awareness of where their feet and their opponent’s feet are. This is very beneficial to Ashi Waza training. They are also getting a “randori-like” workout without the fear of big falls. This is wonderful if some of the players are novices.

Variations: You don’t necessarily have to use the plastic cones. Pretty much anything can be used as long as it won’t hurt the players when they step on it. I have even used sheets of construction paper in some cases. I do find that bright colors work best especially for beginners though.

Question, comments, variations? We’d love to hear them. Also if you have any fun games/drills that you’d like to share please pass them along and we’ll be sure to include them.

James Wall  
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## **CORPORATE SPONSORS USJA MEMBERS TO GOLDEN STATE OPEN**

Judo should have corporate sponsorships. How many times have you heard that? Putting our money where our mouth is, your Development Committee solicited corporate sponsorships for USJA members to attend the Golden State Open in California. Although USJA membership was not a requirement, it was one of the deciding factors in the Spirit of the Eagle Awards provided by Spirit Lake Consulting, Inc. to fund athletes to compete in California. In keeping with the mission of the USJA Development Committee to build “Good people, strong communities and great athletes – in that order”, the awards went to judo players nominated by area coaches, with letters of recommendations from their personal coach documenting judo accomplishments and personal attributes that made them positive role models. Two of those receiving awards were Heidi and Scott Moore, both USJA life members.



Scott Moore has been a member of the World Paralympic Team and is also ranked on the elite roster of non-disabled athletes. As such, he was a prime choice for funding from Spirit Lake Consulting, which produces training applications for people with disabilities to become self-advocates. Heidi Moore is the number one ranked player in the 78+ kilo division. The Moores are both employed full-time, parents of a toddler and still competing at the elite level. Scott placed second in the 81 kg division, only losing to another Spirit of the Eagle recipient, Garry St. Leger. Heidi Moore won the 78 kg + division.

Also a recipient of a special team award was the Mayo Quanchi Judo Team. Coach Serge Boussyou is known nationwide for not only his team's outstanding performance but also for the enormous personal contributions he makes to his team, both in time and finances. Serge subsidizes the travel expenses of many, many of his players out of his own pocket, believing that determination and effort should be the only deciding factors in which of his players has the opportunity to compete. Serge is pictured below with several of his team members who competed in California. Also in the picture are Natalie and Rachelle Budnick, two USJA members from Grand Rapids, MI, World Team Member Justin Flores and Mayo Quanchis Brooke, Everett, Sergey, Bill, Amani, Natalia, Everett, Katelyn, Bill's little brother, and person whose name I forget in front of Justin.



## **MORE USJA SPONSORS**

[American Sports University – has its grand opening October 17th.](http://www.americansportsuniversity.com/)

[\(http://www.americansportsuniversity.com/\)](http://www.americansportsuniversity.com/)

[Rising Sun Productions – Go here for a free on-line catalog](http://www.risingsunproductions.net/)

<http://www.risingsunproductions.net/>

## TEXOMA JUDO CLUB HOSTS DEVELOPMENT CLINIC

Texoma Judo Club of Wichita Falls, Texas was the host to a two-day clinic with Dr. AnnMaria DeMars, world gold medalist. Judo players from Ruben Martin Judo Club and Becerra Judo Club in the Dallas –Fort Worth Area attended along with Oklahoma Clubs All Nations Judo Club (run by David Seidner), Gene’s Altus Judo Club, and Tulsa Judo Club including the incomparable Martin Bregman. The weekend focused primarily on matwork, especially turnovers, matwork drills and transition to matwork. Dr. DeMars repeatedly emphasized the importance of ‘thinking about matwork’, including ‘falling into a pin’ by maintaining the grip for tani otosh or ko uchi makikomi right into a yoko shiho gatame. (If those are too many Japanese words for you, well, you would have liked the clinic anyway.) The clinic also included instruction on gripping. Coaches were reminded that saying, “Get your grip” is like telling an athlete in a track meet, “Run faster”. The advice may be correct but is not really helpful. Athletes were encouraged to practice purposively gripping drills like they practice a throw or turnover, for example, fighting to get the inside grip and then attacking, or fighting to get a close-in grip, and then attacking. (You were all paying close attention to the words “then attacking” weren’t you?)

## USJA NATIONALS - A JUDO SHOWCASE

December 1-3 Ontario, CA will witness a vital demonstration of judo at its best. Coordinated by Gary Goltz, Tournament Director of the USJA Senior Nationals, three days of judo will “wow” southern California and the nation. Events for the weekend include:



- FREE clinic with Jimmy Pedro, Jr. 1999 World Champion and two-time Olympic medalist, open to anyone who owns a judo gi. Mr. Pedro’s clinics normally cost \$50 for a two-hour session or more. This clinic is sponsored by **Zebra Mats**, the official mat supplier for the United States Judo Association.
- Two-day coach certification clinic for national level certification, coordinated by USJA Coaching Vice-chair Gerald Uyeno with clinicians Jim Pedro, Sr., (USJA Coach Chair), Jim Pedro, Jr. & AnnMaria DeMars
- Kata competition, with referees including World Kata Champion Greg Fernandez
- Masters Competition
- USJA Senior National Championships
- Junior Judo Competition (this must be the most common question received – will there be junior competition? The answer is YES. On Sunday.)

- USJA Reception – all regional coordinators and members of the Development Committee and Coaching Committee are invited to attend as our guests. All USJA members are welcome to join us. Details will be announced in the next issue.
- Working meetings of the USJA Development Committee, USJA Coaching Committee and USJA Finance Committee. If you want to be involved in developing our position paper on junior judo competition, fundraising plan or mini-camp program, to name just a few, you are welcome to attend. All meetings are open to the public.
- Spirit Lake Consulting, Inc. will be funding production of a special issue of Growing Judo for this event, which will include the USJA Senior National Program with articles on judo, profiles of our competitors, biographies of major figures in the USJA Development and Coaching Programs and much more. If you would like to advertise in this program, you should know that 100% of the funds received are given to fund athletes to attend the USJA Senior Nationals. We would like to thank Roy Hash of the Texoma Judo Club for his generous \$500 ad in the program. To advertise in the program, please email [Jessica@spiritlakeconsulting.com](mailto:Jessica@spiritlakeconsulting.com) Rates range from \$30 for a business card sized ad to \$250 for a full-page.

## **FIGHT LIKE A GIRL CAMP- A MIDWEST TRADITION BEGINS**

By Brett Wood-Taylor

The First Annual Fight Like a Girl Camp and Tournament was an excellent beginning for this wonderful camp and tournament held at Kalamazoo, Michigan this August. Female judoka from various Midwest States were welcomed to some outstanding judo from beginning basic judo to cutting edge techniques. The clinician were: Ashlie Martini from Chicago, Illinois, Shandra Smith from Appleton, Wisconsin, Charmaine Alsager from Madison, Wisconsin and Brett Wood-Taylor from Fond du Lac, Wisconsin. Each clinician provided valuable insights into competitive judo for the pre-teenage to mid-fifties judoka. We worked on grip fighting as an integral facet of judo and some innovative Randori drills.

Saturday afternoon was the clinic portion of technical judo from mat work to throwing techniques followed up with the rules of judo and how the rules apply to the judoka for their advantage in Shiai. Sunday morning was a clinic/tournament where each judoka competed, refereed and technically officiated so they could see the various facets of judo. Sunday afternoon was an open workout for all judoka. Deb Fergus and the entire Southside Judo Dojo of Kalamazoo provided all judoka a hearty welcome and took great care for the campers. We welcome the Second Annual Fight Like a Girl Camp 2007 and the Camp will be touring the Midwest throughout the year in various States to promote Women's Judo.

*P.S. Thank you to the anonymous donor who sent a check for \$500 to USJA Development to support this event.*





## **TENTH ANNUAL AMERICA'S CUP JUDO CHAMPIONSHIP -----OCTOBER 7, 2006**

To all supporters of Judo, \_\_The members of the Anderson YMCA Judo Club would like to invite you to participate in our Tenth Annual America's Cup Judo Championships. We are very excited about our new location, which is conveniently located right off I-65 in Whitestown, Indiana. The Eagle Church Event Center is a wonderful new facility that is capable of holding six mat areas for future growth. Our experienced staff of tournament volunteers and officials is constantly striving to raise the level of competition at our tournament by providing a spacious first class facility, three mat areas, electronic scoreboards and computerized draw. In addition to Shiai competition we will again host a Newaza/Ground Fighting Competition Division. This will be double elimination with two divisions, under 200 lbs and over 200 lbs. We will again be presenting top line trophies for first through third place for each division. Team trophies will be awarded for the top three teams with the most competition points, in addition the first place team will receive \$100.00. \_\_You can find the America's Cup registration packet by following the link below.

<http://www.indianajudo.org/calendar.php> \_\_If you have any questions, please feel free to contact me via e-mail at [jcbranson@comcast.net](mailto:jcbranson@comcast.net). \_\_We look forward to seeing you at the 10th Annual America's Cup Judo Championship!

Sincerely, Jim Branson, Donna Branson, Lowell Slaven John Branson,  
Tournament Directors

## **USJA NATIONAL COACH CERTIFICATION CLINIC**

**Friday & Saturday, December 1 & 2, 2006**  
**Sunday, December 3, 2006 – Make Up Session**  
**Sanctioned by the USJA**

The USJA National Coaches Clinic, Sponsored by USJA, with USJA Coach Committee Chair Jim Pedro, Sr., Event Coordinator Gerald Uyeno, vice-chair, USJA Coaching Committee, Special Guest Clinician Jimmy Pedro, Jr. from Zebra Mats, the Official Mats of the USJA and AnnMaria De Mars, USJA Development Chair will be held in conjunction with the 2006 USJA National Championships.

The Coach Certification Clinic will be conducted at Goltz Judo Club and Ontario High School. It includes mat and classroom sessions and lunch on Friday and the tournament session, the Jim Pedro Jr. Judo Clinic and the final classroom session on Saturday. A make up session will be offered on Sunday for those coaches who are competing on Saturday. Successful completion of this clinic will satisfy all of the USJA requirements for Maintenance of Continued Coach Certification”

**Successful completion of this clinic will satisfy all of the educational requirements for USA Judo National Coach Certification and Re-certification. Successful completion of this clinic will also satisfy all of the certification and re-certification educational requirements for USJF Level C, D and E Coaches.**

- Date:** Friday, Saturday & Sunday, December 1, 2 and 3, 2006
- Time:** Friday: 9:00 AM to 5:00 PM at Goltz Judo Club  
Saturday: Start at 9:30 AM. Final Classroom session will complete 1 hour after Jim Pedro Clinic (which starts at the Close of the Last Division)  
Sunday: Make up tournament session for coaches competing on Saturday starts at 9:30 AM and completes 1 hour after the Close of the Last Division
- Cost:** \$50.00 per person payable to "Gary Goltz". This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the Jim Pedro Jr. Judo Clinic or admission to the Tournament Site. This does not include the costs to obtain the USA Judo National Coach Certification or USJF Certification.
- Location:** Friday: Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road, Claremont, CA 91711  
Saturday & Sunday: Ontario High School, 901 West Francis Street, Ontario, CA 91762.
- Eligibility:** All participants must be members of the United States Judo Association, USA Judo or the United States Judo Federation.
- Host:** United States Judo Association.
- Clinicians:** Mr. Jim Pedro Sr., Chair, United States Judo Association Coaching Committee  
Mr. Jim Pedro Jr., 2 time Olympic Judo Bronze Medalist and 1999 World Judo Champion  
Dr. AnnMaria De Mars, 1984 World Judo Champion
- Organizer:** Mr. Gerald Uyeno, USA Judo Continental Coach and Vice Chair, United States Judo Association Coaching Committee
- Content:** Legal Responsibilities, Building Self Esteem, Goal Setting and Motivational Strategy, Ethical Conduct in Sports, Organizing the Season and Proper Use of Assistant Coaches. Strength and Conditioning, Speed Training, Tachi Waza (Advanced Ashiwaza, Opposite Side Attacks and Counter Attacks) and Ne Waza (Basic Kansetsuwaza and Advanced Shimewaza.)

**For further information contact: Gerald Uyeno (310) 541-0885 or [gpuveno@hotmail.com](mailto:gpuveno@hotmail.com)**

## **HOW BIG JUDO CLUBS GET THAT WAY....**

This has been one of the questions we have been asked most often on the development committee. Those clubs that have over 100 members, how did they get that way? In this issue you already read a bit about Mayo Quanchi, one of the top ten clubs, and Serge's support for his club. In general, the largest clubs have a lot of extra activities. For

example, Serge sponsors the Ocean State International each year, a major event occurring October 28-29 in Rhode Island. He has at least two, if not more, camps each year, with home stays available. Grace Jividen, the USJA Senior Development Co-chair, was one of the clinicians at his camp, pictured at right with Serge at the Golden State Open. Serge is also the Junior Development Chair for the USJA. This is another characteristic of the largest clubs; they get outside of



themselves and are involved in the larger judo community.

**Ameri-Kan Judo Club**, another of our largest clubs, is run by Mark Hunter, the Ohio Regional Coordinator. Just take a look at the activities Ameri-Kan has participated in during the past nine months and plans for the rest of the year. Maybe your club has a similar schedule. If so, I bet you represent either one of our clubs with over 100 members or are on your way there.

### **Ameri-Kan Judo Report -2006**

January 2006

Wednesday, 18<sup>th</sup> – Judo Interview on TV 44

Saturday, 28<sup>th</sup> – Judo Picture Day at Ameri-Kan Judo (Club Photos)

February 2006

Saturday, 4<sup>th</sup> – Hosted the Joint Workout in Findlay

Saturday, 11<sup>th</sup> - Attended the Ohio Judo Championships in Kettering, OH

Saturday, 18<sup>th</sup> – Promotion Testing Day at Ameri-Kan Judo

Sunday, 19<sup>th</sup> – Attended the Michigan State Open in East Lansing, MI

Monday, 20<sup>th</sup> - Active Kids Day (Judo Demos)

Saturday, 25<sup>th</sup> – Attended the GEM City Open in Dayton, OH

March 2006

Friday, 3<sup>rd</sup> – Hosted the Kata Clinic with Amy White in Findlay

Sunday, 12<sup>th</sup> – Hosted the Ohio Kata Championships in Bluffton

April 2006

Saturday, 8<sup>th</sup> – Promotion Testing Day at Ameri-Kan Judo

Saturday, 29<sup>th</sup> – Attended the Indiana State Open Judo Championship

Sunday, 30<sup>th</sup> – Attended the Konan Open in East Lansing, MI

May 2006

Saturday, 6<sup>th</sup> – Hosted the Joint Workout in Findlay, OH

Saturday, 13<sup>th</sup> – Attended the Buckeye Open in Lodi, OH (1/2 Team)

Saturday, 13<sup>th</sup> – Attended the Glass City Open in Toledo, Oh (1/2 Team)

Monday, 29<sup>th</sup> – Memorial Day Parade “Judo Float”

June 2006

Saturday, 3<sup>rd</sup> – Promotion Testing Day at Ameri-Kan Judo

Thursday, 22<sup>nd</sup> – Did a Judo Clinic for Mansfield Youth Center

Saturday, 24<sup>th</sup> – Attended Mid East Judo Tournament in Cleveland, OH

Sunday, 25<sup>th</sup> – Hosted the Ameri-Kan Judo Cookout/Swim Party

July 2006

Saturday, 8<sup>th</sup> – Judo Demo at Bluffton BFR

August 2006

Friday, 4<sup>th</sup> – Hosted the USJA Summit

Saturday, 5<sup>th</sup> – Hosted the USJA Summit

Sunday, 6<sup>th</sup> – Hosted the USJA Summit

Saturday 12<sup>th</sup> – Attended Leadership Clinic in MI

Saturday 19<sup>th</sup> – Promotion Testing Day at Ameri-Kan Judo

September 2006

Sunday, 3<sup>rd</sup> – Attended Judo Kata Clinic in Toledo, OH

Saturday, 9<sup>th</sup> – Hosted the Ameri-Kan Open in Lima, OH

Saturday, 23<sup>rd</sup>, - Attended the Rock and Roll Open in Cleveland, OH

Saturday, 30<sup>th</sup> – Hosted the Joint Workout in Findlay

### **Ameri-Kan Judo Club PLANS**

October 2006

Saturday, 7<sup>th</sup> - America Cup Judo Tournament in IN

Sunday, 15<sup>th</sup> – Great Lakes Open in MI

Saturday, 21<sup>st</sup> – Promotion Testing Day at Ameri-Kan Judo

Saturday, 21<sup>st</sup> – Maumee Bay Tournament in Toledo, OH

Saturday, 28<sup>th</sup> - Do a Judo clinic in Painesville, OH

November 2006

Saturday, 4<sup>th</sup> – All Women Judo Championships in MI

Saturday, 11<sup>th</sup> – Hosted the Flag City Open Judo Championship

December 2006

Saturday, 16<sup>th</sup> – Ameri-Kan Christmas Party/Movie Night

**Goltz Judo**, the largest club in the USJA, has a similarly impressive list of activities. The club participated in the Los Angeles County Fair Parade, hosts a monthly Grass Roots Development Clinic (Steve Bell, member of the USJA Senior Development Subcommittee is shown below at one clinic and Mike Noriega, Head Instructor of San

Gabriel Dojo, is shown on the cover during another clinic). The club also has regular club pool parties, ball games and has performed demonstrations at half-time at professional sporting events. The club also hosts quarterly tournaments, the last of which was attended by 135 participants. Head Instructor Gary Goltz is Chief Operating Officer of the USJA. Goltz Judo Club is also hosting the 2006 USJA Senior Nationals in Ontario, CA. Says Mr. Goltz, "I find that the more different activities I have at my club, the more it grows. Some people are really turned on by the tournaments. We had a referee clinic with Bernie Semel and he has certified a number of my black belts interested in refereeing. The Grass Roots Clinics, which were started here, have been a big attraction to people of all ages. No matter how big or small you are or what your degree of interest in competition, you can always learn. The people we have had, too, like Neil Ohlenkamp, Steve Bell, Butch Ishisaka, Ronda Rousey, Paul Nogaki and many others have been top quality. All of those clinicians I just mentioned are life members of the USJA, so it is obvious that connection has helped my club and I am proud of it."





Certificate of Appreciation  
is hereby presented to

**Gary Goltz**

FOR DONATING YOUR TIME AND MARTIAL ARTS EXPERTISE TO THE CONTINUING DEVELOPMENT OF THE LOS ANGELES POLICE DEPARTMENT'S DEFENSIVE TACTICS AND ARREST AND CONTROL PROGRAM. YOUR EXTRAORDINARY KNOWLEDGE AND EXPERIENCE WILL BENEFIT IN PROTECTING THE CITIZENS OF OUR GREAT CITY. YOU ARE AN ANGEL IN OUR CITY OF ANGELS!

AUGUST 11, 2006

PRESENTED BY

A handwritten signature in black ink, which appears to read "Tom Labonge", is written over a horizontal line. To the right of the signature, the number "10-4" is written in the same ink.

TOM LABONGE  
Councilmember 4th District



## **WHAT ARE SPECIALTY CLINICS?**

Another new innovation co-sponsored by the USJA Development and Coaching Committees. This idea was hatched as part of the Grass Roots Development Committee in 2005. We noticed that many instructors wanted to expand their knowledge, but what they were seeking wasn't necessarily certification as a coach, kata judge or examiner. Rather, they wanted to improve their own skills or those of their students. We have a number of excellent clinicians who specialize in kata, judo games, coaching kids or other areas. We will be featuring one or two of these specialists in each of the next few issues. Last month we told you about kata. This month, we feature clinicians who address two of the areas we get asked about most often, judo for kids and judo games.

The exact conversation below has occurred more than once.

*"You know who is really great at teaching kids? Pedro."*

*"You mean Jimmy Pedro, Jr.?"*

*"No, the other one."*

*"You mean Jim Pedro, Sr.?"*

*"No, the other one."*

*"What other one?!"*



**MICHAEL PEDRO** is probably the most modest, unassuming number-one player ever. He has an excellent reputation as a teacher for junior judo players, demonstrating infinite patience, the ability to motivate and interest young players, and, of course, an outstanding technical base. "Mikey" wrestled for many years, including two years as captain of the Brown University team. He gained much experience both helping younger wrestlers and teaching judo as an instructor at Pedro's Judo Center. As his goals, he lists "to teach discipline, self-respect, modesty, self-defense". His understanding of what it means to be a junior competitor comes from experience – three-time Junior U.S. Open Champion, junior world team member. He isn't that far from being a junior himself, having just graduated from Brown University and now enrolled in the doctoral program in Physical Therapy at the University of Massachusetts. Michael Pedro is a great role model as both an athlete and academically. Just how modest is he? "Number one judo athlete in the U.S. at 90 kg" is listed on his resume under "interests". If you are interested in a clinic, you can contact him at [mikepedro\\_trainer@hotmail.com](mailto:mikepedro_trainer@hotmail.com) or (781) 844-1196. You can also email [pedrosjudo@verizon.net](mailto:pedrosjudo@verizon.net) - but then you might get the other one!

### **JAMES WALL – JUDO GAMES EXTRAORDINAIRE**

James Wall began training in Aikido, Judo, and JuJitsu about 10 yrs ago. As a Judo Ikkyu he obtained his USJA Level 1 Coaching certification and started what is still the only kids Judo program in the entire Baton Rouge, LA. area. James currently holds the ranks of Nidan in Judo and JuJitsu and Sandan in Aikido. About a year and a half ago he realized a long time dream by opening his own Dojo, Wall to Wall Martial Arts located in Watson, LA. a suburb of Baton Rouge. James has a full time job in Information

Technology at LSU in Baton Rouge and teaches classes 3 nights a week in his Dojo. His wife Patty is a black belt instructor in the club and helps teach classes as well as handling most of the paperwork and record keeping. His 12-year-old daughter Caitlin is also active in the club and often serves as an assistant instructor.



James has competed throughout his Judo career both in Shiai and Kata and has been a several time LA and MS state champion in both. Several years ago he had the distinction of winning first place in the LA state championship in all 3 Kata (Nage, Katame, and Goshin) that were offered. These days he still occasionally competes but spends most of his time and effort teaching and working to grow his school.

Two main areas of interest for James have always been kids' Judo and Kata. He sees the importance and benefit in Shiai but feels that it is given too much emphasis in Judo today. He has worked hard for the past several years in an attempt to raise awareness of Kata in his area and is one of the few schools in the region to have a regular Kata class as a part of his weekly teaching schedule.

The area of Judo for kids is near and dear to James since his daughter was his first junior student. He feels that Judo for kids, and really for anyone, should first and foremost be safe and FUN! Along those lines he has worked to put together as many different Judo related games as possible. These games come from many different sources including videos and clinics. Some are modifications of games that others have invented while some are, to the best of his knowledge, his own creation.

James has approximately 20 games split pretty evenly between standing and ground work that he uses in both his junior and adult classes to help build skill and disguise repetition. He was recently asked to be a presenter at the 2006 USJA Summit focusing on junior Judo and received many compliments on the games that he demonstrated. After another recent games clinic that he gave at a neighboring LA Judo club one black belt remarked that this clinic was the best and most enjoyable clinic he had ever attended.

If you have questions or comments James can be reached at the following:

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[wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)



## **JUDO REMINDER**

We all know this. You need to train the way you want to fight. Look at the young man at right. Luis is doing his uchikomi and has his partner lifted off his feet on to his back. Are you one of those people just going through the motions or are you training the way you want to fight?



## **UPCOMING USJA DEVELOPMENT EVENTS**

### **West Coast:**

#### **Grass Roots Development Clinics AT Goltz Dojo**

Alexander Hughes Community Center, Claremont, CA

1700 Danbury Road

Claremont, CA 91711

909-399-5490

Fee: \$5 USJA members, \$10 non-USJA members

Sanctioned by the USJA For more information Contact: Gary Goltz 909-985-0486,

[gary@goltzjudo.com](mailto:gary@goltzjudo.com), [www.goltzjudo.com](http://www.goltzjudo.com)

Date                      Time                      Clinician

Saturday October 28, 9 to 11AM – Tony Mojica

Saturday November 18, 9 to 11AM – Tony Scuderi

**Saturday, October 28** – Ventura, CA clinic with Dr. AnnMaria DeMars and interclub tournament hosted by Encino Judo Club, whose head instructor is Neil Ohlenkamp, webmaster for [www.judoinfo.com](http://www.judoinfo.com), the most visited judo website in the U.S. (maybe the world). Contact [neil@judoinfo.com](mailto:neil@judoinfo.com)

**Saturday December 2** – Jimmy Pedro, Jr. - free

(At Ontario High School after USJA Championships)

Courtesy of Zebra Mats, official USJA Mat Sponsor

**December 16-17** – overnight camp in Temecula. Two days of judo, judo games, drills, training, mini-tournament. You'll leave smiling, sweaty and sore. Contact southern California regional coordinator Lisa Guerrero [scvsensei@sbcglobal.net](mailto:scvsensei@sbcglobal.net) or Paul Nogaki [pnogaki@verizon.net](mailto:pnogaki@verizon.net) for more information.

**East Coast:**

**October 30** - Dunkirk Baptist Church Judo Club, Dunkirk, MD – James Bregman and AnnMaria DeMars will be teaching the real meaning of judo. Show up or you will never know and you will be disappointed.

**November 1** - Dr. AnnMaria DeMars will be conducting a clinic at College Park Judo Club. Contact Marshall Coffman, Mid-Atlantic Regional Coordinator for more information - [mrcoffman1@comcast.net](mailto:mrcoffman1@comcast.net)

**Midwest:**

**November 4** - in conjunction with the All-Women's Tournament sponsored by Southside Dojo, Dr. DeMars will be conducting a clinic in Kalamazoo, MI



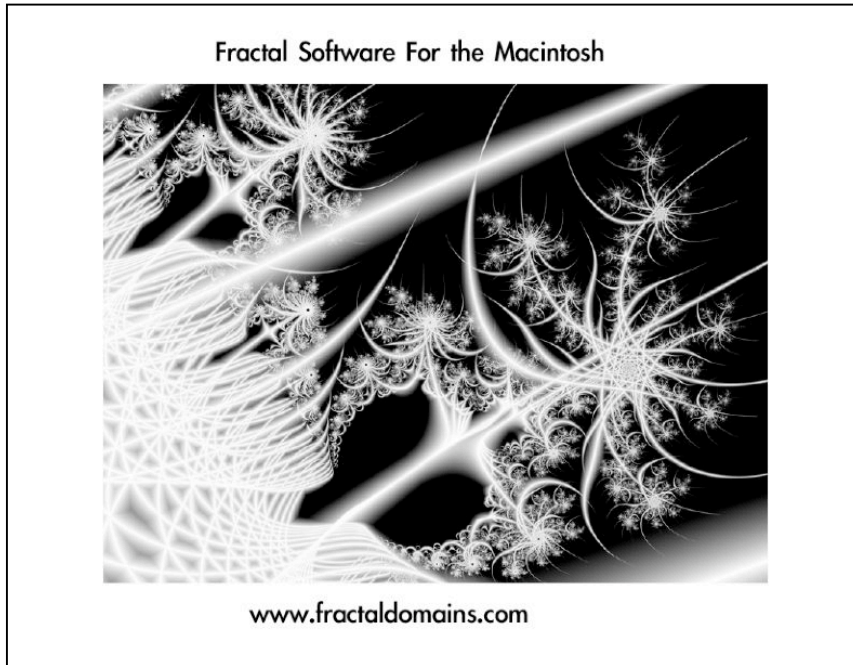
*Will YOU be there?*

**Other Upcoming Tournaments:**

**October 27-29** – Ocean State International, contact [judocoach@cox.net](mailto:judocoach@cox.net)

**November 4** – International Women's Tournament, contact [DeFrgs6@cs.com](mailto:DeFrgs6@cs.com)

**November 11** – Continental Crown, E-level Event - entry form at [www.nwjudo.org](http://www.nwjudo.org)  
**November 30** – Hatashita International (formerly Ontario Open)  
[http://www.judoontario.ca/events/pdf/2006\\_11\\_25\\_HatashitaInternational.pdf](http://www.judoontario.ca/events/pdf/2006_11_25_HatashitaInternational.pdf)



## **HOW TO GET YOUR EVENT OR CLUB INTO “GROWING JUDO”**

Overcome the incredible obstacle of writing us. Send email to [DrAnnamaria@fractaldomains.com](mailto:DrAnnamaria@fractaldomains.com). Pictures are most welcome, action shots are preferred.

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To: Guerreros Judo Club & the Golden State Open Committee

From: Dr. Erich Longie, President  
Jessica Holmes, Spirit of the Eagle Program Coordinator

Subject: Spirit of the Eagle Awards

In Sioux tradition, the eagle is admired for its strength, fearlessness and clear vision. Each year, our company, headquartered on the Spirit Lake Dakota Nation provides financial awards to those individuals and organizations that embody the “Spirit of the Eagle”. To qualify, recipients must show not just achievement but also strength of character and a vision of a better community. The awards given for Golden State Open participants were selected through a rigorous process. First, nominations were received from coaches throughout southern California of athletes who would benefit the competition not only through their athletic prowess but also as role models of the kind of people we would like our children to emulate. Second, for those athletes who had received multiple nominations, written letters of recommendation were received from the coaches. Final selection was made by a committee of coaches and approved by our program coordinator. The awards for 2006 could not have gone to a more deserving group of recipients. These were:

Harry St. Leger  
Garry St. Leger  
Scott Moore  
Heidi Moore  
Mayo Quanchi Judo Team

Congratulations! Best of luck in your competition and in your contributions to building a stronger community.