

# Growing



# J u d o



**January 2007**  
**Monthly Newsletter of the USJA Development**  
**Committee**

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## **TABLE OF CONTENTS**

Happy New Judo Year!	3
That's What Coaching is All About	4
Letters to the Editor	6
Announcement – New Committee Members	8
Dojo of the Month	8
Suggested Site	9
Conference Call Minutes	10
Great Stuff Coming Up	13
Coaches Certification Clinics	14
USJA Resources	15
Does Your Club Produce Winning Players?	15
Climb the Wall	17
USJA Sponsors	18

## **HAPPY NEW JUDO YEAR!**

*-by Dr. AnnMaria DeMars*



Judo is a beautiful sport full of amazing people. Read the articles in this issue by Pete Mantel or Jeremy Blowers for just a hint. We have people like Gary Goltz who are hosting clinics to make judo better. The photo at left shows Seth, one of the brown belts from Goltz Judo Club, throwing with o soto gari during the clinic taught by Ronda Rousey. On the front cover, bottom, is Pedro Dias, throwing with kata guruma at another clinic at Goltz Judo Club. Ronda is currently ranked #4 in the world at 63 kg and Pedro Dias is ranked #8 in the 66 kg category. Both were in Los Angeles for the holidays and Gary put them to work in the kind of intelligent use of resources that the USJA is becoming known for.

The other picture on the front cover is a young woman taking her yellow belt test at

Jeremy Blowers' Club. Read the letter from him later in this issue to learn all about the wonderful things he is doing.

I had the privilege of sitting in on the two conference calls held by the USJA Coaching Committee in the first week of this month. You know, some days, you realize just how lucky you are. We have this incredible group of talented people working for us: Jim Pedro as chair, Pete Mantel handling certification, Gerald Uyeno representing us in reciprocity agreements with USJF and USJI, Bill Montgomery teaching clinics all over the Northeast, Hayward Nishioka developing our Level E – well, just read the minutes included in this issue to see for yourself.

The USJA camp following the Junior Nationals in Indiana is well on its way, thanks to Tournament Director Lowell Slaven and Camp Director Jim Branson. Clinicians will include a LOT of distinguished guests and athletes. Since, as USJA Junior Development Chair Serge Boussyou says, “Kids who do judo are first of all kids!” we are planning three hours of judo each morning and then a social activity in the afternoon. Tentatively planned is an afternoon of swimming at the lake and picnicking with fellow campers. **USJA State and National Award Winners can attend the camp for free!** Please see the application for State Awards at the end of this issue.

Before you write me and complain, I KNOW we do not have Jim Pedro's column this month. However, out of consideration to our readers who have dial-up access, we try to limit each issue in size. I had the choice of cutting James Wall's Judo Games column or Jim Pedro's coaching column. Since we had four pages of minutes on coaching and Pete Mantel's article (and Pete is on the coaching committee), I cut that column. I will make it up to you, I promise. We have a special issue on coaching coming up with articles by George Weers, Jim Pedro, Pete Mantel and special guests.

## **THAT'S WHAT COACHING IS ALL ABOUT**

*-by Pete Mantel, Member, USJA Coaching Committee*

I have spent my whole life around judo. Since I was seven, judo has been at or near the center of my day. In looking back at my childhood, I am the only one left who has continued from my original club in Pacifica, CA at Lee's Judo Club. In fact, I can still picture all of us wearing our red windbreakers with "Lee's Judo Club" on the back. I always competed, and have trophies from the little kid division to the Master's now. It has been a long and arduous road. But one thing I never suspected was my transition to becoming a coach. It never dawned on me that I was supposed to carry on this fading light of a torch to people everywhere. That is, until I received orders to Yorktown, VA and opened my own club.

After twenty years of active duty service to our country in the U. S. Coast Guard, and almost nine years of it serving at sea, it seemed logical to finally settle down and pay the judo world back. It's been nothing but sheer luck that my judo has remained intact. Sometimes I would go as far as six to nine months without so much as a workout while stationed aboard the four different ships I served on. But, I am not sure who else has been able to work with such greats as Fred Lee, Willy Cahill, Terry Kelly, Phil Porter, Pete LaCroix, Ed Liddie and lately Jim Bregman, just to name a few, but I have.

Usually judo players grow up in one dojo, and then move on as adults to another-or just plain drop out. Olympians even stop doing judo because they are burned out. Let's face it; judo won't put much money on the table. I have been lucky enough to work out at dojos all over the world as I was transferred and even worked out in other countries as the ship would pull in for three or four days in Russia, Japan, Mexico, Puerto Rico and Cuba. The highlight of my judo career was getting a transfer to the National Judo Team in Colorado Springs from 1990-1992. I was the first enlisted person in Coast Guard history to be transferred there in order to train for the Olympics.

There are too many memories to write, but in reflecting, being swept by the great Roy Inman a thousand times with a resounding "tallyho" come to mind. Ed Liddie's tai otoshi smashing me to the mat, Todd Brehe's many throws, Kate Donahoo's mat work, and training with Lynn Roethke for the Olympics. But mostly it was Coach Porter's advice. Some may think he was a mad man who just fumbled his way to the top, but I believe he gave me the most in my judo today. He was a brilliant technician, and the hardest coach I ever had. He made me read before practice, study my opponents, do techniques I never thought I could. He made me throw up, pass out and begrudgingly bring out the best in myself every day. And for some silly reason, a lot of people resented that.

In three years as the Coach, I have but about ten members in the Coast Guard Judo Club. I am at the twilight of my military career, and am happy to come home every night to my wife and daughter. Family comes first, even in the military. Without them, I would be absolutely lost; and life would be a dull kata session on cold, hard wrestling mats. The men came to the Club first, and I became very close friends with an instructor that I taught Law Enforcement with. Robbie McGinnis and I raised hell on the mats. For about six months, five days a week, Robbie would come to judo and suck everything out of me. The only cost to him was a thousand falls and a few broken toes. Are these the kind of people we attract? Yes. They come for something. It may not be judo, but they show up and they stick to it because it gives them peace. Some may not be the greatest competitors, or even the best technicians. But they make up a large majority of a community that is filled with people that love to give something back to the world once they have learned Judo. Robbie is one of those great people. Since his retirement, he

has opened another club where we work out two nights a week and have a small contingent of children too. Robbie asked all of his co-workers to come and check it out. Much to our surprise, Robbie's boss brought his two daughters. Not girls, but young women; a set of twins, seventeen years old at the time and the epitome of "giggly girls". Just ten short months ago, they would interrupt me; fight with each other, and throw off the tempo of the class. But it was changed my whole life.

I have always been somewhat strict. It seems perfectly logical that I am. After all, I have spent my whole adult life in the military and my father was born and raised in Cuba. He escaped the day Castro came in to power, and rowed his way to freedom. He built his whole life in America from nothing but the clothes on his back. He has a master's degree in physics, and an MBA. He did some of his education at the Alliance Française in Paris, which was one of the best schools around during that time. I was raised to believe that life was hard, and only hard work would allow one to reap the benefits of a strong work ethic.

By the way they acted; I had serious doubts about Jen and Michelle. Although they are twins, they are polar opposites in many ways. I am actually writing a comparison essay on them for my English Class, and won't delve into their many differences. All that needs to be said is that they are two of the nicest, loving, giving, caring and hard working women I have ever met. Besides those attributes, they grew up doing gymnastics, and have natural flexibility and speed. They are the only women in the club, just like a lot of other judo clubs; and are surrounded by eight other military men who are still trying to figure out why they are not as strong as they were in high school. I pray every time the "girls" or "twins" randori with the men (regardless of how many times I say to be careful) something bad won't happen.

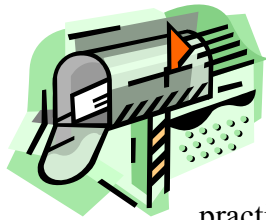
Jen and Michelle have taken their share of nasty falls, and have overcome many personal issues as well: they graduated high school and transitioned to a University nearby, their mother is currently deployed in Iraq, their surrogate grandmother recently passed away, and one of their cars was just totaled in an accident. Jen and Michelle share a dorm together (if you knew them you would ask how they haven't killed each other) and have maintained a judo schedule of 6 practices a week. In short, I am the luckiest person in the world. And all they did was walk in to the club and say, "We want to learn judo and be the best we can".

Ten months later, Jen just took a gold medal at the Continental Crown in the women's +78 division. She beat two black belts and a purple belt (the girls are Orange belts). Michelle lost in the 63 division, which was very tough. There is no doubt Michelle will get it next time, as her determination and intensity in her training is unmatched. It broke my heart to see her lose, but it just wasn't her day. She made a strong first impression, and surprised her much more seasoned opponents with her attacks and mat work. Jen had a great day, and gained fame and attention from an unsuspecting crowd.

This was the first time I had ever flown with a team to just coach. In preparing for this competition, I told the girls that I would not fight, and would dedicate myself to being in the chair for them. This was a huge personal struggle for me, as I am selfish about my training. Instead, I trained right alongside them, which gave me and hopefully them, the extra 'oomph' in intensity to win. I guess something worked. Being in the chair is harder than competing.

Now as I type this long story with no point, I realize that part of judo is just sitting there and pouring everything you have learned (judo and leadership) into someone else who is willing to take it. It's not about getting something back, or even winning a medal. You pass on what you receive. Perhaps the most selfish people are the ones who competed, but never went back to coach? So much lost potential to the communities those great players live in. Maybe that's part of why American Judo hasn't grown much?

In closing, I'm not sure I did it right, but I now have a ranked National Elite athlete on my beautiful mat at the Coast Guard Judo Club. We will continue training the way we do with our six to eight loyal people that show up to get God knows what out of this sport. But one thing is for sure: I am a coach, and have reached the pinnacle in my sport. I can now say that the cycle is complete for me. Napoleon was right; you make a man die for a piece of cloth or a medal. I get the pleasure of training with them for battle. Now I can have fun again, competing in the Master's division and leading by example as THE COACH.



## LETTERS TO THE EDITOR

Dr. De Mars,

I have meant to write you for some time both in deep respect for your accomplishments and to share a particularly positive story about Judo practice. I trained under Dr. Sachio Ashida and his student, Sensei Peter Petrosino who is my Judo sensei. My only regret at beginning at age 17 was not starting earlier! Now 33, I've earned a Shodan in Ju Jitsu (Sensei David Baker) and hold the rank of Ikkyu in Judo; with dedicated training, I hope to change this.

During my journey, I have been graced with meeting some wonderful people and learning more about myself that I ever thought possible. I work full-time at SUNY Plattsburgh here in NY doing Health Education for my "day" job and teaching Psychology courses at night. I don't think that I would have the drive or stamina for taking on these opportunities if Judo had not found me. During my quest for development of mind, body and spirit, I've been working on my doctorate for the past three years. What better subject for a dissertation than how martial arts hold great potential for positive impact on children that may not otherwise have the means of participating? This was meant to be a pilot program and we are rapidly coming to an end December 21. Teaching the principles and philosophies of Judo to these kids has produced some excellent benefits. Our classes are held on Tuesday and Thursday, the least missed days of school for the participants. Self-esteem is up, substance use is down and students seem to be maintaining academics. Attitudes favorable to violence and conflict are also down. The last data collection period should prove interesting and I am very excited for its conclusion. There are kids in this small group of six that were "rough around the edges" as I was told...I wouldn't have it any other way. These are the best students that I've ever had!

One example of how ambitious and serious these students are presented itself in an interesting way. I did not bring a picture of Dr. Kano to class (to hang up), although I expect each student to study history materials provided and quiz them daily. Some at the school were leery of promoting what was perceived (my best guess) as a religion. Looking out at bow in, however, I noticed a nice photo of Kano Sensei which the students had clipped from the internet and affixed to poster board saying that having a photo was the right thing to do as a respect to Dr. Kano and the class! Wow! I was certainly pleasantly rewarded. The picture has never left.

I have a hundred other stories of how this experience has changed my life and (hopefully) the lives of these students. This doctoral research is secondary to the satisfaction that I have running this program. I've read "Growing Judo" and continue to be inspired by it. When I tell the students stories of your accomplishments, they look at me with wide-eyed awe and wonder. I respectfully tell them that belts are certainly rewarding, but that judging by a belt is never wise. Observing how the person lives his/her life should be the determining factor to see if the belt



truly 'fits.'

Thank you for being such an inspiration to me, my students, and the Judo world. I humbly and sincerely wish you all of the best and wanted to let you know that the spirit of Judo is alive everywhere!

Our official last day of class was yesterday which culminated in a ceremony paying tribute to the students, parents, and school. The students all invited their folks (we even had some friends stop in and watch). What the students did not know was that I listened to them speak of different teachers and school staff that the students themselves thought of as mentors and positive role models. I secretly invited these individuals, telling them that the invitation stemmed from the fact that each had made a difference in the lives of these young people (something that teachers strive for, but don't often hear). The turnout was FANTASTIC! The audience cheered as each student performed requirements for first rank. The class ended with all of my students receiving their first belt (they had no idea that I've been testing them for the past two weeks). There were few dry eyes in the house!

Due to my Ikkyu in Judo and my Shodan in Taido Ryu Ju Jitsu, I am careful in explaining to students that although their promotion is under the Taido Ryu club, the skills that we learn are Judo, a point that each of them was required to explain for their testing requirement. Each (of course) is a registered member of the USJA and proudly displays their membership cards and stickers! I am so fortunate to have teachers Dr. Ashida, Sensei Petrosino and Sensei David Baker to foster my immersion into Judo and these students (as my teachers as well) to remind me of the true meaning of Judo!

I've attached pictures as requested. If you need more information, please do not hesitate in contacting me. Thank you SO MUCH for your interest in this program. It certainly has changed my life (and hopefully the lives of my students)!

Yours in Judo,  
*(Hopefully Dr. at some point!)* Jeremy Blowers



## **ANNOUNCEMENT – New Committee Members**

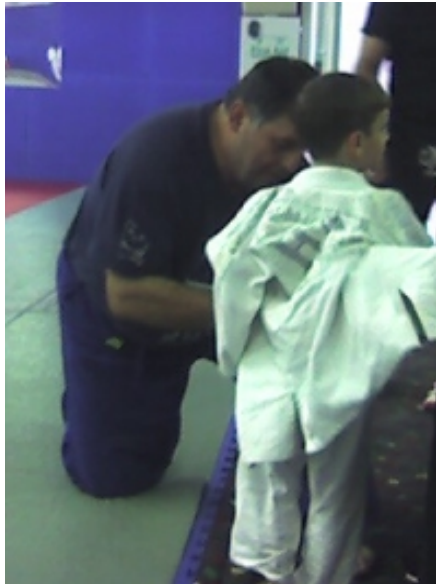
*-by Dr. AnnMaria DeMars*

**Roy Hash** [royhash@juno.com](mailto:royhash@juno.com) will be taking over as chair of the Grass Roots Development Subcommittee. Roy will be concentrating on developing clinics, camps and mini-camps to serve local clubs throughout the United States. We will hear more from him in our next issue. The former subcommittee chair, Gerry Lafon, will be concentrating more on continuing education, rather than administration. In fact, Gerry will be doing a clinic in northern California this month.

**Ronda Rousey** becomes our youngest committee member ever, at 19. Serge Boussyou invited her to join his Junior Development Subcommittee and she accepted. After finishing several clinics last month at Temecula, Goltz and Venice Judo clubs, Ronda is off for training camps and to Europe. In March, she will begin doing clinics in Rhode Island, Texas and California, working with Serge and his subcommittee.

## **DOJO OF THE MONTH: Hayastan Dojo. North Hollywood, CA**

*-by Dr. AnnMaria DeMars*



I had seen the team from Hayastan competing at many tournaments and taken my teenage daughter to their practices for years. However, I had never been to a junior class at Hayastan. Given the name, “Mixed Martial Arts”, I wasn’t sure what to expect. However, the USJA Nationals were coming up and most of the dojos were closed, so I dropped in with my eight-year-old daughter. I had seen Sarko (the junior coach) yelling in Armenian at lots of Nanka tournaments, so I expected to hear a lot of hollering.

*(At left, Coach Sargis ‘Sarko’ Balian, teaches a young judo player how to tie his pants, quite in contrast to his tough guy image.)*

What practice was really like – Sensei Sarko is an incredibly patient coach with exemplary understanding of teaching young players. The class was fast-paced, beginning with half an hour of exercises. Every minute or two, he switched to a new exercise, never letting the children have a chance to get too bored. When some of the youngest players, who were five or six years old, could not do an exercise, he would physically hold them up or guide them through the techniques. When one of the youngest players started to cry, Sarko said gently, “If you are tired, you tell me, then you take a rest and then come back. Don’t cry.” True to his word, he had a couple of the littlest players stand by the wall during the next exercise and rest. After a few minutes, they rejoined the line and went back to trying their very best.



*(At right, Sarko gently corrects the position of a young player learning harai goshi.)*



The dojo recently moved to a new location at 11044 Burbank Boulevard, having outgrown its previous facility. Why does Hayastan have over 400 members? I think perhaps because Sensei Sarko treats children like children. He has high expectations, but also tries to make the class both challenging and interesting. Another advantage I have noticed is that classes are run at separate levels, both by age and ability. All of the children in the class Julia attended were close to her size, so people who were much bigger, older and stronger were not slamming her. Maybe being hopelessly mismatched is good for character development in some way but it is not very fun. As a parent of four children, I can assure you that you are going to have a hard time keeping your child in something that is not much fun.

A very interesting activity I noticed was after each of the practice matches, Sarko had the players trade throws. So, even if you got thrown for ippon in the match, you ended having completed three or four successful throws on your opponent.

The adult black belt sessions in the evening – well, they are treated like young adults. It is a hard practice from beginning to end. There is no long lecture on some random topic. They show up, warm up, trade throws and work out hard. If someone needs assistance Gokor, Sarko or one of the experienced black belts such as Manuel Gamburyan or Roman Michiyan will take him or her aside for a few minutes of advice and drill training.

### **SUGGESTED SITE:**

<http://www.rosstraining.com/articles/lowtechhigheffect.html>

Although the author focuses on boxing, all of his techniques for cross-training can be used by anyone. Watch the video. It makes a good point about you don't need high tech or a high budget to get in great shape. All you need is high motivation.

## **CONFERENCE CALL MINUTES - January 1-2, 2007**

### **USJA Coaching Committee**

PRESENT, January 1: Gerald Uyeno - USJA Liaison to Joint Coaching Committee, Bill Montgomery - USJA Coaching Committee Member, Pete Mantel - Coach Certification Chair, AnnMaria DeMars - USJA Vice President

PRESENT, January 2: Jim Pedro, Sr. - Chair, USJA Coaching, Maurice Allan, Lanny Clark, Bill Montgomery, George Weers - USJA Coaching Committee Members, AnnMaria DeMars - USJA Vice President

#### **CERTIFICATION REQUIREMENTS:**

Mr. Pedro had outlined the following requirements. The purpose of these conference calls is to get feedback on these from the Committee and also to get your input in a curriculum being developed.

- **Objective:** grow judo, facilitate our coaches obtaining needed certification, provide continuing education
  - **Recertification** - document continued participation, active involvement in coaching. If you have not participated in approved continuing coaching education since your last certification, you will be certified as a Level I coach, no matter what your previous certification
  - **Level I** - workshop plus background check, active involvement in club, minimum rank of shodan UNLESS you have your own club. Brown belt can be certified as a coach if he or she has his own club, for example, is teaching a class at a YMCA or community center. Other than that, we would recommend that brown belts get the Assistant Instructor certification.
  - **Level II** - approved continuing education required plus active involvement in coaching. We would offer approved continuing education in each region at least annually - West coast, Northeast, Midwest, and Southeast at the very least.

#### **Following the discussion on January 1, the Committee addressed the following issues:**

- How many levels? And what do they equate to? The Committee decided not to address A-level coaches, as these are the world and Olympic level and the Committee members agreed that the levels E through C should be the highest priority to meet the needs of most USJA members.
- After lengthy discussion, it was agreed that the main focus of the Coaching Committee would be Levels D, C and B, which would correlate to the previous Level I, II and III.
- Coach Pedro noted, and Coach Allan agreed, that using the same classification as the USJF and USA Judo would minimize confusion.
- To be initially certified as an E-level coach, coaches must demonstrate satisfactory performance at an E-level clinic.
- To re-certify at E-level, a coach must document continuing activity as a coach over the previous four years equivalent to 52 hours of coaching. (This could be accomplished by teaching class once a week for one hour.)

*[There was some discussion regarding whether having coaches who were not black belts would be covered by our insurance. The insurance agent was contacted as a follow-up and he stated definitely that there is no requirement of our coverage that coaches have a black belt, only that they follow reasonable procedures in coaching.]*

- To move to D level, a coach must document approved continuing education, have been a coach at the E-level for a minimum of one year, coach at least 100 hours per year and be a minimum rank of shodan.
- For Level C, coaches must do at least one seminar every two years, be at least shodan, and have coached at least one year as a level D coach. The Committee will discuss possible additional requirements.
- Level B: Coaches must produce an elite athlete, as well as meet the Level C requirements.
- Committee member Dave Wertheimer asked via email whether coaches desiring B-level certification would be given an elite athlete to coach so they could be certified. The consensus of the Committee was that this level is to assist those who are coaching elite athletes, that it will comprise 5% or less of USJA coaches and will be addressed after the Committee has well-developed and piloted...

#### NEED FOR SPECIFIC REQUIREMENTS:

**Gerald:** Delineate what you had to do, especially for Level II. For example, 100 hours of coaching per year would meet the active involvement criteria for Level II. There shouldn't be any guesswork.

**Bill:** I agree that specific requirements are very important.

**Pete:** Whenever people ask me what they need to do, I want to be able to email or send them what the exact requirements are. Then, they can contact me again if they have any questions.

**Gerald:** Does elite include the youth category of juniors? How about the 11-year-olds?

**Bill:** Youth, yes. Juniors, no.

**AnnMaria:** I agree.

**Pete:** I agree.

**AnnMaria:** At some point you will need to define elite athlete.

#### COURSE MATERIALS:

There was a discussion of the use of the Level I, II and III manuals written by Chris Dewey. The committee members agreed that it was more responsive to the members and clinic instructors to provide a list of recommended supplemental readings rather than a set of mandatory texts. The current manuals would be included as well as "Coaching on the Mat", by Steve Scott and "Competitive Judo" by Ron Angus. Instructors could select one of the texts for use with their clinic.

Mr. Pedro requested that the committee members submit the names of any other recommended texts or DVDs to him by February 1.

#### MODEL TO GROW JUDO:

**Gerald:** We are following the AYSO (American Youth Soccer Organization) model.

**Pete:** That's exactly it. We want to make it easier for the small towns to have a judo club.

**Gerald:** Level I is a basic curriculum?

- Bill:** It hasn't been but that's a good idea.  
**Bill:** In my opinion, Level I and II are where it all happens. Level III would be where you have elite players you're coaching.

#### COURSE INSTRUCTORS:

- Pete:** We need people who can teach judo at a competent level.  
**Jim:** Course instructors will need to be approved in advance. We are going to have a standard curriculum so you have everyone on the same page. We need to cover conditioning, drills, exercises and basic judo. Every top athlete in every sport, when they are having trouble, goes back to their fundamentals. We are not progressing in judo in this country and a focus on building a foundation of solid judo skills is the logical place to start.  
 We also need an understanding from anyone who teaches in our program that they will treat the club coaches with respect. I have done clinics all around the country this year and I can tell you that these USJA coaches are doing this for the kids. Not only are they teaching for no or little money, but also then they are coming to these clinics to get better.  
 These are people with good hearts. We owe it to them to give them the best judo program we can possibly give to get their skills at the level they want and their players deserve.  
**AnnMaria:** So, can just anyone who is a certain level rank or certain level of coach teach?  
**Lanny:** It doesn't sound like it. Sure, you can teach any clinics you want, but if you want it to count toward coach certification, it sounds like you need to be approved by the coaching committee to be sure we are all on the same page.  
**Maurice:** I think that is right.

#### USJA- USJF- USJI COMMISSION:

- Bill:** Gerald, you are the liaison for the USJA, UJSF and USJI, how can we help you?  
**Gerald:** The last thing that was documented was this five-level USA Judo system, which they started to rewrite, and never finished. The thing I would like to push more is a standard curriculum, say at Level I, you have ukemi, some basic throws...  
**Bill:** ...and how about gross motor movement, combinations ...

#### CONTINUING EDUCATION REQUIREMENT:

- AnnMaria:** Just to be clear, also, the idea of continuing education was Dean's idea originally.  
**Bill:** Yes, it was Dean Marcovics idea as the USJF coaching chair and I am not sure they ever adopted it but Mr. Pedro, and myself, too, really liked the idea and I am all in favor of the USJA using good ideas from other people.  
**Lanny:** I recommend that when we approve clinicians, we approve them for specific topics. No one is going to be qualified to teach everything.

#### CLINICS SCHEDULED:

The following clinics were definitely or tentatively scheduled already for 2007

[*Note: Since these are listed under coming events, I deleted this section in the interest of space. – Ed.*]

ACTION ITEMS:

- Jim Pedro appointed Hayward Nishioka to pilot an E-level assistant coaches curriculum. These individuals could be certified to teach in their own club, but would often be assistant instructors in larger clubs. Hayward will be offering a clinic at Goltz Judo Club February 17 and 24.
- Jim Pedro will write an outline of the D and C level curriculum by February 1.
- Pete Mantel will submit lesson plans to Mr. Pedro by February 1. These sample lesson plans will be incorporated within the curriculum.
- Coach Pedro requested that Coach Weers send him lesson plans and other materials he recommends be included in the curriculum.
- ALL committee members were instructed to email or mail to Kelly Reynolds any materials they have written that they recommend for inclusion in the coaching curriculum, as well as the names of recommended texts. She will put together packets and mail to all committee members.

**GREAT STUFF COMING UP****Camp at Mayo Quanchi** – one of the top clubs in the USJA!!

Winter mini camp. Open to judoka of all levels. Coaches are welcome.

Where: Mayo Quanchi Judo club  
751 Main Street  
West Warwick R.I. 02831

When: January 26-28

Schedule: Friday 6-9pm, Saturday 9-11:30am and 1:30-4pm, Sunday will be 9am-12pm

Cost: Home stay and all meals included: \$75

Staying on your own: \$50

Contact: Serge Bouyssou (401) 647-4678 or Judocoach@cox.net

Partial Camp attendance is available - Contact us for a quote. Due to the fact that these camps have grown so much, we will be on a first come first serve basis.

Airport: Providence -Anyone who wishes to fly in on Thursday is welcome.

**Santa Rosa Judo Club Competitive Development Clinic**

Registration must be received by Monday, 1/15/07.

Where: Two Rock Coast Guard Station, Petaluma, CA.

When: Friday, January 19, 2007 (5pm-9pm), Saturday, January 20, 2007 (9am-5pm)  
Sunday, January 21, 2007 (9am-1pm)

Cost: \$75.00 per person.

Contact: Mail registration and tuition to  
Destinee Tartuffe, PO Box 512, Calistoga, CA 94515

**The Fourth Twin City Winter Classic/ U.S.J.A State Tournament**

Junior, Senior

Where: St. Bernard's Catholic School Gym, 170 Rose Ave., St. Paul, MN. 55117  
 When: Saturday January 27, 2007  
 Schedule: Weigh-ins Saturday (Juniors 8:30am to 10:30am) (Seniors 8:30am to 11:30am)  
 Contact: Tournament Directors - Dan Hoffman (651) 208-5650  
 Assistant Directors - Ken Otto (651) 774-4041, Email: k-d-otto@msn.com

**Dynamic Drill Training Seminar Hosted by Derry Judo Club**

"Dynamic Drill Training" is more than just moving around the mat and "fitting" on throws. It is a carefully planned series of exercises and movement patterns that, when used properly, will instill a core of basic judo skills in each participant. It is highly effective in all age groups: children, teen and adults. Featuring Bill Montgomery, Godan, USJA Coaching Committee

Where: Veteran's Memorial Hall, 31 W. Broadway, Derry NH 03038  
 When: January 28, 2007  
 Schedule: Children's session (ages 12 & under) 10:00am-11:30am  
 Teen/adult session (13-up) 12:30pm-3:00pm  
 Registration ½ hour before the start of the session.  
 Contact: For more information, contact: Roger Lenfest, (603) 458-1742  
 Email: derryjudo@comcast.net  
 Joan Love, USJA Regional Coordinator, (860) 334-3347, Email: judolady210@aol.com

**Camp Bushido West** - Sunday, July 22, through Friday, July 27, 2007, for more information please visit <http://www.twincitiesjudo.com/camp.htm>

**COACHES CERTIFICATION CLINICS***-by Dr. AnnMaria DeMars*

The USJA Coaches Committee is off to an amazing start in 2007 with the following clinics already scheduled.

Contact Coach Committee Vice-Chair Pete Mantel – [wienerdog2@cox.net](mailto:wienerdog2@cox.net) for more information.

Level E - New York, January, Mark Hunter  
 Level E - California, February 17 & 24, Hayward Nishioka  
 Level D - Massachusetts, February 17, Jim Pedro, Sr.  
 Level E - Rhode Island, March 23-24, Ronda Rousey & Serge Boussyou  
 Level D - Louisiana, May, Jim Pedro, Sr.  
 Level D- Indiana, July, Jim Pedro, Sr. (with USJA Junior Nationals)  
 Level E - North Carolina, June, Dr. Ronald Charles (at Greatest Camp on Earth)  
 Level D - California, July, George Weers (at Camp Bushido)  
 Level E - New York, August, Bill Montgomery (at YMCA Camp)  
 Level D - Ohio, August (with USJA Coaches Summit)  
 Level D - Michigan, November (with All-Women's Tournament)  
 Level C - California, November 30, Jim Pedro, Sr., Gerald Uyeno (with USJA Nationals)



## **USJA RESOURCES**

*-by Dr. AnnMaria DeMars*

*NOTE: For those of you who have a fast connection, you may wish to go to the site for the USJA Resource CD to download movies of the monthly judo games, thanks to James Wall.*

<http://www.usja-development.com/resources/>

We are just getting started on this CD but we have our working draft up for your use and review. This gets updated sort of as we get around to it. Dave Wertheimer, Chair - Instructor Subcommittee of the Coaching Committee and Tom Crone, Chair - Collegiate Subcommittee of the Development Committee, collected all these resources that we are now reviewing, editing and putting on the website. When we get finished, we will make CDs to give out at coach workshops and mail to our USJA clubs.



## **DOES YOUR CLUB PRODUCE WINNING PLAYERS?**

*-by Ronald Allan Charles - Chairman, USJA Awards Committee*

The Awards Committee recognizes outstanding players each year. Seven hundred and eighty awards -- up to 15 for each State, Washington, D.C., and Overseas -- are allotted annually for 11 State categories. Eight awards are allotted for seven National categories.

STATE AWARDS: Coaches recommend players. We choose recipients based upon a point system for placing first, second, and third in tournaments. This year we have added new categories and expanded others to male and female. Categories are:

- State outstanding junior male competitor
- State outstanding junior female competitor
- State outstanding senior male competitor
- State outstanding senior female competitor
- State outstanding masters male competitor
- State outstanding masters female competitor
- State outstanding junior male kata competitor or team
- State outstanding junior female kata competitor or team
- State outstanding senior male kata competitor or team
- State outstanding senior female kata competitor or team
- State outstanding mixed kata team

Points are tabulated on the recommendation form, available from the USJA website <http://www.usja-judo.org/Awards/RecommendationForm.doc> (or see the next page). Any Coach may submit recommendations, and judoka may recommend themselves if their Coach endorses the form. We will the name of each Outstanding Player's Coach in the website State Hall of Fame. Recipients will receive a certificate, enshrinement in the Hall of Fame, and free entry to the two-day Elite Technical Training Camp following the 2007 USJA Junior Nationals in Indiana. This camp is for seniors as well as juniors.

Remind your coach. If you are the coach, this article is your reminder. Players whom you recommend will be grateful. **Submissions must be postmarked by March 31, 2007.**

**Recommendation for Outstanding USJA Competitor for the STATE of \_\_\_\_\_**

**Check one category: (If kata team, submit two forms.)**  **junior male;**  **junior female;**  **senior male;**  **senior female;**  **masters male;**  **masters female;**  **junior male kata;**  **junior female kata;**  **senior male kata;**  **senior female kata;**  **mixed kata team**

Name of nominee: \_\_\_\_\_

USJA membership #: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Street address: \_\_\_\_\_

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

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Judo rank: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ E-mail address: \_\_\_\_\_

**INSTRUCTIONS:** Membership may be applied for along with recommendation. Juniors are 16 or younger, Seniors, 17 or older. Judoka passing 17th birthday may be considered either Junior or Senior. Awards based on total points achieved during calendar year for **either** Kata **or** Shiai **or** Masters competition (**specify**).

**Do not mix shiai, kata, and masters points.** To obtain points, multiply the factor for each event by what place judoka has won (1st, 2nd, or 3rd) **AND** by number of times placing. Local Tournaments = two or more clubs competing; State = state championships; Regional = teams from two or more states; National = Jr., Sr., and Collegiate Nationals, Jr. Olympics, etc.; International = teams from two or more countries. **List names, event levels, and dates. Identify events** with letter designating level (R=Regional, L=Local, etc.). Uncontested wins count. Incomplete or illegible forms may not be accepted. Same winner two years in a row will not be considered for same category unless no other nominee. A judoka may be nominated for more than one category.

**POINTS EARNED (January 1 – December 31)**

<u>Type of Tournament</u>	<u>1st place = 5 Points</u>	<u>2nd place = 3 Points</u>	<u>3<sup>rd</sup> place = 1 Point</u>
Local tournament =	_____	_____	_____
State (multiply by 5) =	_____	_____	_____
Regional (multiply by 9) =	_____	_____	_____
National (multiply by 13) =	_____	_____	_____
International (multiply by 17) =	_____	_____	_____

**Total Points Earned** \_\_\_\_\_

**NAME, DATE, AND LEVEL (L, S, R, N, or I) OF EACH TOURNAMENT**

**(List additional events on back or extra page. Month will suffice for date.)**

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Send to:

Dr. Ronald Allan Charles, Chairman  
Awards Committee  
113 Camellia Road  
Goose Creek, SC 29445-3418

\_\_\_\_\_  
**Primary Coach** of recommended player / Coach's club

Or e-mail to [ronaldallancharles@comcast.net](mailto:ronaldallancharles@comcast.net)  
(request confirmation of receipt of e-mail).

\_\_\_\_\_  
Primary Coach's address (print clearly)

**Deadline (postmark date): March 31!**

(\_\_\_\_) \_\_\_\_\_  
Coach's telephone

\_\_\_\_\_  
Coach's email address

**Send award to primary Coach?**

Form revised December 2006

## CLIMB THE WALL

-by James Wall



OK, I know that sometimes your junior classes might make you feel like climbing the wall but that's not exactly what this month's game is about. It is however a ton of fun for you and your juniors.

With most of our games we try to keep equipment needs to a minimum but for this one there are a couple of requirements, specifically you will need two crash pads (landing mats, throwing mats, etc) and at least 2 people to help.

Start by laying one crash pad down flat on the mat at one end of your dojo. Take the other crash pad and if possible fold it in half and stand it up like a wall right in front of the pad that is lying down. Have your juniors line up at the opposite end of the mat facing the "wall".

The objective is for the kid to run at the wall then jump up as high as possible and grab the top of it. Then using hands and feet he has to pull himself up and over the wall and land on the crash pad on the other side.

If you have the folding type of crash pad you have a couple of options. For your smaller or weaker kids you can stand the mat up so that it is wide from left to right but not very tall from top to bottom. For your bigger, stronger kids you can stand it up so that it is a lot taller but not as

wide. If you have some really great jumper/climbers you can even stack the wall up on top of the flat crash pad and add a few more inches to the overall height of the wall.

Another thing to keep in mind is that for your smaller, weaker kids you can give the wall a slight backwards lean to create a sort of ramp that they can walk up easier with their feet. It's also a good idea to have an assistant on hand if possible just in case some of the kids need a little help in the form of a belt pick up to get up and over.

The most important thing is that EVERY KID MUST GET OVER THE WALL! Also encourage the class to cheer and clap for those kids that struggle to get over but don't give up.

This game is great for helping to build strength in the upper body, arms, and hands, all important muscle groups for Judo.

Even more importantly, it is tremendous for helping to build confidence and courage in the kids. There's nothing like the look on a little guy or gals face the first time they make it over the wall all by themselves or the day when they step up for their turn and ask the guys holding the wall to turn it over so it'll be harder to climb! It's awesome to see them grow stronger and more confident in themselves physically and mentally. That's what Judo is supposed to be about! I'll take that over a medal any day!

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, Wall to Wall Martial Arts,  
Watson, LA

[wallmartialarts@cox.net](mailto:wallmartialarts@cox.net),  
[www.wallmartialarts.com](http://www.wallmartialarts.com)

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