

Monthly publication of the Development Committee of the United States Judo Association

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MAY/ JUNE 2008



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NOTE: USJA Board of Directors meeting June 28 during the USJA Junior Nationals. Open to the public. The meeting will be held at the tournament venue on Saturday evening to allow the greatest possible number of members to attend.

Editorial: Change is Good

by Dr. AnnMaria DeMars

Perhaps we have just reached the tipping point where judo is becoming more of a community, more focused on the players and coaches. There have been a lot of positive changes surrounding judo lately, and I want to echo Jim Pedro, Sr.'s coaching column this month. Change can be good and we are seeing a lot of it. It isn't one incident or person; it is a lot of them. For example:

- From Mississippi to Alaska, more people who have always been involved with their own clubs are opening their arms even wider and working with a whole region, nation or even internationally. The Great American Workout, pictured on the cover and throughout this issue was hosted by Serge Bouyssou in Rhode Island and featured clinicians from New York, Massachusetts, Connecticut and California. The turnout was terrific. This two-day event was offered at a discount rate thanks to support from the USJA and USJF. Serge is in Louisiana doing a clinic this weekend with James Wall and Jeff Miller.
- The Judo Forum Summit in Carlsbad, CA this month was organized by Paul Nogaki, founder of a strong USJA club and a rokudan in the USJA, along with Bill Caldwell of San Shi Dojo, the largest club in California Judo, Inc. and is hosting athletes from Australia to the east coast of the United States. Funding is being provided for athlete scholarships from the USJA (thanks to a wonderful anonymous donation of \$2,000), from the USJF and California Judo, Inc.
- Judo is back in the Mississippi State Games thanks to the pioneering efforts of Keith Worshaim.
- Tony Comfort, a coach at the USJA/USJF West Coast Training Center, former elite competitor and engineer is flying to Mississippi supported by USJA development funds to help grow our southern members who are growing judo.
- USJA State Award winners can attend the junior national training camp with Jimmy Pedro, Jr. following the junior nationals in Boston at no cost. Campers have the option of attending the Mayo Quanchi camp on Thursday at no additional cost. A coach's clinic will be held at this camp with Jim Pedro, Sr. assisted by Ronda Rousey.
- Gary Goltz, USJA COO will be doing a clinic in Sitka, Alaska on activities for club development, player recruitment and retention.
- The long time events continue as well, Roy Hash's camp in Texas, the camp in the Carolinas, the YMCA camp in New York, Camp Bushido West in northern California.

While many American organizations have experienced a decline in volunteerism and donations, we are seeing an upswing in the USJA. Be a part of it. Volunteer. Teach. Referee. Donate. Participate. All of our camps and clinics are open to everyone, and we are finding more and more people opening up to us. It's a good time.

On a personal note – if you are at the USJA Junior Nationals in Boston this month look me up and say, "Hi". It's always nice to be able to put a face with a voice on the phone or email address. Come to the board meeting on June 28. It's open to everyone.

Coaches Corner: Attitude is Everything and Change Can Be Good

by Jim Pedro, Sr., USJA Coaching Chair

From when I first started to go around and do clinics, I feel that we have come a long way. I see more and more coaches are attending but the biggest change, a positive one, is in attitude. More and more coaches are willing to try new techniques and learn.

The biggest problem I had seen at clinics in the past was that most coaches wouldn't attempt to do the techniques, often standing with folded arms and judgmental air. Because of that attitude they were not able to bring the knowledge back to their students. The clinic at the Great American Workout in Rhode Island last month was an example of this new attitude and willingness to try new things. It was co-sponsored by both USJA and USJF, and many coaches of all ages came to learn.

Not only did their willingness to try new techniques benefit them but it was also an excellent example for the several young coach candidates, under age 21, who came to be certified. Seeing older coaches on the mat trying the new techniques, learning from other coaches, gave our up and coming coaches the right example and the right attitude. I could also see that it made them more comfortable, realizing that no one expected them to know everything.

The only real way to learn a new technique is to attempt to do it and learn by trial and error. I personally have always asked players and coaches to show me a new technique that I have seen so that I can learn it. If you aren't willing to learn new techniques and new things then you become stagnant and can't grow. Don't be embarrassed to ask somebody to show you and personally try the technique. Then, you'll have a better chance to remember the technique and what it was that made you want to add it to your repertoire in the first place. And remember, the technique that someone is showing you was taught to them by someone else. And the cycle keeps on going on.



The Two Primary Tasks of a Coach (second in a two-part series)

by Steve Scott (continued from April, 2008 issue)

A coach can influence the life of anyone who trains with him, whether it is a young child or an adult. We will discuss the some of the ways a coach can be a positive influence in other people lives, but the two primary tasks that a coach has are the following:

- 1-Raise expectations.
- 2-Create opportunities.

When we really get down to it, a coach's job is to help people raise their own expectations of themselves and to create opportunities. If you, as a coach and role model, expect a certain level of behavior or a certain level of expertise or skill, more often than not, your athletes or students will do everything they can to meet that level you expect and try to exceed it. If they don't, then talk to them, coach them, be honest with them, and get them to want to raise their expectations and then do it.

The key here is to make sure the expectations you want them to meet are reasonable and something attainable. Also, you, as a coach, can create opportunities for your athletes and students. If you're a coach of a junior judo team, do your homework and find local and regional judo tournaments where your kids can compete. Talk to other coaches and arrange for clinics so that your team can be exposed to different skills and approaches to training. If you have an athlete who is really outstanding, talk to your judo organization about getting this kid to a national training center for more advanced training.

Not only can you help with training and competitive opportunities, you can talk to other people in your community about educational or job opportunities for your athletes and students. As a coach, you wield influence. Use it to your team's advantage.

Specifically, raising expectations means that the coach himself sets standards that his athletes or students must meet. An "expectation" is a standard way of behaving or pattern of living. To some degree, you could call them "goals" but that defines the concept too narrowly. Goals are specific usually. Raising expectations is more general in terms, but a definite pattern of behavior that leads to positive lifestyle choices. Part of the students' daily training is to meet and exceed the expectations (or goals) that the coach has established. I'm not always talking about how many miles somebody has to run or how many throws must be performed each practice. Coaches should establish a specific pattern of behavior and expect his athletes to act within the limits of that behavior. A good example is not allowing athletes to show up late to practice without being expected to pay the price for it. If a young man or woman shows up late, he or she knows there will be a price to pay. The coach sets the punishment to every behavior according to its importance to him.

Discipline really isn't a natural thing to most people and one of the ways of raising expectations in others is to teach them to be disciplined. This eventually leads to self-discipline and when a young person becomes self-disciplined, it means (to the coach) years of training have paid off. Eventually, the athlete or student will not only attempt to meet the expectations of his coach, he will set his own. When your athletes have gone beyond only trying to meet the expectations you set for them and begin to expect more of themselves, then you, as a coach, have successfully accomplished a major task in the positive development of this person's life.

Sometimes, creating opportunities means that you have to create events or activities that will help develop your athletes. Opportunity is like riding in a car. If you know where you're going, you'll usually get there. If you see (or create) an opportunity and know how to take advantage of it, you'll achieve your goals.

You, as the coach, are an important person in setting levels of expectation for your students, so you should be actively trying to create more opportunities for them. Even if these opportunities have nothing specifically to do with winning judo or sport jujitsu matches, they are still very real in the lives of everyone concerned. An example that quickly comes to mind is how many times I have talked with prospective employers when my athletes have used me as a job reference. Literally hundreds of young people have asked me to be a job reference and I have always complied. In other cases, athletes needed direction in their education and opportunities were found in getting them their high school equivalency. This has nothing to do with winning judo matches, but as a coach, I was able to help in creating opportunities for their education.

Sometimes, it only takes giving a young person a chance to prove himself. A coach doesn't have to "pull strings" or "know somebody' to create opportunities for his athletes. Just giving a young person a chance to prove himself is often the break that will impel this athlete to go on to bigger and better things. A coach creates an opportunity for an athlete every time he prepares him well on the mat and sets him in a positive direction off the mat.

Coaches should keep in mind that just because you have created the opportunity, it doesn't mean that the athlete will take advantage of it. An old saying that has a lot of truth in it is; "You can lead a horse to water, but he has to drink it for himself." Don't be too disappointed when somebody doesn't step through the door you opened. Hopefully, your athlete's expectations of himself will prompt him to take advantage of positive opportunities, but if he doesn't, he simply doesn't. Don't give up on him, but don't be too disappointed either.

You Don't Have to be a Saint, But...

One other thing is important and should be mentioned. If you plan on coaching, then you had better lead a life above reproach. Kids, and adults too for that matter, look up to their coaches. You, as the coach, set the example and that example should be a good one. You don't have to be a saint, but you better be a decent human being if you want to be a good coach. Whether you like it or not, you are a public figure when you are a coach. What you say and what you do will be remembered for a long time, even a lifetime, by your athletes.



Check out these next several pages for all of the wonderful grass roots judo activities going on around the country. These include clinics, new club openings, summer camps, tournaments and more. No matter where you live, these are events you don't want to miss.

NEW DOJO FORMED IN OHIO

by Herb Mowery

This a great day in martial arts world as OHIO MARTIAL ARTS CENTER, of Sciotoville, Ohio now has a new home. In the coming weeks we will have lots of work to do to get this dream to come true. I look forward to see as many of you as possible in helping move mats and all our things out of storage and into new. Our dojo will be a work in progress as we hope to have great things come from this school.

Grass Roots Clinic

Dr. Zbigniew Piec, former international competitor from Poland, gave a Grass Roots Clinic sponsored by the USJA at Goltz Judo Club on May 17. According to "Dr. Zbig", if the fundamentals of judo are learned correctly, its many techniques can be applied easily. The clinic was free to USJA members as one of the many benefits of membership. Over 40 judo students from age six through adult were present to hone their basic skills, have a good time and meet fellow judo enthusiasts from clubs around the nation.



GROWING JUDO: NORTH MEETS SOUTH - Clinic in Lafavette, LA

Hey Y'all,

Serge Bouyssou, Head Instructor of the Mayo Quanchi Judo Club, is coming to Lafayette, Louisiana to do a 1-day clinic on Saturday, June 7, 2008. The Mayo Quanchi Elite Summer Training Camp, hosted in Rhode Island, might be the top U.S. Training Camp in the country, and we are fortunate enough to have him come to Louisiana to give us a preview of what is coming this year.

For those of you in the area, we would love to have y'all come out for this clinic.

Where:

University of Louisiana at Lafayette Bourgois Hall 225 Cajundome Blvd Lafayette, LA 70508

Hosts:

Acadian Judo
ULL Judo Club
Louisiana Judo Council, Inc.
United States Judo Association

Contact:
Jeff Miller
337-303-2096
jefmlrjudo@yahoo.com



Editor's note: The story goes... a woman came for an interview as a preschool teacher. She brought along her daughter, who the interviewer knew as an honor student, captain of the swim team and member of the church choir. When the director asked if she had any experience, the woman pointed to her daughter and said, "Here is an example of some of my work." She got the job.

At left is an example of some of Serge's work.

Go to the clinic.

2008 Southwest Summer Junior Training Camp

GARLAND, TEXAS - JUNE 6-8, 2008 Hosted by Becerra Judo Club at Gale Fields Recreation Center Sanctioned by the USJI, USJA, USJF and TJI

CAMP MANAGING DIRECTOR Bert Becerra, 7th Dan CAMP TRAINING DIRECTOR Ron Yoshida, 5th Dan

Our purpose is to provide enhanced training, specifically designed for and tactically placed before the summer series of junior national events. We know this training is critically important to those who participate in these events and we know from Camp venue:

Gale Field Recreation Center 1701 Dairy Rd Garland, TX (972-205-3090)

COST:

\$30.00 pre registered \$40.00 at the door Pre-registration due by May 26th, 2008

experience this training provides that last bit of fine tuning every champion knows they will need down the stretch.

We have assembled an outstanding and highly experienced camp and coaching staff, whose responsibility will be to provide assistance in whatever capacity needed. The camp will be divided into three groups based along age lines and depending upon the

number of participants. Initially, our hope is to divide into Bantams, Intermediates and Juvenile age groups. Some of the time will be spent as an entire group, but we fully expect to conduct most of the training in our three separate groups.

For more information contact: Bert Becerra @972-681-9485 Ron Yoshida @ 469-467-8624

TRAINING DAYS AND TIMES:

FRIDAY - 5:00pm to 9:00pm

SATURDAY:

9:00am to 12 noon, 2:00pm to 5:00pm

SUNDAY - 9:00am to 12 noon

A DOZEN REASONS TO GO TO USJA JUNIOR NATIONALS IN BOSTON

by Julia De Mars, Age 10

- 1. Room service (after weigh-ins I am getting a piece of chocolate cake as big as my head)
- 2. You get to stay in a fancy hotel
- 3. My friends will be there!!!
- 4. Judo. I like winning.
- 5. My sisters and my niece are there!
- 6. There is a camp after the tournament with my sister, Ronda, and that guy that coaches her, Jimmy Pedro, Jr. and that other grandpa guy that coaches her, Jim, Sr. They're funny and they tell you judo stuff that really works. Ronda is my favorite. Grandpa Jim is funny, too. Just don't let him know that whenever he is looking for who poked him and ran away or who hid his bottle of water that it was Ronda. (Okay, well maybe sometimes it is me. But only a few times. Mostly it is Ronda.)



- 7. Last year at camp after the junior nationals I ate about two dozen pieces of pizza AND I got a t-shirt AND met some kids from Alaska.
- 8. I bet the fireworks in Boston on fourth of July are really cool.
- 9. I heard they have boats shaped like swans you can ride around in. We didn't get to go on them last time we were in Boston so somebody better take me this time.
- 10. I'll make new friends and I'll get to see the people I met in Rhode Island again.
- 11. I read about the Boston Harbor and Boston Tea Party in school and now I can see where it happened. Maybe I can get extra credit for writing about it next year in case I forget to do my homework one day. I'm not saying I will forget my homework, I'm just planning ahead.

12. Mom is going to drag me to educational stuff whether I want to go or not. It could be cool, you never know.

[Editor's note: THE CAMP AFTER USJA JUNIOR NATIONALS IS <u>FREE</u> TO THE USJA STATE AWARD WINNERS.]

RESULTS OF GRASS ROOTS JUDO HIGH SCHOOL CHAMPIONSHIPS, Hawaii

| Place | Name | HIGH SC | HO | PKAYLA GOMES | MID-PACIFIC |
|-------|--------------------------|------------------|-----|---------------------------|-----------------------|
| | FEMALE OPEN UNDER 44KG | | 2 | TIARE MASHIMA | KAMEHAMEHA / KAPALAMA |
| 1 | ERIN UEHARA | PUNAHOU | 3 | KIRA HAGI | KAPOLEI |
| 2 | KIMBERLEY MIYAMASU | MOANALUA | | FEMALE NOVICE UNDER 55KG | ì |
| | FEMALE OPEN UNDER 49KG | | 1 | DANICA AUNA | KAHUKU |
| 1 | MARISA FUKUNAGA | ROOSEVELT | 2 | CHAELYNN TAN | KAPOLEI |
| 2 | BRITTANY BALANAY | MCKINLEY | 3 | NICOLAI ARIGA | KEAAU |
| 3 | AYAME HIGA | MCKINLEY | | FEMALE NOVICE UNDER 63KG | ì |
| | FEMALE OPEN UNDER 52KG | | 1 | CIANAH HEE | KAHUKU |
| 1 | MEGAN MORISADA | IOLANI | 2 | MARISSA PETTUS | AIEA |
| | | | | LAUBRY BEATTY | |
| 3 | JESSICA DOMINGO | PEARL CITY | | FEMALE NOVICE UNDER 70KG | ì |
| | FEMALE OPEN UNDER 55KG | | 1 | AMANDA SOLIAI | KAHUKU |
| 1 | MEGAN YAMAGUCHI | | | | PEARL CITY |
| 2 | JENNA AINA | KAMEHAMEHA-HA | ΑWA | IFEMALE NOVICE UNDER 78KG |) |
| 3 | KAYLEEN KOBASHIGAWA | MCKINLEY | 1 | MEI LING KEIKI | PEARL CITY |
| | FEMALE OPEN UNDER 59KG | | 2 | PATRICE YAMANE | CASTLE |
| 1 | SARAH MIZOKAWA | AIEA | _ | LORI TAKAFUJI | BALDWIN |
| 2 | REIKO CAMPOS | KAMEHAMEHA / K | APA | AFEMALE NOVICE 78KG+ | |
| 3 | SHELBY ASATO | PUNAHOU | 1 | KAYLA KAOHU | KEAAU |
| | FEMALE OPEN UNDER 63KG | | | MALE OPEN UNDER 49KG | |
| 1 | RISHA MISHIMA | HAWAII BAPTIST A | ٩ĢA | PEMEDAN NG | PUNAHOU |
| 2 | KRISTIN KONO | KAPOLEI | 2 | DAVID TERAO | MID-PACIFIC |
| | FEMALE NOVICE UNDER 44KG | i | 3 | CODY FERNANDEZ | ROOSEVELT |
| 1 | TRYSLYNN NAKAMOTO | MCKINLEY | | MALE OPEN UNDER 52KG | |
| 2 | JENNY TANG | MCKINLEY | 1 | LOGAN BUCSIT | FARRINGTON |
| | FEMALE NOVICE UNDER 47KG | i | | MALE OPEN UNDER 55KG | |
| 1 | KAYLA MARTIN | KAHUKU | 1 | BRANDON OSHIRO | MARYKNOLL |
| 2 | SHERILYN TABION | KAPOLEI | 2 | WYATT UEHARA | KAIMUKI |
| 3 | JOURDAN CACHOLA | FARRINGTON | 3 | JARRED KUWANA | KEALAKEHE |
| | FEMALE NOVICE UNDER 52KG | ; | | MALE OPEN UNDER 60KG | |

| 1 | ANTHONY KWON | MARYKNOLL | 2 | JAROM POLLISTER | KAHUKU |
|---|------------------------|---------------------------------|------|-------------------------|-------------|
| 2 | MICHAEL MURAKAMI | WORD OFLIFE | 3 | CODY HIRAKAWA | CASTLE |
| 3 | DILLON IWABUCHI | MOANALUA | | MALE NOVICE UNDER 60KG | |
| | MALE OPEN UNDER 66KG | | 1 | PAUL YONAMINE-IKEDA | AIEA |
| 1 | NICHOLAS LUM | ROOSEVELT | 2 | ALEXANDER DEL CASTILLO | MILILANI |
| 2 | DAMON HOM, JR. | MCKINLEY | | MALE NOVICE UNDER 66KG | |
| 3 | JORDAN FACTORA | CAMPBELL | 1 | DANIEL IGE | KAHUKU |
| | MALE OPEN UNDER 73KG | | 2 | TRAVIS GUGLIELMINO | KAPOLEI |
| 1 | JULIAN GARAY | MOANALUA | 3 | KENNETH SATO | ROOSEVELT |
| 2 | PRESTON QUAM | GREATER SAN D | IEG | MAADENOVICE UNDER 73KG | |
| 3 | BRANDON PEREA | HILO HIGH | 1 | PUNAHELE SORIANO | KAHUKU |
| | MALE OPEN UNDER 81KG | | 2 | EVAN MASUTANI | IOLANI |
| 1 | AUSTIN ARAKI | HOMESCHOOL | 3 | ETHAN SUMIDA | MID-PACIFIC |
| 2 | MICHAEL KANOHOKULA | CASTLE | | MALE NOVICE UNDER 81KG | |
| 3 | MATTHEW CHAI | CHRISTIAN LIBER | RT1Y | RYAN YAMATO | KALANI |
| | MALE OPEN UNDER 90KG | | 2 | ALIKA CANON-SMITH | KAHUKU |
| 1 | MATT TSUBOTA | LUTHERAN | 3 | KAINOA KAOHU | KEAAU |
| 2 | JEFF PHAM | MCKINLEY MALE NOVICE UNDER 90KG | | | |
| | MALE OPEN UNDER 100KG | | 1 | HAUOLI JAMORA | KAHUKU |
| 1 | ANDY TOYAMA | PEARL CITY | 2 | AARON PUAHALA | PEARL CITY |
| 2 | KEKOA BIROAN | MILILANI | | MALE NOVICE UNDER 100KG | |
| | MALE NOVICE UNDER 49KG | | 1 | KYLE TSUBOTA | LUTHERAN |
| 1 | AARON YOSHIZU | BALDWIN | 2 | HARVEY FUNG | CASTLE |
| 2 | DAVEN SHITABATA | CASTLE | 3 | WARREN MAMIZUKA | KAHUKU |
| 3 | DONOVAN NAKAMA | KAPOLEI | | MALE NOVICE 100KG+ | |
| | MALE NOVICE UNDER 55KG | | 1 | JONATHAN LAUTAHA | KAHUKU |
| 1 | CHANE UMENO | PEARL CITY | 2 | ISILELI FISILAU | KAILUA |
| | | | | | |

OUTSTANDING MALE JORDAN NG
OUTSTANDING FEMALE MEGAN YAMAGUCHI

1st Place HIGH SCHOOL IN THE OPEN DIVISION

1st Place HIGH SCHOOL IN THE NOVICE DIVISION

1st Place OVERALL

PUNAHOU
KALANI HIGH SCHOOL
TIE ROOSEVELT AND MCKINLEY
KAHUKU HIGH SCHOOL
WADOKAN JUDO CLUB

PAN-AMERICAN KATA CHAMPIONS – WOW!

There is just no other word for it. Long time USJA supporters Jeff Giunta and Heiko Rommelman swept all three men's divisions in kata at the Pan-American championships, winning the nage no kata, katame no kata and ju no kata gold medals. As gifted as instructors as they are competitors, two of their students, Kirsten Weisbeck and Kerry Forster, won silver medals in the women's nage no kata and gold in the women's katame no kata. The gold medal in ju no kata was won by none other than our own USJA Board Member Michelle Holtze and her partner Kathy Buys. (No, they are not students of Jeff and Heiko!)

Congratulations on a fabulous job representing the USA.

How can I become more involved with the USJA?

Want to be part of developing our future, like the young athletes shown above? We always need volunteers! It can be something as small as sending in photos for Growing Judo, writing an article or helping at a clinic. Help at the USJA Junior Nationals with scorekeeping, timing or refereeing. Any money donated goes 100% to support growing

judo. USJA Development funds are <u>only</u> used for development including lots of camp scholarships and clinics throughout the country.

Operators are standing by (okay, I made that up, we are open during regular business hours, Mountain Time, but call Katrina (877) 411-3409. We even take credit cards.) If something is near and dear to your heart, say, camp scholarships for kids 10 and under, you can make a directed donation for that purpose.



Contact AnnMaria De Mars drannmaria@fractaldomains.com

TOURNAMENT REPORT: Terry Kelly Female Tournament May 24th.

by Deborah Fergus, USJA Women's Chairperson

As many of you know, Southside Dojo has hosted the All Women's Championship in Kalamazoo, Michigan for the last 3 years. This year's event is Nov. 7-9, 2008. It has been a very exciting time for the females of our sport. It was long overdue and much needed.

Last year I received an e-mail for Mr. Roy Hash of Texoma Judo in Texas asking if I would mind if they held an all female event there and, would I be interested in coming down to help. My reply "is that really a question?"

So, it was set for a second all female event in the US May 24, 2008. The Terry Kelly Female Invitational Judo Tournament

I flew into Texas, Wichita to be exact at 3pm Friday the 23rd of May. Roy and Julee Cope of Ohio picked me up at the airport which was Sheppard Air Force Base in Wichita. You land on the Military airstrip and arrive at a small terminal through a gate at the end of the runway.

We went to Roy's home and I changed and we then headed out to pick up some mats Roy had in storage that were to compliment the mat area at the venue. We loaded 2 mini vans and headed to Bill Bartley Branch, Family YMCA to off load and meet the rest of the set up crew.

There were so many volunteers that Julee and I excused ourselves to take in the 90° F Texas dry heat. It really was a treat to the both of us as we are use to 50° F or below at this time of year. Mary Anderson, our home host for the weekend dropped Julee and I off at a Restaurant for some supper while the rest of the mats were laid.

Oh so early Saturday (6am), we awoke, had our coffee and muffins and headed to the venue.

As the registrations came in Julee and I worked at creating the pools. We were joined by Rita Law of Becerra Judo. She was indispensable on the computer as I am a 2 finger typist. Donna Janecka joined in and kept the pools posted to the wall and supplied the tables with the sheets.

Mid way through the bracket making Julee was up for her first match. Of course I missed being mat side as coach but hey, she did what she always does and played Judo. She would come back between her matches and put another set together. Yes I was able to be mat side for some of her matches. Terry though was there for her through most. Thank you Terry!

So our day went.

Rita who is 40 something and Sandan, and myself, who is 50 something and Sandan toyed through the day with competing against each other. We were so engrossed in the bracketing that we both agreed that we would wait until the pools were set and see if we had the energy to suit up and play. Well I can tell all, we took a look at each other near the end of the competition and said "oh yeah!" It was so good to be on the mat in the capacity of competitor again. Refereeing is great, Pooling is hard, fun and exhausting but, I think competing is the best.

I would like to thank the coaches, parents and referees for their patience and support for this event.

Special thanks to the 68 competitors who made this event a reality. They came to get as many matches as we could fit together. That is what it is about isn't it? It was great.

Thanks to those 5 Referee that came and spent their holiday supporting this event.

Thanks and congratulations to Reuben Martin Jr. for passing his Regional Referee and being on the mat the full competition.

Thanks to USJA Development Chair AnnMaria DeMars and Joshi Judo, Frances Glaze, Jana Deauber and Eiko Shepherd for their support of me to attend this tournament.

Thank you to Roy Hash and Terry Kelly for their insight and support of the Women of Judo.

The last thing I would like to say in this article is, my friend and mentor Brett Wood-Taylor passed away and went to Judoka heaven. He was celebrated by friends on this May 24th date. I know in my heart he would have wanted me to carry on with my plans. He knows, he will forever be in my heart

2008 YMCA International Judo Camp

Don't miss the premiere Judo Camp in the USA!

The YMCA International Camp provides a camper to Instructor ratio of 4:1 The camp hosts national and international competitors and Coaches from around the world, including:

- Pat Burris, two-time Olympian
- George Harris; Olympic Team member
- Jim Bregman; Olympic & World Medalist
- Yoichiro Matsumura
- Nagayasu Ogasawara
- Noriyasu Kudo
- Sid Kelly World Masters Champion
- Bonnie Korte, British Open Gold Medalist
- Paul B.T. Lim,

- Harry Glackin,
- Rick Celotto, IJF 'A' Referee
- Heiko Rommelmann, Kata World Champion
- Konstantyn Tshovrebashvili, 7 Time Ukranian National Champion
- Joe Walters, World Masters Silver Medalist
- David Kiang
- Bill Montgomery, Coach Certification

If you want to improve your Judo, make new friends or just have a good time this is the place to go.

WHEN: August 10 – 16

WHERE: The International Judo Camp is conducted just outside Huguenot, New York, which is located 90 northwest of New York City, near Port Jervis, NY. The camp site boasts 1,100 wooded acres and three lakes.

CONTACT INFORMATION:

YMCA Camping Services PO Box 622 Huguenot, NY 12746

Tel: 845.858.2200 Email: camps@ymcanyc.org

To register online go to http://www.ymcanyc.org/judo

Mayo Quanchi Judo Team Announces

SUMMER JUDO CAMP 2008

Open to judoka of all levels. Coaches are welcome. This camp is a great opportunity to train with some of the best judoka from around the world.

This year we will include travel, stay and coaching if needed for the USJA Junior Nationals in Boston as part of camp. You will be responsible to send your own registration for USJA Junior Nationals.



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

We will be running 2 camps, the dates will be: June 23,th - 29,th and June 27th - July 3rd We realize that the camp dates overlap. We will be on a first come first serve basis. In the application below you will need to provide the dates you wish to attend. Multiple weeks are possible.

Camp fee for home stay and all meals included will be: \$275. if received by May 20th. All applications received between May 21st and June 10th will be \$325. If space is still available after June 10th the cost will be \$400. There will be no exceptions. The camp fee for staying on your own is \$200.

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

SENIORS MASTERS JUNIORS KATA





A Grassroots Event to Improve Judo and Build Friendships

Coaching Clinic, December 5th Tournament, December 6th & 7th



Wednesday June 18, 2008 6:00PM to 8:00PM

FEATURING

Ronda Rousey, #1 Olympic Seed, Junior World Champion
----- along with ----Dr. AnnMaria Rousey DeMars, World Champion & Friends



GOLTZ JUDO CLUB
Alexander Hughes Community Center
1700 Danbury Road
Claremont, CA 91711
909-399-5490

Fee: USJA /USJF Members - Free; Non USJA /USJF Members - \$10

Download a Registration Form

Sanctioned by the USJA

For More Information Contact:

Gary Goltz 909-985-0486 gary@goltzjudo.com www.goltzjudo.com

Proceeds go towards the USJA/USJF Grassroots Funding efforts

Pay Attention!

Events you don't want to miss -

USJA Junior Nationals
Tournament and Training Camp
Boston, MA
June 27-29
Competitors ages 5 through 19
Shiai and kata competition.

Followed by a **training camp** with world champion Jimmy Pedro, Jr.
Guest Instructors:
2008 Olympic Team member and Junior
World Champion Ronda Rousey, 2008
Olympic Team members Daniel McCormick
and Taraje Williams-Murray, 2004 Olympic
Team Member Rick Hawn and USA Senior

and Junior National Champion Aaron Kunihiro.

(Campers can sign up for private lessons during the camp at no extra charge. Reminder: USJA State and National Award winners can attend free!)





Chicago, IL July 4-6 Shiai, kata and team competition

Be the next national champion! Defend your ranking on the USJA/USJF roster. Defend your title!

http://www.2008usjfjrnationals.com/

NATIONAL NOVICE AND BROWN BELT CHAMPIONSHIPS

JULY 13, 2008

San Francisco, CA

Contact: mpalacio@ccsf.edu





USA National Senior White and Brown Belt Judo Championships,



a Grassroots Judo™ Event

Sunday, July 13, 2008

City College of San Francisco Health and Wellness Center, San Francisco, California

Tournament Info:

Tournament Director:

Mitchell Palacio: mpalacio@ccsf.edu

Tournament Site:

City College of San Francisco Health and Wellness Center

50 Phelan Ave.

San Francisco, California 94112

Hosted By: ML Event Management with support of the CCSF Judo Club and Central Coast Judo Association

Sanctioned By: USJF-08-07-04 Sponsored by: USJF, USJA, California Judo Inc.

GENERAL INFORMATION ELIGIBILITY

This tournament is open to all male and female contestants at least *fifteen (15) years* of age on the day of the competition. All contestants must be registered members of and in good standing with the United States Judo Association (USJA), United States Judo Federation (USJF) or USA Judo (USJI).

All contestants must present their valid USJA, USJF, or USJI registration card at the time of registration. If a contestant is unable to present their valid registration card, he or she will be required to purchase a USJF membership card at the tournament site. Responsibility for reimbursement of membership fees for those who have previously registered remains that of the individual.

All contestants must be familiar with the sport of Judo and the rules in connection therewith and have sufficient ability to safely compete in the tournament. Contestants, their parents (in the case of minor contestants), and their instructors have the responsibility of insuring that the contestants meet this requirement.

CATEGORIES OF COMPETITION

WHITE/YELLOW/ORANGE/GREEN BELT DIVISION 6th/5th/4th Kyu – WEIGHTS.

| Men | | Women | |
|-------|---------------|-------|---------------|
| 60 kg | 90 kg | 48 kg | 70 kg |
| 66 kg | 100 kg | 52 kg | 78 kg |
| 73 kg | +100kg | 57 kg | +78 kg |
| 81 kg | Open Division | 63 kg | Open Division |

BLUE/PURPLE/BROWN BELT DIVISION 3rd/2nd/1st Kvu- WEIGHTS

| Men | | Women | |
|-------|---------------|-------|---------------|
| 60 kg | 90 kg | 48 kg | 70 kg |
| 66 kg | 100 kg | 52 kg | 78 kg |
| 73 kg | +100kg | 57 kg | +78 kg |
| 81 kg | Open Division | 63 kg | Open Division |

METHOD OF ELIMINATION:

- Divisions of 6 or more athletes will compete using a Modified Double Elimination system with winner's and loser's brackets. The winner of the winner's bracket will have no losses and will be awarded 1st place. The loser of the winner's bracket will compete against the winner of the loser's bracket for 2nd and 3rd place.
- Divisions of 5 athletes or less will compete using the "Round Robin" System.
- Divisions of 2 athletes will compete using the "Best 2 out of 3" System.

PROCEDURES:

Seeding: No seeding in this event

• Draw: Random draw with restrictions to keep athletes from the same club as far apart

on the bracket as possible.

Match Scheduling
 Texas Match Scheduling system will be used. Contestants will receive a card

specifying their contest area number and match number. All contestants are to

report to their assigned area 3 matches prior to their match number.

RULES FOR SENIOR WHITE/BROWN BELT CHAMPIONSHIPS:

1. IJF contest rules shall be used, including "Golden Score" overtime

2. Players may compete in only 1 division and "Open" division.

3. Players must compete in the weight category that conforms to their measured weight at weigh-in.

Example: A player competing in the 81 kg division must weigh over 73 kg and less than or equal to 81 kg.

CURRENT IJF CONTEST RULES MODIFIED AS FOLLOWS:

- Pre 2003 IJF Medical Rule
- Shime-Waza (Choking techniques) WILL be allowed.
- Kansetsu-Waza (Joint lock techniques) will be NOT be allowed.
- No Kani-Basami
- 5 minute Match Time
- We will be using the "Golden Score" process for determining winners in a tied match.

AWARDS

• First, second and third place medals will be awarded in each division.

UNIFORMS:

 White judogi's are MANDATORY. Blue judogi's are optional. Competitors must supply their own white and blue belts.

EARLY-REGISTRATION, ENTRY FEES, CHECK-IN, WEIGH-IN

Early Registration:

The official entry form and all other required forms must be fully completed, properly signed, appropriate fee enclosed, and mailed to:

USA National White and Brown Belt Judo Championships c/o Trina Chinn 2717 21st Street San Francisco, California 94110

Pre-registration Deadline: Entry forms must be postmark by July 5.

Late Registration: Entry form's received after postmark July 5, will be consider LATE and subject to Walk up Registration Fees. NO MAIL IN ENTRYFORMS WILL BE ACCEPTED AFTER JULY 5, 2008

Entry Fees:

Early Registration: Entry fee for entries postmarked no Later than **JULY 5**,

2008 is \$50.00. Money orders, or checks should be

made payable to: ML Event Management.

DO NOT MAIL CASH.

Late Registration: Official entry forms **postmarked after July 5, 2008** will

be considered late entries. Late entries must pay an

entry fee of \$85.00

Do not mail entries after July 5, 2008. After this date, entries should be hand carried to the tournament on July 12, 2008 which will be considered as walk-up registration with an entry fee of \$85.00. Late entry fees must be paid in CASH.

Walk-Up Registration Contestants may also register during Tournament

Check-In. All forms must be properly completed and signed at that time and the walk-up fee of \$85.00 will be expected. Cash, Money Orders, Cashier's Checks, are the only accepted forms of

payment for walk-up registration.

INCOMPLETE ENTRY MATERIALS:

Entries with incomplete or missing information will be considered late entries unless the required material is received before July 5, 2008.

If you wish to receive confirmation of entry please include your email address on the entry form application.

TOURNAMENT CHECK-IN

All Athletes must check in with tournament officials, in person at the tournament site, between the hours of 4:00 pm to 7:00 pm on July 12, 2008 (Sat.) at City College of San Francisco Wellness Center/Martial Arts Room, in order to confirm participation.

During Tournament Check-In, all walk-up, late or incomplete registrations will be required to properly complete all forms and pay the appropriate fees.

Important: Personal Checks will NOT be accepted during tournament check-in on July 12, 2008. Acceptable methods of payment are Travelers/Cashier's Checks, Money Orders, or Cash. Credit Card will not be accepted.

All required forms must be properly completed and signed and the appropriate entry fees paid regardless of when the athlete registers. Refer to the checklist of required items listed elsewhere in this flyer.

OFFICIAL TOURNAMENT WEIGH-IN

The official weigh-in for all contestants will be between the hours of 4:30 pm to 7:00 pm on July 12, 2008. At the official weigh-in, athletes must present their tournament-issue identification card. The contestant will be allowed only ONE time on the scale. Practice scales will be available.

COACH CREDENTIALS

Competition floor pass credentials will be provided to nationally certified coaches ONLY. Minimum "E" level issued by USJF, USJA or USA Judo. Credential coaches must present at registration either their current Coach ID badge or copy of their Current Coaching Certificate on July 12 from 4:00 pm to 7:00 pm or Sunday from 8:30 am to 9:00 am.

REFERFEE and COACH Meeting

The Head Referee, Hayward Nishioka, will conduct the referee and coach meeting will on Sunday, July 13, 2008, Room 321 at 9:00 am to 10:00 am

SPECTATOR FEE:

\$5.00 fee will be charge per person. Children under 12 yrs of age will be FREE.

SCHEDULE OF EVENTS

Saturday, July 12, 2008

2:00 pm to 4:30 pm: Unofficial Weigh-in, City College of San Francisco Wellness Center

4:00 pm to 7:00 pm: Contestant, Officials, Coach Registration

4:30 pm to 7:00 pm: Official Weigh-in

Sunday, July 13, 2008

8:30 am to 9:00 am Referee and Coach Registration 9:00 am to 10:00 am Referee and Coach Meeting 9:00 am

Contestant Match Cards Available

10:15 am **Opening Ceremonies** 10:30 am **Competition Begins**

Gold medal matches will be conducted **ONE** hour after the preliminary matches have concluded.

Directions and Accommodations

DIRECTIONS/PARKING AT CITY COLLEGE OF SAN FRANCISCO

Parking is **EXTREMELY LIMITED** near the Health and Wellness Center. We recommend you park in the Main (Free) Parking Area (Reservoir).

Bay Area Rapid Transit (BART)

- Exit Balboa Station
- Walkout to Ocean Ave. Exit.
- CCSF Wellness Center will be a short 150 yard walk from the BART Station.

From Sacramento Area or North

- Take 80 south to Bay Bridge, HWY 101 south (will connect) to HWY 280 south.
- Exit OCEAN Ave, stay on the right hand side. The road will bend right and you will come to a signal light. The CCSF Wellness Center is immediately to your right.
- Continue to drive up to PHELAN Ave (right turn on to Phelan).
- Park in the **Reservoir** parking lot to your Left.
- After parking, Walk up the Reservoir ramp toward the Library. You will see the Wellness Center Plaza to your right.

From: San Jose or South

- Take HWY 101(North) to HWY 380 to HWY 280 North.
- Exit Geneva Ave.
- At Stop light, turn left and stay to your right.
- Right Turn: on Howth (one way street), Stoplight. You will be looking at CCSF Wellness Center.
- Make a **Left** turn onto Ocean Ave., Continue to drive up to **PHELAN** Ave (right turn on to Phelan).
- Park in the Reservoir parking lot to your Left.
- After parking, Walk up the Reservoir ramp toward the Library. You will see the Wellness Center Plaza to your right.

HOTEL/TRAVEL ACCOMMODATIONS:

Recommended Hotels which provide complimentary shuttle from SFO airport and Bay Area Rapid Transit (BART) Station

La Quinta Inn San Francisco Airport

20 Airport Blvd. South San Francisco, CA 94080-6515

Phone: (650) 583-2223 Fax: (650) 589-6770 AAA 3 Diamond Rating Holiday Inn Express Hotel & Suites San Francisco
Airport North - South San Francisco San Francisco
273 South Airport Boulevard

373 South Airport Boulevard South San Francisco,94080 Hilton Garden Inn San Francisco Airport North

670 Gateway Blvd South San Francisco, California 94080 1-650-872-1515

USA National Senior White and Brown Belt Judo Championships, a Grassroots Judo™ Event Sunday, July 13, 2008

City College of San Francisco Health and Wellness Center, San Francisco, California

Athlete Entry Requirements Checklist

To assure that the requirements for participation in the Championships have been fulfilled, the following forms must be completed, postmarked by July 5, 2008 and mailed to the address printed at the bottom of this page.

| | Official Entry Form and \$50.00 entry fee, postmark before July 5, 2008. Entry forms received after postmark July 5, 2008 will be considered LATE and subject to \$85.00 Late/Walk-up Registration Fee. Do NOT mail entryform after the postmark date of July 5, 2008. Make checks payable to: "ML Event Management". | | | | |
|----|---|--|--|--|--|
| | Copy of current USJF, USJA, USA Judo, recognized National Membership Card. If you do not have a card, please write on the "Membership section" of the entry form "Will purchase at Event". Note U.S. Citizenship is NOT required. | | | | |
| | Warning, Waiver, Release of Liability and Agreement to Participate | | | | |
| | Proof of Age: Copy of birth certificate, military identification, passport, voter registration card, USA Judo membership card having the verification symbol "V" printed following the birth date, an Official State Driver's License or Official State Identification Card will be accepted. | | | | |
| | Email confirmation: ccsfjudo.reg@gmail.com | | | | |
| | White judogi's are MANDATORY . Blue judogi's are optional. Competitors must supply their own white and blue belts. | | | | |
| Fo | orward all forms and fees to: USA National White and Brown Belt Judo Championships c/o Trina Chinn 2717 21st Street | | | | |

Note: Don't forget to include your \$50.00.non-refundable check, money order or cashier's check made payable to: "ML Event Management" and if postmarked on or before July 5, 2008

Do not mail anything after July 5, 2008

San Francisco, California 94110

USA National Senior White and Brown Belt Judo



Championships, a Grassroots Judo™ Event Sunday, July 13, 2008 Official Entry Form



Mail Entry to: USA National White and Brown Belt Judo Championships, c/o Trina Chinn, 2717 21st Street, San Francisco, California 94110

| Participants Name: | | | | | |
|--|---------------|--|--|--|--|
| Last Name (Family Name) First Name | | | | | |
| | | | | | |
| Street Address: | | | | | |
| | | | | | |
| City | } | | | | |
| | | | | | |
| Telephone: Date of Birth: (mm-dd-yyyy) | | | | | |
| Pare of Briti. (hint-du-yyyy) | | | | | |
| Membership Number: Membership Expiration Date: (r | nm-dd-yyyy | | | | |
| [] USJF [] USJA [] USA Judo | | | | | |
| Judo club | | | | | |
| | | | | | |
| Email Address: | | | | | |
| | | | | | |
| | | | | | |
| Circle the category in which you intend to compete. This is for planning purposes only. Your actual | category will | | | | |
| be determined by your actual weight at Official Weigh-in. All weights are in Kilograms (Kg) | | | | | |
| A separate entryform and fee are required if you plan on competing in the "Open" Division | | | | | |
| Select Division: Circle the category ☐ White/Yellow/Green: 6 th /5 th /4 th Kyu ☐ Female ☐ Male | | | | | |
| Famela 40 kg F2 kg F2 kg 70 kg 70 kg | 0000 | | | | |
| Female 48 kg 52 kg 57 kg 63 kg 70 kg 78 kg 78 + kg | Open | | | | |
| Male 60 kg 66 kg 73 kg 81 kg 90 kg 100 kg 100+ kg | Open | | | | |
| | | | | | |
| Select Division: Circle the category Orange/Blue/Brown: 3 rd /2 nd /1 st Kyu Female Male | | | | | |
| ☐ Orange/Blue/Brown: 3 rd /2 ^{rm} /1 st Kyu ☐ Female ☐ Male | | | | | |
| Female 48 kg 52 kg 57 kg 63 kg 70 kg 78 kg 78+ kg | Open | | | | |
| M. 1 100 1 100 1 100 1 100 1 100 1 | | | | | |
| Male 60 kg 66 kg 73 kg 81 kg 90 kg 100 kg 100+ kg | Open | | | | |
| In the event that I am uncontested in my weight Category, I choose one of the following options: (Chec | (ONE) | | | | |
| | (OIVL) | | | | |
| □ Remain Uncontested only | (ONL) | | | | |
| | (ONL) | | | | |
| Remain Uncontested only Compete in an exhibition match (if available) and I still retain the 1st place medal in my category. | (ONL) | | | | |
| □ Remain Uncontested only | (GNL) | | | | |

WARNING! WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Central Coast Judo Yudanshakai, Inc., California Judo, Inc., San Francisco Community College District, City College of San Francisco, City College of San Francisco Physical Education Department, and the City College of San Francisco Judo Club, I hereby:

- 1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
- 2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
- 3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
- 4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- 5. Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Central Coast Judo Yudanshakai, Inc., California Judo, Inc., San Francisco Community College District, City College of San Francisco, City College of San Francisco Physical Education Department, and the City College of San Francisco Judo Club, together with their affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

| BY THEIR SIGNATURE BEL | OW. | 1/GUARDIAN AS EVIDENCED |
|---|--|--|
| Participant | Participant's Signature | Date |
| | S/GUARDIANS OF PARTICIPANTS OF N NDER AGE 18 AT TIME OF REGISTRAT | |
| his/her release, as provided aborelease and agree to indemnify child's involvement or participation. | t/guardian with legal responsibility for this par ve, of all the Releasees, and, for myself, my he and hold harmless the Releasees from any and ation in these programs as provided above, ever y law. I have instructed the minor participant as ns. | eirs, assigns, and next of kin, I all liabilities incident to my minor if arising from their negligence, |

Parent/Guardian's Signature

Date

Parent/Guardian