



# GROWING JUDO

## February 2009

Monthly publication of the Development Committee of the  
United States Judo Association  
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*[Cover photos provided by Gary Goltz]*

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## **Editorial: President's Letter - Better Means Change**

*by Dr. AnnMaria Rousey DeMars, President United States Judo Association*

Ever gotten that question from a spouse, a friend, a family member –

*WHY are you spending ALL of this time on judo?*

If you have been in judo any length of time, of course you have! My family really decided I had gone off the deep end when I said I was going to run for the USJA Board again. It's 1:30 Sunday morning and after having taught judo for 4 ½ hours, worked on a book proposal and article for my job, and answered a dozen emails, I am writing this editorial. No wonder my family thinks I am crazy.

“One of the hardest things to teach a child is that the truth is more important than the consequences.” O.A. Battista

I am unlikely to be in any kind of politics because I always tell the truth. How I have gotten elected to so many different offices in judo is a mystery to me. Since I am answering this question to my family, I may as well share it with all of you.

Why am I doing this? The truth is that I want to see judo in America get better and grow. I want it to get better in the number of people available to teach clinics, run clubs, enter tournaments, write articles, create websites and every other area. I am 50 years old and have been in this sport since I walked into the Alton YMCA in Alton, Illinois, back when I was 12 years old. In those 38 years, I have seen that there are not enough resources, not enough people helping, not enough places to learn judo. There is so much more to be done.

If we want things to get better, something has to change. By definition, growth means CHANGE, it means a change in the number of something. Improvement means CHANGE, it means a change in the quality of something. How the heck can you have change if you have the same people doing the same things?

Here are some of the changes I have made in the past few years:

**Electronic communication** - bringing judo into the 21<sup>st</sup> Century. We have a monthly electronic magazine – Growing Judo, USJA forum on the Judo Info site, (the most visited judo web site in the world), a USJA Facebook and I write the #1 judo blog on the Internet. We have a USJA Resources site where anyone can download free videos of judo games from James Wall, club handbooks, coaching notes from Jim Pedro, Sr., Teaching Resources, including college syllabi, tournament guidelines.

Not everything is new, we have a USJA website, managed by John Moe of Discover Judo and a terrific quarterly publication, American Judo, edited by Connie Halporn. Change doesn't mean throwing out everything and starting new. It means building on what we have.

**Increasing resources** – Does it ever feel to you like you never have enough of ANYTHING in judo – not enough money, not enough volunteers, not enough activities? I know that raising money for the development fund there are always three people who deserve every dollar we have to distribute. I have worked with volunteers in the USJA, helped greatly by our regional coordinators, headed by Joan Love. Here are some examples of activities we have supported throughout the U.S.:

- Clinic for athletes at Mississippi State Games
- Clinic for athletes and coaches and a team of competitors to the All-Women's Tournament in Kalamazoo, Michigan
- Scholarships to camps after the USJA Junior Nationals in Florida, Indianapolis and Massachusetts
- Coaches clinic in Louisiana, in Connecticut, West Point, San Diego, Los Angeles, Indiana, Massachusetts, Rhode Island, Missouri and Georgia
- Great American Workout in Rhode Island – weekend event attended by over 100 coaches and players
- Scholarships to Judo Forum Camp in San Diego

-- None of these events were happening before and they are happening now.

Other events continue, such as Camp Bushido West in northern California, going on something like its 112<sup>th</sup> year, the numerous events Ken Otto, Dan Hoffman and their folks put on in Minnesota, the workouts organized by Vern Borgen in Fargo, again, we are ADDING to what has been happening.

I am very happy to see new people running for the Board of Directors, from Randy Pierce in Missouri, to Roy Hash in Texas, Mark Hunter in Ohio, Deb Fergus in Michigan, James Wall in Louisiana, Neil Ohlenkamp and Paul Nogaki in California.

These are all new people as board members although they have been USJA supporters for a great many years. So, as you are asked to sign petitions to nominate these individuals and others to run for the board, feel free to ask them why they are running. What do they want to accomplish?

What I want to accomplish is an organization that is for everyone. I have a ten-year-old daughter that does judo, a twenty-two year old daughter who competed in two Olympics, and, at 50 years old, I still get out on the mat myself. The USJA should be open to *everyone* who does judo, from the twelve-year-old at the YMCA to the fifty-year-old grandmother who still wants to learn something new every week. By bringing on to the board individuals from around the country who have had experience in the military, education, business and government, we can have a board that truly represents the interests of all judo players, and that really have the talent and skills to grow judo.

## ELECTRONIC RESOURCES

Official USJA website

<http://www.usja-judo.org/>

USJA Development Resources Site –

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

USJA Forum on Judo Info site

<http://judoforum.com/index.php?showforum=25>

USJA Facebook

<http://www.facebook.com/group.php?gid=42008194147&ref=mf>

USJA Development Site

<http://www.usja-judo.org/committees/development/index.html>

## **Response to the President's Letter:**

*[This is a response to the President's Letter which appeared in USJA Headlines preceding the publication of this month's issue of Growing Judo – Ed.]*

Greetings,

I agree! So here is what I do, I teach at a Projects Center 3 times a week, Wed., Thur. and Fri. from 6 PM to 8 PM. I DO NOT CHARGE for my services of teaching Judo, these are poor kids with problems, I even give 50% cut rate on the Judo Gi's. I am on Social Security and take donations where ever I can get them. I started Judo in 1959, received Shodan, Sep. 1961 in Okinawa. Most of our girls are exceptional in their techniques as seen in the photo. We have communicated with you before, Dr. De Mars several years ago [never, never, never quit] with pics of you when fighting and of your daughter.



SLEEPING DRAGON JUDO CLUB  
EI PASO, TEXAS  
SENSEI ERNEST HEWITT



Junior section introduction to Ukemi  
(Brake Falls)

The many steps in learning to fall properly without getting hurt or hurting ones self is called 'Ukemi' [the art of falling].

The final and ultimate step in 'Ukemi' is learning to "Break Fall", this is where the student jumps into the air and initiates a controlled fall [as though being thrown there by his/her partner during a demonstration] the student then executes the final stage of Ukemi as learned earlier so as not to injure his/herself.

The below students are demonstrating the proper execution of a 'break fall'. It should be noted all students are juniors and that their belts rate from White to Orange, these students' ages range from the ages of, 9 to 11 years old.



Keep up the good work.

Ernest Hewitt  
Silver Life Member

## **People of the USJA**

*by Dr. AnnMaria Rousey DeMars, President United States Judo Association*

I asked some of the Committee and Subcommittee chairs to tell a little about themselves. Paul is Chair of the Mini-Camp Subcommittee of the USJA Development subcommittee. This year, he organized, with Neil Ohlenkamp and Bill Caldwell, the Judo Forum Camp in San Diego, and the Annual Coaches Clinic with the USJA/ USJF Winter Nationals. Paul is already involved in planning the mini-camp held after the USJA Junior Nationals in San Diego. This camp is a great deal (\$300) for meals, room and judo for three days right on the Pacific Ocean. Open to ALL ages. (By the way, 2009 USJA award winners can attend this camp at a \$100 discount.)



**Paul Nogaki, Rokudan – Temecula Valley Judo**

Judo Career-Nogaki began judo in Los Angeles, CA in 1964. He continued his judo practice in the Los Angeles county area at several dojo. Between 1972 and 1975 he trained at the Mishima Police Judo Academy in Japan. From 1977 through 1979 he was a member and served as co-captain of the Hitotsubashi University Judo team. He was a competitor in the 1978 All-Japan University Games, and was the 7<sup>th</sup> seed in the 1980 Japanese Olympic trials, finishing 5<sup>th</sup> at 86 kilograms. Nogaki was also a regular member of the Kodokan from 1977-1980. In 1993, Nogaki was the Grand Champion at the Fukuda International Kata championships. Nogaki has medaled in several national and international masters events.

Nogaki is certified Coach and Clinician with the USJA, Coach with USJF, and Level A Instructor with USA Judo. He is also a certified Kata Instructor with the Kodokan and Level A Kata Judge and Instructor. He is a Regional Referee in the US.

### Education:

Bachelor of Science – Accounting – University of Southern California

Bachelor of Science – Finance – Hitotsubashi University, Tokyo, Japan

Masters of Business Administration – University of Southern California – Finance emphasis

### Profession:

VP of Strategic Planning – OneCommand Inc.

## **The State of the USJA**

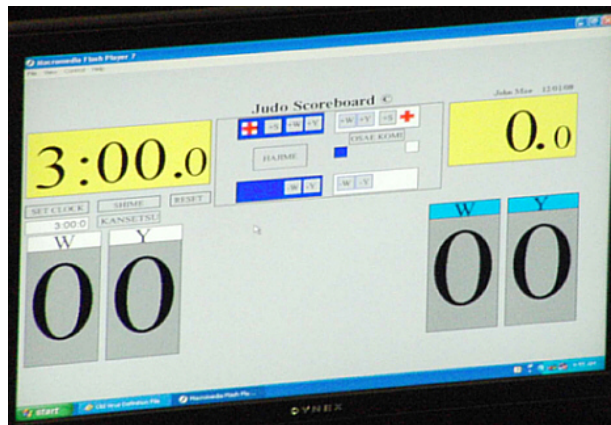
by , Gary Goltz, Chief Operating Officer, United States Judo Association

Here's where we are at since coming on as COO 3 years ago.

The USJA went from a -\$50K deficit to a +\$10K surplus in the bank. Our membership is up by 25% with dozens of new clubs that have been formed. John Moe a USJA club leader who serves as our volunteer IT director initiated our new database project at the direction of the Board to replace our previous outmoded ones. Silk Systems (now Adduci) is an on going upgrade. The USJA is in the information business and will always need to be improving our database.



As for the website it is completely up to date and being kept current by John Moe at no cost. Eventually we will have the upgrades done by the office. As far as a cosmetic change goes this is a lot of work and I'm not convinced it's necessary at least right now. By the way [John Moe's Judo Scoreboard](#) which he developed and is current with the new IJF rules can be downloaded free by USJA members. It has been used successfully at many regional and national tournaments.



With the USJA's membership up, clubs up, and our positive balance in the bank vs. the huge debt we had 3 years ago we are well positioned to continue growing. We now host several large tournaments in conjunction with the JF including the Winter Nationals which had nearly 600 competitors this past December. This is the first time we have had this level of a positive relationship with the JF since the early 60s! Our joint Grassroots program will soon have a national points roster of it's own that will offer lot's of perks for JA and JF members, stay tuned.



## **Coaches Corner: Teaching Juniors - Six rules for teaching children under 12**

*by Jim Pedro, Sr. , Chair, USJA Coaching*

### **1. Build a strong foundation**

With the under 12 juniors, we try to build a stable base of basic fundamentals because without a strong base they cannot progress. You may have a player who has a single technique, say a good drop seoi nage, and is winning all the tournaments. Isn't that good enough? Doesn't that show you know what you're doing as a coach? No, it's not enough.

If you have a player who is winning over and over at the junior level you NEED to simultaneously be working on additional techniques so they can continue to win at the senior level when their junior judo quits working.

Build on the base the child has. If she has a good harai goshi, have her start learning o soto gari for when the other children block that. If he has a good seoi nage, teach him sode or ko uchi .

### **2. Take a long-term view**

What we are trying to accomplish with our juniors is to get them ready for senior judo. We don't consider winning in the junior judo, including the Pan-Ams to be very important. If you look at all of the past junior Pan-American Champions we have had over the years, they probably number in the hundreds. Yet, how many of them even stayed in judo past their teenage years, much less became successful senior athletes or judo instructors?

### **3. You TEACH juniors, you TRAIN seniors**

Throughout the year, we do more teaching and drilling than randori. After a contest, we spend a lot of time going over the mistakes they have made during the tournament. About two months before the junior nationals, we increase our randori but still continue to teach and drill.



#### **4. De-emphasize winning**

Junior competition is all about training and experience so that by the time they get to the senior level, they have experience and have eliminated many of the mistakes they made as a junior. We try to enforce on the kids that it is not that important to win when you are a junior. We aren't that interested in whether they win or lose but how they win.

By not emphasizing winning, we can keep some of the pressure off of them, even though they still want to win.

#### **5. Nobody needs to go to every tournament**

It's not the end of the world if some of the kids don't compete. We believe kids should compete but some of them don't want to. Usually, parents want their child to compete more than the kid wants to compete. One of our instructors asked me to talk to a parent who wanted to send her child to a major tournament. I told her that her child was not ready. The instructor was concerned I would offend the parent but she was actually relieved. I told her that she should save her money and time for a year or two from now, when her child is ready to compete, she can take him then.

Winning breeds winning and losing breeds losing. They have a better chance if you hold them back and let them compete when they are ready for it, so that you don't lose them.

You don't need to take your child to a tournament every weekend. Our juniors attend five major tournaments a year. We have relatively few local tournaments. To the smaller tournaments, we send our less experienced players so they get a chance to win. What's the point in sending your best players who will win in ten seconds? They won't benefit. Let them take a day off to be a kid, to go hang out with their friends. If your purpose is to show what a great coach you are by having 15 kids win 15 divisions, you have the wrong focus.

#### **6. Keep your focus, adjust your methods**

The ultimate goal is to enable these students to progress so they can be good seniors. Coaching these kids is an on-going evolution. You have to adjust as you go along if you want to get the ultimate out of all your students. Each kid is an individual so you have to coach each one as an individual.

Sometimes I find myself being hard on kids in the class without realizing it. On my way home, I realize my mistake and then try to adjust my teaching the next time to not be as hard on

certain kids. Some kids, if you yell at them, understand you are trying to correct them, while others take it to heart and believe you think they are a bad judo player or you don't like them. The main thing is if you are continuously thinking, you will adjust your teaching to the students, then you will get better. As a coach, you are modeling what you want your students to be, a person who makes mistakes, learns from them and doesn't give up on the goal.

## **Coaching Certification – Frequently Asked Questions**

*by Dr. AnnMaria Rousey DeMars, President United States Judo Association*

### **How long does coach certification last?**

Coach certification in the USJA is good for four years. Initial certification requires attendance at an APPROVED coach certification clinic, coach application and background check. If a clinic is not on the list below, do NOT assume it has been approved. Contact Bill Montgomery [wmontgomery2@aol.com](mailto:wmontgomery2@aol.com) and ask.

### **When and where are coach certification clinics?**

These are the clinics scheduled for 2009 as of today. I am sure that many more will be added.

January 24 - Los Angeles

March 20 - Rhode Island

March 21 - Virginia

March 22 - Maryland

June 8 -12 Wichita Falls, TX

June 21-23 San Diego, CA

July 19-26 Sonora, CA

August New York

November Kalamazoo, MI

December Los Angeles

### **What is the USJA doing to increase the accessibility of coach certification clinics?**

Committee chair Jim Pedro, Sr. has asked two outstanding members of our coaching committee

to assist in making more clinics available around the country. Anyone wanting to schedule a clinic should contact Bill Montgomery at [wmontgomery2@aol.com](mailto:wmontgomery2@aol.com) or Hayward Nishioka at [nishioka7@earthlink.net](mailto:nishioka7@earthlink.net)

## **Where are they now? Manny Gamburyan, 2000 Junior World Team Member, 2009 UFC Professional Fighter**

*Interview by Julia De Mars*

Do you ever wonder what happened to those “big kids” in the judo club when you were growing up? If you started judo when you were 6 or 8 years old, there were probably those teenagers winning the local tournaments, maybe the high school nationals, and then you did not see them at judo any more. Imagine Julia’s surprise when she saw one of those people on Spike TV on the weekly TV show, The Ultimate Fighter.

When she was waiting for her big sister at practice and saw Manny, she decided to interview him for Growing Judo.

Julia: These are questions that kids want to know. Are you ready?

Manny: Sure, I’m ready. Ask me anything.

Julia: What was your best time in judo?

Manny: Wow, there are so many good memories. I would have to say my best memory was when I was on the Nanka Junior Team. I was the last one on the team to fight and my win won us the national championships. I was 16 years old. That was in 1997 and you weren’t even born yet. That’s my favorite day.

Julia: What was your favorite country?

Manny: That’s another hard question. I’ve been to so many places, a lot of really beautiful places. I’d have to say Italy was my favorite.

Julia: What was your worst moment in judo?

Manny: The worst day ever was when I was competing at the Junior U.S. Open. I know I won that match but the referee made bad calls and I lost to the guy from Argentina. That almost cost me my spot on the junior world team, but I ended up going anyway.

Julia: What is your goal in judo?

Manny: It’s too late for me now for my goal in judo. I wanted to be Olympic Champion. I still love judo and to this day if you asked me if I would rather be the Champion of the UFC or Olympic champion, I’d rather be Champion in judo.



Julia: Who was your favorite training partner ever?

Manny: There are a lot of good guys who I train with but I'd have to go with my favorite partner ever is Karo, Karo Parisyan.

Julia: Do you like chocolate?

Manny: No. I hate chocolate.

Julia: Are you SERIOUS?

Manny: Yes, I'm serious. I hate chocolate.

## **USA Representatives to the Maccabiah Games for Judo** **Announced**

*by Lou Moyerman*

The following athletes will represent the USA at the 18th Maccabiah games July 10 - 24, 2009 in Israel. Over 10,000 athletes from 65 countries are expected for the games. Competition will take place all over Israel. Lou Moyerman, will serve as associate team manager and help run the USA team expected to be over 1,000 strong in 28 sports.

It should be noted that Ahmi Caplan from Pedro's Judo Club MA unfortunately made the team but had to withdrawal. There is one more spot available on the open team. There are spots open on the junior or youth team. Anyone interested should contact Todd Volyn Judo chair [volyn@comcast.net](mailto:volyn@comcast.net).

Lastly, each of these athletes has to raise or contribute (\$3,300 open, \$6,600 juniors). I do not know how many are USJA Members but all are deserving young athletes who are representing their country. If you would be able to provide assistance in any way, please contact Lou Moyerman at [LMoyerman@aol.com](mailto:LMoyerman@aol.com)

### **Open Team:**

60 kg	Linsey Durlacher,	Cohens Judo IL
73 kg	Adam Moyerman,	Liberty Bell PA
81kg	Kevin Toll,	Liberty Bell PA
90 kg	Aaron Cohen,	Cohen's IL
100kg	Barry Friedberg,	New York Athletic Club NY
100+	Anatoliy Kenis,	Liberty Bell PA
52kg	Anya Volyn	Liberty, Bell NJ
63kg	Cleo Grinberg,	Spartak/Jason Morris Judo Center NY

Coach: Stephanie Moyerman, Judo America CA

Junior Team:

David Volyn,	Liberty Bell NJ
Max Bermont,	Menomonee IL
Andrew Varga,	Menomonee IL
Benjamin Feiger,	Menonee IL

Coach: Todd Volyn, Liberty bell NJ

## **Film Release Announced: American Judoka**

*by Gary Goltz*

I am proud to announce that our own Cesar Lazcano's independent film which he wrote, directed, and starred in is about to be released at several film festivals. It stars many members of our dojo as well as several judo stars like Ronda Rousey and Jimmy Pedro. I even play the part of a big judo promoter. This was a big stretch for me! Here are a couple of key links:

[Trailer for American Judoka](#)

[Read more about Cesar](#)

## **Spotlight on USJA Board of Directors Candidates**

There are a number of candidates in the running. Growing Judo will run a feature with brief bio and platform information from any and all candidates who submit them. In the interests of space there will be a maximum of three in any given issue. This month's candidates are Deb Fergus, Randy Peirce, and Mark Hunter.

### **Deborah Fergus:**

#### **Judo Career:**

USJA Women's Committee Chairperson  
Co Founder of the "International Women's Judo Alliance",  
IWJA  
Co Founder/Host of the "All Women's Judo Championship"  
Fight Like a Girl Camps Coordinator  
Regional Referee  
National Coach  
Technical Official

#### **Dojo:**

Southside Dojo  
[www.southsidedojo.com](http://www.southsidedojo.com)  
8534 Portage Rd.  
Portage, Mi. 49002

#### **Contact Information:**

**Deborah Fergus**  
Phone: 269.208.1068 cell  
E Mail: [defrgs6@cs.com](mailto:defrgs6@cs.com)  
Web Site: [iwja.net](http://iwja.net)

Monthly Women's workouts

### Questions & Answers (USJA)

#### **Why do you want to be a Member of the USJA National Board of Directors?**

I believe that, USJA needs to update the way we do business. We must serve our membership. In this Internet connected age we have the resources and a few of us are vigorously working to bring the resources to the membership. Our Team/Slate has the talent and expertise to make this happen. I believe that using the Growing Judo concept our Team will be able to speed the advancement of USJA to its maximum potential. I have worked hard to increase the involvement of women in Judo. I have sponsored supported, facilitated and coordinated various *Fight Like a Girl Camps*. Since 2005, Southside Dojo and I have sponsored the All Women's Championship.

I traveled to the Terry Kelly Women's Championship in Wichita Falls, Texas to assist setting up the pools and matches. I traveled to Columbus, Mississippi to work with Keith Worshaim at the Mississippi assist setting the pools and matches in order for the competitors (men and women) to obtain the maximum number of matches possible. The USJA Women's Committee, and I as part of this group, is working to grow women's Judo and help bring us women to parity in the Judo world. I will work for an equivalent ranking system for women judoka that will be on par with that of the male judoka. We need to recruit and keep members. Unless all judoka that the organization is growing and meeting their needs, and that they are members of an organization where promotion, financing and events are handled fairly, they will leave.

#### **Why do you think you would be an effective Board Member?**

If I may borrow Mark Hunter's words: "I feel being Respectful, Honest, and living by a code of Ethics is very important". I would put the needs of the Membership first. There's a lot of work to be done to increase membership and provide those members the resources needed to succeed in Judo. I would work to bring more Coach, Referee, Special clinics and Camps to the members. Unless we move forward at an accelerated pace we will lose the progress we have made to date.

It is time for a new innovative Board. A Board that will put away "self", and work for the benefit of all members. I would like to work toward this revival and growth and be an integral part of it. Although I don't have a PHD in education, or a CEO position, I do have considerable Judo Experience.

I started Judo in 1970 at Northern Michigan University. My education degree is in Physical Education/Psychology/ Secondary Education. I taught school for a few years in the 70's before being "pink slipped"; then I started a new career in Civil Engineering. I was shy 19 credit hours of my Engineering degree when I was hit by a semi tractor trailer on the job. After a few years in a wheel chair, I recovered, although not fully and got back on the mat. That being said, I know the hard work it takes to get things done.

I have organized various judo clubs in Michigan. If I were relocated to another town or city, I would work to keep the "old" club alive with one of the members, and I would start another club in my new area. I believe in the opportunity to teach and give back to Judo. I believe one grows

by guiding. I still have the drive to succeed no matter what the odds. We, all judoka, need people on our Board with just this kind of drive.

**What are the areas you most want to work on over the next 4 years?**

I will continue working to develop Women's Judo as well as Judo for all members.

I would like to create an atmosphere in our judo family that truly supports and rewards all members. I believe we should foster an attitude and approach of listening in the USJA because all who practice this art/sport, from the youngest to the eldest, have something to offer; insight and knowledge. I would like the opportunity to work with those on this slate to develop USJA to its greatest potential and greatness.

**Do you feel the Current Board of Director is going in the right direction?**

I believe there are members on the current Board that truly want Judo and the USJA to progress. However, I think it is time for those that want to keep the organization at "Status Quo" to step down. I have witnessed double standards, bickering, non-working relationships between factions, and at times an attitude of "I got mine" within the current Board. A cohesive unit for the betterment of the organization and its members is required.

**Why Now?**

After thirty-eight (38) years in Judo, I have seen great gains. Often those gains have come too slow and too late. I have been involved with Camps, Tournaments, Refereeing, Technical Assistance, Committees and Competition, and I would like USJA be more progressive. I attend the meetings, give my Women's Committee Report while witness/detect disinterest from the Board about what the Committee Chairs are trying to achieve. This moot attitude must change and I will work diligently with the newly elected Board to make it so.

**Questions & Answers (Personal)**

**What is your Personal Goal for Judo?**

I hope to play/compete in, and give back, to my sport as long as I am able. I compete in the World Masters and I am inspired when I see the Men and Women competing into their 90's. That is, I think, a very achievable goal for me.

**Personal Note to Every USJA Senior Member**

It would be an honor and a privilege, that I would not take lightly, to have your vote and your support, in the upcoming USJA Board of Directors Election.

I believe a slate comprised of any combination of the following candidates, including myself, would be just what our organization needs. I believe we will do what is best for the continued growth of USJA and Judo. We have a spirit of cooperation, kindness, knowledge and genuine integrity.

## **Mark Hunter**

### **Judo Career:**

USJA Regional Coordinator for Ohio  
President of Ohio Judo, Inc.  
CEO/Founder of American Judo Union, Inc.  
Co Founder of the “Spirit of the Eagle”  
National Judo Training Camp  
Co Host of the USJA Summer Summit  
USJA/USJF Joint Workout Coordinator

### **Judo Club:**

Ameri-Kan Judo [www.amerikanjudo.org](http://www.amerikanjudo.org)  
4<sup>th</sup> Largest USJA Judo Club  
Over 130 Members  
Ameri-Kan Judo Open  
Flag City Open Championships

### **Contact Information:**

Phone: 419-722-3476  
E Mail: [Markjudo@aol.com](mailto:Markjudo@aol.com)  
Web Site: [www.amerikanjudo.org](http://www.amerikanjudo.org)

## **Questions & Answers (USJA)**

### **Why I would like to become a Member of the USJA National Board of Director?**

I feel with my Judo Background and the Love for The Art I will be a great asset to the team. I believe in Team Support and the TEAM must work together. I have one of the largest clubs in the USJA, I have been involved with developing a National Judo Camp and Joint Workouts, and I have hosted over 50 judo tournaments in my lifetime. I want to help grow Judo on a National Level. Judo has been part of my life since the age of 4 and I want to give back to the Organization that has given me their support and service to me.

### **What would I like to see changed in the USJA?**

We need to run the Organization in Lean Way. We need to cut out the waste and develop a plan that will increase membership and benefits to its members. We need to communicate more to the clubs and its leaders. We need to seek out grants and to have a National Marketing Plan that is affordable and direct to the public. Judo has so many benefits but, the general public doesn't know about them.

### **What will be my priorities being a member of the Board?**

To be involved with the clubs, to help develop a strategy plan that will bring judo in today market value, and to be active in any way I can for the betterment of judo.

### **Do you feel the Current Board of Director is going in the right direction?**

I feel the Board of Directors all want to see the USJA grow as an organization and all want Judo to grow throughout the USA. I feel sometimes the personalities of individuals tend to stall the progress of the BOD. People egos or personal feelings get hurt and then no one wants to work together for betterment of judo. I do feel the USJA is going in the right direction but, I feel that the pace is going to slow. It seems that we are behind all of the other sports organizations in the USA. They need to have a better Strategy Plan.

### **Why Now?**

I have always wanted to be part the National Leadership of the USJA. The Expenses of being on the Board of Director is overwhelming and I couldn't afford that expense. My family is at the age where they don't need me at home and I have saved up some cash for traveling to National

Meetings. I hope the USJA can come up a plan where people don't have invest and lose their own personal money to serve on the BOD. With the computer age in full swing, the BOD can use more Technology to help with the cost of National Meetings so; others may run for a position on the BOD

### **Questions & Answers (Personal)**

#### **What is your Personal Goal for Judo?**

My Personal goal in judo is to keep judo alive for my kids and their kids. Build up our Judo Club to become one of the best clubs and live by it mission statement.

Ameri-Kan Judo Mission Statement:

The Mission of American Judo Union, Inc. is to increase public awareness of judo and related martial arts, and perform youth outreach and mentoring through martial arts, focusing on respect, integrity, responsibility and commitment.

#### **What is your Long Term Plan for Judo?**

To help grow Judo on a National Level with interrelationship with other National Judo Leaders in the 3 major National Organizations. To help in developing a National Strategy Plan to help with the marketing, operations, and the development of judo that is obtainable and affordable.

**Please be free to contact me on any questions you have, I feel being Respectful, Honest, and living by a code of Ethics is very important.**

### **Personal Story on how I started my Judo Life**

(Thanks for Dr. Ronald Charles for editing this story for me)

### **A JUDO STORY**

Once there was a small boy seeking something he didn't know existed. Perhaps it was support, maybe self-esteem or the feeling of belonging. He was fatherless, his mother depressed. She was trying to raise him and his two brothers by herself. His father never came around, and he had no one to turn to for help. He felt as though no one cared about him. One day, his life changed dramatically.

He discovered JUDO!

His mother had taken him and his brothers to the YMCA to see if she could get a family membership through the Sponsorship Program. The Sponsorship Program enabled low-income families to participate. His mother couldn't work because she had suffered a nervous breakdown and from depression when his father had abandoned the family.

As they entered the YMCA, he heard a loud crash. Through a glass door he saw a man lying on the mat; above the man stood a little boy, smiling. The man got up saying, "That was great. You threw me!" Shyly, the boy peeked into the room and saw little kids having fun throwing big kids around. He thought, maybe I could do that.

Well, the YMCA gave his family a sponsor membership. On the way home he thought about what he'd seen. He knew he wanted to do that and told his mom.

Next week his mother took him to the YMCA to go SWIMMING! But once there, he didn't want to swim. Rather he wanted to watch kids throwing each other. His mother, however, knew sponsor membership didn't cover that and couldn't afford the class fee.

So he kept peering into the Judo room. A guy wearing a brown belt came to the door and said, "You don't have to peek. Come in and watch." The little boy entered, sat, and observed.

The next week they returned to the YMCA. Guess what the little boy wanted to do? Yep. He wanted to watch the kids throwing one another. The brown belt asked the little boy if he wanted to try. Embarrassed, he admitted that his mom couldn't afford it. The brown belt said that was alright and invited the boy onto the mat. Somehow, incredibly, the little boy was able to throw the brown belt. You should have seen his big smile!

The very next day the YMCA called the little boy's house to ask if he wanted to take Judo. They said that someone wanted to sponsor him by paying his Judo class fee. This was the first time the little boy felt that someone cared about him. But who had paid for his Judo class? It was the brown belt, the new YMCA Judo Instructor.

The little boy joined Judo and became close to the Instructor. They went to tournaments together. The little boy had someone whom he could look up to, who made him feel special.

Five years passed. Now age ten, he was old enough to get a paper route to help pay for his Judo class, to which he daily looked forward. Judo had taught him valuable lessons in life. He had self-esteem and the feeling that he belonged. His instructor became like a father, and he looked up to him.

This little boy, who started Judo lacking self-esteem, thinking no one cared about him, became a Judo champion.

Now, 38 years later, is that boy still in Judo? You bet he is! I was that little boy. Judo has touched my life. I wonder how my life would have been had I never had the opportunity to take Judo. If it wasn't for someone who took the time and supported me, I wouldn't be the Judo Instructor I am today.

Please join me to help support the growth of Judo. Sponsor a youngster, so he or she can have the opportunity to learn a lifetime skill that will improve that person.

I have volunteered over 10,000 hours teaching Judo at the Findlay, Ohio YMCA and the Lima, Ohio YMCA. The YMCA continually seeks volunteers. As a Judo teacher, you have the power to change youngsters for life. Judo helps develop people and has touched the lives of many. I know, because I am one.

### **Personal Note to Every USJA Senior Member**

I hope I have your vote and support to become a member of the Board of Directors for the United States Judo Association. I pledge my commitment to you in serving as a member of the USJA Board of Directors. I will always be HONEST, RESPECTFUL, and I will live by the CODE OF ETHICS.

I will always listen to the membership of the Organization and I will seek out help of others to make the right decisions.

I feel that we need to Vote on (Slate of People) for only 1 reason. The reason is we need a group of people that Respect each other and are willing to work together.

### **Randy Pierce**

Friends,

I am running for the USJA Board of Directors. Here are facts about me you all should know. I started my judo career thirty five years ago and my rank is Shichidan as of July 6, 2007. This was the same year that I won my 1000<sup>th</sup> judo match which was my proudest judo accomplishment. This is my 10<sup>th</sup> year as a national referee. I have both refereed and competed in Asia, South America, Europe and of the course the USA. I have almost stopped competing because I am 57 years old and cannot compete forever. I have hosted over 50 judo tournaments over the past 35 years. I have a BA from St. Louis University in Psychology and 2 Masters degrees from Webster University; one in Human Resource Development and one in Management. I was the first elected Vice-president of Missouri Judo, Inc. I have worked for Chrysler Corporation for the past 39 years. I was the head of production training for 12 years at the St. Louis plant and I have just recently taken over as the head of Quality for the St. Louis Truck Assembly Plant. My employer has no problem with me taking off to do my judo related travel. Those people who know me, know I go all over the United States to do judo and even many parts of the world. I have been a member of the Kodokan since 1978 and the World Masters since 2000, the year it began. I competed in the first Olympic Sports Festival in 1978 held in Colorado Springs, Colorado.

### **Questions & Answers (USJA)**

#### **Why do you want to become a member of the USJA Board of Directors?**

The USJA needs more members and fresh new ideas from a new perspective. I think my experience of the last 35 years will be valuable to our USJA members. Our members need

information and resources to help spread judo. The USJA's job must be to serve all of our members not just the elite players. There are rank problems, conduct problems, and other problems to solve. I think I can help bring the USJA up to what it should be.

**Why do you think you would be an effective board member?**

I love judo and care about what happens to the sport and want it to grow in the USA like it has all over the world. I get around to most of the major judo tournaments in the country and almost all the ones in my state. Travel to the meetings would not be a problem. I try to live by Dr. Jigaro Kano's idea of mutual benefit and welfare. I have run Konjo Dojo Judo Club for the last 30 years. I have produced 20 black belts, many state champions, and 2 national referees in our club.

**What are the areas or causes in which you most want to work in the next four years?**

I would like to level the playing field for rank in our organization. Make sure people are deserving of the rank they are receiving, especially the high ranks. Lower rank people need to be tested on standard tests so as they progress they will know the same things and have the same skills as other people of the same rank in our organization.

**Why now?**

I have been a competitor for 35 years and a referee for over 30 years. I have two masters degrees. I think I can bring more knowledge to the board than some of the current members of the board do now.

**Questions & Answers (Personal)**

**What is your personal Goal for Judo?**

I want judo to grow in this country. I would like it see it offered in schools just as wrestling, baseball and football are, especially in colleges. I would like to see the three major judo associations get along better. Many times we are duplicating efforts. Judo should not just be about the referees, coaches, or "big shots". Players and all the people who practice should always come first or there can be no judo. I have gained much from judo and now I want to concentrate more on giving back. I would hope that if I get elected that our organization will be better than before I served on its board.

**UPCOMING EVENTS**

**Grass Roots Judo Event:**

*USA National Senior White and Brown Belt Judo Championships*

**GENERAL INFORMATION**

**Date:** Sunday April 5<sup>th</sup>, 2009

**Tournament Director:** Mitchell Palacio - [mtpalacio@msn.com](mailto:mtpalacio@msn.com)

**Tournament Site:** City College of San Francisco Wellness Center, 50 Phelan Ave., San Francisco, California, 94112

**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).

For more information: <http://www.usanationaljudochampionships.com/>

### **Grass Roots Judo Event:**

#### ***USA High School National Championships***

#### **GENERAL INFORMATION**

**Date:** Sunday April 5<sup>th</sup>, 2009

**Tournament Site:** Neal S. Blaisdell Arena in Honolulu, Hawaii

More information to come soon...

### **Granite State Judo Institute: Spring Mini Judo Camp March 14-15th 2009**

Open to Judoka of all levels. Coaches are welcome.

**Place:** Granite State Judo Institute  
at Manchester Police Athletic League  
411 Beech Street  
Manchester, NH 03101  
[www.gsji.org](http://www.gsji.org)

Contact Robert Proksa 1-603-568-0054 or  
[Robert@gsji.org](mailto:Robert@gsji.org)

Camp schedule will be Saturday 9 am – 11am and 1:00 pm – 3 pm, Sunday 9 am – 11.00 am.

**Saturday am** will be the Newaza training with the focus on the competitive turnovers.

**Saturday pm** will be Tachi Waza with the focus on the Seoi Nage, and its combination with the O Soto Gari. In addition there will be a major focus on the Kumi Kata.

**Sunday am** will be the summary of the training.

Pre-registration Camp fee of \$75.00. Fee at the door \$90.00. Please make checks payable to MPAL.

Mail pre-registration and camp fee to:  
Robert Proksa  
45 Twist Hill Road  
Dunbarton, NH 03046.

## **Ameri-Kan Judo Joint Workout**

""Pizza, Fun, Judo Training""

What: Sports Practice

Host: Ameri-Kan Judo

Start Time: Saturday, March 7 at 10:00am

End Time: Saturday, March 7 at 4:00pm

Where: Findlay YMCA

Contact: Mark Hunter, 419 722 3476, [markjudo@aol.com](mailto:markjudo@aol.com)

## **New York Open Judo Championship**

On Sunday, March 8, the 26th New York Open Judo Championship will be held at the New York Athletic Club. **The event is an International B level event featuring an International Female Team Match between Japan and the US.** We are also honoring James Bregman with the prestigious Lifetime Achievement Award.

For more information, our website is [www.newyorkopenjudo.com](http://www.newyorkopenjudo.com)

## **Mississippi State Judo Championships and Mississippi Open Judo Tournament**

**Date:** Saturday March 7, 2009

<b>Competition Times:</b>	Kata	9:00 A.M. SHARP
	Masters, Juniors	10:00 A.M. SHARP
	Seniors	12:00 P.M.

<b>Weigh In:</b>	Friday March 6, 2008	
	6:00-8:00 P.M.	All Contestants
	Saturday March 7, 2008	
	8:00 A.M. – 9:00 A.M.	Kata, Masters & Junior Contestants
	9:00 A.M. – 11:00 A.M.	Senior Contestants

<b>Registration:</b>	<b>\$25.00</b>	<b>If postmarked by February 15</b>
	\$35.00	During Weigh In
	\$10.00	For each Additional Division

(Make checks payable to Mississippi Judo, Inc.)

**Divisions:** A separate Entry Form is required for each Division. (Kata, Juniors, Masters, Seniors)

- The Senior Open Division will be **Free** for any contestant already entered in another Senior Division.
- Juniors will **not** be allowed to compete in 2 or more Junior weight Divisions. They may (if 15 years or over) enter the correct senior Shiai and/or Kata Division for the additional fee.
- **Tournament Director reserves the right to modify divisions**

**Tournament Site:** Clinton Baptist Healthplex (On the Mississippi College Campus)  
102 Clinton Parkway  
Clinton, Mississippi 39056

**Tournament Director:** Bob Harvey, Rokudan  
P. O. Box 726 Clinton, MS 39060  
601-924-3421 Dojo  
601-334-6448 Cell (Day of Tournament only)  
e-mail: [Mississippijudo@aol.com](mailto:Mississippijudo@aol.com)

### **AAU JUDO GRAND NATIONALS INFORMATION**

**Date:** July 17 & 18, 2009 Sanctioned by the AAU

**Location:** Kearney High School  
  
715 E 19th Street  
  
Kearney, MO 64060

**Divisions:** Juniors, Collegiate, Seniors, Masters, Open, Technique

For more information: [http://www.brinkswelcomematjudo.com/tournament\\_flyer\\_bifold.pdf](http://www.brinkswelcomematjudo.com/tournament_flyer_bifold.pdf)

### **Capitol City Open Regional/Montana State Judo Tournament - Gi/No Gi Grappling Tournament**

**Date:** Saturday March 7<sup>th</sup>, 2009 USJA SANCTIONED

**Location:** Montana City School, 11 McClellan Creek Rd, MT. City, Montana (South of Helena)

**Start Time:** Opening Ceremonies at 9:45, competition starts @ 10:00 (youth judo)  
Adult BJJ (Gi Grappling) starts at 9:00

**Check-In:** 8:45 to 9:15, Youth and teens judo, Adult BJJ check in at 8:00. Fees should be paid at this time unless already pre-registered and release forms submitted.

11:00 for Adult Judo, competition starts @ 12:15 for adult Judo Youth BJJ and Adult No Gi check in at 11-12 noon

**Coaches/Ref Meeting: 9:30 am.** Saturday March 7<sup>th</sup>

**Tournament Pre-Registration/Weigh-in:** Using the "honor system", clubs conduct their own weigh-in and send the information (**listing names, weights, ranks, ages, birth date, sex**) **Mail to Gregg Trude, Helena YMCA Judo, PO Box 6787, Helena, MT 59601.** The director reserves the right to change a judo player's Division any time during the tournament to even up groups.

**Registration Fee:** \* \$25.00 early registration for Judo, \$30.00 @ the door \$15 extra for gi/no gi grappling

**Deadline for Receiving Early Registrations: Thursday, March 5th, 2009**

**Eligibility:** Contestants must be members in good standing with their respective Judo Associations. Release forms **must** be filled by any competitor and handed in before competitor is allowed on the mats.

**Judo Tournament Attendees must have a GI to Fight !**

**Tournament Director: Mr. Gregg Trude**

**Technical Advisor: Dennis Dallas**

**Head Ref-Mr. Dave Allen**

**Mail entries to : MAIL: Gregg Trude, Helena YMCA Judo, PO Box 6787 Helena, MT 59601 For info call Gregg @ 406-439-1576 or e-mail gtrude@aol.com**

### **11th World MasterAthlete Judo Championships**

The 11th World MasterAthlete Judo Championships will be held in Atlanta, Georgia, USA, sometime during the first two weeks in August - this date will be available March 1st, 2009 (see website). We hope to see everyone at the Championships and thank you very much for your support and patience.

<http://www.masterathlete.com/>

### **2009 Michigan Open Senior & Junior Judo Championships**

**DATE:** Sunday, March 22, 2009

**LOCATION:** Michigan State University Gymnasium, IM Bldg.-West, East Lansing, MI

Division

Registration / Weigh In

Compete

Kata	8:15 a.m. - 8:45 a.m.	9:10 a.m.
Opening Ceremony		10:00 a.m.
Juniors 10 years old & under	8:45 a.m. - 9:30 a.m.	10:10 a.m.
Juniors 11 years old & older	9:30 a.m. - 10:00 a.m.	10:45 a.m.
Masters / Senior White & Green	10:30 a.m. - 11:30 a.m.	Noon
Senior Brown & Black	11:30 a.m. - 12:30 p.m.	1:00 p.m.

**ON SITE REGISTRATION:**

- SHIAI:** \$45.00 at Tournament Site
1. Same person entering more than one division:  
First Division = \$45.00  
Additional Divisions = 15.00 each
  2. Family Entries (Must be from same family):  
First Person = \$45.00  
Additional Persons = 15.00 each

**KATA:** \$45.00 per Kata per kata pair at Tournament Site

1. Same kata pair entering more than one kata category:  
First Category = \$45.00  
Additional Category = 15.00 each

Neil Simon, Director  
17340 W. 12 Mile Rd. Ste 102  
Southfield, MI 48076  
248-552-0821  
e-mail: [NJSimon@aol.com](mailto:NJSimon@aol.com)

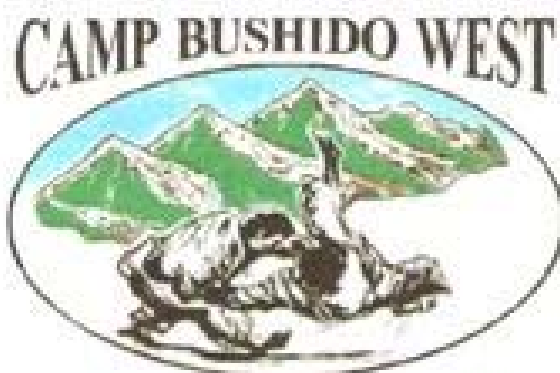
Steve DeRaedt  
Assistant Director  
5747 Kirkridge Trail  
Rochester Hills, MI 48306  
248-475 -2060  
e-mail: [Stevendmich@aol.com](mailto:Stevendmich@aol.com)

**Wisconsin Judo Referee Clinic & MAJIC 2009 Tournament**

Wisconsin Judo will be conducting a Referee's Clinic at the Welcome Mat Judo Club in Fond du Lac from on March 7th. The classroom portion (9am to 12noon) of the class will cover everything that is needed by a beginning referee. Details and registration can be found at: [http://wisconsinjudo.com/referees\\_clinic](http://wisconsinjudo.com/referees_clinic)

At 1pm, we will start a one mat novice tournament, where the attendees of the clinic can exercise their learning.

Juniors with a white, yellow or orange belt may participate. Adult players who are not a brown or black belt may also participate. This is a great opportunity for new players to get some competition experience. Details and registration can be found at: <http://wisconsinjudo.com/majic2009>



Judo & Jujitsu Training Camp

**Sun, July 19**

to

**Sun, July 26**

**2009**

**OLD OAK RANCH**

**Sonora, California**

**SIX FULL DAYS OF TRAINING IN  
JUDO & JUJITSU (either or both)  
WITH TOP NATIONAL & INTERNATIONAL  
INSTRUCTORS AND COMPETITORS!!!**

Old Oak Ranch is located on a mountain in the beautiful Sierra foothills amongst the pines and cedars. This is the heart of Gold Rush country with many places to visit including nearby Yosemite National Park. Deer and wild turkey roam the grounds, there is a creek with brook trout, and wonderful hiking trails in the fresh air.

Every room in the Hilltop Lodge is air conditioned, as are the two large mat areas (40'x60' & 40'x40'). Three hot meals are brought to the camp daily, a snack bar with kitchen, and our own private swimming pool. There will be planned extra-curricular activities such as paintball, ropes course, and escorted day trips will be available.

There is lots of information on our website with a brochure, maps, rates, and a registration form. Check out the pictures and video!!!!

**[www.campbushido.com](http://www.campbushido.com)**

**OR CONTACT**

**CHARLIE ROBINSON**  
(530) 701-3797  
[judo@syix.com](mailto:judo@syix.com)

**JOA SCHWINN**  
(707) 479-4143  
[jschwinn@seikaryu.com](mailto:jschwinn@seikaryu.com)

**HANS INGEBRETSEN**  
(408) 377-1787  
[hansingebretsen@yahoo.com](mailto:hansingebretsen@yahoo.com)

# Judo Coaching Certification Clinic

With

**AnnMaria (Rousey) DeMars**

**March 22, 2009**

**1:00 to 4:00 p.m.**

Hosted by and at

**Budokan Judo Club of Calvert County**

**&**

**Dunkirk Baptist Church**

**11275 Southern Maryland Blvd., Dunkirk, Maryland 20754**

**Telephone: 301-855-3555 or 410-286-8500**

**USJA Sanction #: 09-006**

Clinic Director: – Rev. Marshall R. Coffman

Clinic Instructor: Dr. Ann Maria (Rousey) De Mars

- |   |  |
|---|--|
| ❖ 1984 World Champion Gold Medalist     | ❖ Austrian Open Gold Medalist                                |
| ❖ 1983 Pan American Games Gold Medalist | ❖ Instructor, Venice Dojo                                    |
| ❖ U.S. National Champion – 3 times      | ❖ President, California Judo, Inc. – 2005                    |
| ❖ U.S. Open Champion - twice            | ❖ President, United States Judo Association, 2008 to Present |
| ❖ Pacific Rims Gold Medalist            |  |

## Additional Clinic Opportunities

March 21, 2009 - Judo Coaching Certification Clinic with AnnMaria DeMars Fredericksburg Judo Club, 4006 Leonard Road, Spotsylvania, Virginia 22408

## Clinic Fees

Seniors (age 17 – up): \$25.00 (*Registration*) \$35.00 (*Late Registration*)

**There will be a \$5 discount for those attending both the Fredericksburg and Dunkirk Clinics.**

*Note: Registrations must be postmarked on or before March 14, 2009. Please no telephone, fax or email registrations.*

## Clinic Content

USJA/USJF Coaches Continuing Education

- Initial Level E (Assistant Coach) Certification – For Brown Belts
- Initial Level D (Coach) Certification – For Black Belts
- Satisfies 1 of 4 clinic requirements for Level C (National Coach) Certification
- Written study materials and written examination will be made available on-line.
- Current Background Investigation is required for all levels of certification.
- Clinic fees do not cover Certification and Background Investigation fees.

# **GOLTZ JUDO CLUB**



**CHP 11-99 FOUNDATION**

***BRODERICK CRAWFORD***

**CLUB TOURNAMENT**

**Saturday March 7, 2009**

**ALEXANDER HUGHES COMMUNITY CENTER  
1700 Danbury Road  
CLAREMONT, CA 91711  
909-399-5490**

**ENTRY FEE: \$10.00**

**REGISTRATION TIMES:**

**8:00AM to 9:00AM, 5 to 12 year olds**

**9:00 to 10:00AM, 13 to 16 year olds**

**10:00AM to 11:00AM, 17 years old to adults**

**Host: Sensei Gary Goltz  
Phone: 909-985-0486 Fax: 909-985-3786  
E-mail: [gary@goltzjudo.com](mailto:gary@goltzjudo.com)**

**[Download a Registration Form](#)**

**[Read more about the CHP 11-99 Foundation](#)**

**[Read more about Sensei Gary's 1955 CHP Buick](#)**

**Sanctioned by the USJA**