



AUGUST, 2009

Special Issue featuring artwork by Justin Flores

Artwork in this issue copyrighted by J Flores Productions

Table of Contents

Editorial	2
USJA logo concept by Justin Flores	4
Technique of the month – Keylock sankaku jime	5
James Bregman promoted to kudan	7
Orange County Judo Training Center logo design	8
Introduction of Southern California Regional Coordinator	9
Advertisement – J. Flores Productions	10
Coaches Corner	11
Regional Coordinators Committee	13
Advertisement – New USJA	14
Pictures of the month	15
2009 USJA/USJF Advertisement	17
2009 Fight Like a Girl Camp	18
Comments: Fight Like a Girl Participants	23
Chino Valley Medical Center Advertisement	25
Growing Judo logo by Justin Flores	26
Upcoming Events	27
Growing Judo logo by Justin Flores	30

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Editorial: The USJA Election, Positive and Negative

USJA President, AnnMaria Rousey De Mars

I try to keep a positive view on judo and life in general. We have, I believe, a great many people in the USJA who go to major efforts to promote our sport. This includes everyone from our vice-president, Roy Hash, running a camp every summer, to our many regional coordinators (see article by Joan Love in this issue) to Neil Ohlenkamp who runs the Judo Forum website (www.judoinfo.com) including a USJA website to Jim Pedro, Sr. who works tirelessly on our coach development plan. There are long-time life members like Steve Scott, our newest coach course instructor, who also writes judo books and does an electronic newsletter. There are private club owners like Paul Nogaki in Temecula Valley, Joa Schwinn up by the Yosemite, Ken Otto in Minnesota, Mark Hunter in Iowa down to Bob Byrd in Atlanta, who I had the pleasure of visiting at his club tonight. There is so much good going on with camps, clinics, new means of electronic communication such as Growing Judo, that I think why wouldn't you want to focus on the positives?

As always, this issue has announcements on a wide range of events both past and present growing judo in America. We also, as a special treat, have custom artwork by Justin Flores, designed especially for Growing Judo. Advertising income from this issue has been 50% donated to the Development Fund and 50% pay expenses incurred by the artist. Incidentally, Growing Judo is funded 100% by my consulting company, The Julia Group, www.thejuliagroup.com and no USJA funds are ever used in its production.

Lately, though, there has been a lot of negative campaigning against the USJA and some of it has specifically targeted me and certain fellow board members. I would like to respond here. It has been alleged that we stopped USJA business by boycotting meetings. In fact, I strongly believe as a USJA board member in supporting USJA events. I have attended every USJA meeting held at a USJA Junior Nationals and USJA Winter Nationals. So has Gary Goltz, our Chief Operating Officer. Lowell Slaven, a few weeks after open-heart surgery, could not attend the meeting in person in Ontario, CA in 2007 so we had a conference call set up so that he could call in, as could George Weers, whose daughter had just had a baby. Who did NOT show up or call in? Mike Szrejter, Michelle Holtze and Peter Contardo, to name three. Three years in a row, Jim Pedro, Sr. had to fly to Korea or Japan but he made it to the meetings. Who did not show up? Why, those same people who are accusing me, Jim and Gary of stopping meetings from having a quorum.

Frankly, I am tired of the false information. The next time someone tells you something negative about the USJA, respond by asking him or her, what positive they have done for judo in the past few years. What new ideas do they bring to the USJA and how they will grow judo in America?

A second criticism I have heard is that as president I should not be involved in the election and take sides. I disagree because I really do believe that some individuals offer new ideas. I have seen Dr. Jim Lally personally donate tens of thousands of dollars every year to the USJA to support clinics, new computer systems and the USJA/ USJF Winter

Nationals. Gary Goltz has signed marketing agreements with Golden Tiger Martial Arts, Black Belt Magazines and Zebra Mats. You can read more about each of these individuals at www.newusja.us . I believe we are at a tipping point in the USJA. We can make a difference. We can move in a positive direction.

If you believe, as I do that the USJA is the cutting edge of growing judo, I would encourage you to go to the new USJA website. Here you will see the biographies of such candidates as:

James Pedro, Sr.
Roy Hash
Dr. James Lally
Dr. AnnMaria Rousey De Mars
Joan Love
Lowell Slaven
Gary Goltz
Paul Nogaki
Neil Ohlenkamp

Be sure to click on the menu to see other great candidates such as
Bill Montgomery
Marc Cohen
Deb Fergus
Randy Pierce and
Mark Hunter

Please vote and encourage everyone you know to vote today.





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TECHNIQUE OF THE MONTH – KEYLOCK SANKAKU JIME

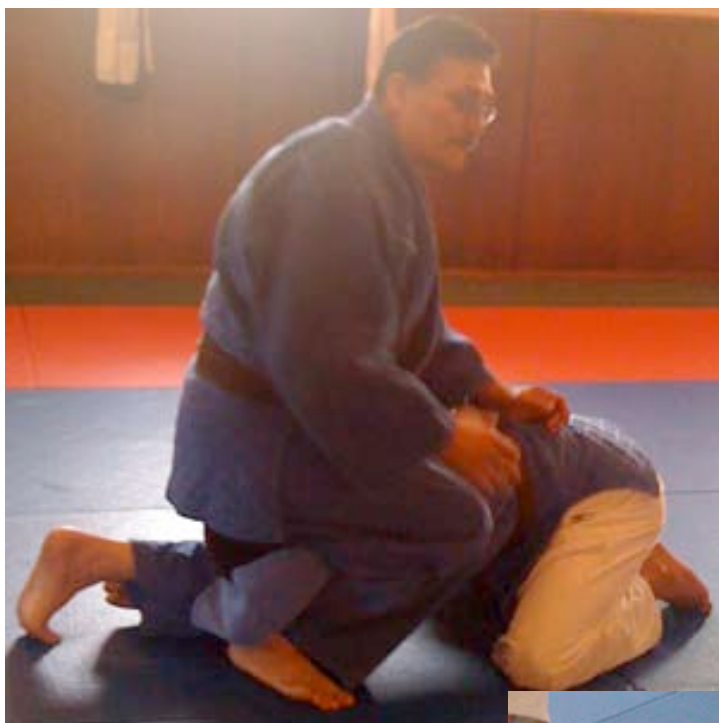


Special thanks to Sensei Richard “Blinky” Elizalde for donating his time to teach at the USJA/USJF West Coast Judo Training Center.

1. Start by stepping in close to your opponent. Note how his left knee is near the opponent’s right ear.

2. Blinky grabs the opponent’s belt and the back of the collar to pull him in tightly.





3. Notice how the right leg is hooked under the opponent's left arm.

4. Blinky dives forward and pulls the opponent with him. He immediately stretches his legs out to tighten up the hold on the opponent with his legs.

When I was younger, I had the hardest time learning a key-lock sankaku. I could never remember which hand to feed the gi into. Blinky explained it on Sunday, "Your hand closer to their hips is the one you feed the gi into."

And the light just went on. What a simple way to explain it

5. If the choke is not working, you may want to switch to a pin. Here, Blinky keeps the keylock on the arm and switches his hips to pin the opponent with yoko shiho gatame.



His next step will be to slide that left hand under the opponent's head for an even tighter pin.

JAMES BREGMAN PROMOTED TO KUDAN at YMCA Camp

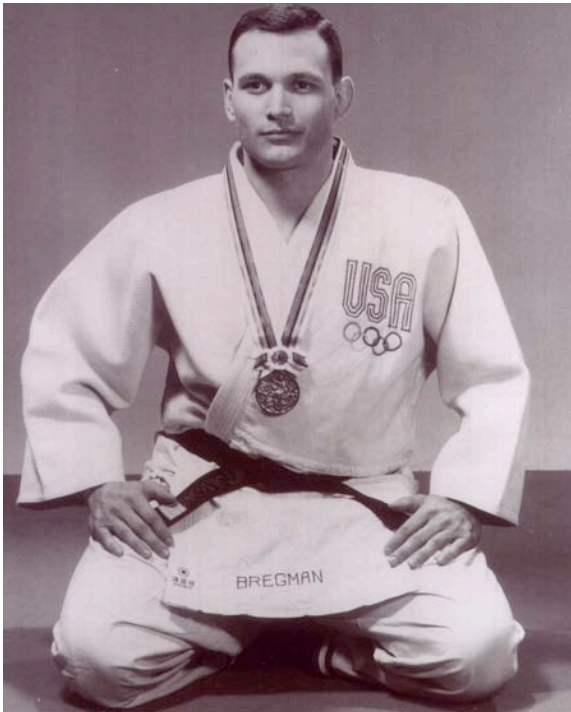
Dr. AnnMaria DeMars, the Board of Directors, the USJA Promotion Committee and Gary Goltz, the Chief Operating Officer are proud to announce that James Bregman has been promoted to the rank of Kudan (9th degree Red Belt).

The honor was bestowed upon Mr. Bregman by his good friend and Olympic team mate, George Harris at the International YMCA Judo camp on Wednesday evening, August 19th.

Sensei Bregman was accorded this honor in recognition of his contributions to Judo for over half a century, his unparalleled expertise and his remarkable record of wins in International and national competitions.

As one of the founders of the United States Judo Association, it is all together fitting and appropriate that Mr. Bregman be given this recognition by the Judo Association that he worked on behalf of and nurtured for all these decades.

Jim Bregman in 1964 and 2009





Logo designed by Justin Flores

On behalf of the Orange County Judo Training Center, best of luck to Justin Flores in his future career.

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

INTRODUCTION OF SOUTHERN CALIFORNIA REGIONAL COORDINATOR

Senseis,

I hope this email finds you doing well. My name is Jason Bruce and I am the new So Cal Region Coordinator for the USJA. My primary function is to help you promote and grow your clubs through coordinated communication with other USJA member clubs. I am here to be of service to you. I have listed below my contact information. Please add me to your email lists and feel free to contact me with any needs you may have. I will be contacting each of you via phone over the next few weeks to learn about your dojo's and of what needs you may have that I may be able to help with.

As you may or may not know, it is time to vote for the USJA Board of Directors. Please go to <http://www.usja-judo.org/BOD/2009election.htm> and review your nominees and get your ballot sent in. It is very important to take part in the nominating and voting process.

Thank you for your time and please feel free to contact me with any open issues you may have.

Sincerely,

--

Jason R. Bruce
USJA - SoCal Region Coordinator
jasonbruce78@gmail.com
951-751-9849



J. Flores Productions

After retiring from an illustrious competitive judo career which included 3 world championship teams and numerous national and international titles, Justin Flores has turned to Graphic Design as his new profession.

Justin is the founder, owner and creative director of J. Flores Productions LLC and currently lives in eastern Pennsylvania.

Services include:

www.jfloproductions.com

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- | | |
|----------------|---------------------|
| - Web design | - Print advertising |
| - Logos | - Video production |
| - Illustration | - Custom packages |

Coaches Corner: Training

By Jim Pedro, Sr. , USJA Coaching Chair

First, just judging by my own students, they just don't get it. They don't get it as far as what workouts are all about. They treat randori like a contest and they are afraid to attack for fear of getting scored on. Or, they'll stiff-arm or bend over so as not to get thrown.

Or, the other aspect of it is that when they are working out and somebody is bent over and stiff arming them and they'll complain that the other person won't stand up and let them throw them.

If you don't learn in practice, you'll pay the price in contests and learn the hard way. Randori (practice) is just that. The more you try to throw, the more you throw in practice, the better your techniques will get. It doesn't matter whether you get thrown 100 times in practice as long as you're attempting to throw, or throwing, so your techniques will get better. These should be quality attacks. Over all the years I have been going to world wide training camps, I have seen world champions and Olympic champions thrown numerous times in practice. What they're doing is feeling out the other players' techniques and learning how to stop those techniques with their bodies or with their hands. The best throws come from reaction not action. When someone is bending over and stiffarming, stop complaining and learn how to throw them, so when you compete in a contest you'll have already figured out how to score on them so you'll have a chance of beating them in a competition.

I have seen these same players who complain in a workout session go to contests and complain to the referee. That does not win matches. You have to realize that if you cannot throw your opponent in a contest, your matwork should be as good as your standing. Take them to the mat. A win is a win.

The best way to do this is when you are randori-ing, all the time, practice transition judo. Stop wasting your time in practice and doing it the wrong way and thinking it is a contest. Just because you spent 20 hours a week on the mat training doesn't mean you are going to get better or win, because it is not quantity, it's quality workouts that count.

One way to make sure your players put in a quality workout is to have a few players stay out in the middle of the mat and do short thirty-second or one-minute rounds. Because everyone is watching them, they put out

more effort than if it is just a few pairs. If one of them isn't working hard enough, you pull out that person telling the player, "It's a privilege to be out there. If you aren't going to train, you can sit out and someone else can be out in the middle. Next practice, maybe you can have another chance."



Being center stage in the mat and having everyone take a shot at you shouldn't be a punishment, it should be a recognition of the people who have the most work ethic.

Regional Coordinators Committee: What We've Been Up To!

USJA Regional Coordinators have been busy GROWING JUDO! People like James Wall in Louisiana, Gregg Trude in Montana, Ken Otto in Minnesota, Marshall Coffman in the Washington, D.C. area, Roy Hash in Texas, Ed Thibedeau in Arkansas and Mark Hunter in Ohio are organizing camps, clinics, training for referees and technical officials, and interclub workouts regularly. Most of their events are truly “grassroots”—affordable for both hosts and participants, and aimed to get more people involved in judo activities. I would like to thank all of the 22 current Regional Coordinators for their hard work and dedication!

I am also pleased to welcome the following people to the Regional Coordinators committee. These individuals have stepped forward to assist us in their respective areas:

Southern California: Jason Bruce

Florida: Dr. H G. Robby Robinson

Tennessee/Kentucky: Mackel Reagan & Eric Schwalm

Pennsylvania/New Jersey: Matt Marcinek & Tom McGuire

Colorado: Dennis Mercer

If you have a suggestion for an event, please email the Regional Coordinator in your area, or me. For a full listing of USJA Regional Coordinators, please see:

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

You may also notice that we still need help in some states. If you would like to be a part of our efforts, or if I can assist you in anyway, please contact me.

Joan Love

judolady210@aol.com

Chair, Regional Coordinators subcommittee

USJA Development Committee

UNITED STATES JUDO ASSOCIATION

Please support the following candidates for the Board of Directors!

DOWNLOAD THE BALOT at <http://www.usja-judo.org/BOD/2009USJABallot.pdf>

Dr. AnnMaria De Mars, Current USJA President, began judo in 1972 at the Alton, IL YMCA. She was the first American world champion in 1984 and has coached at all levels from pre-school to college. She founded and edits *Growing Judo* magazine. A major interest is providing opportunities to players and coaches to supplement their knowledge, from regional training camps to electronic communication.

Roy Hash, Current USJA Vice-President & Chair, Grassroots Development subcommittee founded TEXOMA Judo, a top-10 USJA club, in Wichita Falls, TX in 1999, after retiring from the US Army. His goals is to foster USJA growth, to improve its reputation in the US Judo community, to make it services more effective, efficient, timely and readily available to our clubs and members.

Gary Goltz, Current USJA Chief Operating Officer, began judo in 1965 and runs the USJA's largest club. He has led the USJA out of debt, helped to increase membership and clubs, recruited volunteers for legal counsel and IT director, initiated a new database, updated the JA website, secured private & corporate donors such as GTMA, Zebra Mats, and Black Belt Magazine, opened talks with the USJF, hosted the USJA/JF Winter Nationals, and more.

Joan Love, Current Chair, Regional Coordinators subcommittee has been involved in judo for nearly 20 years as a parent, Masters Competitor, certified coach & referee, and club owner. Over the past 4 years, she has built a network of over 20 volunteer **Regional Coordinators** that are hosting, organizing and publicizing USJA clinics, camps, workouts and tournaments throughout the U.S.

Paul Nogaki, Current Chair, Mini-camp subcommittee has competed at an elite level including the All-Japan University Games and Japanese Olympic trials. Nogaki is a certified coach and clinician with the USJA, coach with USJF, and Level A instructor with USA Judo. He is also a Level A kata instructor and judge. Paul is a major contributor to the USJA, coordinating the coaches' clinics and USJA/Judo Forum mini-camp.

Dr. James M. Lally, Current USJA Board Member. As President of USA Shooting, he was instrumental in the planning, training, and execution of the best performance of the US Shooting Team in recent history. He brings that expertise and experience to the USJA BOD. He is the President of Chino Valley Medical Center, Chino, CA, where he oversees an annual \$180 million dollar operation. He was USJA Life Donor of the Year multiple times.

Lowell Slaven, Current USJA Treasurer & chair, Tournaments Committee in 1971 opened his first dojo and is currently head instructor at American Martial Arts. He is a National Referee, certified kata judge, coach & master rank examiner. His goals are to build a Sport Jiu-Jitsu Division for USJA and to continue to support the USJA.

James Pedro, Sr., Current USJA Board Member & Chair, Coach Education Committee is Life member # 102 and has been a USJA coach since the 1970s. In 2006 the board unanimously elected him coaching chair. He says, "In over 40 years of coaching, I consider every kid who ever walked on my mat and worked hard as one of my successes."

Neil Ohlenkamp. Having continuously taught judo for 35 years, Neil has coached all levels of students. He has been a USJA certified coach for over 20 years, and was a USJA Coach of the Year. He works tirelessly to promote judo. He founded and runs **JudoInfo.com** and the **JudoForum**, the most popular judo sites online. He authored *Judo Unleashed* and has published numerous articles.

See www.newusja.us for more great candidates

AD PAID FOR BY THE JULIA GROUP www.thejuliagroup.com

PICTURES OF THE MONTH



August 8 clinic at Goltz Judo Club

PICTURES FROM CAMP BUSHIDO WEST



More from Camp Bushido

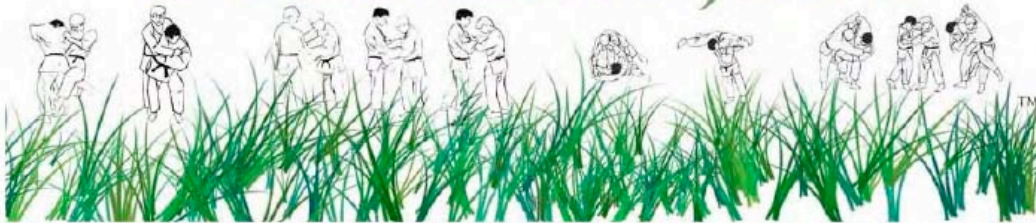
Thank you to Dr. James Lally for donating funds to pay the expenses for Olympic bronze medalist Ronda Rousey as a clinician at the camp.



2009 USJA/USJF Winter Nationals



GRASSROOTS JUDO



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

SATURDAY & SUNDAY DECEMBER 5 & 6, LA VERNE, CA

Tournament organizers of the Winter Nationals and the Goltz Judo Club support a NEW USJA! Please support the following candidates:

- Dr. AnnMaria Rousey De Mars, USJA President
- Gary Goltz, USJA Chief Operating Officer
- Roy Hash, USJA Vice-president
- Jim Pedro, Sr., USJA Coaching Chair
- Dr. James Lally, USJA Board member and donor of the year
- Paul Nogaki, Mini-camp coordinator
- Neil Ohlenkamp, Founder, Judo Info Site www.judoinfo.com
- Joan Love, Chair, USJA Regional Coordinator

Other great candidates can be found at www.newusja.us

Advertisement paid for by Gary Goltz
www.goltzhealthcare.com

2009 Fight Like a Girl Camp, Portage, Michigan

By: Deborah L. Fergus



Aug 8-9, 2009 and another “Fight Like a Girl Camp”, another 24 hours of non-stop Judo, games, networking, and learning.

This years Camp Clinicians did a great job at bringing the message of Judo to all the ladies.

Kelsi Bostic, our Competitors Clinician brought us new drills, games, ground and standing techniques. It was a pleasure to watch her interact with the girls. Thanks to Angie Bostic (Mom) for bring Kelsi and for taking over the Still Photography.

We were also honored to have Lydia Au join us (thanks to Peter, “Dad” who drove her from Chicago today to help with the clinic).

Kelsi and Lydia make quite the “Team Clinicians”.

They also spent about an hour and a half after the cookout answering questions and giving insight into what it takes to be a National and International Competitor. They discussed not only the work and hours spent training but also the pitfalls to watch out for when traveling and keeping up with school work while on the road. They were very candid in their conversations about boys, unsavory actions and happenings to watch for and be aware of on the road. This interaction is what we need more of. We need to teach girls as well as boys for that matter that it is ok to say no to a person of authority if they feel at all encroached on personally, or uncomfortable on what is happening or if they feel what is going on is not normal when they are on the road. We need to school our young on all aspects of life.

Louise Ullman, our Kata Clinician, took charge of the video taping of the event Saturday. Yes we have Video tape and if anyone would like to offer their services to edit and put to DVD your help would be greatly appreciated.

On Sunday our Kata clinician Louise Ullman schooled the campers on the first set of the Nage no Kata assisted by Jamie Blake and Kelsi Bostic. She is well versed in the Kata and relates the importance of the Kata well. Thank you Louise.

Jamie Blake, National Referee of Southside Dojo, did the Referee Clinic also on Sunday and the participants each got the chance to be Corner Judge, Referee and Competitor (able to practice their new skills). This was a very practical clinic as they were able to actually get on the mat and feel what it is like to be on the line making the decisions.



Saturday we bowed out at 6pm. Mike and Dana Snyder grilled hamburgers and hot dogs and laid out quite the spread of potato salad, zucchini, cucumbers, onions, potato chips, blueberries, apples, musk melon, strawberries and much more.

I will add that my friends Jack and Mary Miller of Hager Shore donated the blueberries a whopping 10 lbs., Musk and Watermelon as well as Flowers. More on the flowers later in this article.

Saturday night was free time for the campers of girls being girls, grouping together. Playing on the hemp rope hanging from the rafters, they founded a new game “Hang on to the rope....we pull you out...let you go... and see if you can touch the crash mat against the wall...not the wall. It was fun to watch. They worked so hard at it. Dad Campbell, father of Brianna came in (he and his wife had gone to their motel...he fell asleep) and commented that “it is good to see kids being kids”. He is a wrestling coach in Ypsilanti and said each year he asks his students “How many of you have ever climbed a tree?” Each year there are less and less. Well that was off the subject, kind of.

The only rule for the night is that we play, network, have fun. No bedtime but we will be up at 6am so ...

We started watching a movie “Space Monkeys” at 9pm. It was a neat movie with a good message. Computers and projectors are such neat inventions. All you need is the wall and electricity.

After “Space Monkeys” I put in “Narnia” Jada’s choice. Most of us have seen it so many times that there were some that were watching (me), some were sleeping and others that were just interacting. I think it was about 12 am I turned off the projector. There were still grouping of awake girls and I reminded them how early 6am comes.

About 2am I still saw some heads bobbing.

6 am. And oh am I tired. No one is moving so I got the adults up first. No wait I make the coffee and have a cup first.

We (the adults) prep the breakfast and start waking the campers in order from oldest to youngest. Ever try to get 16+ females up and going with one bathroom? You would do it in shifts too.

After a breakfast of cereal, muffins, protein bars, fruit and even some of last night’s dinner, Kelsi lead the warm up. We then had the Balloon Stuff and Pop. Ask me some day. We had broken the participants into two groups. These groups competed against each other throughout the weekend earning points. In the end they were even. True spirit of Judo?



Noon came too soon. We talked about the last 24 hours. I had given out the Certificates on Saturday as well as the gift packages of school supplies, I give as a gift to the participants each year. Before bowing out Miriam Thauer and Maile Wise were awarded the Most Spirit award and given the flowers donated by Mary and Jack.

Heather Thauer was awarded a certificate for the Farthest Traveled. She and Miriam started their journey from Jackson, Tennessee on Friday.

On that note I would like to say thank you to the many people that made this event. Thank you Mary and Jack for the fruit and flowers, Mike and Dana for the Saturday dinner, Kelsi, Louise, Jamie and Lydia for sharing your knowledge, Angie for taking the pics and Heather for your help. Thank you to the Mom's and Dads for your support. A special thank you goes to the Campers, Hannah, Morgan, Madison, Jada, Emily, Elena, Kayla, Amanda, Hailey, Maile, Brianna, Miriam, and Eva. Without you there would be no camp.

Thank you also goes to Max Bean and Mitch Nakayama, two brave young boys who joined in the first 4 hours of a camp for girls. You rock.

A heart felt thanks goes to Southside Dojo for supporting this Camp and offering the Dojo for the weekend. Thanks to all the Members of Southside for your support.

Many, many thanks to my husband Bill for helping me organize for the weekend. You are my rock.

I could go on and on with all that happened this weekend but think I will just invite you to join us next year.

COMMENTS FROM FIGHT LIKE A GIRL PARTICIPANTS

My favorite part of Fight like a girl was that it was just doing something that I love to do with other girls. Eva, age 9, Southside.

I had so much fun. Learned a whole bunch but had a lot of fun. We played lots of games, and watched movies. Hailey, age 9, Southside.

I loved working with all the young girls. Teaching them what I know will help future women's judo grow. Fight Like a Girl!!! With hearts. Kelsi

I'm really glad I came. I learned a lot that I can take back to my Dojo, but more than that I've been inspired to compete in the Nationals. Hannah, Age 19, Illinois, Canton Judo Club

It Rocks. I love all the people here and the games rock and so do the people. I'm super glad I came here. Brianna, Age 11, Japanese Martial Arts Center, Ypsilanti

I learned so much that I will take back to my Dojo. Miriam, age 12, Jackson YMCA, Jackson, Tennessee.

I liked the balloon stuffing and popping best. Jada, age 4, Southside

Thanks for another great camp Deb. It was fun showing a few things about Refereeing and I learned lots too. Great Group. Love Love Love Kelsi.

Jamie Blake, Southside Referee

It seemed so scary at first but after a while it was just so welcoming! I loved the “fun” games. Hope they’ll let me come back next year. Maile, age 13, Troy Judo

It was really fun and I enjoyed it. Hopefully I can come back next year. Emily, age 15, Illinois, Canton Family Judo

This was by far the best Judo Camp my daughter has ever been to. To spend the weekend with a group of girls and women that love Judo and want to share their love with those girls was the best part. She will be back next year. Heather, Jackson, Tennessee

Camp was fun and exciting. I met a lot of other girls and the games that we played were really fun. I can’t wait till next year. Madi, age 12, Southside

I had so much fun at this camp because there were fun and games and all that kind of stuff also the part that we watched a movie and sleeping in the Dojo. I’d love to do Fight Like A Girl Camp next year. Morgan, age 10, Southside.

CHINO VALLEY MEDICAL CENTER

Supports the work of the USJA in promoting healthy people, strong athletes and good communities through judo.

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

Support a new USJA – continuing improvement in communication, professionalism, camps, clinics, coaching and outreach.

United States Judo Association - Election 2009 A Platform for Growing Judo in the 21st Century

Building good people, strong communities and great athletes - in that order.

The key points of our platform:

- * Judo for all
- * Supporting club coaches
- * Judo in the Internet age
- * Building a regional base for judo

For more information, please see the new USJA website

www.newusja.us

Advertisement paid by Dr. James Lally candidate for the USJA Board of Directors as part of the New USJA



UPCOMING EVENTS

COACH CERTIFICATION CLINIC in NORTHERN CALIFORNIA

Sat, 27 Sept. Twin Cities Judo Club. 113 C st, Marysville, Calif.

From 12 noon to 6:30 pm.

Outlined 2 hours Class Room, and 4 hours Mat time.

For more information, contact Charlie Robinson, judo@syix.com

Everyone,

I wanted to send out notification of a few upcoming events in the area.

On August 22nd we will be hosting a Regional Group Workout. It is open to all ages and ranks. There is a \$5 per person mat fee but no other charges. I am attaching a copy of the flyer with more info.

On September 26 there will be a Mock Shiai session at Acadian Martial Arts in Lafayette. This will include training for Technical Officials and Referees in preparation for the upcoming tournaments, More details coming soon.

Our annual tournament, the LA Open will be held on Nov. 14th. It will be in our usual venue, Hebron Baptist Church. The flyer for this event will be available shortly and I will send it out as soon as possible.

Hope to see you on the mat at some of these events.

James Wall
Wall to Wall Martial Arts

The 15th Annual Go Shibata Memorial Judo Tournament in College Station.
Saturday October 24, 2010.

The event will have Master, Novice, Juniors, Seniors and Kata.

Bob Perez
Texas A&M Judo
www.aggiejudo.com
bobperez@tamu.edu

www.iwja.net

2009 All Women's Judo Championship

Hosted by: IWJA and Mid-East Cudell Judo

Friday, November 13, 2009

Please join us for the 2009 All Women's Judo Championship in Cleveland, Ohio. We provide you first class service and facilities at this premier Women's Judo Event. Shiai and Kata open to all Female Judoka: Junior, Senior, Master; National & International

Sanctioned by U.S.J.A



Judo for Kids & Chisago/Stacy Eastside Tigers
Is proud to host

STACY / NORTH BRANCH
FIRE FIGHTER / DIVE RESCUE

TEAM

FUND RAISER

Judo Tournament -

USJA

Junior,
Senior, Masters & Novice

DATE: Saturday September 19, 2009
LOCATION: Lent Town Hall.... 33155 Hemmingway Ave, Stacy MN 55079
AWARDS: Awards for 1st, 2nd, & 3rd places in all divisions.
SANCTION: USJA APPLIED FOR
WEIGH-INS: Saturday: Juniors and Seniors 8:30 A.M. to 10:30 A.M.
COMPETITION: Juniors start at 11:00 am - Seniors will not start before 1:00 pm

Bring the Family no Spectator Fees!!!

TOURNAMENT DIRECTORS:	Dan Hoffman Phone: 651-208-5650
ASSISTANT TOURNAMENT DIRECTORS:	Ken Otto Phone: 651-774-4041 Email: k-d-otto@msn.com

