



Growing Judo October 2009

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Development Committee of the
United States Judo Association
21 North Union Blvd, Suite 200 Colorado Springs,
CO 80909-5742
www.usja-judo.org (877) 411-3409



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The Direction We Are Moving

“The great thing in life is not so much where we stand as in what direction we are moving.” - Oliver Wendell Holmes.

I love that quote because it speaks to judo right now. For years, we have all heard people talk negatively about the state of our sport and the people who do it. Yet, each month, when I put this magazine together I read about people like Gerry Lafon who has the Friday Night at the Fights. People such as Bruce Toups and Neil Ohlenkamp donate their time to send articles explaining some of their favorite techniques to share the judo they know with USJA members throughout the country. John Moe and Hal Sharp have piloted a new program on technical certification that I think will keep a lot of people in judo. It allows an alternative to competition to demonstrate your skills and learn judo. Don't get me wrong, I love competition, but sometimes people join as older adults or for various reasons they just are not in the competitive mode. I just had my knee replaced and my competitive days are over for good. Does that mean I should just quit judo? John and Hal think not and they are developing a program to reach a wider group.

The election is over and all I can say is – wow. As Dr. Bregman, Election Committee Chair, says in his report, “With such a large vote differential between those that won the majority and those that did not get elected, it seems the USJA electorate has made a clear mandate for who they wish to lead them in the new term.”

I can say something else – THANK YOU! For those who have been unhappy with what has often been a divide board over the past four years, the future promises to be much more unified working in a positive direction for the USJA. What does that mean? I have had a chance to speak to all of the incoming board members, most of which I have the pleasure of serving with now, and we have identified a few guiding principles and priorities.

1. **Growing Judo** – for judo to be successful in any way, from the Olympic medalist to the coach who wants to run a commercial dojo and make a living to the volunteer who wants people to sign up for his class at the YMCA, the first step is to build the base of the pyramid, to bring more people into judo. We have several steps in that direction. One is a major focus on **INCLUSION**. If you are an Olympic medalist, a five-year-old white belt, a club coach, a parent, a technical official, you are **welcome** in the USJA. We try to offer a wide range of resources, from this magazine to discounts on judo gis to educational programs to national tournaments that meet the needs of people across the board. We are reaching out more to judo players in jujitsu and aikido clubs who may not have been part of any judo organization in the past, and we are working with coaches who want to start judo clubs.
2. **Communication!** – I am SO excited that Neil Ohlenkamp, Mr. Judo Forum himself, will now be part of our board and heading our Electronic Services committee. He will be working with webmaster John Moe to revise our website and to add all sorts of new innovations to have communication with our members that is two-way. There are other types of communication, of course. At the coaches clinic at the Winter Nationals, coaching committee members Hayward Nishioka and Bill Montgomery will be holding an Open Forum to get input from our coaches on the requirements for the A and B level certification. Joan Love and Bill Montgomery are hosting a Town Meeting in November at their judo club with yours truly, USJA president, to hear from our members. Not last and not least is the board meeting, All-Women's Tournament

and Coaches Conference in Las Vegas in January. And, a final communication effort, the current USJA vice-president, Roy Hash, is going to be calling a few USJA club leaders each week just to chat, to hear what you want to say to our board and get your ideas on making judo better.

3. **Services** – Gary Goltz has arranged an agreement with Black Belt magazine and Golden Tiger Martial Arts for our members to get huge discounts. We get a 10% discount from Zebra Mats. We also get discounts from Fighting Films. Of course, our members get liability insurance and secondary health insurance. We will continue to explore wherever we can expand to offer more bang for your membership buck.
4. **More Judo!** = Everything from the joint junior nationals in July and the camp following to the All-Women's Tournaments pioneered by Deb Fergus and Southside Dojo and now appearing around the country, more coaches clinics, more athlete clinics, more support to small and growing clubs in hosting events in their area – we are trying to add to judo in every way.

So, that is a bit about the direction we are going, with YOUR help. Volunteer! Donate! Participate! Teach! You are wanted in the USJA.

Growing Judo: October's Bright Idea
Friday Night at the Fights
Gerald Lafon, Judo America, San Diego

Friday Night at the Fights is a special event we hold at Judo America during our regularly scheduled classes on a monthly to quarterly basis, depending on our needs. It's really a glorified randori fest, but it serves several important functions. First, it offers a tournament-like environment for our players. We pack the dojo with extended family members and friends, and require them to make noise. On many occasions, we are joined by members our sister club, the El Centro Judo Club. Matches are conducted with a referee, and there are only 5-6 matches going on at any one time. Second, this event serves as a learning tool for our coaches who get to referee the matches, and for our parents who help timekeep and scorekeep. Third, it's a stepping stone to participation in higher level competition. And the best part is that it's free, and the parents and kids love it.

The mechanics of Friday Night at the Fights are rather simple. Our class is divided up in groups of 5-6 players for round-robin competition. On our 1200 sq.ft. mat, we'll have 5-6 groups. Players sit along the wall waiting their turn to fight. All groups fight at the same time. Each group is assigned a referee to conduct the matches. We only focus on positive scores: no penalties. Referees have a stopwatch and have the discretion to let matches go longer than Ippon. We usually try to keep the matches at two minutes in order to give our players many matches. If we need to train our newer parents, one of the competition groups will be assigned a scoreboard along with timekeepers and scorekeepers.

For October 30, we've added a potluck dinner at the conclusion of the event, and we're going to encourage our kids to change into some version of the costume they'll wear on Halloween.



RESULTS OF THE USJA ELECTION

Dr. Martin Bregman, Chairman, USJA Election Committee.

The total vote count as reported by the independent accounting firm hired by USJA for the USJA Board of Directors Election is listed above. 16568 votes were tallied and the 11 highest vote receivers are enclosed above.

It appears that the eleven candidates receiving the most votes far out-distanced the rest of the field. I congratulate the eleven members of the new board.

The eleventh highest vote getter Bill Montgomery had more than 450 votes more than the twelfth highest vote getter, Jesse Jones.

The independent audit should be completed by Friday (the 16th of October) and its results will be reported to the USJA membership. With such a large vote differential between those that won the majority and those that did not get elected, it seems the USJA electorate has made a clear mandate for who they wish to lead them in the new term. Good luck to all of the New Board members and thanks to all those that threw their hats in the ring.

Gary Goltz	1204	1
Dr. AnnMaria DeMars	1180	2
James Pedro, Sr.	1141	3
Neil Ohlenkamp	1133	4
Dr. James Lally	1122	5
Roy Hash	1101	6
Marc Cohen	1098	7
Lowell Slaven	1072	8
Paul Nogaki	1066	9
Joan Love	991	10
Bill Montgomery	950	11
Jesse Jones	392	12
Andrew Connelly	393	13
Mike Szrejter	384	14
Michelle Holtze	370	15
Jim Haynes	338	16
Leland Roth	336	17
Tom Ryan	322	18
Gene Fodor	321	19
Kenneth Nazemetz	317	20
David Parritt	316	21
Elie Morrell	287	22
Randy Pierce	225	23
Deborah Fergus	172	24
Greg Fernandez	131	25
Ben Bergwerf	89	26
Mark Hunter	63	27
Tom Reiff	54	28

The Most Powerful Armlock in Judo

Juji Gatame -- Cross Armlock

by Neil Ohlenkamp

Head Instructor, Encino Judo Club

USJA Board Member -Elect

The Kodokan Judo technique *Ude Hishigi Juji Gatame* is commonly called *juji gatame*, or cross armlock. It gets its name from the position of the person doing the technique (*tori*) across the opponent's body. It is one of the most effective armlocks in judo, and it is consistently the number one winning armlock used in international judo competition. It is equally effective when used for self-defense, and the technique is included in most modern and traditional jujutsu systems. It is particularly powerful because *tori* is using the entire body, including the strength of the legs and hips, to control the person receiving the technique (*uke*) and to apply tremendous pressure to the straightened arm. For this reason it can be done against much larger or stronger opponents without difficulty. For the same reason it also has the potential for injury, and should only be practiced with proper safety precautions and instruction.

There are many variations of *juji gatame* done from different positions and angles, and numerous entries to the armlock from various opportunities. These include variations done from the guard position when *uke* is between your legs and you are on your back, turnovers from the turtle or face down position, and the flying *juji gatame* done from the standing position. The basic version shown below was included in the kata of Kodokan Judo grappling techniques (*katame-no-kata*) by the founder of judo, Jigoro Kano in the 1880's. To get your study of *juji gatame* started, a few of the basics are shown below by Neil Ohlenkamp on Jerrod Wilson at the Encino Judo Club.

1. After completing a successful throw, *tori* drops his right knee onto *uke* to begin controlling him and to prevent him from turning towards *tori*. The left knee can also be used for this purpose on the head. Both hands control the arm of *uke* with one forearm placed on the elbow of *uke*.



2. *Tori* begins to get better control of *uke* by squatting, and pulling the elbow of *uke* tightly into the chest of *tori*. *Tori* also places his left foot tightly over the head of *uke* so that *uke* will not be able to sit up.



3. *Tori* sits down very close to the shoulder of *uke* so that the arm of *uke* is still controlled by the body of *tori*. The elbow of *uke* must be on the abdomen of *tori* in the final position, so sitting close under the elbow is essential. *Tori* pulls the elbow of *uke* strongly with his right forearm to stretch out the arm and maintain control.



4. *Tori* begins to lean back keeping constant pressure on the arm of *uke* and squeezing the knees together tightly to control the shoulder. Using just the legs, *tori* should be able to keep *uke* down even without applying the joint-lock pressure. At this point *tori* makes sure that the thumb of *uke* is pointing up so that the downward pressure will be applied towards the little finger side of the arm.



5. In the final position *uke* taps to submit from the pain in the elbow joint. The submission should come immediately when the arm is fully extended. For additional pressure *tori* can lift his hips by bridging, but this must be done slowly and carefully because it may result in dislocating the elbow if you apply the full force of your entire body on the elbow joint.



6. The hand position can vary from the standard position of both hands grabbing the wrist of *uke*. In this version *tori* has his arms crossed with the forearms controlling the wrist of *uke*. This is useful when *uke* is fighting the arm extension and *tori* needs to use the power of his body to pull.



7. The most common version of this technique is done with both legs placed over *uke* to further limit his ability to roll up onto *tori*. Always keep your legs in tight contact with *uke*.



8. A strong variation is to cross the right foot over the left and to pull in with the feet. This will help to control the left arm of *uke*, and to prevent *uke* from pushing the left leg of *tori* off his head in an escape attempt.



There are many opportunities for applying this armbar while grappling, but the key is always to control the opponent's body, and particularly the elbow, throughout the application of *juji gatame*.

Additional details about this technique and all the other basic techniques of Kodokan Judo are available in the book [Judo Unleashed](#) by Neil Ohlenkamp. More information can also be found at www.judounleashed.com or www.judoinfo.com.

Sasae Tsuru Komi Ashi

Bruce Touns

Sasae Tsuru Komi Ashi is a very interesting throw. It is a throw that allows the attacker to get a high score with a lot less risk than the average Judo throw. Why? Because you do not have to turn your back on your opponent to do it. That does not mean it is risk free as I will discuss later.

It is also a very flexible throw ,as it can be done from various grips and movement patterns and footwork.

Notice how the first photo shows the elbow pinned to the opponent's side.

The most important thing to remember is the Tsuru Komi portion of the throw. This lifting and pulling must be executed forcefully in order to complete the throw for Ippon.



Imagine doing a reverse curl with a loaded bar of weights

The second photo shows what the other arm is doing, a reverse curl.

In the classical version of this throw, the attacker takes a standard grip, either right or left to begin the throw. What is really good about Sasae is that you don't have to commit your body to the attack until you know that your lifting and pulling has resulted in

your opponent's balance being broken, at least somewhat, by your hand action or kuzushi.

The apparent effect of the hand action on your opponent: he should now be leaning forward, hopefully on, or almost on, his toes of the foot that will

be blocked, i.e. the right foot if your are doing a standard right side throw with a standard right handed grip.

Once the effect of the kuzushi is apparent, then the next action is the entry with the right foot to step into the throw. There are two options with this step.



When I first learned this throw many years ago, I was told that this, and many other ashi waza techniques, were for tall players. I was told that since I was (and am still) short, I should learn the throw so as to add it to my knowledge of the throws in our sport, but that I should not expect to be able to use it in competition.

However, I decided that if I could figure out a good way to do it effectively, then I would have a throw to use that I was not supposed to be able to do, and that would give me an edge in competition.

So, back to the step-in with the right foot and the two entry options.

If you are taller than your opponent, then your step will be the classic move of stepping outside of his left foot with your right foot, thereby

making his body lean forward and become twisted in a large semi-circle as his balance tips out and over his right big toe. If you are shorter than your opponent, your right foot should step inside of his left foot so that the throw is done in a much tighter (smaller) circle. But it will be a faster movement and throw because he will be thrown down, closer to where he was just standing, than in the other version in which he is pulled much further away from his original standing position.

An important point to remember when you step in with your right foot, is to step in on the ball of your right foot so that you can twist your body to the left as you bring the propping foot (left foot) forward against his right ankle.

As your propping foot comes forward, your left leg should be absolutely straight, flexed rigid. (Note: the propping foot is always perpendicular to the mat, i.e., the baby toe is down and the big toe is up. Your foot curls around his ankle by bending the foot at the arch)

When your left foot comes into contact with his right ankle, it should be contacted forcefully like a stabbing or thrusting motion, which force helps to further the off balance of the opponent and help with the completion of the throw.

To complete the throw, all of the pieces are now pulled into action in what seems like a single motion:

1. the lifting and pulling (reverse curling) action with your both of your hands
2. the appropriate right step in position with your right foot
3. the twisting on the ball of the right foot
4. the forceful placement of your left foot on his right ankle, and at the same time,
5. turning your head to the left and looking over your left shoulder as he starts to leave the mat and go up into the air.

Continue all of these actions until his body starts to move down toward the mat. At that moment, you must complete the final part of the movement. The final component is done to make sure that there is no break in the continuity of the throwing motion, so that there is no opportunity for him to recover in mid-air or twist out of the throw.

The final action is to turn your left foot into the direction of the throw. Basically, you are turning your ankle 180 degrees to the place where your opponent is about to land and then using the twisting motion of the throw to complete execution.

You twist your body completely around so that you have done a reverse 180 degree pivot, all the while, keeping your pulling motion going and twisting to your left until he lands at your feet, as if you were using him as your partner in the Nage No Kata.



The risk to being countered that I referred to above relates to achieving off balance in a timely fashion, as the initial component of the throw. If you attempt to block his foot BEFORE you have him up on his toes, that allows him to move his right foot away from the block and counter the throw using Ko Soto Gake with his right foot on your left leg.

Don't allow that to happen because you failed to get your opponent off balance before you committed to the attack!!!

Do all these things and you will have a throw that you can use for 50 years, as I have.

SAVE MONEY \$\$\$ You can register with your USJA number and email and get a 10% discount on gis, t-shirts and everything else Golden Tiger Martial Arts sells. Right here ...

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

Modern Kodokan Throwing Technique
(21st Century Judo)
Certification Program
By John Moe (5th Dan) and Hal Sharp (8th Dan)

USJA – USJF Grass Roots Program presents an online technical certification program that requires a long-term commitment into the study and practice of judo. Visit our video demonstration at, <http://www.youtube.com/watch?v=4YXtw8rzoQ> This is a comprehensive self-development program which will give you a practical knowledge of modern throwing techniques, improving your teaching, randori, and competition. This program is independent of IJF Contest Rules and judo organization promotion requirements. If you are not interested in the certification, entering the program will enable you to significantly improve your knowledge of judo through a structured system of learning.

Text Book: “Kodokan Judo Throwing Techniques” by Toshiro, Daigo, 10th Dan. Shihan Diago was Kodokan’s Chief Instructor and was All-Japan Judo Champion in 1951, 1952 and 1954. The book is the result of many years of studying modern competitive throwing techniques. These techniques were classified within the sixty seven (67) throwing categories recognized by Kodokan and IJF. In addition, the basic throwing form was identified for each of the 67 categories along with the origin of the throws based on old Jujutsu forms. Description of the throws include (a) timing (uke’s position, actions and reactions), (b) tori’s control (gripping, lifting, pushing & pulling) and (c) execution (performing of the throwing). The book includes 1,800 photographs covering approximately 360 variations and or/or applications. Description of the throws include (a) timing (uke’s position, actions and reactions), (b) tori’s control (gripping, lifting, pushing & pulling) and (c) execution (performing of the throwing). Essentially there is a dynamic kata for each form. Organization of the book is as follows:

1. **Chapters** – There is a separate chapter for each of the 67 throwing categories. Kodokan has rearranged the 67 categories in a logical order based on the similarity of the techniques. For example, Ippon Seio-nage, Seio-nage, and Seio-otoshi are now listed together.
2. **Subchapters** – Designated as Sono-ichi, Sono-ni, etc. A subchapter is designated for the basic form, variations, jujutsu forms, and/or special

technical discussion. Within each variation, applications are shown. For example, under the chapter on Sukui Nage there are three variations (Sono-ichi, ni, and san). Sono-ichi is the basic backward throw. Sono-ni is a forward turnover hooking between the legs from behind. Sono-san is a forward turnover hooking between the legs from the front. Within each of these variations there are different applications, such as countering against Osoto-gari or Uchi-mata.

3. Descriptions & Illustrations – There are detailed descriptions for each variation and or application. Within each description there is an identification of the related photographs. Where applicable drawings of jujutsu forms are shown.

Certification Program

At the time of this article the website online procedures for application and testing are under development. Upon completion the program will be activated. We are planning an initial enrollment fee of \$50 to include one year of free examination. Subsequently, there will be a nominal fee for examination of technique tests. Certificates will be issued upon satisfactory completion of the Bronze, Silver and Gold requirements.

Certification Requirements

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
Te waza	1 - 5	6 - 10	11 - 15
Koshi-waza	1 - 4	5 - 8	9 - 11
Ashi-waza	1 - 7	8 - 14	15 - 21
Matstemi	1 - 2	3 - 4	5
Yokosutemi	1 - 5	6 - 10	11 - 18
Total	23	23	21

1. Candidates must be current members of USJA, USJF or USA Judo when enrolling in the program and when submitting videos of test for examination.
2. USJA will manage this program and will post the names of applicants and their progress on the USJA website. Certificates will be issued when the requirements for Bronze, Silver or Gold are met.

3. Techniques must be demonstrated sequentially within each technique group. For example, Te-waza for Bronze 1 – 5, includes (1) Ippon Seoi-nage, (2) Seoi-nage, (3) Seoi-toshi, (4) Tai-otoshi and (5) Kata-guruma.
4. For each technique (i.e. Seoi-nage, Osoto-gari) describe and demonstrate each variation/ application including any jujutsu form if applicable.
5. Call out the photograph numbers related to the form demonstrated. This will assist both the applicant and examiner.
6. If you cannot physically demonstrate a technique, then show yourself instructing students.
7. Relax, this is an open book examination. First review the book description and illustrations. Next, rehearse in front of the video camera. Finally record your performance. If you are not satisfied, do it again. You only need to submit the recording that you like.

SAVE MONEY \$\$\$ You can register with your USJA number and email and get a 10% discount on gis, t-shirts and everything else Golden Tiger Martial Arts sells. Right here ...

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

The 2009 Judo Winter Nationals

by Gary Goltz, 10/11/09



Photos by Gary Wagstaff

The [United States Judo Association](#) (USJA) and the [United States Judo Federation](#) (USJF) will hold its 4th Annual [Winter Nationals](#) on Saturday and Sunday December 5th and 6th at the Damien Gymnasium in La Verne, California. The event which is hosted by Gary Goltz, COO of the USJA and Head Sensei of [Goltz Judo Club](#) in Claremont, California. The event is expected to draw 600 players of all ages from United States, Canada, Mexico, and all parts of world. Every year, the tournament is also held in conjunction with a coaches' clinic on Friday and a Saturday evening competitors clinic open "to anyone in a gi". [Ronda Rousey](#) who became the first American female judo player to take an Olympic medal (bronze) this summer in Beijing, along with 2 time Olympic medalist (bronze) and World Champion [Jimmy Pedro](#) have been perennial favorites at our competitors clinic

Judo is going through extensive changes on an international level. There are new rules which will encourage the use of classic throwing techniques. The goal is to speed up and create much more dynamic action in order to attract more television coverage according to Hayward Nishioka who serves as Head Referee.

Among the highlights of the 2008 Winter Nationals was the last minute entry by Gokor Chivichyan in the black belt masters division. Expecting a rather small group, Gokor was surprised to learn there were seven competitors in his group using straight double elimination.

Gokor's toughest match was against Gary Butts, who is with the Los Angeles Police and is a national judo coach as well as a former Marine Corps wrestler. In their first match Gokor who pulled a groin muscle inched out Gary Butts which sent him into the loser pool. Butts then came back defeating all his opponents to once again face Gokor.

In their second match for the gold medal with only seconds left on the clock a limping Gokor managed to get under Gary Butts and throw a perfect uchimata scoring a resounding ippon for the win. You can view the climax of the [Gokor vs. Gary Butts match on You Tube](#) as featured in Black Belt magazine.

For more information e-mail [Gary Goltz](#) or call him at either 909-985-0486 or 909-702-3250



Neil Simon, USJF President, Olympians, Jimmy Pedro, Ronda Rousey, Jim Bregman, with Dr. AnnMaria Rousey DeMars, USJA President, Gary Goltz, USJA COO, and Robert Fukuda, USJF, Executive Director

Tips from the Trenches: Ashi-waza

Bill Caldwell, San Shi Dojo, Vista, CA

Some good and fun drills for juniors to develop ashi waza (I use for adult beginners too).

- Three-legged drill. Use a big rubber band around the ankles (left to right) ... or make kids pretend that they are joined side by side by a rubber band around one leg. Kenka yotsu grip, sleeves in the direction of the movement. Pairs walk down the mat as if in a three-legged race (but don't encourage racing), tori keeps the "tied" foot behind uke's heel and makes uke take a longer step than uke wants. Advanced: Calf to calf, then thigh to thigh ... make uke come off the ground each step when the momentum is good.
- Keep the rubber bands on ... then practice okuriashibarai "hops" down the mat.
- The key in each drill is to feel the appropriate moment, and to coordinate hands and feet. No way to talk that into them, right? These drills all help teach the moment directly.
- Up against the wall redneck ...errrr ... judo player. Uke leans back against the wall with legs about a foot away from the wall, knees bent slightly and toes lifted up off the mat. Tori tap-tap-tap-taps the back of uke's heel with kouchigari left and right alternating. Students should learn to move the foot in the direction of the toes a little at a time until uke is uncomfortably spread-eagled. Time how many taps each partner can get in 30 seconds to make them fast and light. Repeat with kouchi to ouchi, then ouchi to ouchi. Advanced: When the students learn that a kick to the achilles tendon will result in reciprocation from their partner, they will self-correct. Once the taps are good, then tori can surprise uke by completing the technique. Partners can do thousands of these because uke (and tori if it is done right) don't have to get up off the floor ... the wall becomes the floor. - Once these are down ... Forward, back, side, circle. Circle is the sweetest and most difficult. Players move down the mat in each direction and practice ashiwaza.

More on Ashi Waza

From: Abdullah Orozco

Response to posts on the judo forum ...

I agree with others that you should teach ashiwaza first because it takes so long to master. I'm not saying that you need to forget all of the other high percentage throws, but spending time on ashiwaza will pay off. Even 10 min/workout. Kenji has really good footsweeps, and you should probably ask Shinohara for advice too. I've been putting it to good use ever since they taught me.

The thing I took away from them, which was later reinforced at the Kodokan (and other competitive dojo at Nanka) was that handwork (coordination and strength) and posture is important. I learned a whole series of foot techniques at the Kodokan based off of the hand motion for okuri ashi harai. But instead of moving sideways w/uke, walk right into him/her and lift him/her. As you step in, sweep which ever, whatever foot is there. And you're sweeping at a 45 degree angle, like you're passing a soccerball to a person a few feet away.

One older sensei's advice to me was, "Kick the #\$%% out of your opponents until they fall down. You will eventually figure out the timing through trial and error." He then added that the other, heavier people on his college judo team kicked him back every time. He lifted his pant legs and showed us his gnarly shins. Said that this was before shin pads were invented. So he took a plank of wood, Carved and shaved it, and protected his shins with so he could go back to doing judo.

Drills:

Have adults, and/or kids, stand in a circle and pass a nerf soccerball to each other, with straight leg (as if they were doing de ashi or o kuri). Emphasize posture and hip movement while they're doing this drill. If they bend their knee or don't maintain their posture, the person they're trying to pass the ball to will get to throw them.

Good posture means their hips are under their shoulders, which lengthens the legs, and gives them more reach to do the throw in an efficient, effortless manner.

I've started training my students to instantly attempt ashi waza as soon as they get a grip. It develops the hand eye coordination that ashiwaza require, and it gets them thinking about how to combine a footsweep with their favorite technique.

And, one of the best drills for footsweeps, which I know you love, is kata! Works especially well for adults who started judo late. They, unlike children, have more patience with it. You don't have to go through all of the formalities of the kata, just the throws and stepping. it takes really good timing, which you're aware of, and kata really breaks the techniques down.

*2009 VII PAN-AM MASTERS JUDO
CHAMPIONSHIPS*



November 13 @ 14 2009

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massjudo@aol.com

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PARENT INVOLVEMENT IN JUDO

Marc Cohen, USJA Board Member

I do have a very active club of juniors and a handful of older teens and adults. Looking back over the years, I have trained hundreds upon hundreds of students that range in age from as young as five years of age to adults that returned to Judo at either middle or advanced ages. I have a handful of students (now associates) who have stayed with me to continue training and teaching. Those relatively few received Dan grades and became referees, technical officials and by and large stayed in Judo. The greatest number of students that began training at a young age left Judo for various reasons. Their reasons for leaving vary, but by and large, it was because they lost interest and went on to pursue other collegiate or junior program sports such as baseball, football, wrestling, soccer, lacrosse, basketball, tennis and other collegiate sports.

The reasons for attrition due to migration to other sports are complex. Major among them are peer pressure, peer recognition, pursuit of scholarships and even cost involvement. At times it seems that keeping our players is an almost insurmountable problem. Some of the other issues are that we run our classes in the evenings, not during the school day or just after school. That squeezes the kids between homework and going out for 90 minutes to 2 hours of Judo on a school night, League and collegiate games are usually scheduled on weekends and in many cases just after the regular school day.

I took a closer look at the kids who stayed or came back. They had a few things in common. They were highly motivated, highly competitive and thoroughly enjoyed contact sports and grappling. They also have one more notable attribute; parent(s) who support their involvement in Judo.

It is very apparent that some parents see a high value in having their sons and daughters involved in Judo class and in judo competition. I don't have the hard statistics, but it appears that the kids who have parent involvement stay in Judo 2 to 5 times as long as those don't; some remaining in Judo indefinitely.

With that a common denominator, I began to investigate how to go about motivating the parents of the children to become even more involved, remain focused and engaged.

I am a naturally gregarious individual who enjoys communicating with the parents as well as the children. When the parents first begin to bring their kids, they were naturally curious about every aspect of whatever it is their children were becoming involved in. They not only want to know the "what" of the course, they want to know the "who". They want to see how the course material is presented, and I make it a point to engage and interact with each of them on both a professional and personal level at every opportunity. I not only meet with them in the class, I also send out multi emails during the week that contain information about upcoming classes and events. We become more of a family than strictly a class.

I noticed certain parents and guardians who came to every class and remained during the entire session. Then there those who came less frequently, but still seemed engrossed in the classes. I got the distinct impression that they were all more than mildly interested and wanted to become more involved.

A few weeks ago, I announced a Friends and Family night for the parents, siblings and other caregivers. I invited everyone to sign a release and come onto the mat and allow their children and grandchildren to become their instructor for the night. Ninety minutes later, the feedback was overwhelmingly positive. The parents and siblings were impressed to a higher degree than even I would have predicted.

The most common response was a new found respect for Judo and what their kids had achieved and accomplished. They all agreed that it wasn't nearly as easy as it first appeared from the sidelines and the techniques were much more physically demanding. But, they also all agreed that the techniques were even more effective than they would have believed from just simply observing.



Another method I have found to engage and keep parents interested, and therefore maintain a level of student consistency, is to request the parent's involvement in the both the general information terms and vocabulary. Arming the parent with the answers to the test questions and then asking them to act as teacher / tutor enhances their position with then children and cements a relationship between them and the class.

Some of the parents are working on becoming class regulars. More importantly, they will be sharing a vision and aspirations with their children, something might be so different and more difficult were it not for the fact that Judo is such a universal experience.

As a result of this experience, I have more parents and caregivers who now have a personal and emotional stake in the children's lives. I plan on continuing this program each new term. I hope I can retain students and their families for a much longer period. That will be one small step to increasing Judo in my area.

WORDS OF WISDOM

Check out the new blog by USJA coach Gerry Lafon

<http://blog.betterjudo.com/>

Opinionated, informative and always thought-provoking, this new blog is one to bookmark. I read every post on it, agreed with most, disagreed with some, but this was my favorite because I believe it is so true.

"In my opinion, one thing is perfectly clear. The survival of Judo doesn't depend on the existence of strong national or international organizations. It rests squarely on the health of local Judo clubs, and their interaction and cooperation, the lack of which is really the cause of Judo's malaise.

Far too many coaches told me that local clubs won't cooperate. This coach is mad at that coach, that coach can't stand a third coach, and on and on. Somehow, we have to get over our dislike for each other, and find a way to cooperate, support each other's events, and grow not only our clubs but Judo too. We talk "mutual benefit and welfare" big time. When are we going to walk that talk?"



USJA Coach Education Course



Sunday, November 22, 2009

From 9am to 5pm

Clinician: Gerald Lafon



Course Information

Cost: \$25 + USJA certification fee + background check (if yours is not current)

Location: Judo America, 9825 Carroll Centre Road, San Diego CA 92126

What to bring: gi, notebook, pen, open mind

Topics: conditions of learning, teaching methods, class management, dynamic factors affecting Judo, safety considerations, warm-up games, situational drills, retaining your students, and much, much more.

Driving directions: <http://judoamerica.com/sandiego/directions.shtml>

Note: please let us know you are coming so we have the appropriate number of handouts.

For more information, call **858 578-7748** or email **glafon@judoamerica.com**