



Growing Judo

November 2009

Monthly publication of the
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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EDITORIAL: YOU are a recreational player and we love you. Deal with it.

AnnMaria De Mars, President, USJA

At the USJA Town Hall meeting in Connecticut a very insightful woman commented,

"I am 41 years old and started judo late. I am a brown belt. I will never be an elite competitor and I feel as if most people in judo place no value on me because of that. Being small, middle-aged and female makes that doubly so."

Is it true that we don't value recreational players? Speaking for myself, I would say that I do, very much so. One reason is that I know that people like this woman are much more likely to stay in judo, become a black belt and eventually teach the next generation than the 13-year-old who won the junior nationals this year. Think about the difference in persistence, maturity and just knowing your own mind that you have at 13 versus at 41.

As I told her, the people like me, who competed internationally and then stayed on to teach are RARE. I can think of hundreds of people I knew as competitors who have not been on a judo mat in years. Many of those who do still teach, such as Randy Rhodes in Missouri, I think Lee Naumann is still in judo - these were guys from my club but not household names or Olympic medalists. They were, if we were honest about it, recreational players.

Our recreational players are likely the real base of the pyramid and we better start treating them right. Our USJA board member, George Weers, once asked,

"What does the USJA offer that the average club coach really NEEDS?"

I would answer that we could offer programs to help develop their skills and those of their players. I was just on the phone with John Moe inviting him to bring players to a technique competition we will be hosting at the West Coast Judo Training Center. This program is funded by the USJA and USJF to be a development program. We often try out new ideas and host clinics with people from Sensei Okada to Chuck Jefferson to Richard Elizalde to Ronda Rousey. We have a new clinic coming up with sambo world medalist Roman Mitichyan. All of these are just to teach more judo.

Back to the technique competition - this is for people to show what judo they KNOW, not how tough they are. Being tough and knowing judo can both happen in the same person, but they don't always. What if you start judo at 40 years old and have to go to work on Monday? Maybe you would like to be recognized for your technique and we certainly want you to have good technique because odds are you will be teaching the next generation. Maybe you are just 13 years old and would like to show off. I'll give more on the specifics in my next post.

Bill Montgomery, one of our incoming board members, said in his inimitably tactful manner,

"I have news for you people, ALL of our judo players in America with the exception of one or two, like AnnMaria's daughter, are recreational players. I hear people say, 'My son, Joe is an elite athlete.' No, he isn't. Your son Joe is ten years old! He still needs to be reminded not to wipe his nose on his sleeve. He is beating other ten-year-old orange belts- oh, excuse me, green belts - that is NOT an elite athlete. Almost ALL of our judo players are recreational. They don't work out seven days a week, 52 weeks out of the year. That's okay. I can accept that as long as they are good people. And, if they're not good people, we don't want them around anyway."

I agree with Bill completely. I see a lot of silliness with people asking me,

"Where should I take my 11-year-old to compete?"

I will say the same thing I always do ... You should take your child where he or she will have the most fun. I plan to hit the AAU Nationals this summer because Julia can visit her cousins and grandmothers in Missouri and I want to stay with her in a cabin and take her to swim in an honest-to-God river, which she has never done. Tournaments in between are primarily chosen based on whether we can stay at a hotel with a pool, because she needs to be a very capable swimmer by this summer. I can fish her out of a swift current, but I would rather not. Our other deciding factor is whether there is accompanying fun stuff - we are definitely hitting the All-Women's Tournament in Las Vegas in January (despite the name, competition starts at age five). My little girl has won the USJA junior nationals once and placed in them several times. She is a recreational judo player. You know why? BECAUSE SHE IS #@!ing ELEVEN YEARS OLD !

I am probably going to judo hell for this but when I was in Boston this week I did not take my daughter to Pedro's Judo Club, even though they teach very good judo there. I took her to the Museum of Science and the New England Aquarium. Although she made an 'A' in science, I was not too pleased with her standardized test scores and I thought she might benefit more from seeing a scaled-down model of the solar system and learning about marine life. We also spent a lot of time in the pool and babysitting my granddaughter, Eva.

Do you see those two people in the picture ? Only one of them is an elite athlete but they both do judo and I love them both. This ad has been brought to you by reality.

Please, please, please, if you are a player, or a coach, or a parent, trade in all the medals for a share of stock in reality. Love your children, value everybody on your mat, because those people you are lavishing all of your time on because they are this year's silver



medalist in the senior nationals or a three-time junior national champion at age ten - they aren't much more likely to win world medals than that 40-year-old.

Coincidentally, I ran across an article today in Black Belt Magazine from 1975 about women's judo. My name isn't mentioned anywhere. My coach's name certainly isn't mentioned. I was 16 years old and did not even compete in the senior nationals. I was a freshman in college at the time and it never even crossed my mind to go because I could not afford to travel across country.

So, is my point that those recreational players are worth attention because some of them might turn out to be a world champion, like I did? No. My point is that I wouldn't have BEEN a sixteen-year-old college freshman if it wasn't for the good influence of my recreational judo coaches.

Everyone who steps on that mat is important. That's reality.

The next 30 pages of results, tournament announcements, clinic reports, invitations for award recognition, upcoming clinics and conferences – that's all for you. All of you.

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Shime waza

Article written by: Tony DeBattista and Joe DeBattista are both Judo and Jujitsu instructors at Cahill's Judo Academy, each having started there some 40 years ago.

Photos by: Chris Hardy

One only needs to turn on the TV today to see the influence that Mixed Martial Arts (MMA) has played in forming American psyche and how it views martial arts. Its competitors, from many diversified backgrounds in all martial arts, have caught the interest of both fans and actual martial arts practitioners. While MMA has some interesting techniques that we can learn from, we don't believe most of Judo and Jujitsu practitioners would want their students to go to its extremes. Thus, Judo and Sport Jujitsu competition keeps it in a safe, manageable arena. Since we are practitioners we tend to look at it to see what we can derive from it for legal use in class or competition. When you watch MMA, one of the first things that you notice is that a great many of the competitors come from Judo or Jujitsu backgrounds. Another observation is that many of the MMA matches end due to an applied choke. Since it has been estimated that only 4% of judo matches are won by chokes, *Shime waza* appears to be an under-utilized area in competition where we can enhance our skills. Remember, a properly applied choke can end a match just as fast as a clean throw.

The school we come from and have each trained at for the last 40 years, Cahill's Judo Academy in San Bruno, California is rich in both Judo and Sport Jujitsu competition. Coach Willy Cahill has always stressed that as a competitor or instructor you should be as well-rounded as possible.

Observation has shown us that students tend to get in a "comfort zone" by practicing what they do well. For some students, chokes are not in that comfort zone and, thus, are rarely practiced by those students.

Here are two simple, yet very effective, chokes which are both legal for Judo or Sport Jujitsu:

1) Gyaku Eri Jime (Reverse Lapel Constriction) – Iariat strangle.



You can enter into gyaku eri jime with the left hand reaching across to the opponent's opposite lapel. The right hand shoots up past the opponent's head and grabs the gi on the opponent's left shoulder with close grips to maximize the effectiveness of the constriction. To apply, close the grips and arms together around your opponent's neck, which applies direct pressure to the carotid/jugular triangle and across the trachea, achieving both a strangle and a choke.

Another entry is to start with a high grip with the right arm on the opponent's gi on the left side. As the opponent shifts their head beneath this arm, shoot the left hand across and grab the opponent's lapel, and then tighten the arms to apply the constriction.

2) Koshi Eri Jime (Hip Lapel Constriction) – sitting on shoulder or walking around.



For this technique, start with the choking hand at the opponent's ear and follow the jaw line, applying moderate pressure. This is usually uncomfortable enough that the opponent lifts his head, allowing you to slip your hand to the opponent's opposite lapel. To apply pressure, use your gripping hand to penetrate into the

carotid/jugular triangle while you sit on the opponent's shoulder to apply further pressure into the constriction.

In Sport Jujitsu, the rules are somewhat different in that they allow some additional chokes and entrances. For instance, to gain entrance for the choke in Koshi Eri Jime, you're permitted to slide your hand under the opponent's nose to raise the head and open up for a deep grip, besides access along the side of the jaw. Guillotine chokes are permitted from standing or from ne waza, though they aren't allowed during a throw.

While the rules for chokes in Judo competition and Sport Jujitsu differ somewhat, these basics apply to all chokes:

- 1) Get in as deep as possible, as soon as possible. If the hand position is too deep, it's easy to loosen to get to the proper position, but almost impossible to advance, once the opponent realizes the intention.
- 2) Take out all the slack. Space between the hands and the neck creates a weak choke.
- 3) Be aware that chokes apply pressure from at least two directions, so depth and removal of slack don't necessarily make a good choke.
- 4) An effective choke doesn't necessitate it being complex. Start simple and progress towards the more difficult.

USJA Coach Certification Clinic

A FUN DAY IN LA

On Saturday, October 17th Judo Instructors from four states came together to participate in a USJA Coach Certification Clinic, hosted by Wall to Wall Martial Arts, in Watson, LA.



Clinicians included James Wall – Wall to Wall Martial Arts, Jeff Miller – Acadian Judo, and Jim Hunt – Gulf Coast Judo. The day was very busy as participants moved between classroom sessions and mat sessions. Classroom sessions covered subjects such as Using Lesson Plans, Jr and Sr Handbooks, Safety and Legal Concerns, and Character Development. One classroom session of particular interest covered the recognition and treatment of common Judo injuries and was led by Jim Hunt of Gulf Coast Judo who is also a licensed Physical Therapist.



Mat sessions covered Traditional vs. Sport Specific warm-ups and *Ukemi*, basic *Ne Waza* pins and escapes, grip fighting, and *Tachi Waza* (throwing) techniques. Many participants remarked that they enjoyed the *Tachi Waza* portion which was a slight departure from the norm. Participants were broken up into small groups and each group was given a list of various throwing techniques. The groups then had 20 minutes to go over the throws with other members in their group. Then each person was asked to teach one technique from their list to the entire class. Lower ranked group members went first with the teaching and everyone seemed to enjoy this slight reversal of normal roles.

Overall it was another fun day of Judo in LA!

Upcoming Events



United States Judo Association Event List

State	Event	USJA Sanction #	Start Date
California	Winter Nationals - Tournament (See flyer and additional information on the schedule raffle and call for volunteers below)	08-125	4 Dec 09
	Coaches Clinic (see flyer)		
	Champions Clinic with Rousey & Others		5 Dec 09
Florida	Optimum Force 2010 Self Defense Seminar (See flyer)		11 Apr 10
Maryland	<i>Kansetsu Waza</i> Clinic (See additional information below)	USJF	5 Dec 09
Massachusetts	Foxboro Judo Club Monthly Tournament	09-031	29 Nov 09
Minnesota	The Eighth Twin City Winter Classic	09-101	16 Jan 10
	March Madness	09-102	27 Mar 10
	The Midwest Regional Judo Tournament	09-103	17 Apr 10
Missouri	AAU Freestyle Judo Nationals (see flyer)	AAU	28 Nov 09
Montana	Helena Fall Judo & Grappling Tournament (See additional information below)		5 Dec 09
New York	Nakabayashi Judo Championships	09-098	29 Nov 09
	Classic Rules World Judo Championship	09-082	28 Feb 09
Ohio	2009 All Women's Judo Championship	09-095	20 Nov 09
	Ameri-Kan Challenge	09-107	12 Dec 09

USJA Sanctioned Events November and December 2009

2009 All Women's Judo Championship	20 Nov	21 Nov	Cleveland	OH	Championship	Regional
Nakabayashi Judo Championships	29 Nov	29 Nov	New Rochelle	NY	Tournament	Regional
Foxboro Judo Club Monthly Tournament	29 Nov	29 Nov	Foxboro	MA	Tournament	State
Winter Nationals	04 Dec	06 Dec	Claremont	CA	Tournament	National
Ameri-Kan Challenge	12 Dec	12 Dec	Bluffton	OH	Tournament	Regional

January – April 2010

The Eighth Twin City Winter Classic	16 Jan	16 Jan	Saint Paul	MN	Tournament	State
Classic Rules World Judo Championship	28 Feb	28 Feb	Rochelle	NY	Tournament	Regional
March Madness	27 Mar	27 Mar	Stacy	MN	Tournament	Local
The Midwest Regional Judo Tournament	17 Apr	18 Apr	Saint Paul	MN	Tournament	Regional

For event details for the USJA sanctioned events, please link to
<http://usjamanagement.com/public/eventlist.asp>

ADDITIONAL INFORMATION

Helena Fall Judo & Grappling Tournament (Helena Middle School, Helena, Montana)

This regional judo tournament will have juniors, seniors, masters, and kata competition; and the grappling tournament will have gi and no gi competition. There will be two judo mat areas for kids and one for seniors. There will also be three mat areas for the grappling competitors.

Although the grappling tournament will be held at the same time as the judo tournament, the scheduling will allow the adults to compete in gi grappling in the morning and judo in the afternoon.

This is the third tournament where both judo and grappling competition have been in the same venue and the turnout has been great. The Helena Middle School, located in the center of Helena, has great facilities, including locker rooms and showers.

Kansetsu Waza Clinic (Beltsville, Maryland)

Sanctioned by: United States Judo Federation

Clinician: John Anderson -

Date: Saturday, 5 December 2009

Location: Beltsville Community Center Center
3900 Sellman Road, Beltsville, Maryland

Registration: 9:00 AM

Clinic hours: 9 am to 12 noon, lunch break 12-1, 1pm-4pm

Fee: \$ 20.00 Pre register before November 27, 2009
\$ 25.00 Register after November 27, 2009

Winter Nationals (Claremont, California)

For those who have purchased raffle tickets, the raffle drawing will be held on Sunday, December 6th. Prizes include \$500 cash, \$25 Build-A-Bear card, Starbucks cards and other easily shipped prizes. The winner does not need to be present to win.

Red, White, and Blue Classic (USJA Sanction 09-083)
14 November 2009 – Marion IN
Contest Results

The Marion PAL Judo senior instructor, Bruce Bender, and the Community School of the Arts would like to thank the 203 competitors and those who supported and attended the 2009 Red, White, and Blue Classic.

Contestant's Name - Hometown - Organization

Junior Category Divisions

DIVISION: Girls Advance 7-8

1. Meghan Armocida	Springboro	Kettering Rec Center
2. Nichole Tupling	Anderson	Anderson YMCA
3. Cecilia Bohde (Boe-Dee)	Ft Wayne	Bushido Sports Center

DIVISION: Girls Novice 7-8

1. Madison Endsley	Marion	Marion PAL Judo
2. Margaret Neeley	Alexandria	ACC Judo
3. Kylie Carney	Alexandria	ACC Judo

DIVISION: Girls Advance 9-10 Light

1. Abigail Muhlenkamp	Portland	Judan
2. Meghan Armocida	Springboro	Kettering Rec Center
3. Haley Craig	Bluffton	Mountain Storm
4. Duessa Faulkenberg	Alexandria	ACC Judo

DIVISION: Girls Advance 9-10 Middle

1. Kendra Bichel	Portland	Judan
2. Mackenzie Neeley	Alexandria	ACC Judo
3. Amanda Thompson	Bluffton	Mountain Storm

DIVISION: Girls Novice 9-10 Super L

1. Andrea Schlabach	Hamilton	Hamilton
2. Erica Walker	Marion Marion	PAL Judo
3. Nacoma Calandrelli	Alexandria	ACC Judo

DIVISION: Girls Novice 9-10 Light

1. Lindsay Aker	Bluffton	Mountain Storm
2. Camiele Guy	Marion	Marion PAL Judo
3. Duessa Faulkenberg	Alexandria	ACC Judo
4. Tiffany Bova	Alexandria	ACC Judo

DIVISION: Girls Novice 9-10 Middle

1. Amanda Thompson	Bluffton	Mountain Storm
2. Mackenzie Neeley	Alexandria	ACC Judo
3. Jennifer McAbee-Rehel	Marion	Marion PAL Judo

DIVISION: Girls Novice 9-10 Heavy

1. Mariah Wickware	Marion	Marion PAL Judo
2. Jade Bay balogh (Bay low)	Marion	Marion PAL Judo
3. Phoebe Atkins Marion	Marion	PAL Judo

DIVISION: Girls Advance 11-12 Light

1. Brianna Reed	Bloomington	Anderson YMCA
2. Isabelle Minnich	Portland	Judan
3. Lindsay Aker	Bluffton	Mountain Storm

DIVISION: Girls Advance 11-12 Middle

1. Hannah Paige	Middletown	Anderson YMCA
2. Brianna Reed	Bloomington	Anderson YMCA
3. Chiann Cupples	Portland	Judan

DIVISION: Girls Advance 11-12 Heavy

1. Arianna Inskeep	Bluffton	Mountain Storm
2. Hannah Paige	Middletown	Anderson YMCA

DIVISION: Girl Novice 11-12 146-152

1. Catherine Terrell	Aleandria	ACC Judo
2. Rowan Hannah	Orestes	ACC Judo

DIVISION: Girls Novice 13-14

1. Arianna Inskeep	Bluffton	Mountain Storm
2. Kayla Endsley	Marion	Marion PAL Judo
3. Brittany Clark	Alexandria	ACC Judo

DIVISION: Girls Advance 15-16

1. Kendra Vernon	Anderson	ACC Judo
2. Gabrielle Minnich	Portland	Judan

DIVISION: Boys All Ranks 6 & under L

1. Brayden Carroll	Ft Wayne	Dynamo
2. Tyler Morphew	Bluffton	Mountain Storm

DIVISION: Boys All Rank 6 & under H

1. Dalton Goulet	Ossian	Mountain Storm
2. Silas Bauer	Shoals	Defenders of the Faith

DIVISION: Boys All Ranks 7-8 Light

1. Caleb Gardner	Anderson	Anderson YMCA
2. Logan Argabrite	Springboro	Kettering Rec Center
3. Damon Ho	Bluffton	Mountain Storm
4. Garrett Scher	Marion	Marion PAL Judo
5. Brandon Bova	Alexandria	ACC Judo
6. Joseph Lafiosca	Fishers	Fishers YMCA

DIVISION: Boys All Ranks 7-8 Middle

1. Joel Gardner	Anderson	Anderson YMCA
2. Jarin Meyer	Piqua	Pique
3. Kalob Baker	Hamilton	Hamilton
4. Benjamin Muhlenkamp	Portland	Judan

DIVISION: Boys All Ranks 7-8 heav

1. Jordan Beechler	Geneva	Mountain Storm
2. Grant Brown	Fishers	CCC

DIVISION: Boys Novice 7-8 Light

1. Ashton Vinluan	Marion	Marion PAL Judo
2. Brayden Sprunger	Portland	Judan
3. Harrison Binnion	Anderson	Anderson YMCA
4. Gaven Bright Marion	Marion	PAL Judo

DIVISION: Boys Novice 7-8 Middle

1. Chase Black	Marion	Marion PAL Judo
2. Caleb Gardner	Anderson	Anderson YMCA
3. Damon Ho	Bluffton	Mountain Storm
4. Kyle Schlabach	Hamilton	Hamilton

DIVISION: Boys Novice 7-8 Heavy

1. Joel Gardner	Anderson	Anderson YMCA
2. Keaton Sharp	Marion	Marion PAL Judo
3. Brandon Bova	Alexandria	ACC Judo
4. Wes Naylor	Alexandria	ACC Judo

DIVISION: Boys Novice 7-8 Super Hea

1. Jordan Beechler	Geneva	Mountain Storm
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DIVISION: Boys All Ranks 9-10 Light

1. Nathan Kean	Alexandria	ACC Judo
2. Josiah Hudson	Anderson	Anderson YMCA
3. Cameron Black	Marion	Marion PAL Judo
4. Evan Paige	Middletown	Anderson YMCA
5. Anthony Reynolds	Marion	Marion PAL Judo
6. Logan Drumm	Dunkirk	Judan
7. Alasdair Reese	Indy	Virgil's Judo Club
8. Elias Inskeep	Bluffton	Mountain Storm
9. Hunter Schultz	Fishers	CCC

DIVISION: Boys All Ranks 9-10 Middl

1. Ethan Roberts	Marion	Marion PAL Judo
2. Michael Tupling	Anderson	Anderson YMCA
3. Caleb Belcher	Shoals	Defenders of the Faith
4. Michael Webster	Noblesville Fishers	YMCA
5. Grant Brown	Fishers	CCC

DIVISION: Boys All Ranks 9-10 Heavy

1. Alexander Adams	Middletown	Hamilton
2. Zi Bonner	Hamilton	Hamilton
3. Collin Malston	Alexandria	ACC Judo

DIVISION: Boys Novice 9-10 Light

1. Josiah Hudson	Anderson	Anderson YMCA
2. Mason Wilson	Alexandria	ACC Judo

DIVISION: Boys Novice 9-10 Middle

1. Nathan Kean	Alexandria	ACC Judo
2. Matt Thompson	Bluffton	Mountain Storm

DIVISION: Boys Novice 9-10 Heavy

1. Jacob Vctor	Fairmount	Marion PAL Judo
2. Seth Corwin	Portland	Judan
3. Collin Malston	Alexandria	ACC Judo
4. Deacon Hannah Orestes	ACC Judo	

DIVISION: Boy All Rank 11-12 SuperL

1. Evan Paige	Middletown	Anderson YMCA
2. Dillon Thompson	Marion	Marion PAL Judo
3. Brandon Ressler	Portland	Judan

DIVISION: Boys All Rank 11-12 Light

1. Quentin Cook	Anderson	Anderson YMCA
2. Michael Tupling	Anderson	Anderson YMCA
3. Noah Todd	Marion	Marion PAL Judo
4. James Miller	Montpelier	Judan

DIVISION: Boys All Rank 11-12 Heavy

1. Matthew Prather	Lou	Wakaishu
2. Chase Kissane	Alexandria	ACC Judo

DIVISION: Boys All Rank 11-12 Sup H

1. Austin Bailey	Alexandria	ACC Judo
2. Adam Wilhelm	Portland	Judan

DIVISION: Boys Novice 11-12 Light

1. Dillon Thompson	Marion	Marion PAL Judo
2. Darrious Buckner	Alexandria	ACC Judo

DIVISION: Boys Novice 11-12 Heavy

1. Austin Bailey	Alexandria	ACC Judo
2. Adam Seemann	Liberty	Township Hamilton
3. Connor Millspaugh	Marion	Marion PAL Judo

DIVISION: Boys All Ranks 13-14 Heav

1. Michael Culley	Marion	Marion PAL Judo
2. Brandon Porr	Berne	Judan
3. Drew Hobson	Alexandria	Anderson YMCA

DIVISION: Boys Novice 13-14

1. Ryan Francas	Evansville	Club Bushiou
2. Drew Hodson	Alexandria	Anderson YMCA

DIVISION: Boys All Ranks 15-16 Ligh

1. Ben Branson	Anderson	Anderson YMCA
2. Quentin Cook	Anderson	Anderson YMCA
3. James Braye	Evansville	Elite Bushido

DIVISION: Boys All Ranks 15-16 Heav

1. Curtis Keesee Jr	Marion	Marion PAL Judo
2. Christian Belcher	Shoals	Defenders of the Faith

DIVISION: Boys Novice 15-16 Light

1. Taylor Lsch	Bluffton	Mountain Storm
2. Mason Brizendine	Alexandria	Anderson YMCA
3. James Till	Ft Wayne	Parker Shelton

DIVISION: Boys Adv 14-15

1. Rashon Nelson	Middletown	Hamilton
2. James Braye	Evansville	Elite Bushido

Senior Category Divisions

DIVISION: Sr Women Super Light

1. Kia Artis	Marion	Marion PAL Judo
2. Camilla Oldenkamp	Muncie	Anderson YMCA
3. Kendra Vernon	Anderson	ACC Judo
4. Emily Laughlin	Bloomington	IU

DIVISION: Sr Women Light

1. Kelcy Hartley	Selina	Anderson YMCA
2. Jacquelyn Craig	Elberfeld	Elite Bushido
3. Emily Funkhauser	Elberf	Elite Bushido

DIVISION: Sr Women Middle

1. Kelsi Bostic	Anderson	Judan
2. Suzy Smith	Huntertown	Dinamo
3. Betsi Gagle	Ft Recovery	Judan
4. Elaine Bell	Bloomington	IU
5. Rebecca Dille	Bloomington	IU

DIVISION: Sr. Women Heavy

1. Kelsi Bostic	Anderson	Judan
2. Suzy Smith	Huntertown	Dinamo
3. Jenrie Aerin	Bloomington	IU

DIVISION: Female Newaza Light

1. Ashley Beeson	Anderson	Anderson YMCA
2. Jacquelyn Craig	Elberfeld	Elite Bushido
3. Dawn Branson	Anderson	Anderson YMCA

DIVISION: Female Newaza Heavy

1. Suzy Smith	Huntertown	Dinamo
2. Betsi Gagle	Ft Recovery	Judan
3. Cheyenne Morgan	Anderson	Anderson YMCA
4. Jenrie Aerin Bloomington IU		

DIVISION: Sr Men B/B 145

1. Gabriel Brown	Marion	Marion PAL Judo
2. Dennis Miller	Frankfort	Purdue
3. Hansel Ramathal	Crescent Springs	Jin Judo

DIVISION: Sr Men B/B 161

1. Luke Wortley	Simpsonville	Core
2. Steve Grenflos	Bloomington	IU
3. Christopher Baker	Ft Wayne	Dinamo
4. Paul Yoon	Bloomington	IU

DIVISION: Sr Men B/B 178

1. Addison Webb	Bloomington	IU
2. Steven Hamilton	Wyoming	Jin Judo
3. Wesley Ford	Hartford	City Ball State
4. Nathaniel Fodrea	Redkey	Judan

DIVISION: Sr Men B/b 198

1. Michael Loy	Rochester	Elite Bushido
2. Jon Gardner	Anderson	Anderson YMCA

DIVISION: Sr Men B/B +220

1. Vasile Malufan	Huntertown	Dinamo
2. Chris Woodley	Ft Wayne	Dinamo
3. Christopher Rios	Indy	Mudokwan
4. Kyle Cooper	Sharpsville	Shigun

DIVISION: Male Newaza Light

1. Luke Wortley	Simpsonville	Core
2. Steve Corenflos	Bloomington	IU
3. Aeron Pulley	Ft Wayne	Dinamo
4. Tyler Montpas	Ft Wayne	Dinamo

DIVISION: Male Newaza Heavy

1. John Templeton	Bloomington	IU
2. Mike Kutis	Gaston	Anderson YMCA
3. Carey Mountcastle	Anderson	Anderson YMCA
4. Keyan Bliss	Bloomington	IU
5. Nathaniel Fodrea Red Key Judan		

DIVISION: Sr men Novice 145

1. Aaron Pulley	Ft Wayne	Dinamo
2. Carl Romm	Evanston	IU
3. Jacob Jones	Marion	Marion PAL Judo
4. Jason Endsley	Marion	Marion PAL Judo

DIVISION: Sr Men Novice 178

1. Jeff Green	West Lafayette	Purdue
2. Joe O'Donnell	Bloomington	IU
3. Rashon Nelson	Middletown Hamilton	
4. Chris Baker	Ft Wayne	Dinamo
5. M. Randy Williams	Marion	Marion PAL Judo

DIVISION: Sr Men Novice 198

1. Tim Hildebrandt	Indy	Mudokwan
2. Ben Hudson	Anderson	Anderson YMCA
3. Jon Gardner	Anderson	Anderson YMCA
4. Michael Loy	Rochester	Elite Bushido
5. Curtis Keeser Jr	Marion	Marion PAL Judo

DIVISION: Sr Men Novice 220

1. Dan Francs	Evansville	Club Bushiou
2. John Templeton Bloomington IU		

DIVISION: Sr Men Novice +220

1. Chris Woodley	Ft Wayne	Dinamo
2. Kyle Cooper	Sharpsville	Shigun
3. Keyan Bliss	Bloomington	IU
4. David Nesbitt	Hamilton	Hamilton

Masters Category Divisions

DIVISION: Masters Men

1. John Branson	Anderson	Anderson YMCA
2. Mike Kutis	Gaston	Anderson YMCA
3. Dan Frances	Evansville	Club bushiou
4. Jeff Ruoff	Hicksville	Parker Shelton
5. Gary Lou	Milford	Unknown
6. Lionch Pichereau	Indy	Virgil's Judo Club
7. Ben Hudson	Anderson	Anderson YMCA

Results by Organization

Point System:	Place won	-	Point Value
	1		5
	2		3
	3		1

<u>Organization name</u>	<u>Total</u>	<u># 1</u>	<u># 2</u>	<u># 3</u>
1. Anderson YMCA	111	12	15	6
2. Marion PAL Judo	79	11	6	6
3. ACC Judo	59	6	7	8
4. Mountain Storm	51	8	2	5
5. Judan	44	4	7	3
6. Dinamo	31	4	3	2
7. IU	27	2	5	2
8. Hamilton	23	3	2	2
9. Elite Bushido	16	1	3	2
10. Kettering Rec Center	11	1	2	0
10. Club bushiou	11	2	0	1
11. Core	10	2	0	0
12. Purdue	8	1	1	0
13. Defenders of the Faith	7	0	2	1
14. Mudokwan	6	1	0	1
15. Wakaishu	5	1	0	0
15. Dynamo	5	1	0	0
16. Jin Judo	4	0	1	1
17. Pique	3	0	1	0
17. Shigun	3	0	1	0
17. CCC	3	0	1	0
18. Ball State	1	0	0	1
18. Bushido Sports Center	1	0	0	1
18. Parker Shelton	1	0	0	1
19. Fishers YMCA	0	0	0	0
19. Virgil's Judo Club	0	0	0	0

The results are also posted at <http://marionjudo.datapitstop.com>

Clinic and Tournament in Mississippi

A clinic, hosted by Bob Harvey and The Academy of Japanese Martial Arts with Ed Thibedeau (Little Rock, AR) as the clinician, was held in Clinton, MS, Sept. 18th, for all those interested in reviewing the latest rules and incorporating them into useful strategies for *shiai*.



On Saturday, Sept. 19th, 70 competitors from 8 states participated in the Mississippi Open-- results of the competition are provided below. During the tournament, several people took the opportunity to test for their regional referee certification. Congratulations go to Diane Manganaro, Robert Titcomb-Steele, and Carlton Crawley for achieving Regional 1 referee status.

In addition to the referee clinic and the Mississippi Open tournament, a meeting was held to lay the ground work for starting a USJA Referee Education Committee for Mississippi.

Results for the Mississippi Open September 19, 2009

Masters Men Middle

Alex Meadows	1D	Gold	Memphis Judo & JiuJitsu
Nathan Tansil	1K	Silver	Harvey's
David Shorey 2D		Bronze	Acadian Judo

Masters Men Heavy

Cary Carrisoza	3K	Gold	Olympic Judo
David Shorey 2D		Silver	Acadian Judo

Junior Girls 13

Sarah Horacek	4 th	Gold	Armed Services Judo &
Jujitsu			
Raven Turbeville	W	Silver	Harvey's

Junior Girls 15

Khadijaah Williams O		Gold	Melton's
Kaitlyn Nichols	W	Silver	Extreme Judo

Junior Boys 5-6

Amarion Williams

Gold

Melton's

Cullen Carrier

Silver

Armed Services Judo &

Jujitsu

Barrett Altman

Bronze

Gulf Coast Judo

Junior Boys 6

Austin Bradley

Gold

Armed Services Judo &

Jujitsu

Nick Carrier

Silver

Armed Services Judo & Jiu

Jitsu

Ryan Welch

Bronze Harvey's

Junior Boys 7-8

Tyler Mabry

O

Gold

Harvey's

Noland Blakney

Y

Silver

Hamilton

Cade Stiefenhofer

W

Bronze

Harvey's

Junior Boys 8-9

JR Foster

3rd

Gold

Gulf Coast

Braden Carrier

Silver

Armed Services Judo &

Jujitsu

Asher Altman

Bronze

Gulf Coast

Junior Boys 9-10

Hunter Stiefenhofer

Gold

Harvey's

Andy Blackeney

Silver

Hamilton

Michael Franks

Bronze

Harvey's

Junior Boys 12-15

Matt Tucker

P

Gold

Hamilton Judo

Alexander Holland

P

Silver

Barksdale Judo

Junior Boys 10-14

Keith Brown

Gold

Melton's

Logan Butts

Silver

Harvey's

Junior Boys 11-13

Nicholas Holland

Gold

Barksdale Judo

Wyatt Ballard

Silver

Armed Services Judo &

Jujitsu

Junior Boys 12-14

Breland Sheppard

Gold

Gulf Coast Judo

David Zetterholm

Silver

Harvey's

Joshia Zetterholm

Bronze

Harvey's

Junior Boys 13-14

Steven Briggs

Gold

Gulf Coast Judo

James McFadden Jujitsu		Silver	Armed Services Judo &
Junior Boys 13-15			
Ryan Connor		Gold	Clear Lake Judo Club
Eric Williams Jujitsu		Silver	Armed Services Judo &
Matthew Day Jujitsu		Bronze	Armed Services Judo &
Senior Women Light			
Kaitlyn Nichols	W	Gold	Extreme Judo
Khadijaah Williams	O	Silver	Melton's
Senior Women Middle			
Terri Carrier	7K	Gold	Armed Services Judo &
Jujitsu			
Adrianna Trevino	7K	Silver	Texas A & M
Senior Women Heavy			
Diane Manganero	3D	Gold	Black Belt School of Judo
Brenda Knippa	5K	Silver	Texas A & M
Senior Men Novice 132			
Alan Verdin	6K	Gold	LSU Judo
Mark Livengood	6K	Silver	Texas A & M
Luciano Tavera	5K	Bronze	Rajin Cajuns Judo
Senior Men Novice 160			
John Alin	4K	Gold	Texas A & M
James Bullard	4K	Silver	Harvey's
Bret Barattini		Bronze	Olympic Judo
Senior Men Novice 178			
Nafees Alam	7K	Gold	LSU Judo
Nathan Pang	7K	Silver	Memphis Judo & JiuJitsu
Jacob Lombas	7K	Bronze	Ragin Cajun Judo
Senior Men Novice 198			
Jeremy Paten	7K	Gold	Frayser
Dwain Hollingsworth	7K	Silver	Harvey's
Senior Men Novice 220+			
Anthony Pusch		Gold	Texas A & M
Dustin McGee		Silver	Memphis Judo & JiuJitsu
Senior Men 145			
Dan Gomez	3D	Gold	Texas A&M

Carlos Gallego	1K	Silver	Doc's Gym
Ryan Conner Blue		Bronze	Clear Lake Judo Club
Senior Men 160			
Juhyon Kim	D	Gold	Memphis Judo & JiuJitsu
Elia McNamara	1K	Silver	Memphis Judo & JiuJitsu
Bret Baratini	7K	Bronze	Olympic Judo
Senior Men 178			
Steven Combs	1D	Gold	Memphis Judo & JiuJitsu
Jeff Williams	2D	Silver	Harvey's
Senior Men 198			
Alex Meadows	1D	Gold	Memphis Judo & JiuJitsu
Nathan Tansil	1K	Silver	Harvey's
David Shorey 2D		Bronze	Acadian Judo
Senior Men 220			
Anthony Pusch		Gold	Texas A & M
Ron Nichols	1D	Silver	Extreme Judo
Senior Men 220+			
Cary Carrisoza		Gold	Olympic Judo & JiuJitsu
James LeBaron		Silver	Melton's
Dustin McGee		Bronze	Memphis Judo & JiuJitsu
Senior Men Open			
Steven Combs	1D	Gold	Memphis Judo & JiuJitsu
Juhyon Kim		Silver	Memphis Judo & JiuJitsu
Cary Carrisoza			Bronze Olympic



Awards Committee

Dr. Ronald Allan Charles, Chairman

113 Camellia Road

Goose Creek, SC 29445-3418

(843) 553-6702; ronaldallancharles@comcast.net

Dear Club Coach:

Annually we honor Outstanding Competitors from each state, from the District of Columbia, and from overseas. Each honoree is recognized in our website Hall of Fame and receives a beautiful certificate.

In addition, each person honored for performance in 2009 will receive the following in 2010:

Scholarship for FREE admission to the Lone Star Judo Camp in early June. Located in Wichita Falls, Texas, two hours' drive from Dallas/Ft. Worth and from Oklahoma City, this camp focuses on competitive judo skill improvement, with a different lead instructor each day. Featured clinicians include Terry Kelly, Ruben Martin, Gene Davis, Ed Thibedeau, Carl Plummer, and Roy Hash. The congratulatory letter that accompanies the award entitles the honoree to FREE camp attendance, for which others pay \$150. There will be three 3-hour daily sessions Monday through Thursday and two 3-hour sessions on Friday. Meals and lodging at the MSU campus, about a mile from the training site, are available for a nominal additional fee. This scholarship is for all inductees to our 2009 State and National Halls of Fame, seniors as well as juniors. Find more information about this camp at the website at www.texomajudo.com and from camp director Roy Hash at (940) 733-7330 or royhash@juno.com. HONOREES MUST MENTION THE AWARD WHEN REGISTERING.

Scholarship for \$100 off camp tuition (not to be combined with any other discounts) at the Greatest Camp on Earth, held June 24 – 26 in Matthews, near Charlotte, North Carolina. Camp features over nine hours of class per full day with up to ten different instructors teaching simultaneously on separate mats. Clinicians include Nicolas Gill, Igor Yakimov, Sucuri Togni, Nick Lowe, and Mark Hunter. Besides judo there will be instruction in traditional and Brazilian jujitsu, aikido, jeet kune do, and other arts. Camp tuition includes a beautiful T-shirt and some meals. This scholarship is for all inductees to our 2009 State and National Halls of Fame, seniors as well as juniors. Email Carl Hayes at GreatestCamp@ATT.net for more information or visit the camp website at www.greatestcamp.com. WHEN REGISTERING, HONOREES MUST MENTION THE AWARD.

Scholarship for FREE admission to the USJA/USJF Elite Technical Training Camp near Los Angeles, California, following the 2010 USJA Junior Nationals scheduled around the 4th of July. Lodging is not included. There will be separate groups for kata, competitors, and coaches, and participants are free to move between groups. Camp is for all inductees

into our 2009 State and National Halls of Fame, seniors as well as for juniors. Email Paul Nogaki for more information at pnogaki@verizon.net. WHEN REGISTERING, HONOREES MUST BRING OR SEND A COPY OF THE CONGRATULATORY LETTER THAT COMES WITH THE AWARD.

DISCOUNT of 40% from the retail price of any single purchase (can be several items purchased at the same time) from Golden Tiger's martial arts inventory (this discount only on Golden Tiger judogi; other judogi, 10% discount). A coupon for this one time offer will accompany the certificate mailed to each State Award honoree. Coupons to National Award honorees will be presented or mailed with their engraved plaques. For further information, check with Jennie Lee at 1-800-331-5367 or visit her website at www.goldentiger.com

We solicit recommendations from every club for each of 11 categories. **If your kata nominee performs always with the same partner, nominate both, since they earned the same number of points.** Your nominees will be considered objectively along with others from your state, using the recommendation form point system. In case of a tie the Committee will make the selection. To be considered, recommendations must include the necessary information and meet the March 31 mailing deadline. Make recommendations based on activity for the entire calendar year. You may nominate someone not a USJA member if you include membership application and fee.

Remember, if you don't recommend anyone, you preclude your players even from entering the awards competition. Sometimes only one club in a state will submit nominations. Though such nominees may have few points, they have more than anyone else in their state, since those not submitted cannot be counted. You may nominate yourself or someone from another club.

Begin thinking now of whom you might nominate. Make certain those individuals keep competition records current. Tabulate points with your nominees' assistance. Simply giving the form to a judoka does not guarantee that I will receive it. Finally, watch the deadline. Some deserving nominees do not receive recognition because they miss the deadline. Make certain that those you nominate are current USJA members or that you send in USJA membership forms and fees along with your recommendation.

I look forward to receiving your recommendations. Thank you for participating. Those whom you recommend will be grateful to you for honoring them in this fashion. Names of those selected will be posted in our Hall of Fame on the USJA website, along with the coaches' names.

Kindly pass along this form and letter to your colleagues so that they can participate.

Yours in service to judo,



Chairman, Awards Committee

Recommendation for Outstanding USJA Competitor for the STATE of _____

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

Name of person recommended: _____

USJA membership #: _____ Expiration date: _____

Street address: _____

City: _____ State: _____ Zip: _____

Date of birth: _____ Age: _____ Sex: _____ Judo rank: _____

Phone #: (____) _____ E-mail address: _____

INSTRUCTIONS: Membership may be applied for along with recommendation. Juniors are 16 or younger, Seniors, 17 or older. Judoka passing 17th birthday may be considered either Junior or Senior. Awards based on total points achieved during calendar year for **either Kata or Shiai or Masters competition (specify)**. **Do not mix shiai, kata, and masters points.** To obtain points, multiply the factor for each event by what place judoka has won (1st, 2nd, or 3rd) **AND** by number of times placing. Local Tournaments = two or more clubs competing; State = state championships; Regional = teams from two or more states; National = Jr., Sr., and Collegiate Nationals, Jr. Olympics, etc.; International = teams from two or more countries. **List names, event levels, and dates. Identify events** with letter designating level (R=Regional, L=Local, etc.). Uncontested wins count. Incomplete or illegible forms may not be accepted. Same winner two years in a row will not be considered for same category unless no other judoka recommended. A judoka may be recommended for more than one category.

POINTS EARNED (January 1 – December 31)

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

NAME, DATE, AND LEVEL (L, S, R, N, or I) OF EACH TOURNAMENT (List additional events on back or extra page. Month will suffice for date.)

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

Send to:

Dr. Ronald Allan Charles, Chairman

Awards Committee

113 Camellia Road

Goose Creek, SC 29445-3418

Or e-mail to ronaldallancharles@comcast.net

(request confirmation of receipt of e-mail). (____) _____

Deadline (postmark date): March 31! Coach's telephone _____

Coach's email address _____

Primary Coach of recommended player / Coach's club

Primary Coach's address (print clearly) _____



COACH EDUCATION CLINIC

Approved for Initial Certification and Continuing Education Credit



Jan. 16th 11 AM to 6 PM

Hosted by **Arkansas Goshinkan**

12701 Hinson Rd. (Meyer Student Pavilion) Little Rock, AR

CLINICIAN – **Ed Thibedeau**

Must be current member of USJA, USJF, or USJI. Memberships will be available at clinic.

Certification Requirements: Minimum age is 18 - Minimum rank is Sankyu
Others are welcome and encouraged to attend

Clinic will consist of classroom instruction and on the mat demonstrations by participants. Bring your gi, notebook and pen.

Clinic Fee: \$25

Certification Fee: \$25 and is valid for 4 years

Current background check is required when submitting paperwork to national office.

USJA requires attendance at approved clinics for initial coach certification and for continuing education credits to maintain current coach certification.

All those seeking certification or continuing education credit should be prepared to demonstrate/teach the following:

Warm-up

Conditioning Drill

Throwing combinations
combinations

Mat work

Transition from Throwing to Mat work

Many other topics will be covered.

NOTE: Please let us know if you plan to attend so we can have adequate handouts

Point of Contact: Ed Thibedeau 501-425-5638

Mail application and entry fee to: Ed Thibedeau

230 Trelon Cr.

Little Rock, AR 72223

2010 All Women's Judo Championships

Las Vegas, Nevada

January 22-23



Please join us for a 2010 All Women's Judo Championships at Palace Station Hotel & Casino, Las Vegas.

Open to all female judoka, national and international.

We aim to provide the best divisions and most matches possible to make this an exceptional experience for all participants.

Athletic Clinician: Lynn Roethke Silver medalist in Judo at 134 lbs. at the 1987 World Championships. 1988 Olympic Silver medalist.

Saturday, January 23, 2010

WOMEN'S SHIAI AND KATA COMPETITION

Registration & Weigh in

8:00 - 9:00 am

Referees Meeting

9:00 am

Chief Referee - TBD

Competition/athletic Clinic

9:00 am—Lynn Roethke

free to all competitors

\$15 for non competitors/males welcome

Tournament begins 10:30 sharp

Palace Station Hotel and Casino
Salon B

Sunday, January 23, 2010

ALSO, don't miss this event on the following day ..

National Coaches Conference —Open to

everyone 9:00 am—6 pm

\$75 pre-registration, \$70 for All-women's competitors

Contact newaza@aol.com for more information

Palace Station Hotel & Casino
Salon B

Pre-Registration (Individual shiai OR Kata pair) \$ 35.00

No Charge for additional divisions!!!!

Group Discount for 5 or more preregistrations mailed together
\$25 each

On Site Registration (Individual shiai OR Kata pair) \$ 45.00

Family Discount for 2 members - \$ 30.00 each

Family Discount for 3 or fmore family members - \$ 20.00 each

Clinic registration for noncompetitors 15.00

Pre- Registration Deadline 1/15/2010

Contact Kalacrosby@yahoo.com for more information

KATA

Nage no kata

Katame no Kata

Ju no Kata

Goshin jitsu

Kime no Kata

JUNIOR (AGES)

6-8 yr 9-10 11-12 13-14 15-16

Super Light/ Light / Middle / Heavy/

Super Heavy in each category

Open Divisions for 6-12 and 13-16 years

Seniors

White - Green Brown - Black

Super Light/ Light / Middle / Heavy/

Super Heavy in each category

Open Division for 17 years and Up

MASTERS

30-39 yr 40-49 50-59 60+

Super Light/ Light / Middle / Heavy/

Super Heavy in each category

Open Division for 30 years and up

Pooling may be adjusted on site to accommodate numbers at the discretion of the tournament director.

Team challenges to be arranged on site

Host Hotel and Tournament Venue

Open to all AWC participants, their families and friends.

Hotel: Palace Station and Casino

Address: 2411 W. Sahara Ave

Las Vegas, NV 89102

Phone: (702) 367-2411

All clinics and competition will be held at this location.

Mention United States Judo Association

Airport: McCarran International

Room Cost:

Friday 1/22 \$49 double occupancy

Saturday 1/23 \$59 double occupancy

Does not include \$9.95 hotel service fee or tax

Shuttle service to airport and strip

See www.palacestation.com for times and other amenities

ELIGIBILITY:

This tournament is open to all female Junior, Senior, and Masters competitors as well as female Kata pairs. All contestants must provide a valid U.S.J.F., U.S.J.I. (USA Judo), or U.S.J.A. card. Foreign contestants must have the proper ID and NGB# from their home country.

SCORING:

Modified Double Elimination (6 or more in a division)

Round Robin (5 or fewer in a division)

MATCH TIMES:

Senior and Master's Division, 4 min.

Junior: 3 min

RULES:

The current rules of the International Judo Federation (IJF) as modified:

1. GOLDEN SCORE will apply to ALL DIVISIONS.
2. NO Kansetsu waza (arm locks) allowed in Junior Division.
3. Shime waza (chokes) allowed for 13 yrs. of age and older.
4. Kansetsu waza (arm locks) allowed in all senior divisions regardless of contestants' age. (Minimum age to enter senior division is 13 years).
5. 2002 Medical Rules.
6. Contestants must be in Judogi to receive awards.

REGISTRATION FEE WORKSHEET:		
Pre-registration	\$35	
On site registration	\$45	
Group registration <i>group name</i>	\$25	
Athlete Clinic non-contestant	\$15	
Coaching Clinic fee - Complete clinic registration page	\$75	
TOTAL:		

2010 All Women's Judo Championships

Make checks payable to
USJA

Send entry forms to:
2010 All Women's Judo
C/O Martha Lilly
1986 Klamath Dr,
Camarillo, CA 93010

Registration Checklist:

- Completed Registration form for each division
- Certificate regarding Non-Black belt
- Waiver and Release agreement
- Application(s)

Official Entry Form

Name: _____

Address: _____

City, State, Zip: _____

Country: _____

Phone Number: _____

Email Address: _____

Age: _____

Date of Birth: _____

Club: _____

Select one or more	Reg #	Expires
USJF:	_____	_____
USA Judo:	_____	_____
USJA:	_____	_____
Foreign NGB:	_____	_____
Judo Rank:	_____	_____

Select one division per registration form

Junior Divisions: 6-8 yr 9-10 11-12 13-14 15-16

Senior Divisions: White - Green Brown - Black

Master Divisions: 30-39 yr 40-49 50-59 60+

Weight:

Kata Division: _____ (Tori) (Uke)

OPEN DIVISION: (Jr 6-12) (Jr 13-16) (Sr) (Master)

Please submit a separate registration form for each division that you would like to enter

Official use only

WEIGHT:

DIVISION:

Verified By / Date:

Check: **Check #** _____ **\$**

Name on check: **Cash: \$**

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Palace Station Hotel and Casino

I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.

2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.

5. Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Palace Station Hotel and Casino together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

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

Participant (please print name)

Date

Participant's Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as

provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent / Guardian (please print name)

Date

Parent / Guardian Signature

Coaching and Athlete Clinics

Please complete the following form:

Name: _____

Address: _____

Email: _____

Age: _____ Rank: _____ Club: _____

USJA#: _____ expires: _____ USJF#: _____ expires: _____

USJI#: _____ expires: _____ Foreign NGB#: _____ expires: _____

Clinic: (COACHING) (ATHLETE) Circle all clinics that you will attend

WARNING!

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

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

Participant
(please print name)

Date

Participant's Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent / Guardian
(please print name)

Date

Parent / Guardian Signature

USJA 2010 NATIONAL COACHES CONFERENCE AND BANQUET



OPENING SESSION AND BANQUET

January 23-24 in Las Vegas, NV

**For Conference or Banquet
reservations, call the
USJA National Office at
877-411-3409 (toll-free)
or e-mail
Katrina.Davis@usja-judo.org**

- The USJA proudly announces the 2010 National Coaches Conference and Banquet to be held January 23-24 in Las Vegas, NV at the Palace Station Hotel.
- Banquet, 7 PM — Saturday, Jan 23
Keynote Speakers: Olympic Silver Medalist, Lynn Roethke, USJA, Coaching Chair, James Pedro, Sr., and USJA Coaching Committee Member, Professor Hayward Nishioka.
Speakers will focus on the topic, "What I wish I knew when I began my coaching career."
- Educational and Technical Sessions — Sunday, Jan 24
How to establish a non-profit (Paul Nogaki); and, Marketing and media (Gary Goltz).
Mat sessions on ashi waza (Hayward Nishioka); ashi waza drills (Bill Montgomery); teaching standing technique (Lynn Roethke); teaching counters and combinations (Gerry Lafon); teaching matwork (James Pedro, Sr.); and, the Kodokan Technique Certificate program (Hal Sharp).
- Meetings
USJA Board of Directors
USJA Committees
- Costs
Banquet only, \$45 in advance (by Jan 9) or \$50 at the door. Alcoholic beverages are available for a separate cost. Please call for additional information.
National Coaches Conference and Banquet, \$75 in advance (by Jan 9), or \$90 at the door.
USJA Board of Directors and Committee meetings, free and open to the public.
- All events to be held at the Palace Station Hotel. A free shuttle is available from the airport to the hotel.

USJA 2010 NATIONAL COACHES CONFERENCE AND BANQUET OPENING SESSION AND BANQUET

January 23 & 24, 2010 – Palace Station Hotel, Las Vegas, NV

Registration Form

Submit by fax to 719-633-40411, ATTN: Katrina Davis, by **1/9/2010** for advance registration prices. Contact Katrina Davis at 877-411-3409 (toll-free) for additional information. Any cancellation or change must be received and confirmed by the USJA National Office in an official written notice via letter, fax or e-mail before 1/15/2010 for a partial refund of total payment. No refund will be granted after this date or for no-show. The refund will be processed after the conference, less required deposit fees, applicable taxes and bank handling charges.

First Name		Last Name	
Address		Home Phone	
City, State		Cell Phone	
Zip Code		Fax Number	
e-mail address			

Registration Options		Cost
<input type="checkbox"/>	Banquet only • \$45 advance registration / \$50 day of event	\$
<input type="checkbox"/>	Conference & Banquet • \$90 advance registration / \$90 day of event	\$
<input type="checkbox"/>	Alcoholic beverage packages (Bar opens at 7 PM, Banquet night) • Premium brands, \$19.50 for 1 hour • Premium brands, \$26.00 for 2 hours • Call brands, \$15.50 for 1 hour • Call brands, \$20.50 for 2 hours	\$
TOTAL		\$

PAYMENT METHOD			
<input type="checkbox"/> Charge Card	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	Card No.
Exp. Date (MM/YY):		Verification code (last 3-digits on back of credit card):	
Total Charge Amount			
Signature of Card Holder			
Date			
<input type="checkbox"/> Check	Check No.		
<input type="checkbox"/> Cash			

The USJA Banquet is a private dinner buffet offering the following selections:

- Fresh seasonal fruit; imported and domestic cheeses; fresh vegetable tray
- Tossed green salad; cucumber salad; antipasto salad
- Chicken Oscar ~ chicken breast stuffed with asparagus and crab, topped with Béarnaise sauce
- Filet of Salmon with Orange Tarragon sauce
- London Broil with Madeira sauce
- Chef's choice of pasta, potato or rice; Chef's selection of fresh seasonal vegetables
- Assorted dessert selection
- Freshly brewed coffee and iced tea



USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 4 & Saturday, December 5, 2009

Sanctioned by the USJA

The USJA/USJF National Coaches Clinic will be lead by USJA Coaching Committee Member, Paul Nogaki and USJA President and Chair of Development, Dr. AnnMaria Rousey DeMars with Special Guest Clinicians to multi-national champion, international coach and IJF-A referee Hayward Nishioka, 1984 World Champion AnnMaria DeMars and 1996 and 2004 Olympic Bronze Medalist, Jimmy Pedro. This clinic is being held in conjunction with the 2009 USJA/USJF Winter Nationals.

The Coach Certification Clinic will be conducted at Goltz Judo Club and at Damien High School the tournament venue. It includes mat and classroom sessions and lunch on Friday, the tournament session, the competitor's clinic, and the final classroom session on Saturday. Successful completion of this clinic will satisfy all of the USJA/USJF requirements for Coach Certification and Maintenance of Continued Coach Certification.

Dates: Friday & Saturday December 4th & 5th (make-up session Sunday December 6th)

Times: Friday: 9:00 AM to 5:00 PM at Goltz Judo Club
Saturday: Start at referee meeting. Final classroom session will complete 1 hour after competitors clinic (which starts at the close of the last division)

Cost: \$50.00 per person payable to "Goltz Judo Club". This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the competitors clinic or admission to the tournament Site. This does not include the additional costs to obtain the USJA or JF Coaching Certificate which is \$25.00 as well as the required background screen which is \$16.00.

Locations: Friday at Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road, Claremont, CA 91711

Saturday at the USJA Winter Nationals, Damien High School Gym, 2280 Damien Avenue, La Verne, CA 91750.

Eligibility: All participants must be members of the USJA, USJF, or USA Judo.

Directors: Paul Nogaki, USJA Coaching Committee, event coordinator
Dr. AnnMaria Rousey DeMars, USJA President, 1984 World Champion

2009 USJA/USJF JUDO NATIONAL COACH CERTIFICATION CLINIC TOPICS

PSYCHOLOGY

- Character Development via Practice, Shiai, and Social Construction of Experience
- Cognitive Development
- Socioemotional Development
- Motivation: Self and Athletes
- Communication: Body Language and Conflict Resolution
- Stress Management: Relaxation and Anger Management
- Mental preparation: Relaxation, Imagery and Focus / Refocus

PHYSICAL

- Nutrition: Nutrients Macro & Micro, For Health & Performance and Weight Gain & Loss
- Weight Training: General, Periodization, Plyometrics, Anaerobic, Aerobic and Circuit
- Care & Prevention of Common Injuries: Evaluation, First Aid / CPR and Taping
- Technique: Gripping, Newaza and Tachiwaza
- Tactics: When Ahead, when behind and When Even
- Mat Side Skills: Referee Interaction, Competition Rules and Verbal Instruction

SPECIALTY POPULATIONS

- Coaching Physically Challenged: Blind, Physically Disabled and Deaf
- Coaching Mentally Challenged: Post Traumatic Stress Disorder, ADHD and MD
- Women's Development: Recruitment, Retention and Safety
- Children: Developmentally Appropriate and Cognitive Development
- Masters: Injuries

CLINIC SCHEDULE

Friday December 4, 2009: Goltz Judo Club, Alexander Hughes Community Center

9:00 AM: Registration

9:30 AM: Classroom Session: Psychology

10:00 AM to Noon and 1:00 PM to 3:30 PM: Mat Session: Physical

Noon to 1:00 PM: Lunch provided

1:00 PM to 5:00 PM: Classroom Session: Specialty Populations and Special Topic

- Coaching Women and Girls with Dr. AnnMaria Rousey DeMars
- Special Topic: Training and Coaching World Class Competitors with Ronda Rousey
- Assignment for Tournament Session

Saturday, December 5, 2009: Damien Gym (Make-up Session on Sunday, December 6)

9:00 AM: Attend Referee Meeting

9:30 AM: Tournament Session: Physical

5:00 PM: Competitors Clinic (completion letters will be distributed at end of session)

REGISTRATION FORM

2009 USJA/USJF WINTER NATIONALS

SENIORS MASTERS JUNIORS KATA



[Photo by Gary Wagstaff](#)



GRASSROOTS JUDO™



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

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



CLIPPERS.COM

LOS ANGELES CLIPPERS vs. LOS ANGELES LAKERS

Wednesday, April 14, 2010

STAPLES CENTER

7:00 P.M. Judo Demo

7:30 P.M. Game Time



Baron Davis



Kobe Bryant

Don't miss the chance to see exciting NBA action with the Los Angeles Clippers and the Lakers!!!
This special discounted offer is NOT AVAILABLE to the general public, so don't delay and sign up today!
This event was sold out last year and everyone had a great time. Order tickets early.

Judo Primetime Event

(Hosted by Goltz Judo Club)

\$45 a person

SPECIAL BONUS

Pay between now and the Winter Nationals and receive a free ticket to the LA Clippers vs. the Orlando Magic, Tuesday December 8, 2009

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

of Tickets _____ x \$45 = \$ _____

Mail payment (check or money order to Gary Goltz) and to attention:

Tony Farah
3252 Robin Way
Pomona, CA 91767
951-288-5296

tony@farahfamily.com