



Growing Judo

May, 2010

Monthly publication of the
Club Support Services
Committee of the
United States Judo Association
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In this month's issue:

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Please contribute your news to Growing Judo! Make sure your submissions are:

- * CONCISE, well-written and proofread.
- * Contain correct details (like dates and contact information) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.
- * Your original work, or includes the expressed permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*
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Gary S. Goltz

From the Office of the President

g.goltz@verizon.net

April 20, 2010

Judo lost one of its top instructor's with the recent passing of Vince Tamura. He was among the few USJA 9th dans and a long time supporter of our organization. He ran a club in Dallas for many years which produced some of the finest judoka and judo leaders in our country.

I look back at the photos of the day USJA founder and former President Jim Bregman presented Tamura Sensei his last promotion. It was a celebration of a lifetime devoted to spreading judo and it's teachings in order to better society. This is the ultimate tribute to what Dr. Kano had in mind when he invented judo.

The titans of judo must always be revered and remembered by all of us who continue to carry the torch.

Sincerely,

Gary S. Goltz,
USJA President

Important Reminder!

Is your Background Check up-to-date?

Just a reminder to all certified coaches, instructors, referees, USJA committee members and officers, as well as anyone claiming promotion points for coaching activities or applying for a promotion to shodan or higher: You must undergo a USJA background/screening and you should keep this credential current at all times.

If you have already had a background check, it should be listed (along with the expiration date) under the "Certifications" listed on your USJA membership card.

The cost for the screening is only \$16 and the form is simple to complete. The screening is valid for a period of four years. For more information on the USJA Background Screening Policy requirements and procedures, please see:

Background Screening Policy and Procedure

http://www.usja-judo.org/Docs2009/USJA_Background_Screening_Policies_&_Procedures.pdf

Background Screening Consent Form:

<http://www.usja-judo.org/Docs2007/USJABackgroundScreeningConsentForm.pdf>

USJA Standards and Ethics Committee--What We Do

*by Michael Goldsmith, Esq.,
Chair, USJA Standards and Ethics Committee*

If you have an issue, question, or complaint involving USJA ethics, the matter will eventually come before the Standards and Ethics Committee. I have the honor of presiding as Chair of that committee, along with my distinguished colleagues who donate their time and expertise to serve with me.

The rules governing the S&E Committee are stated in Article V (D) of the USJA Bylaws. The stated purpose of the Standards and Ethics Committee is "to serve the USJA community, to protect the reputation of the Corporation, support the membership in matters of standards and ethics, nurture successful, professional, relationships in the spirit of Judo and to foster relationships of integrity among all members." [Art. V(D)(ii)(b)(1-5)]. (Please forgive the citations, but I am an attorney, and this is how we like to write!).

The functions to be performed by the committee are further stated in the bylaws as "facilitate the Standards and Ethics Procedures, advise members regarding Standards and Ethics, assist members in the resolution of disagreements, encourage and facilitate mediation of disputes, review, investigate, conduct interviews and hearings, regarding alleged violations of ethics, and make resolution of case where the Committee is unable to mediate or where punitive action is

required, determine the financial cost accrued during investigations and hearing and recommend the level of monetary fines to be levied as part of the final judgment by the Board of Directors, create and adapt rules governing the internal operations of the Committee, and serve the wishes and interests of the board of Directors in matters of Standards and Ethics.” [Art. V(D)(ii)(1-8)] (Sorry again – can’t help it!).

In the event that an ethics complaint is filed against a member of the USJA, we are charged with the investigation. As Chair, I am the first to review the complaint. If I conclude that the complaint alleges a violation of the USJA Code of ethics, I will assign someone, usually a Committee member, to resolve the situation, either through mediation or advice. After the investigation is complete, the investigator will write a report along with a recommendation, and same will be presented to the entire Committee, who will vote on it. The range of recommendations can range from dismissal of the complaint, a letter of sanction, a suspension for a specified time, to outright expulsion for serious breaches of the USJA Code.

It should be noted that the S&E Committee cannot sanction anyone without Board approval. Our function is to make a recommendation to the Board of Directors, who will vote whether or not to accept our recommendation.

Another function we serve is to review people’s background checks when they are seeking coaching certification, promotion to shodan or above, or are serving on any USJA Committees. Currently, I am the only one in the USJA who reviews the background checks. If you have any misdemeanors on your record, that generally is no impediment to having your background cleared, and your record remains completely confidential. An investigation is only commenced generally if there are serious felonies, histories of violent behavior, open warrants, or arrests involving minors on your record.

I have been “on the job” for a little less than a year. With the good advice of past USJA President Dr. AnnMaria DeMars, current President Gary Goltz, and Director and Acting Recording Secretary Marc Cohen, we have put together a Committee comprised of experienced attorneys, trained investigators, a distinguished Federal Judge, and a clinical Psychologist that I am very proud to serve with. Each and every member of the Committee volunteers his or her time and expertise, and shares a common vision of creating an ethics complaint process that is open, fair, just and transparent. We are dedicated to insuring that the rights of all parties are scrupulously observed and all confidences are strictly maintained. We are currently working very hard to establish new procedures to make the S&E Committee operate more even more efficiently.

On a personal note, the name of the Long Island PAL judo club in which I teach is “Jita Kyoei Judo.” I firmly believe in Dr. Kano’s principle of mutual welfare and harmony. It truly gives me no pleasure to have to preside over anyone’s punishment. It is my hope that the S&E Committee can provide ethical guidance and mediation rather than sanction. At every formal Board meeting, S&E has to give a presentation as to the status of our investigations and recommendations. It is my ultimate goal to go to a Board meeting in the not too distant future, and say, “Honorable President, members of the Board, I have nothing to report.”

Modern Kodokan Throwing Techniques Certification Program Kick-Off Announcement

by Hal Sharp, 8th Dan

We are now ready to receive applications to join the program and volunteer examiners (See check box on the application). To understand this program, go to your USJA or USJF Website, under USJA-USJF Grass Root Judo or KDK Technical Development Program. Within that site there is a highlighted "You Tube" which will show a video of this program. The revised program description has been expanded to include the application for a candidate and instructor, frequently asked questions, and how to transmit your video test demonstration to the examiner over the internet.



PERSONAL NOTE

I am an 83 year old 8th dan and a member of the program and an examiner. If I can do it, you can do it. Although I have never taken a test in my fifty eight years of judo, I have written five judo books (three published) and produced over twenty judo videos. My books have sold over 250,000 copies since 1951. At a recent coaches conference I gave a briefing on the program and demonstrated a common throw, Osoto Gari, as shown in the book, which impressed the attendees.

The demonstration illustrated how the techniques as shown in the book were unique and practical for competition. At the conference I was asked why I was so enthusiastic about the Daigo's book, "Kodokan Judo Throwing Techniques", and establishing a certification program based on the book. I replied as follows:

I started judo in Japan in 1952 at the age of 25. In those days all promotion competitions were by grade and only ippon scores were counted. In less than a year I became a Shodan, the next year a Nidan and the third year a Sandan. Within one and a half years I qualified for Yodan.

My Sandan opponents were college level competitors who were stronger than I and had been doing judo since childhood. During those years in Japan I worked full time as an Air Force Auditor and practiced six to seven days a week. Fortunately, I practiced with many outstanding Sensei and Champions. I did not have a chance to develop poor habits that would result in being airborne or beaten on the mat. The answer to my success was that I did not practice defensively, trained to win, and fought by using my opponent's weaknesses. Generally, I let my opponent get his grip and took whatever was left. At that time Judo practice at the Kodokan and at most dojo was only Randori. Instruction was rare. So, how



did I learn techniques? When I observed an outstanding judoka who threw other Black Belts with ease, I would practice with him as hard as I could. After Randori I would ask him to show me his tokui (favorite) waza. He would emphasize “chance” or “opportunity” based on the opponent’s actions. For example, in Ippon Seoi Nage, he would throw whenever the opponent attacked (i.e., Osoto or Taiotoshi). When an opponent would hold with bars he would lock up the opponent’s arms and throw. There was a common thread in these types of lessons. The descriptions in Daigo’s book are similar to the instructions I received in my early years in judo. The secret to success is to really, really, really, want to make the technique work. Judo is a physical and mental game.

After I returned to the States, I noticed that many players practice static judo, weak Uchi-komi, played defensively, fought for their grip regardless of what the opponent did, and used combinations much too often. There appears to be a lack of understanding as how to take advantage of the opponent’s actions and reactions.

In 2007 I visited the Kodokan and purchased Daigo's book so that he could autograph it for me (he was my Sensei in the 1950's). The day I read the book I was excited to learn that each technique and variation described timing, control, and execution based on the opponent’s action and reactions. In the book counter throws are classified as throwing techniques. This is exactly what I learned in my formative years in Japan. In many cases techniques also show the evolution from old jujutsu. The 360 variations and applications represent modern judo, and are classified under the 67 throwing categories. Techniques are grouped by similar techniques (i.e. ippon seoi, morote seoi, and seoi otoshi). This is a book of “chance” or “opportunity” of modern judo methods.



I recommend that all instructors, assistant instructors and advanced students enter this program. This program will motivate you to study all the techniques in the book. Start with a technique you think you really know. You will find yourself thinking “outside the box”. Welcome to 21st century judo.

Good luck!

For more information about the Kodokan Technical Development Program, go to:
<http://www.usja-judo.org/GrassRoots/GrassrootsJudoKDKCertificationProgram.pdf>

How Judo Influenced the Korean Martial Art of Hapkido

by Tony A. Ramey,

4th Dan Judo, 7th Dan Heuk Choo Kwan Hapkido

My experience in Judo started in 1971, like most people during that time I was amazed at the Asian Martial Arts, and desperately wanted to study any style I could find. Fortunately a local Doctor had trained at the Kodokan in the early 60's and began teaching at a local church. The small town in Kentucky where I grew up was like a hole in the wall, and the major industry at the time was the L&N Railroad. We had one small movie theatre downtown and there wasn't much else to do, so I enrolled in the Judo class and we met once a week at the very expensive tuition rate of \$1 per lesson. Sometimes it wasn't easy to come up with the dollar and the Sensei was very lenient about paying.

So anyway I couldn't wait until the movie "Billy Jack" hit the movie screen. And when it finally did I was so excited after watching "Billy Jack" destroy his opponents in the ice cream shop and park. I knew then that I had to study Hapkido along with my Judo training, but that wasn't to be. There were no Hapkido schools around and I would have to wait until I joined the Navy years later before I was able to train in Hapkido. Hapkido is a Korean martial art developed in the 1950's and is literally translated as "the art of coordinated power".

So after finally waiting many years I was fortunate to locate a Hapkido instructor and began taking classes. One thing I found out immediately was that thanks to my Judo training and Ukemi skills I caught on to Hapkido very quickly. The throwing techniques were identical to Judo and some were variations of the skills I had learned over the years.

After studying Hapkido for a long time, I decided to research the history of Hapkido and how it came about. This is what I discovered, the original founder of Hapkido was a Korean named "Choi Yong Sool", and shortly before WW2 he was taken from his homeland by a Japanese candy maker and taken to live in Japan. But due to his constant crying and disobedience, the Japanese man abandoned him on the streets and he was taken to live in a monastery in Hokkaido. After a few years Choi was taken to the Daito Ryu (Great Eastern School) Aiki Jitsu school in Hokkaido to become the houseboy for Takeda Sokaku, the Grandmaster of the Daito Ryu. And as legend goes Choi became an avid student and received many private lessons from Takeda. He was not allowed to train with other Japanese students because he was Korean. Takeda gave him a Japanese name and eventually helped Takeda train the Japanese military during the war.

After the defeat of the Japanese in WW2, Choi was forced to leave the Takeda household and returned to Korea. When Choi arrived in Korea he was robbed at the train station and all of his belongings were taken including his documents attesting that he was a teacher of the Daito Ryu system. Choi became destitute and searched for odd jobs, one day he was standing in line at a Korean brewery and was waiting with others for left over grain that was given away to the needy every day.

In 1947, Suh Bok Sub was a Judo Black Belt and President of the South Korean Suh Brewery Company. Many People would line up outside the brewery every morning at dawn to get free grain chaff. On one particular morning, Suh looked out his second floor office window and saw one man defend himself against several attackers without much effort. He was very impressed and curious about what he had observed and his office clerk to bring the man to his office.

In his office, Suh asked Choi Young Sool, "What kind of martial arts have you practiced?"

Choi responded "Why do you ask?"

"I am a Black Belt in Judo. I want to learn your art and use it in a tournament." Suh replied.

Choi asked Suh to grab his lapel with his right hand, palm facing down. When Suh grabbed the lapel, Choi easily executed an elbow lock with his left armpit and threw Suh to the floor. Suh immediately grabbed Choi's lapel again, this time with the palm facing up. Choi simply twisted his right wrist counter-clockwise and threw him to the floor again. After being defeated twice, Suh begged Choi to teach him, promising him more free chaff, as well as paying him money for lessons.

Suh Bok Suh was so impressed he became Choi's student immediately and converted his Judo Dojang/Dojo and opened the first Hapkido school in Korea. At the time Choi called his art "Yawara or Yu Sool", it wasn't until many years later that a man named "Ji Han Jae" came along and coined the phrase "Hapkido". Time went on and as the training progressed at the brewery, Choi ventured out on his own. With the money he had earned teaching at the brewery Choi was able to make a decent living and eventually opened another school near Seoul.

During an interview with In Suh Bok many years later, he credits his Judo training as the basis for his success in Hapkido. He was adamant about his ukemi and throwing skills and how they helped to mold his joint locking skills. Choi also incorporated the ranking system of Judo into Yu Sool and used many Judo throwing techniques as a basis for Hapkido throwing techniques. For example; the Judo technique of "Ippon Seionage" is usually done with tori's right shoulder under uke's right shoulder, or a same side technique. Hapkido also has a shoulder throw similar to Ippon Seionage, but there are a few differences. The technique uses the same 1, 2, 3 steps of entry, off balance and execution. But tori enters the technique on the opposite shoulder, you might think that this is suicide but it actually works. The key to success is to make sure that uke's armpit is resting on your shoulder, and his arm is grabbed with his palm face down, not up. By pulling uke's arm down as you step in and locking his armpit on your shoulder and follow through you will succeed. If you attempt this proceed with caution and make sure that you begin slowly. My friend and Jujitsu board member Lowell Slaven produced an excellent DVD showing a version of the Korean Seionage; it is demonstrated flawlessly.

For those who are not familiar with Hapkido, I will attempt to explain a few things about the system and how Judo complements the art. Hapkido and Judo have many things in common, one of the first things a Hapkidoist learns is ukemi (break falls) and then moves on to the basic points of Kuzushi (off balancing). The original styles of Yu Sool/Hapkido incorporated ukemi and nage waza as basic skills, and without them a Hapkido student would be lost. There are some current Hapkido styles that do not teach ukemi at all, and have watered down the original concepts of Hapkido to increase revenue and market a product that really has nothing to do with Hapkido.

Over time Hapkido adapted the ranking system used by Judo and many Hapkido students and instructors wore a Judo Gi as the standard uniform, the Karate style Gi didn't last very long due to the intense grabbing pulling of the uniform during training.

In Korea there are hundreds and hundreds of martial art schools, Taekwondo is probably most prevalent because it is the national art of Korea just like Judo is to Japan. But there are many Hapkido schools and other styles that involve jujitsu style techniques.

Reference material used: Dr. He Young Kimm, Copyright- 1991 Hapkido, Andrew Jackson College Press, Baton Rouge, Louisiana.



A WARM WELCOME to Our NEW USJA Clubs!

Editor's Note: As a new, regular feature, we will be recognizing and sending our best wishes to newly registered USJA clubs. Special thanks to DeeDee Weller at the USJA National Office for her assistance with this project.

April, 2010

Club Name: **Flowing Chi Judo Club (Class B club)**
Head Instructor: **Howard Hannon**
email: hhflowingchi@peoplepc.com

Location: **Saginaw, MI**
phone: **989-755-7455**
website: www.flowingchidojo.com

Club Name: **Lakeside Judo (Class C club)**
Head Instructor: **Gary Loy**
email: gplloy@yahoo.com

Location: **Syracuse, IN**
phone: **574-253-1939**

Club Name: **Mercer University Judo and Jujitsu Club**
Head Instructor: **Michael Dean**
email: dean_ms@law.mercer.edu

Location: **Macon, GA**
phone: **404-387-4536**

Club Name: **Camacho Judo and MMA Club**
Head Instructor: **Sergio Camacho**
email: mastercamachotkd@aol.com

Location: **Glendale, AZ**
phone: **623-308-4775**
website: www.master-camacho.com

Club Name: **Mid-Atlantic Academy of Martial Arts**
Head Instructor: **Kyung Jin Sun**
email: sskj0707@naver.com

Location: **Vienna, VA**
phone: **703-297-9812**

Congratulations to our Newly Certified USJA Coaches

- ★ Gant Grimes, Texoma Judo Club, Texas
- ★ Jeremy Gray, Bushido Sports Judo Club, Florida
- ★ Keith Warzecha, Little Rock Judo Center, Arkansas
- ★ Dennis McCarter, Seika Ryu Martial Arts Academy, California
- ★ Josue Moreno, South West Self Defense Systems, California
- ★ Jake Sugiyama, California
- ★ Bo Svenson, California

Right: Jennifer Weill and Mark Chast, both of Bushido Kai Judo Club were selected as **USJA's Outstanding Kata Competitors for 2009!** At the 2009 Nationals they won Gold in both Nage-no-kata and Katame-no-kata, Silver in Ju-no-kata and Bronze in Kodokan Goshin-jutsu. They were the Mixed Pair Over-All Champions!

**For a complete listing of all
USJA National and State Award winners, go to:**
http://www.usja-judo.org/Awards/Hall_of_Fame.htm



Judo News From Around the Country

Georgia, March 27

On March 27th McCleary Martial Arts Center in Hiram, GA hosted its first interclub tournament and included participants from Korkoro Tatsu Judo (Sensei Stephen Alphabet) and Georgia Tae Kwon Do, Hapkido and Judo Association (Sensei Roy Carslake). 22 junior and 12 adult competitors, along with 8 coaches attended.



The day started off with some Judo games to break the ice and to allow some of the youngest children to participate. The tournament was set up in a Line Format or King of the Mountain style. Competitors were lined up by age, weight and rank and beginning with the youngest players, the matches began. The competition was fierce and the atmosphere was electric.

When a student won his/her match they stayed out to face the next person. If they lost, they went into pools according to the number of wins they had so far. In this way students had a chance to play an opponent more closely matched to their ability. Students were challenged to finish in a higher pool than their initial one – a goal that was accomplished by every competitor at the event.

Most students got seven or more matches and everyone appeared to have a great time. The spirit of Judo ran high. Some of McMAC's brown belts had their first taste of what it is like to be the referee. Parents and judoka also learned to run the scoreboard.

All in all it was a wonderful developmental event. There was great sportsmanship, ferocious competition, and ample opportunity to improve judo technique, coaching skills, refereeing skills and table work. And, by the way, there were no trophies, ribbons or other prizes. Students fought for pride and for their club and family, but most of all for the sheer joy of doing judo.

McCleary Martial Arts Center
www.mcclearymartialarts.com



Maryland, March 22 & April 1

Budokan Judo Club's Visit-Another-Dojo Month got off to a late start because of our club's relocation. On March 22, we did manage to visit the Southern Maryland Jujitsu Academy (SMJA) in White Plains, Maryland, under the instruction of Sensei Sean McBroom, Jujitsu Shichidan. SMJA has been registered as a USJA club for several years. Sensei McBroom has recently committed to registering all of his students with USJA. (Right) Sensei McBroom demonstrates a kansetsu waza self defense technique.



On April 1 (no April Fools), we visited Huio Judo Club in Beltsville, Maryland under the instruction of Sensei Mark Smith. Huio Judo Club (USJF) was founded by the late Sensei Ken Tamai in 1968. This club has been a longtime friend to Budokan Judo Club.

-- Rev. Marshall R. Coffman – Yodan

Montana, February 21

When Montana snow prevented Deborah Fergus, USJA Women's Committee Chair, to visit Gregg Trude's judo school in Helena (YMCA), the Martial Arts Academy of Billings hosted her instead. Ms. Fergus spoke about the development of judo for women and about her friend Rusty Kanokogi, a women's judo pioneer. Ms. Kanokogi passed away last November. Ms. Fergus is no stranger to the sport either, being a judoka for the past 40 years.



Ms. Fergus got us good and warmed up with some games: tag and freeze, then “sharks and penguins” for turn over techniques. First she checked out our ukemi. We then worked on improving our hold down techniques: yoko shiho gatame, kata gatame, and transition from a collar hold to tate shiho gatame. We chose one of our favorite throwing techniques and worked with our partners in moving them into position for execution of the technique. We were reminded of the importance of kuzushi (breaking balance), tsukuri (entry or body fitting), and kake (execution). We had some time left for shiai practice and referee exposure



for the juniors. Being on the hot seat as center ref is just that - a bit intimidating.

All of the students thoroughly enjoyed their judo practice afternoon with Ms. Fergus. She has the kind of character that makes you feel like you’ve known her for a long time. Ms. Fergus told us of her recent surgery to put her collar bone back into place. She probably shouldn’t have been as physical as she was in demonstrating, but I don’t think you can keep a good judoka down.

*Eve Allen, TKD and Judo Instructor
Martial Arts Academy of Billings*

www.montanamartialartsacademy.com

California, April 14

The Goltz Judo Club hosted their 2nd Annual Los Angeles Clippers/Lakers pre-game judo demonstration at Staples Center. 30 judoka from clubs throughout Southern California along with 120 of their friends and family attended. The on-court show was broadcast before the game on the Jumbotron to the audience and live on KCAL Channel 9’s LTV show.

On behalf of the Los Angeles Clippers, I’d like to say thank you for helping make our game so great last night. I am excited that DJ was able to get his certificates from the JA . . . Needless to say, I am looking forward to having each and every one of you back at STAPLES Center next season. The Judo demo is one of my favorite events to coordinate and I couldn’t do it without the help of Gary and Tony.

--Brad Eisen, Group Events Coordinator | LOS ANGELES CLIPPERS



Did you know that L.A. Lakers center DJ Mbenga began practicing Judo when he was 9-years-old and earned his black belt at age 20? He credits his judo training with helping him to develop good balance, concentration self-control and agility.

California, April 3

Olympic Bronze Medalist Ronda Rousey came to Kohaku Judo Academy to teach some of the techniques that helped her bring home the Bronze medal at the 2008 Beijing Olympics. We had a great turnout and Ronda worked with everyone in attendance to help bring everyone's game up.



Jason R. Bruce
USJA - SoCal Regional Coordinator



California, April 10

The Goltz Judo Club held a Grassroots Clinic featuring Nick Lowe, creator of the *Eudo Program* with over 4,000 members in England. Nick has been teaching in America for over 6 years. His unique teaching style is such a success with camps because he has the right mix of competition, knowledge and fun to ensure everyone leaves his lessons wanting more. He is a regular instructor at the Greatest Camp on Earth in North Carolina.



Wisconsin, April 18



Matt Carpenter points a gun at Sensei Shepard.

Tom Gustin and other kata students from Welcome Mat Judo Club attend a katame no kata clinic in Fond du Lac, WI with Sensei E. Shepard.



California, April 24

2x Olympic Bronze Medalist Israel Hernandez and 2x US Olympian Valerie Gotay held a clinic at Judo America San Diego. They conducted two clinics, one for kids and one for adults, with over 50 judoka in attendance. They focused on training and playing judo in its totality; not just working on throws and then working on grappling separately but instead playing complete Judo from the throw all the way down to the pin or submission. With over 4 hours of training, Sensei Hernandez and Gotay proved to be hands on trainers and made the time to Randori or provide constructive criticism to everyone. For more information on this or any other Judo America clinic, please go to www.judoamerica.com



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



Connecticut, April 24th

Gentle Way Judo Club Inc. working jointly with The Dojo Martial Arts Center hosted the SHIGATSU OPEN JUDO TOURNAMENT in Wolcott, CT. The event had 66 players from CT, MA, NY and RI. competing in junior, senior and newaza divisions. The two mat areas featured active judo matches from the beginner level to those on the path to the upcoming nationals. The newaza division matches were 3 minutes with no overtime; few matches went to *hantei*, with submissions via armbar and chokes along with pins being the deciding factor.



Shigatsu Open Outstanding Player

Egypt Burrows (San Yama Bushi/New Rochelle, NY)
Presented with his award by Co-Directors Louis Nogueira (L) & Willie Williams (R).



Search "Shigatsu Open" on You Tube to see some of the posted highlights. and see results at

<https://acrobat.com/#d=aVDxTE2ivyxk4m5SM2vG6w>

New York, April 24th

Bushido Kai Judo Club of Rochester, NY hosted a Nage-no-Kata Clinic. The clinic studied the first three sets of Nage-no-kata. The clinicians were Heiko Rommelmann, Jr. and Jeff Guinta. As many-time national and international kata champions, they began by acknowledging how fortunate they have been to be able to study with so many knowledgeable judoka and emphasized the importance of continued study.



The clinic was well attended by 18 people of all ranks from as far as Long Island, NY. All those that attended worked very hard, each demonstrating a technique from the kata at the end of each set. Bushido Kai plans to host two more clinics later this year. If you are interested in attending please contact Heiko at heikojr@yahoo.com.

Upcoming Events

Below are some upcoming USJA and USJA/USJF events. You can also see a listing of sanctioned events on the USJA website: <http://usjamanagement.com/public/eventlist.asp>

MAY

Saturday May 8, 2010

Seminar with Judo and BJJ champion Paulo Fernando Augusto at Kim's Martial Arts, 3606 Brownsville Road. Pittsburgh, PA 15227 9:00-11:00am & 1:00-4:00pm, Children Welcome. Fee \$50.00 with special discount rate of \$25 for USJA members.

Contact Eugene Kim: (412)716-7689 or Christopher S. McMahon, chris@mcfintl.com, 412-401-6207



Saturday May 15th

Open door clinic & workout at Joseki Judo & Jujitsu, Altoona, PA from 9:30-11:30am (or later).

Hapkido Master George Kattouf and BJJ blue belt of Academy of Martial Arts. Also Adam Pellegrino, Instructor & Hapkido Black Belt and Wrestling Coach of Altoona Center of Martial Arts. Contact Jan Finkbeiner jdfink@atlanticbb.net, 814-946-5557

Saturday, May 15th

Grand Opening Event at CEM Judo to celebrate its new facilities at 216 #15 Tefft St., Nipomo, CA. The day will be marked by an all-day training event, two free self-defense classes for women, and a BBQ for all to enjoy. In the last five months CEM Judo has earned 25 medals competing all



around the state of California. All CEM Judoka are very excited for their new facilities to aid them in their competition endeavors.

All are welcome!
For directions or more information contact Bob Rush at 805-305-1465.

Sunday, May 23

All Female Judo Clinic at Liberty Bell Dojo, in Philadelphia, PA with Celita Schutz, Stephanie Moyerman and Sue Oles. <http://sports.groups.yahoo.com/group/WomensJudo> and the [IWJA.net](http://www.IWJA.net).

Saturday, May 29, 2010

Fight Like A Girl Clinic, Wall to Wall Martial Arts, 7838 Kingsley Drive, Denham Springs, LA. 70706

Open to all female Judoka age 13 & up; 9:30am – 2:00pm; \$10 per person. Led by Diane Manganaro & Patty Wall. Contact James or Patty Wall: 225-612-0934/225-921-7923 or wallmartialarts@cox.net.

Saturday, May 29, 2010

AAU Freestyle Judo Nationals, Kearney High School, 715 E 19th ST, Kearney, MO.

Gi & No Gi competition, Juniors (Gi only) Seniors & Masters. \$25.00 for one style - \$35.00 for both (gi/no gi).
Registration and Weigh-in 7:30 – 9:00 am; Rules clinic 10:00; Competition starts @ 10:30 with Gi.

All participants must have a current AAU membership. See www.aausports.org. For Freestyle Judo rules see www.welcomematdojo.com. Contacts: Kenney Brink (816) 969-9019 or kbrink8952@aol.com or www.brinkswelcomematjudo.com; Steve Scott @ stevescottjudo@yahoo.com.

JUNE

Saturday, June 5th

Judo Clinic with 4-time Olympian Brian Olson at Academy of Japanese Martial Arts, 112 West Leake St., Clinton, MS. Cost \$ 10.00. 10:00-12:00 a.m. all ages; 2:00-5:00 p.m. ages 15 + up.

Out-of-state participants may camp out at the dojo Friday and/or Saturday night contact Bob Harvey .
MsWillys51@aol.com or 601-924-3421 by May 22.

June 11-13

Montana Summer YMCA Judo Camp at the YMCA Camp Child near Helena, MT. (Elliston, MT).

Camp starts Friday afternoon (6/11) and lasts until 12:00 noon on Sunday (6/13). A great camp to come get ready for USJA/USJF Junior Nationals, or just have fun! Cost: \$140 and includes meals and lodging.

Contact Gregg Trude, head Coach at Helena YMCA Judo Club at gtrude@aol.com or 406-439-1576.

Monday, June 14th – Thursday, June 17th

4-day Ashi Waza Seminar featuring Bruce Touns & sponsored by Wakaishu Judo Club

T. V. James Center, 1501 Dr. Martin Luther King, Jr. Drive, Columbus, MS 39701. \$10.00 per day per participant.
Contact Keith Worshaim at (662) 352-6795, esquire1wakaishu@hotmail.com.

June 18-19, 2010

Toronto All Woman's Championship at Royal St. Georges College. Tournament Director, Liz Roach.

<http://sports.groups.yahoo.com/group/WomensJudo> and the IWJA.net.

Saturday, June 19

Summer Judo clinic with Coaching Certification/Continuing Education featuring Bill Montgomery, USJA Coaching Committee Chairman at Derry Judo Club, Derry NH. **Please note Date/schedule changes!**

Registration 8:00 a.m. Coaches only 8:30 – 10:30 a.m., and 3:00 - 4:00 pm; practical morning session (ages 12 & under) 10:30--12:00 p.m.; practical afternoon session (ages 13-up) from 1:00--3:00 p.m.

Contact Roger Lenfest for more details and registration packet: 603-401-4080 or derryjudo@comcast.net.

Saturday, June 19, 2010

State Games of Mississippi Judo Competition, Boy's and Girl's Club of Columbus – Lowndes County, MS.

Weigh – in: 8:30 a.m. – 10:30 a.m./Competition: 11:00 a.m. (Masters, Juniors and Seniors)

Contact Keith Worshaim at (662) 352-6795, esquire1wakaishu@hotmail.com.

Saturday June 19 - Sunday June 20 2010,

2010 Sunshine State Games, Polk County, FL. For more information on entry requirements, division, fees, schedule, etc. and to register online go to: www.flasports.com. For confirmation call 1-866-FL-GAMES (345-2637). Judo competition contact Fred Hand (850) 488-5373 or Fred.Hand@dep.state.fl.us or Kevin Bryan (850) 410-5288 or kbryan@flsports.com.

**Thursday June 24 - Saturday, June 26:
THE GREATEST CAMP ON EARTH, Matthews, NC**

About 120 scheduled training sessions featuring judo and related arts, randori, and special guest instructor Olympic silver medalist Nicolas Gill.

For more information go to:

<http://www.greatestcamp.com>



Saturday, June 26th

The Black Belt School of Judo 1st Annual Invitational Judo Tournament, Lamar Christian High School, 62 Purvis Oloh Rd, Purvis, Mississippi.

Contact: Diane Manganaro, 786-236-2480 or 601-796-2602; email: judogirl62@hotmail.com

JULY

**July 5-9 and August 2-6
Camp Olympus Summer
Judo Training Camps in
San Diego!**

Coaching Staff: **Israel Hernandez**, 2x Olympic bronze medalist, 2008 U.S. Olympic Coach, 6th dan; **Valerie Gotay**, 2x Olympian, 8x National Champion, 5th dan; **Gerald Lafon**, International Coach, Director of Coaching, Judo America San Diego, 6th dan.

Cost: \$200 (training only), \$325 (home stay includes training, room and board). Pre-register by June 7 for July camp and July 5 for August camp to reserve your spot. Limited enrollment!

Contact Valerie Gotay at (951) 699-8969 or e-mail at val@judoamericatemecula.com. Camp flyer & registration form: www.judoamerica.com.



July 3 & 4: 1st Annual USJF & USJA Junior National JUDO Championships,
University of California, Irvine.

Nanka Judo Yudanshakai is excited to host the upcoming 2010 United States Jr National Championships & the 2010 USJF/USJA National NOVICE Tournament open to all competitors holding the rank of White or Yellow Belt. Entry and information forms for the Championships and for the Novice Tournament are separate. Download all forms and full information at <http://nankajudo.com/2010USJFJrNational.html> contact: Ed Shiosaki, President, Nanka Judo Yudanshakai, 310-702-0023, Eshiosaki@aol.com; Nanka Office (310) 222-8690, NankaOffice@aol.com

The USJF/USJA Joint Junior Nationals will also be offering:

July 1: Coaches

Certification Clinic

July 2: Kata Clinic

July 5-6: USJF/USJA

Grassroots Judo

Training Camp.

Contact Paul Nogaki

pnogaki@verizon.net



Monday, July 5th - Friday, July 9th:

CAMP BUSHIDO, Sonora, California

Great judo and jujitsu training with high-level guest instructors, room and board, swimming, and many other fun activities.

Contact Charlie Robinson (530) 701-3797, Joa Schwinn (707) 523-3200, or Hans Ingebretsen at (408) 377-1787.

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



July 9–10, 2010

AAU Grand National Judo Championships, Kearney High School, 715 E 19th Street, Kearney, MO.

Shiai and Technique Divisions for Juniors, Collegiate, Seniors and Masters competitors.

Contact: Kenney Brink (816) 969-9019 or kbrink8952@aol.com or www.brinkswelcomematjudo.com

Steve Scott @ stevescottjudo@yahoo.com or www.welcomematjudoclub.com

July 23-25, 2010

Seminar with 3-time World Sambo Champion Igor Kurinnoy at Sea Town Sambo/Seattle Jujitsu and Judo, Seattle, WA . Contact: Aaron Fields batakhan@speakeasy.net.

July 30-August 1

Seminar with 3-time World Sambo Champion Igor Kurinnoy at Champions Gym/Miletich Fighting Systems, Bettendorf, IA. Contact: Gregg Humphreys dynamogregg@msn.com.

AUGUST

August 1

Nutmeg State Games, Keigwin Middle School, 99 Spruce Street, Middletown, CT.

<http://www.nutmegstategames.org/content.cfm?page=jud04>

August 2-6

Second **Camp Olympus Summer Judo Training** Camp in San Diego. *See previous listing in July.*

August 7-8

Fight like a Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, MI. Kelsey Basic, Louise Pullman & Deborah Fergus. \$20.00/1 day or \$30.00/both. Contact: Deborah Fergus, <mailto:defrgs6@att.net> or 269-385- 0111.

August 14, 2010

Verna Larkin's All Woman's Open Judo Championship at the Northglenn Recreation Center, in Northglenn, CO. Tournament Director: Heidi Moore. <http://sports.groups.yahoo.com/group/WomensJudo> and the [IWJA.net](http://www.iwja.net)

Sunday, August 15 - Saturday, August 21: INTERNATIONAL JUDO CAMP, Huguenot, NY

Featuring David Starbrook, two-time Olympic Medalist and two-time World Medalist, and a number of excellent, regular instructors. Enjoy great judo, comprehensive Referee and Coaching Certification courses, opportunities to swim, fish, canoe, play other sports, relax and watch a movie, and more!

For more information, go to:

www.newyorkymcacamp.org/judo

Printable brochure:

<http://www.newyorkymcacamp.org/forms/judo/2010%20Judo%20Brochure.pdf>



Deborah Shapiro, 2009

SEPTEMBER

Saturday, September 25th

2009 Louisiana Open Judo Tournament, Hebron Baptist Church Gymnasium, 24063 Hwy. 16, Denham Spring, LA
Weigh In & Registration: Friday, 9/24, 8-10 pm; Saturday, 9/25, 8-9 am Kata/8-10 am Shiai
Competition: Kata 9:00 am, Masters/Juniors 11:00 am, Seniors following Juniors
Shiai: \$25.00 by 9/18; \$35.00 during weigh in; \$10.00 additional divisions. Kata: \$5.00 per person per kata.
Contact: James Wall: (225) 921-7923/(225) 612-0934; wallmartialarts@cox.net.

NOVEMBER

November 5-6

6th All Women's Championship, location TBA

Put Your Dojo on the Map!

A judoka from Sweden has set up a site to help people find judo clubs around the world. There are over 600 listed already! Visit <http://JudoWorldMap.com> to check it out and to add your dojo!

Send Us Your News!

Since we are a Judo community, Growing Judo is also dedicating some space for members to share personal news. If your family wishes to share any information for the following features, please email Matt Marcinek at Polish Power152@yahoo.com.

Milestones: a listing of any significant events such as marriages & births in the USJA community.

In Memoriam: a recognition of members of the USJA community that we have lost. Please include a couple of sentences about the individual's achievements and contributions to judo and a photo if you wish.

Learn Judo with the Gokyo Gang

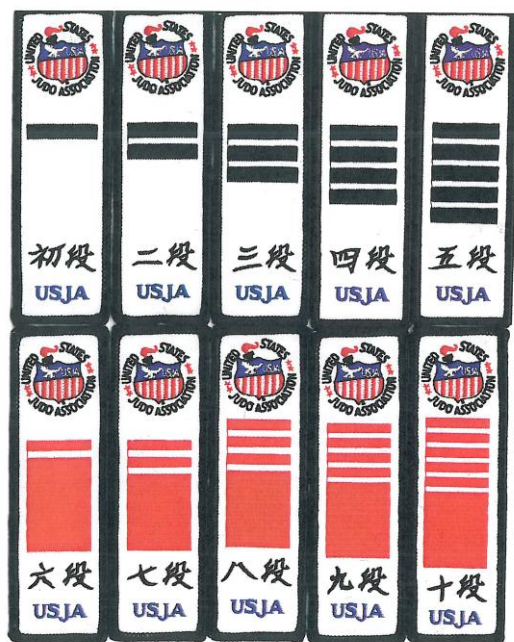


The USJA and Interactive Sport, Inc. have partnered to promote the DVD series "Learn Judo with the Gokyo Gang."

The DVDs feature an interactive menu, 3-D animated characters, live video, multiple camera angles and kid-friendly instruction to help children understand the judo techniques they are practicing in class. It is intended to supplement (not replace) good judo instruction. The series is organized along the requirements for each belt promotion and is suitable for ages 5 & up.

If you order through this link (also on the USJA website), you will be helping the USJA and you will receive a 10% discount!

<http://shopusa.interactive-sports.com/Default.asp> CODE : **USJA241**



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Contact the USJA National Office at 877-411-3409 or orders@usja-judo.org for more information.



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To order call toll free 877-411-3409, Fax: 719-633-4041, email: orders@usja-judo.org,
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