



Growing Judo

June, 2010



Monthly publication of the
Club Support Services Committee of the
United States Judo Association
21 North Union Blvd, Suite 200
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www.usja-judo.org
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In this month's issue:

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- ★ "Fighting the Taliban with Judo"
- ★ "A Note to Sensei about Succession Planning"
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- ★ And more!

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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*
Vice-President, USJA
Chair, Club Support Services/Regional Coordinators
judolady210@aol.com



June 1st, 2010

To All USJA Coaches:

I hope by now that you all have received an email regarding the Coaches Portal and have at least given it a try or are now using it regularly. We have been working on this for a long time and it is now operating in the fashion that we designed it to a long time ago. Some of you have given some very positive feedback to the office and I am pleased to hear that. We are striving to improve every aspect of our day-to-day operations and I can say that over the years we have succeeded in doing so.

I am always open to any suggestions that you may have regarding any aspect of what we do here at the National Headquarters but at the same time I must say that I am very confident that we far exceed the operational standards of any other judo organization.

Again, if you have not given the Coaches Portal a try please do so! I think you will be very pleased and I look forward to your continued feedback. As we move forward there are more improvements to come and I will surely keep you all advised as our organization continues to move forward.

Sincerely,

Katrina R. Davis
USJA Executive Director
21 N. Union Blvd., Suite 200
Colorado Springs, CO 80909
877-411-3409
Katrina.davis@usja-judo.org





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.

May, 2010

Club Name: **Beyond Judo (Class C club)**
Head Instructor: **Glenn Crosby**
email: glenncrosby@rhino-charge.com

Location: **Livermore, CA**
phone: **909-241-5198**

Club Name: **Chama Martial Arts**
Head Instructor: **Timothy Boucher**
email: dulcejudo@yahoo.com

Location: **Chama, NM**
phone: **575-756-2733**

Club Name: **Team Carvalho Academy**
Head Instructor: **Edson Carvalho Pinto**
email: carvalhoteam@yahoo.com

Location: **Paterson, NJ**
phone: **973-553-5365**
website: www.teamcarvalho.com

Club Name: **U and K Martial Arts Academy**
Head Instructor: **Jong-Won Kang**
email: unktigers@hotmail.com

Location: **Leonia, NJ**
phone: **201-302-0211**

Congratulations to our Newly Certified USJA Coaches

★ Rachel Crosby, Beyond Judo, Livermore, California

***Judogi* by Bill Myers**

Cotton plants, pale white, seeded, and spun into yarn. Woven cloth with grain textured sleeves, diamond patterns, and smooth, thick collars. Some soft & flexible some stiff and slick. Bleached white or natural smelling of dirt and leaves. Men, women, boys, girls don them. Flying, crawling, struggling, stretching, winning contests, losing consciousness. Hundreds of ways two bodies can interact. Working together. Gaining respect for each other, for themselves. All derived from a uniform of soft, fluffy cotton.

Fighting the Taliban with Judo

by Capt. John Schneider

One of my favorite things about judo is that it stretches across barriers of all kinds and brings people together. Unlike martial arts that have a lot of focus on individual katas, you need partners in judo; that forces us to embrace the culture that goes with judo training. I have made some of the best friends in my life on the judo mat. When I was in Iraq, I was an instant friend to the Japanese and Korean soldiers that I worked with there, just because they respected that I was a “judo guy”. This bond created on the mat is especially useful to me right now. I am a Marine Officer deployed to Afghanistan. I’m Military Police by trade and have been tasked with training and mentoring the Afghanistan police in the Marjah District of



Helmand Province. The local police haven’t been established yet, so the Afghan government has sent in ANCOP (Afghan National Civil Order Police), whose role is somewhere between police work and National Guard in times of crisis. We work with them to develop their capacity to operate independently. It is also our job to deter corruption, which is no easy task as it is an intrinsic part of the Afghan culture. Yet there is no place for it in a democratic society and especially amongst police who have the ability to wield force along with their authority. With that in mind, teaching the tempered use of force and the responsibilities and ethics that go along with

it are crucial. Judo has presented itself as the perfect forum for those lessons.



Police around the world have adopted judo as their primary method of self defense training. I’m beginning to see that it is more than just for the effectiveness of the techniques. The balance of being relaxed but aggressive, which is needed to be successful in the sport of judo, is the exact mindset I want to teach these police to have on the streets. To be calm yet alert, to be aggressive yet restrained, is a paradox that is difficult to teach in a lecture method, but the experiential

learning of practicing judo makes these concepts a reality to which these young Afghans can immediately relate. I can use examples from policing to explain concepts on the mat, which lets me make these points as matter-of-fact without preaching to them or offending their culture. When discussing judo history, I emphasized how the samurai class was lost in Japan because they often abused their power and authority. The people didn't support them anymore and because of that, ju-jutsu was almost lost; judo ultimately helped to keep the tradition alive. This is a similar situation to what the ANCOP and the Afghanistan government are in right now; if they can win the people's trust and keep themselves relevant, they will be successful and the new government of Afghanistan will flourish. If they act like the corrupt samurai, however, they will be phased out and someone else will succeed where they failed. Judo class has also allowed me to breach sensitive subjects like hygiene. Now, instead of me appearing to insult them for being dirty, I can talk about how it is important to clean the mats daily, trim our nails and keep our bodies clean. The importance of the condition of one's uniform was conveyed by having them visualize the increased intimidation and respect a police officer commands if he is wearing a clean and proper uniform.

I have also found that the ANCOP are more responsive to my instruction off the mat now that I have been sweating on the mat with them. Before starting this program, they seemed to have a



suspicious attitude towards anything I would tell them. Many of them have been police as long as I have been a Marine (12 years--which is also as long as I have been doing judo), and they would challenge any instruction I or my Marines would give them as though it were an assault against their pride. Now they listen attentively and seem to have an implicit trust that I am sharing information with them out of a genuine interest in making them better--*or maybe it's because they know I can choke them out now!* I can see that training together is helping to break down cultural barriers. By

practicing an art that has customs different from either of our own cultures, we are sharing something unique. As they learn the Japanese terminology, they are connected to other judoka around the world. I also take the opportunity to learn Farsi as we count and do our greetings at the beginning and end of class in their language. By seeing my showing an interest in them and their language, they appreciate that learning is occurring both ways. I couldn't have predicted this would make such a big difference when I started with them, but I should have guessed.

In my years in judo, I have seen many people benefit from the lessons judo has to teach. The humility that comes from doing something completely unfamiliar can put the most arrogant individual in his place. The confidence that comes with a successful throw against a resisting

opponent can make the most sheepish individual stand up tall. In between bouts of *randori*, while they are catching their breath, I can talk to them about how judo makes us strong and in turn it is our responsibility to protect the weak. Just the ability to fight your heart out in an emotional struggle against an opponent, then stop on *Matte* and thank your partner for practicing with you, is a novel concept that takes maturity and discipline. This maturity and discipline is crucial to the performance of law enforcement duties where an officer may have to be a warrior one second and a marriage counselor the next. A law enforcement officer needs to have the capacity to walk into a situation blind and be ready for either.

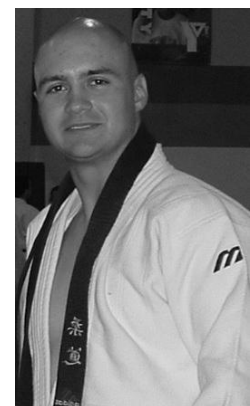
The conditions we train under are rough. During the day, it gets up to 113 degrees, so we practice at 6AM every day. We don't have judogi, so we train in our service uniforms. I actually managed to find enough tatami to make a 12'x12' mat, but before that we were training on the sand for *nagewaza* techniques and on plywood decks for *newaza*. We've had to cut classes short because of sand storms a handful of times. It isn't ideal, but we make do with what we have, and it is better to train in a bad environment than not to train at all!



Many times the Marines here struggle with realistic expectations and trying to fight the enemy while working with our Afghan partners and their culture. We are used to things being done a certain way, with attention to the smallest detail and aggressively pushing the limits on what can be accomplished in 24 hours. It is hard not to push American culture and our expectations on them, but that is an ineffective method as our cultures are contrary to each other in so many ways. However, if I can push a little judo culture on them in my seven months here, they

might not be so resistant. I hope that this little ripple will carry with them and make this country a better place.

-John Schneider holds the rank of Nidan in judo and Captain in the Marine Corps. He is the Commanding Officer of Military Police Company Bravo in Pittsburgh, PA where he trains at Kim's Martial Arts www.kimsjudotkd.com. He is also a strength and conditioning coach and holds a M.S. in Exercise Science and a number of various fitness certifications. He is the head coach and owner of ThreeRivers CrossFit www.threeriverscrossfit.com



A Note to Sensei About Succession Planning

by Michael Dobbs

I started ARK JUDO when I moved to Northwest Arkansas, about three years ago. I thought I'd be there for some time, and there was no Judo in the area. It became my quest to bring Judo to Northwest Arkansas.

In the beginning, many people came for a few months and left, but a core group stayed, stuck with it, and improved. The club started slowly but continued to grow. Soon, on any given day, there were 20 or 30 students. I realized quickly that I really needed help teaching class. Without a second instructor, we could never have more advanced instruction because I needed to teach appropriate material for beginners. I was constantly searching for more experienced judoka to join and help me instruct, but I never did find any in the area.

Eventually, some of my own students were ready to help teach the beginners (*ukemi*, basic *ashi waza*, etc.). This was a big step for the dojo. In retrospect, when I chose senior students to help teach beginners, I was really beginning to mentor my own replacements: the two students to whom I would eventually entrust the dojo.

I didn't expect them to know how to teach up front. I first had them teach with me, pointing out what they needed to show and how to motivate improvement. After a short time they were ready to 'fly solo,' freeing me up to teach the more advanced.



As the economy crashed in 2009, my company started laying off associates. I realized that I would need to find a new job . . . and that new job would very possibly not be in Arkansas. I did not want ARK JUDO to collapse when I left. I made it my goal to teach these 2 judoka to take over the club. They were already teaching. Now I needed to grow them in their own eyes and in the eyes of the others in the club.

I convinced them to accompany me to a number of judo camps, to expose them to different techniques and approaches, and to get their USJA Coaching Certification. Then, I started having them take the lead in teaching the class while I was there. At first I still did the lesson plans and briefed them before class. A few months later, I moved to having them write the lesson plans and review them with me.

It occurred to me that I had always worried about what would happen if I couldn't make class. What if I were sick? I could catch the Flu! What would I do? Would I have to cancel class? What happens when I go on vacation? Who will teach? I FINALLY had a solution: I could miss class and someone else could cover!

A few months ago, I moved to New Hampshire and took a job with Brookstone (*a really cool company with really cool products! Try some!!!*). My family is still in Arkansas, and next week I will fly out to pack our house and move my family east. One week from today, I will be teaching my final class at ARK JUDO. I've been back to visit, but this may be the last time I'm at ARK JUDO for quite awhile. I have many friends there, and I've been able to touch many lives with Judo. It will be a sad day, but not too sad: I started a club, and I know that the mark of a leader is that s/he creates replacements behind him (or her). ARK JUDO will survive and grow without me, and that is probably the best thing I did for the dojo.

Are YOU creating your own replacements at your dojo? If you are, I believe it will improve your club, from the day you begin to empower others to the day that you may no longer be able to lead your club.

From The Kodokan

by Low Dong and Hal Sharp

We briefed Toshiro Daigo, 10th Dan, on the USJA-USJF Grassroots Development Program, their close working relationship in judo activities and the Modern Kodokan Throwing Techniques Certification Program, using Toshiro Daigo's book "Kodokan Judo Throwing Techniques". He seemed pleased that USJA & USJF are working together, and that we are using his book. He recognized his long friendship with Hal Sharp (over 58 years) and was pleased that Hal was still active. Daigo emphasized that the "Modern Kodokan Throwing Techniques" is an American Program so that neither he nor the Kodokan can become involved in such or issuing certificates. We also presented a modified shorter certificate program that was well received.

Daigo explained that his book is an advanced judo techniques book that was first published as a series over 8 years in the "Kodokan Judo Magazine". Then, it was compiled into 3 Japanese books and a single English book. Toshiro Daigo also wrote the "Kodokan New Japanese-English Dictionary of Judo," which is an excellent reference guide. He gave us a DVD on Japanese Judo Championships and Champions, some dating before World War II and also material on Kata, especially Koshiki no kata.

Toshikazo Okada, 7th Dan, gave us a pre-release copy of "Jigoro Kano and the Kodokan" subtitled "An Innovative Response to Modernization". This is the best book we have read on the history of judo and Kano Shihan's philosophy and thoughts about modern judo. It might as well have been written today. Kano Shihan was concerned about "power judo" and the lack of technical development and having enough instructors. Naoki Murata, 7th Dan, curator of the Kodokan Judo Museum and author of the book, autographed our copies.



Naoki Murata, Hal Sharp and Low Dong

It was a pleasure to see and practice crushing newaza and learning new techniques with Toshikazo Okada, who still travels 2 hours to get to the Kodokan. During one session, Steve Matulac, a Gardena Judo Club member, working in Japan, joined in the newaza practice.

At a meeting with Yoshimi Osawa, 10th Dan, and including Nori Bunasawa, Low Dong and Hal Sharp, we discussed the need for instructors' technical training for education and promotion purposes. Osawa was interested in the "Modern Kodokan Throwing Techniques Program" and general thoughts on judo education. Yoshimi Osawa has been friends with Hal Sharp for about 58 years and stated that Hal was very strong, difficult to throw, had classical form and a good heart for judo. He offered to give Hal his silk red belt, for Hal to wear when he becomes Kudan. Hal politely refused and appreciated the kind words and offer!

We visited a special dojo where Tadayuki Satou, 6th Dan, taught Fukko (Renaissance) Judo based on Tomiki Sensei's Aikido System. Tadayuki Satou is a professor at Waseda University. His system is a definite plus for judo, and most of his techniques are allowed. Hal Sharp video-recorded the class, thanks to the assistance of Carl Lauria, 5th Dan, who is originally from Argentina and studied under Forte, 9th Dan.

Just after arriving at the Kodokan, Low Dong met Noguchi, 7th Dan, former President of the World Masters Association, and was invited after practice to a dinner meeting. The meeting was presided by Shimizu, 8th Dan, President of the Japan Masters Judo Federation, and honored guests were Terou Kaise, 8th Dan, Kodokan Director of Education and Low Dong. The next week they were traveling to Budapest, Hungary for the IJF World Veterans Shiai and Kata Championships, where they won 5 gold medals.

In 2003, Ichiro Abe, 10th Dan, was responsible for kata in the World Masters Kata and Shiai Championships at the Kodokan where he first met Low. He invited Hal Sharp and Low Dong to meet in his office. He was glad to see us and enjoyed viewing the Classic Judo Masters DVD that was given to him. He had not seen many of the activities in the film because he was teaching in Europe at that time.

We met many foreign judokas from other countries: Argentina, Canada, Wales, South Africa and other countries that own and studied from the "Sport of Judo" by Hal Sharp. Some asked Hal for an autograph and stated that his was one of their first judo books.

We met with Mikihiro Mukai, 7th Dan, who is responsible for the Kodokan Children and Youth Program and gave him 3 DVDs on children's training in other countries. It was a pleasure to watch the children's warm-ups and practices, where they had lots of fun while learning judo. The Kodokan had their Quarterly Kohaku Judo Tournament for the children through the adults on the day before we left.

In summary, our two week trip was very productive, an adventure and better than we had expected. Best of all, we were able to meet and discuss judo with all three 10th Dans (Abe, Daigo and Oshawa).



Hal Sharp, Low Dong, Yoshimi Osawa, & Nori Bunasawa

To the USJA Awards Committee:

*I would like to thank all of you for this honor; the whole thing caught me by surprise.
I wish I would have given Judo a chance years ago, I really have fun and I meet so many new people.
I admit doing Kata for the first time was the scariest thing I have ever done, but the next time was much better.*

Thank you,
Marty (Margaret) Dunn
Motor City Judo

Ms. Dunn is one of many USJA judoka who have been recognized for their achievements!

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



**Margaret Dunn, State of Michigan
Outstanding Senior Female Kata Player Award**

Judo News From Around the Country

California

Gokor Chivichyan's New MMA Academy Opens in North Hollywood, California

Tucked away in a nondescript industrial section of a Los Angeles suburb lies a *dojo* that's gaining a reputation as one of the premier mixed-martial arts schools in California. Running the show are *Black Belt* Hall of Fame members Gokor Chivichyan and "Judo" Gene LeBell. The state-of-the-art 12,000-square-foot gym in North Hollywood promises to produce even more rising stars. Its grand opening on March 7, 2010 attracted such luminaries as Kathy Long, Richard Bustillo, Bas Rutten, Stephen Quadros and kickboxing legend Benny "The Jet" Urquidez. Go behind the scenes of the school's opening day in this exclusive video!
<http://www.blackbeltmag.com/videos/262>

New Hampshire, May 15th

Judoka from across New Hampshire came together for a developmental Judo scrimmage, hosted by Upper Valley Judo and the Newport Recreation Department in Newport, NH. Competitors from 4 to 40+ had the opportunity to compete against one another in a fun and relaxing environment.





A group warm-up consisting of calisthenics, stretching, rolling, and moving *uchikomi* was led by Mike Sartwell, a brown-belt from Upper Valley Judo. Meanwhile, Ken Durand, President of New Hampshire Judo, led a mini-refereeing clinic for a number of instructors, referees, and parents who were willing to get out on the mat and referee the scrimmage.

Following the group warm-up, competitors lined up by size to choose opponents for each match; coaches helped the little ones with this task. Eight competition areas were laid out on the mats using masking tape. A referee in each area ensured safety and provided feedback by calling scores. Matches were three minutes in duration, with a single timer used for all eight matches. The time continued to run when the referee called "*Matte*;" if *ippon* was scored, the referee awarded the match and then immediately said "*hajime*" to instruct the competitors to continue. In this way, all matches lasted the full three minutes, giving beginners experience and the "feel" of *shiai* without being overly concerned with who actually won the match.

The scrimmage was a big success, with everyone having a good time and competitors getting as many matches as they wanted. Most played 10-20 three-minute matches, with one 13 year-old reporting that he had a full 30 matches! The scrimmage format allowed competitors from different clubs to compete and try new techniques without the fear of being eliminated from the contest if they were countered. It also gave new competitors an experience "above" class *randori* while not quite at the level of *shiai*. In this regard, it can be a valuable developmental training tool.

Finally, the entire event was completed in just 2 ½ hours, which makes it an efficient competition format AND much appreciated by parents! Given the fun and experience gained by all those that participated, we will certainly have more Judo scrimmages in New Hampshire in the future. Hopefully, word will spread and the turn-out will be even greater!





MAY 8, 2010

INTERCLUB TOURNAMENT

Goltz, Discover, Empire and Industry Judo Clubs



INTERCLUB TOURNAMENT SPRING 2010 CHAMPIONS!



Upcoming Events

*If you have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send the following information, in the format below, to Joan Love at: judolady210@aol.com*

Day, month & date of event

Official Title of the Event, location (building/institution, street address, city, STATE)

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise.

Time/schedule; price;

Contact: Person: phone number; email; url for forms if available.

Please note that this information needs to be in a WORD document or in the text of an email. Full event flyers and information in PDF form cannot be inserted in the magazine layout. You may also include a relevant photo if you have one (e.g. of the location of a camp or of a featured clinician).

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.
Contact Bob Harvey. MsWillys51@aol.com or 601-924-3421.

Saturday, June 12th - Sunday, June 13th



Montana YMCA Summer Judo Camp, Helena Family YMCA, 1200 N. Last Chance Gulch (Main St.), Helena, MT. Featured instructors: **Marisa Pedulla**, 1996 Olympian and 2004 Olympic Judo Coach, **Martin Bregman**, IJF-A Referee and National Champion, **Dean Markovics**, IJF-B Referee.
Registration Fee: \$59, YMCA Member \$52. Includes meals and lodging (camping at the YMCA). Special hotel rate for families at Hampton Inn (406-443-5800): \$84/night, includes breakfast.

Camp attendees will be divided up in groups to attend 5 one-hour training periods on each day, focusing on a different aspect of Judo technique and competition. YMCA facilities

(showers, pool, etc.) will be available; water park outing on Saturday 2:30-4:00. COME EXPECTING GREAT FUN and GREAT JUDO! Contact Gregg Trude (Camp Director): 406-439-1576; gtrude@aol.com.

Monday, June 14th – Thursday, June 17th

4-day Ashi Waza Seminar featuring Bruce Toups & 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 Worsham 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 Chair, at Derry Judo Club, Veteran's Memorial Hall, 31 W. Broadway, Derry NH. 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 Worsham 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>

COACHING CERTIFICATION: Both USJA & USA Judo programs will be offered and require a Background check with SSCI (\$16 in addition to fees below) which can be done in advance.

USJA certification: Thursday and Friday 3:00-5:00 p.m. & 6:30-8:00 p.m.; Saturday 10:00 a.m.-12:00 noon and 1:00-2:00 p.m. *(This schedule was set to accommodate participants who want also want to attend kata classes.)* Coaching Levels D and E will be offered. Classes conducted by Ed Thibedeau, head instructor, assisted by Joan Love, Pete Mantel and Ronald Allan Charles.

\$25 Certification Fee (4 years); Coaching ID Card is free upon request to USJA. Contact: Joan Love, USJA Camp Coaching Director: judolady210@aol.com.

USA Judo Certification: Thursday from 9:15 a.m. - 8:00 p.m. & Saturday 9:15 a.m. - 5:00 p.m.

\$50 Certification Fee (annually) & \$20 for Coaching ID Card.

Contact: SgtMajor Mayfield, USA Judo Camp Coaching Director: SgtMajorMayfield@ec.rr.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 3 & 4:

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

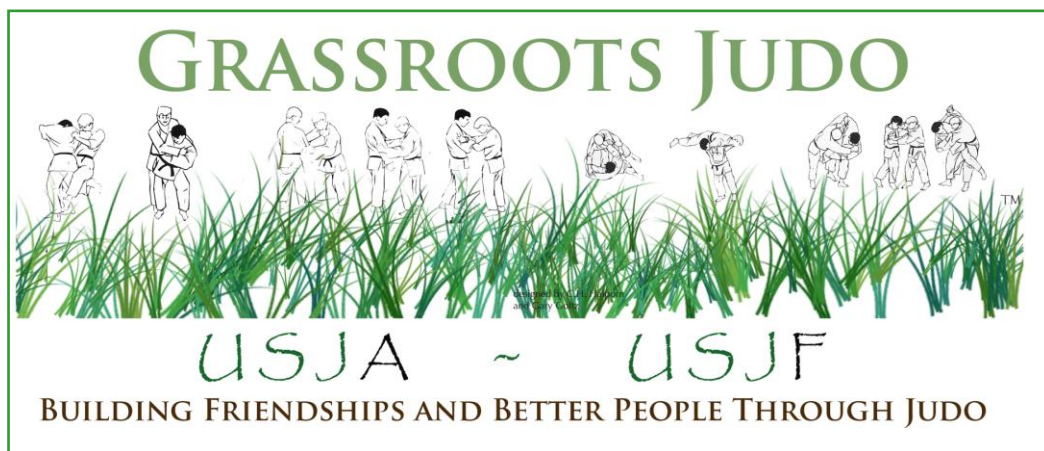
Also offering:

July 1: Coaches Certification Clinic

July 2: Kata Clinic

July 5-6: USJF/USJA Grassroots Judo Training Camp.

Contact Paul Nogaki
pnogaki@verizon.net



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.



**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 21-22

(Tentative) Aikido for Judo Players & Other Martial Artists at Norwich Judo Dojo, 204 Sturtevant St. Norwich, CT, with Lewis Cuffy and Sara Bluestone of the Aikido Shobukan Dojo in Washington, DC.

For more information contact Bill Montgomery at NorwichJudoDojo@aol.com or 860-917-6318.

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

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

Verna Larkins 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

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>



2007 Halporn



2009 Shapiro

SEPTEMBER

Saturday, September 11, 2010

2010 America's Cup Judo Championship at Pendleton Heights High School, One Arabian Dr, Pendleton, IN
Kata, Juniors, Masters, Newaza, Grappling & Seniors. For more information and entry packet:

<http://andersonymcajudo.datapitstop.com/> Hosted by Anderson YMCA Judo Club, John Branson, 5th dan – Head Instructor 765-621-3416

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

November 20, 2010;

University of Tennessee Martial Arts Club Annual Judo Tournament; Health, Physical Education and Recreation Building, 1914 Andy Holt Ave., Knoxville, Tennessee; Registration/weigh-in: day of tournament 9:30-11:00 AM; Entry fee \$20.00 per division; Additional divisions \$10.00. Contact dtyrell@comcast.net for flyer and further information.

One Word to Describe Judo: ***“Dynamic”***

by Rev. Marshall R. Coffman, Yodan, Mid-Atlantic Regional Coordinator

Several years ago, a young teenage student asked me to describe Judo with one word. Immediately, I responded, “Dynamic”! Naturally, the teen challenged my answer with, “Why”? Of course this took more intense thought on my part, but here is how I answered:

1. ***Dynamic*** because of Judo’s first guiding principle “Maximum efficiency with minimum effort.” In Judo one learns to use his or her body and strength most efficiently. One also learns to use another person’s strength against him.
2. ***Dynamic*** because of Judo’s second guiding principle “Mutual welfare and benefit.” One learns respect for others and to have concern for the welfare of others. Teachers and students mutually learn and grow together. Students naturally learn from their instructors but they also learn by helping lesser experienced students. Instructors learn from their students. One also learns in Judo from the mutual learning experiences of both winning and losing.
3. ***Dynamic*** because Judo as both a sport and martial art provides a well balanced training for both the body and mind. Judo training requires intense physical conditioning. Mentally students develop conditioned reflexes and thought processes.

Since then, I have added two, and perhaps in the years to come I will add even more.

4. ***Dynamic*** because of the lifelong bonds that develop between instructors, students and classmates. Friendships form and a deep sense of camaraderie develops between classmates and other judoka from other clubs. Everyone becomes a cheerleader and encourager.
5. ***Dynamic*** because the principles of Judo extend into the development of moral excellence. One’s character ranks highly important in the study of Judo. Dr. Jigoro Kano, the founder of Judo, expressed Judo’s ultimate goal as the perfection of human character. I believe that Judo surpasses by comparison all other sports and martial arts when it comes to ethics. Judo’s code of ethics demands every judoka to excel in such areas as safety, sportsmanship, respect, nondiscrimination, honesty, orderly conduct, lawful conduct, loyalty, fairness and proper influence.

When one enters into the study of Judo, one enters into a rewarding, lifelong study. Practically, everyone who I know from Judo has not only been successful in Judo but also successful in life. That’s ***“DYNAMIC!”***

In Memoriam

The following judoka in our USJA family have recently passed away. They will be sincerely missed:

- ☀ Charles "Chuck" Fuertsch passed away on Thursday, May 27th after a long illness. He was a prominent Judo instructor and member of Nanka Judo Yudanshakai for many years.
- ☀ Thomas J. Barnes of Toms River, NJ passed away this past March 6th at the age of 61 years old. He began studying judo under Edward V. Huyler at the Dojo of Ocean County, NJ in 1975. In 1987, upon the untimely death of Sensei Huyler, "Tommy" took on the responsibilities of the dojo. He also taught judo at the Toms River YMCA for many years.

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.

A note to the Editor of *Growing Judo* and its readers:

Today I found your magazine on the web. Really impressive! I would like to have something like that here in Sweden. Your story about the "Visit-Another-Dojo Month" inspired me to write to you.

My last trip to the USA took me to San Francisco and this time I used the opportunity to join the Palo Alto Judo Club for a training session. What a great group of people! I received a warm welcome and a good workout. Last month I was on a trip to Berlin and the EJC Berlin allowed me to join their class. Traveling and meeting fellow judokas is really great. I would like to encourage everyone to visit a local judo club when they travel. It is a nice experience and you will meet locals with a common interest. How much better can life be?

Actually my own experience made me setup a new website: <http://JudoWorldMap.com> to make it easier to find local clubs at your travel destinations. Maybe some of your readers would be so kind to put their own dojo or any other dojo they know of on the list.

Thanks for a great judo publication!

*Kind regards from Stockholm,
Ulrich Wisser*

Special message about summer issues of *Growing Judo*:

Depending upon the quantity of articles and news items received during the summer vacation months, we may have a combined July/August issue rather than separate monthly issues. If you have any news or upcoming events, please send them promptly so I can make the best judgment on this. Thank you for your support!

Joan Love, Editor, *Growing Judo*
judolady210@aol.com

Be sure to stop by the USJA booth at the Joint Junior Nationals in July!



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