



# Growing Judo

## July/August, 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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- ★ Seventy-Plus Reasons to Practice Judo
- ★ News from the USJF/USJA Junior Nationals, the Greatest Camp on Earth & Camp Bushido
- ★ Meet Alice Rogers--THEN and NOW
- ★ All of our regular features, 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  
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[judolady210@aol.com](mailto:judolady210@aol.com)

**Editor's Note: Special thanks to Alex Rounds & Andrea Love for their assistance as a Copy Editors.**

## Important Notices

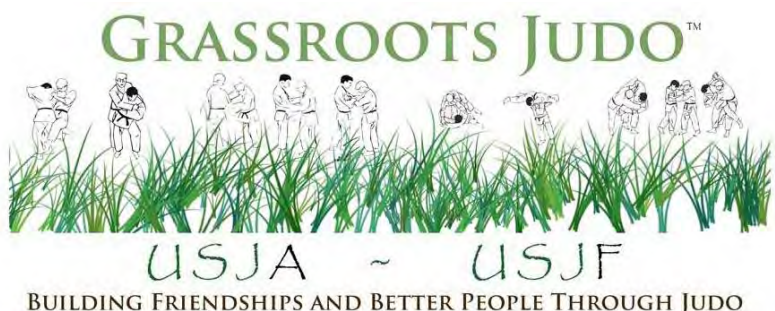
Final Notice: The deadline for submitting bids to host the 2013 USJA/USJF Junior Nationals has been extended to August 1, 2010.

Application forms and specific information about procedures and requirements for hosting a national event can be found at: <http://usja-judo.org/Docs/USJABidProceduretoHostNationalEvents.pdf>

If you have any questions or would like more information, please contact:

Lowell Slaven  
Chair, Tournament Committee  
United States Judo Association  
21 North Union Blvd, Suite 200  
Colorado Springs, CO 80909-5742

email: [lsraven1512@comcast.net](mailto:lsraven1512@comcast.net)  
phone: 765-891-0130



**MACCABI USA is currently seeking candidates for 2010 United States Maccabi Judo Team for the Maccabi Games in Sydney, Australia**

Competition will be in all recognized Olympic weight categories (including an open division) for men and women. Team candidates must be Jewish and at least 18 years of age. There is no upper age limitation. Candidates will be asked to provide details of their judo rank and competition experience. Other nations that are expected to participate in the judo event include Australia, Israel, and Argentina.

The trip dates are December 21, 2010 to January 03, 2011 (date of competition TBD). It is a self-funded venture, but the judo chair and Maccabi USA will work with committed participants on fundraising. The anticipated cost (\$7,100.00) will cover airfare from Los Angeles, transfers, lodging in downtown Sydney, scheduled tours and events, meals and competition costs.

Contact Jay Fisher, Judo Chairman, Maccabi USA; [fisher.jay@gmail.com](mailto:fisher.jay@gmail.com); (404) 519-8448

*Editors's note: This announcement has been made at the request of Maccabi USA and USA Judo.*



## Update on the Coaching Education and Development Program

Over the last few months people have voiced opinions about the coaching program; ranging from *Hooray* to *You stink!* I will try to clear some things up in this short piece.

First, the general direction of the program will continue, though I believe the implementation will be different. We are working on an online section for the classroom portion of the courses. This will be similar to what is used by companies for online education. A specific curriculum of suggested skills is being constructed and the initial contents will be presented at the YMCA's International Judo Camp in New York in August.

Particular questions have been raised. I will attempt to answer those I have thus far:

- ✓ *We should require CPR/First Aid.* With approval of the committee we will be adding CPR/First Aid to the requirements.
- ✓ *Who are the approved course instructors?* I am revising this list and it will also be out in August. In the interim, please contact me for the names of individuals near you.
- ✓ *There should be a real difference between Levels E & D.* The differences between Level E and D will be delineated. A new "team" approach will be piloted at the YMCA Camp: E and D level candidates will be teamed up together for the course, each being responsible for specific areas.
- ✓ *Are USJA/USJF coaching credentials accepted by USA Judo?* As of right now, USJA and USJF coaching credentials will be accepted, however, we pay half of the USA Judo coaching fee, plus the badge fee, which currently comes to \$45. This is all tied in with new cooperative efforts between the three organizations.
- ✓ *What constitutes an approved clinic for continuing education credit?* Information about approved clinics and activities will be listed on the USJA website and here in *Growing Judo*. I anticipate having this ready by the end of August. In general, college-level physical education courses and workshops, and technical judo clinics will count toward continuing education. (A meeting with your teaching staff and you is not continuing education.)
- ✓ *How many CEU's are required for each level?* The specific number of continuing education hours will also be determined soon.

There many other areas to discuss. Let me re-emphasize that this is a work in progress. A structure is being built that will allow any future committee to work within this framework, but also add their own unique take. Our aim is not to discount everything that a coach may have done for years, but to assist him/her with updated information and current methods.

In general terms, let us keep all of the positive elements of Japanese judo practice that can apply in our situation, while being open to supplementing them with approaches that work best for us.

Thank you for your support and your patience,

Respectfully,

Bill Montgomery

**Chairman**

USJA Coach Education and Development Committee

[WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)

## SEVENTY-PLUS REASONS TO PRACTICE JUDO

By Sid Kelly, 8th Dan Judo, 6th Dan Ju-jitsu

From its humble and obscure beginnings in 1882, judo has become an Olympic sport, a recognized system of physical and mental education, and according to the International judo Federation (IJF), it is now one of the--if not the most widely practiced--indoor sport in the world.

From France, where judo is the number one indoor sport, and its educational and sporting benefits are well understood and appreciated, the following first-hand information comes from the great French former Olympian and World judo champion, Angelo Parisi. Angelo says that in France, if a parent takes a child to the doctors and says, "My child is hyperactive, what do you recommend?" The doctor replies, "JUDO CLASSES." (Pills are not recommended). If a parent takes a child to the doctor and says, "My child is timid and lacks self confidence, what do you recommend?" The doctor replies, "JUDO CLASSES." (A psychologist is not recommended). If a parent takes a child to the doctors and says, "My child is frail, weak, always ill, and lacks energy, what do recommend?" The doctor replies, "JUDO CLASSES." (Antibiotics are not recommended).

In Britain, the popular TV series *Super Stars*, was for years dominated by the Olympic and World judo champion Brian Jacks. Champions of different sports competed against each other with various sporting activities, and the winner was the one with overall highest average score. It was not that the other sport champions were unfit, but it was a glaring example of how fit a person can become by training very hard at judo. For years Brian outshone all other competitors, because he trained in a sport that is so physically rounded and encompassing. The results proved it so. During that period of TV exposure, judo's popularity surged.

By experiencing the trials and tribulations within the safe sporting environment of judo, the individual undergoes positive physical and mental changes. From the struggles encountered during judo practice, the individual is challenged with simultaneously executing, and receiving the dynamic judo skills of throwing, falling, holding, choking and arm locking. The physical effort and mental absorption required in applying these skills lead the practitioner through a gamut of emotions, ranging from disappointment, confusion, and frustration, to those of satisfaction, joy, euphoria and accomplishment. Which, to name a few, leads to increased self esteem, improved discipline in daily life, sportsmanship, and an overall feeling of well being.

Judo is not a panacea for all the problems that an individual will encounter during life, but because of judo's wide range of physical and mental demands, judo is, in the final analysis, a very effective self-improvement program whose long-term effects benefit both the individual and society.

Every pastime or recreation has something to offer that enriches a person's life. However, in the long run, the important thing is for the individual to find the activity that suits his or her personality and mental psyche. The fact is though, through the practice and study of judo, the individual will encounter a wider variety of physical and mental experiences than he will in most other activities, which of course does not automatically make it the best activity. The best activity is the one that suits or appeals the most to the individual.

Below are 70-plus benefits that judo has to offer. Some benefits such as weight loss and fun can be nearly immediate. While other results or benefits, such as overcoming ego, patience, and increased energy, will take time, they are, and can only be, proportional to the effort and dedication spent at judo. It should be noted that the improvement of any one quality is relative. Take for example the

quality of patience. An individual may practice judo for twenty years, but his next-door neighbor, who has never stepped on the mat in his life may have more patience than the judo practitioner. But the patience of the judo practitioner has improved over the twenty years. Results should not be compared outside oneself, but within oneself.

The list is broken down into 3 groups: 1) Physical Benefits. 2) Mental Benefits. 3) Life benefits.

### **PHYSICAL BENEFITS THROUGH REGULAR JUDO PRACTICE**

- |  |   |
|--|---|
| 1) <b>Agility</b>                              | nimble, rapid and light movements.  |
| 2) <b>Balance</b>                              | mental and physical equilibrium.  |
| 3) <b>Body Power</b>                           | explosive, integrated body action.  |
| 4) <b>Cardiovascular</b>                       | exercising the heart and blood vessels.                                       |
| 5) <b>Co-ordination</b>                        | harmonious, attuned physical actions.   |
| 6) <b>Distance Judgment</b>                    | instinctive measurement of correct reach.                                     |
| 7) <b>Endurance</b>                            | stoic bearing of suffering and hardship.                                      |
| 8) <b>Flexibility</b>                          | soft, supple, pliable, bendable actions.                                      |
| 9) <b>Fun</b>                                  | physical and mental enjoyment through sport recreation.                       |
| 10) <b>Ju(from judo)</b>                       | the practice of yielding to and using an adversaries force.                   |
| 11) <b>Mental &amp; Physical Co-ordination</b> | thoughts producing harmonious physical actions.                               |
| 12) <b>Movement</b>                            | rhythmic, flowing, lateral, circular and spiral actions.                      |
| 13) <b>Personal Hygiene</b>                    | cleanliness of the body and the uniform.                                      |
| 14) <b>Posture</b>                             | upright and relaxed for optimum breathing and effective spontaneous reaction. |
| 15) <b>Reaction</b>                            | correct response to a physical attack.  |
| 16) <b>Relaxation</b>                          | intermittent release during physical and mental effort.                       |
| 17) <b>Speed</b>                               | explosive, accelerated trained movements.                                     |
| 18) <b>Stamina</b>                             | resistance and fortitude to fatigue.  |
| 19) <b>Strategy</b>                            | overall game plan for success.  |
| 20) <b>Strength</b>                            | maximum effective use of body force.  |
| 21) <b>Tactics</b>                             | skilful methods to overcome an adversary.                                     |
| 22) <b>Timing</b>                              | synchronizing to produce effective results.                                   |

### **MENTAL BENEFITS THROUGH REGULAR JUDO PRACTICE**

- |                            |   |
|----------------------------|---|
| 23) <b>Aesthetics</b>      | appreciative and sensitive to performing physical, eye pleasing, mental and spiritually satisfying movements. |
| 24) <b>Alertness</b>       | you had better be!  |
| 25) <b>Commitment</b>      | the personal pledge to practice and study.  |
| 26) <b>Courage</b>         | able to withstand pain, failure and difficulties.   |
| 27) <b>Concentration.</b>  | fixed attention in changing circumstances.  |
| 28) <b>Decisiveness</b>    | conclusive, definite, and without doubt.  |
| 29) <b>Determination</b>   | resolute, and committed in application.   |
| 30) <b>Discipline</b>      | strict obedience while striving for a goal.   |
| 31) <b>Fighting Spirit</b> | innate, subconscious, resolution to succeed.  |
| 32) <b>Focusing</b>        | center of concentration to a fixed moment.  |
| 33) <b>Humility</b>        | freedom from pride and arrogance.   |

- 34) **Ju (from judo)** a flexible, resilient mental attitude to difficulties encountered during practice.
- 35) **Losing** accepting and learning from the loss.
- 36) **Overcoming Ego** abolishing conceit and self-centeredness.
- 37) **Patience** abiding difficulties with calmness and self control.
- 38) **Persistence** being there when it is all over.
- 39) **Self Control** regulation of thoughts, emotions and actions.
- 40) **Winning** victory over oneself, not your adversary.

### **LIFE'S BENEFITS THROUGH REGULAR JUDO PRACTICE**

- 41) **Appreciating Cause and Effect** efforts are proportional to results.
- 42) **Appreciating Eastern Ideas** looking inward to know yourself.
- 43) **Appreciating Growth/Change** observing skill development.
- 44) **Appreciating nature** effective use of immutable laws.
- 45) **Appreciating One's Limitations** accepting your abilities/results.
- 46) **Calmness** detached with self control.
- 47) **Diet** regular nourishing food and liquid.
- 48) **Education** physical and mental development.
- 49) **Empathy** understanding the limitations of others.
- 50) **Health** regular exercise, diet, relaxation and sleep.
- 51) **Increased Energy** the result of regular judo practice.
- 52) **Ju (from judo)** a flexible, resilient attitude to life's problems.
- 53) **Meditation** attention to the mind, inner calmness, peace, stillness and tranquility.
- 54) **Non-Violence** rage and violence extinguished through the discipline of regular judo practice.
- 55) **Maximum Efficiency/Minimum Effort** tenet of Dr. Jigaro Kano: founder of judo.
- 56) **Mutual Benefit & Welfare** tenet of Dr. Jigaro Kano: founder of judo.
- 57) **Positive thinking** absence of negativity, worry and doubt.
- 58) **Relieving Stress** releasing and freeing tension, through the discipline of regular judo practice.
- 59) **Respect** courtesy and regard toward others.
- 60) **Self-Awareness** recognition of one's worth.
- 61) **Self-Confidence** conviction in one's abilities.
- 62) **Self-Defense** a realistic prepared security.
- 63) **Self-Esteem** a non-egotistical liking of oneself.
- 64) **Self-Reliance** independence in thought and action.
- 65) **Sense of humor** your saving grace.
- 66) **Social Growth** long-term relationships.
- 67) **Sportsmanship** belief in the spirit of fair play.
- 68) **Study** thinking, focusing, and learning with intent.
- 69) **Way of Life** a guide for judicious living.
- 70) **Weight Loss** quick for the unconditioned.
- 71) **Weight Control** minimum fluctuation when established.
- 72) **Well Being** happiness and joy through health.



**Special Feature:**  
**The 1st annual USJF/USJA Junior National Judo Championships,**  
**July 3-4, 2010**

The 1<sup>st</sup> Annual USJA/USJF Junior Nationals was hosted by Nanka Judo Yudanshakai on the 4<sup>th</sup> of July weekend, 2010 and was held at the UCI Bren Events Center in Irvine, California.



The success of this tournament was the joint effort and support provided by the leadership of both USJF and USJA, all the way down to the many individuals and judo clubs in the western United States. It was surprising and wonderful to see all of the support we got from folks from as far north as the state of Washington to as well as our neighbors down south in San Diego, California.

Southern California is a hot bed for judo, but without the collective help from one and all we could not have pulled this off.

The final results were beyond our wildest dreams. The first day of competition was electrifying as the UCI Bren Center was fully packed. I did not see an empty seat in the house. How many times have you seen a judo event where there were more competitors than audience members? This was not the case. You should have seen the place rocking and rolling! Parents and clubs were screaming and yelling and supporting their students. Coaches were exhorting their players to give it their all. It was their time to shine. Win or lose, they were cheering and having a good time . . . as long as they left it all on the mat. We especially enjoyed the competitive spirit provided by the clubs from Hawaii. They really know how to have a good time, but when it came time for the tournament to start, they were all business. After that, they were fun-loving again.

The numbers were staggering.

We had 660 competitors in the Championships tournament, in addition to 213 competed in the Novice Tournament and a record 21 teams or another 42 participants in the Kata Tournament.



To top of a great event, we had a record 10 teams in the team competition for another 50 participants for a grand total of 965 competitors.

Overall, the tournament went without a hitch, running smoothly on 8 mat areas and each day being refereed by 65-70 national level referees. To manage 8 mat areas was an undertaking that challenged us all, but a number of clubs stepped up and were there all day on both days; many provided veteran crews while others not so experienced, but what they all provided was an enthusiasm to help and support.

We also had a coaches' certification clinic and kata clinic prior to this event. For the coaches' clinic, we had 64 participating with close to 60 coaches getting their coaching certification from either USJF or USJA. At the kata clinic, we had over 30 participating.

After the tournament had long ended and the remaining volunteers and tournament staff finished removing the last remnants from the judo tournament, loading up the tatami mats, we took one last look at the Bren Events Center, now quiet and peaceful, that signaled the end of a wonderful weekend.

Sincerely,  
Ed Shiosaki  
President, Nanka Judo Yudanshakai  
2010 Jr Nationals Coordinator



**Congratulations to all participants, and especially the following Tournament Award Winners:**

**Outstanding Competitor**

*Day 1*

Andrani Alaverdyan (Ca)  
Jenna Enoka (Hi)

*Day 2*

Kyle Taketa (Ca)  
Crystal Butts (Ca)

**Fighting Spirit**

*Day 1*

George Truong (Co)  
Alisha Galles (Nm)

*Day 2*

Bryson Castro (Hi)  
Summer Truong (Co)

**Sportsmanship**

*Day 1*

Nathan Navida (Ca)  
Miranda Imamura (Ca)

*Day 2*

Gevorg Akhverdyan (Ca)  
Lydia Au

**Technique**

*Day 1*

Charles Rocha (Fl)  
Marlina Luz (Ca)

*Day 2*

Ethan Sumida (Hi)  
Ashlyn White (Fl)

*Complete results and bracket sheets are posted on The Judo Forum, courtesy of Jerry Hays:*

<http://judoforum.com/index.php?/forum/4-competition/>

The First Joint USJA/USJF Junior Nationals under the auspices of our Grassroots Judo™ Program was held on July 3 & 4 at the Bren Center which is part of University of Southern California, Irvine. Nearly 1,000 competitors entered what was surely the biggest US judo event in almost a decade. The Nanka Yudanshakai was the host. With 8 mat areas, they ran one of the smoothest national tournaments and set the bar very high for all who follow! Among the reasons for the large increase in participants was the recent settlement between the USJA and USA Judo, in which roster points were restored for this event. Gary Goltz, USJA President, Lance Nading, USA Judo President, and Neil Simon, USJF President held a two-day meeting in June, 2010 to develop a positioning statement that focuses on growing quality judo in the US and building the spirit of cooperation. All three presidents addressed the large crowd during the opening ceremonies of the Junior Nationals, and pledged more positive changes to come among the three major judo organizations.

The competition was extremely good with the new IJF rules in place to force more stand-up judo. There was also a novice (white-yellow belt) division for the first time with over 200 entrants. There was also a Kata division. Refereeing was superb and there is talk that this annual event will be a national referee certification site in the future. Grassroots Judo™ points for this event will be posted on both the USJA and USJF websites soon.

The next Grassroots Judo™ event is the [5th Annual Winter Nationals](#) on December 4-5, 2010. Following that, the 2011 Joint Junior Nationals will be held in the Midwest over the 4<sup>th</sup> of July weekend. More details and a website link will be posted shortly.

--Gary Goltz, President, USJA



Editor's note: A special thank you to Ed Shiosaki, President, Nanka Judo Yudanshakai and everyone else who provided photographs for this feature. To see more, visit: <http://juniornationals2010.shutterfly.com/>



## USJA/JF Joint Coaching Certification Clinic

As America celebrated its birthday, the United States Judo Association and United States Judo Federation celebrated their first ever Joint Junior National Championships. In addition to drawing nearly 1000 contestants from throughout the U.S., this great event also attracted 56 candidates who came two days early to become certified coaches.

The Clinic was conducted by Coach Development Staff member, Hayward Nishioka, who is a qualified instructor in both organizations. Topics included the nature and history of coaching, planning and periodization, advanced judo tactics, building a family of techniques, scouting the opposition, communication skills, cardiovascular and muscular needs, injury management and risk management; these topics were selected because of their relevance to long-term coaching and the development of competitive excellence for upcoming competitors.

The certification clinic, normally a 2 1/2-day event, was condensed to one day to accommodate the scheduling of the tournament and various meetings being held by both organizations.

"Normally there would be presentations of coaching scenarios played out by the candidates along with group critiques and reviews of chapter tests taken from the coaching manual. Additionally a final examination (schedule "B", the multiple choice test rather than "A" the true/false test) would be administered, where the candidates would have to pass with a 70% or higher grade in order to qualify as a coach," said Nishioka.

In all, those who took the class found that coaching isn't about sitting on the side lines yelling out "Go, go, go!" It's about developing your athlete at the tournament, in the dojo, and in life. It's about using the judo experience as a vehicle to prepare our students to be strong, technical, and better prepared to meet challenges. In understanding both the scientific basis for how the body works and the nature of competitive judo, the USJA and the USJF hope to develop the best possible coaches for our members through our Coach Certification Programs.



Much credit goes to Julie Koyama, program director for the USJF and Bill Montgomery, Coach Development chairperson for the USJA, for their leadership roles in allowing this collaborative effort to go forward; to Rob Oishi, Nanka development director and project manager for overseeing the first joint USJA/JF coach certification clinic; and to Lea Hatashita of Hatashita Sports,

our sponsor, for donating Mizuno belts to the first fifty to sign up for the certification class. Our congratulations to Ed Shiosaki, President of Nanka Yudanshakai, and his staff for a well run JF/JA Junior National Championships. We hope to see all of you next year at the USJA-hosted event in the Midwest.



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

After the Joint Junior Nationals, the USJA/USJF Grassroots-Judo Forum Clinic was held on July 5<sup>th</sup> and 6<sup>th</sup> at the Orange County Kodokan. Although the turnout was light, junior judoka from Florida, Illinois, Wisconsin, Oregon, New York and California were able to gather and make friends, and of course do some Judo. Clinicians Tony Okada, Sid Kelley, Ronda Rousey and Paul Nogaki shared drills, techniques and games and a great time was had by all. Tony covered moving uchi komi drills and how to decide which techniques would make good combinations. Sid introduced unique and innovative drills covering ukemi, uchi komi, and mostly ne-waza drills to help transition from one pin to another. Ronda covered different variations of seoi nage and newaza turnovers designed to be effective for juniors. Paul introduced games designed to help juniors with moving skills and made sure that no one went hungry!



*Photographs courtesy of Paul Nogaki*





## **A WARM WELCOME to Our NEW USJA Clubs!**

**June, 2010**

Club Name: **Russellville Judo Club (Class C club)**  
Head Instructor: **Dan Martin**  
email: [wmartin@atu.edu](mailto:wmartin@atu.edu)

Location: **Russellville, AR**  
phone: **479-968-0306**

Club Name: **Ocean County Judo Club (Class C club)**  
Head Instructor: **Joseph Marotta**  
email: [tigwres101132@aol.com](mailto:tigwres101132@aol.com)

Location: **Brick, NJ**  
phone: **732-740-7261**

Club Name: **The American Renkuran (Class C club)**  
Head Instructor: **Sidney Kelly**  
email: [skelly111@comcast.net](mailto:skelly111@comcast.net)

Location: **North Branford, CT**  
phone: **203-937-1922**

Club Name: **Budokan Judo Club (Class C club)**  
Head Instructor: **Josan Fajer**  
email: [budokantj@hotmail.com](mailto:budokantj@hotmail.com)

Location: **San Diego, CA**  
phone: **619-661-9618**

Club Name: **Reedsburg Judo Club (Class C club)**  
Head Instructor: **Marc Barbaccia**  
email: [mab61010@yahoo.com](mailto:mab61010@yahoo.com)

Location: **Reedsburg, WI**  
phone: **608-393-4966**

Club Name: **Ichiban Judo and Goshin-Jitsu Dojo**  
Head Instructor: **Robert Matrisciani**  
email: [rmatrisciani@aol.com](mailto:rmatrisciani@aol.com)

Location: **Staten Island, NY**  
phone: **646-942-2174**

Club Name: **Wasabi Dojo**  
Head Instructor: **John Powell**  
email: [attorneyjohn@sbcglobal.net](mailto:attorneyjohn@sbcglobal.net)

Location: **Pearland, TX**  
phone: **281-997-6481**

Club Name: **Magnolia Brazilian Jiu Jitsu**  
Head Instructor: **Patrick Caldwell**  
email: [pcaldwell@yahoo.com](mailto:pcaldwell@yahoo.com)

Location: **Magnolia, TX**  
phone: **832-465-0580**

## **Congratulations to our Newly Certified USJA Coaches**

- ★ Kevin Gilman Derry Judo Club Fremont New Hampshire
  - ★ Pamela O'Hara Derry Judo Club Derry New Hampshire,
  - ★ Jake Freedman University of New Hampshire Judo Club Exeter New Hampshire,
  - ★ Candice Low Derry Judo Club Derry New Hampshire,
  - ★ Tom Reusing Gracie Barra Temecula Judo Club Riverside, Ca,
  - ★ Johnny S Tureaud American Judo Club Dakota Dunes, SD
- 

*USJA Life Member 2025, Alice Rogers, reflects on the differences in teaching in martial arts since she participated "many moons ago."*

### **Meet Alice Rogers – THEN and NOW**

**The year: 1960 - - The place: Huntsville, AL**

She was 37 years old, hunting for a place to take her young sons to learn how to fall down without hurting themselves. She had learned how to fall protectively during tumbling in high school in Hagerstown, Maryland, but her sons were not so fortunate. Six weeks previously, she had taken her two boys to a roller skating rink, where within the half-hour, the oldest boy fell and fractured his wrist because he did not know how to fall. Nothing was available at the time, not even tumbling or gymnastics. However, she lucked out; a judo club had just been established around the corner where she lived, by an Army Sergeant from Redstone Arsenal.

Enrolling herself and her two sons, ages 11 and 9, turned out to be a blessing. Alice loved the martial arts immediately. But she found herself among teenagers who thought a woman of her "advanced years" too old to be there. This was indeed a struggle for her. The young boys only had eyes for the 2 younger females enrolled in the class. Consequently, she made herself work harder to deter their attitude. Little did they know that this woman was determined that no darn males would force her out of an art she enjoyed.

One day, a Commanding Officer at Redstone made an unannounced visit. He met Alice and worked with her all afternoon. Recognizing her talents, he insisted she be promoted to Brown Belt. Soon after other females joined the group, but since she had previously been made to work with hard men, the new women felt like feathers to her. She easily tossed them every which way.

Home life had not been so good for Alice. Divorce was inevitable for God had made her a registered nurse, not a housewife. She soon married one of the judo instructors. Wherever they lived, her husband had a judo club, and instruction and training continued. She and her new husband soon began taking lessons from Leo Wilson on Green Mountain overlooking Huntsville, AL. She continued to work hard, taking at least an hour for slow warm ups before class ever started. In class, grunts, groans, and the words "try again" were heard along with the sounds of laughter at one's own mistakes and the mistakes of others. Afterwards no one left for they were able to socialize with Mr. Wilson, as he stayed behind to watch TV and tell funny stories.

Teaching children at the Judo Club became Alice's job as her husband had no patience with children under 12. Her experience field training dogs many years earlier proved an advantage in working with children. She made a startling discovery – children's attention span was the same as her dogs – just about 10 minutes. Therefore, procedures had to be adapted for this. Little did the children know that each time a new routine evolved, they were learning a part of a throw or grappling technique that would later be used when they were ready to be taught the whole sequence. They laughed, they tumbled, and they had fun.

After 18 years of this, her second marriage also ended in divorce. Alice was free to roam this beautiful country as a nurse in cities, towns, nooks, crannies and mountains to learn from other cultures, and they learned from her as well.

At age 73, Alice returned to the Huntsville area and tried to find her old instructor, Leo Wilson, but learned he had moved. One day when she read in the local newspaper that her old judo organization was having a clinic at the gym of the University of Alabama at Huntsville, she jumped at the chance to possibly find Mr. Wilson again.

Excited, she arrived at the event. Not only did she find Mr. Wilson, she found many of her old judo buddies as well. There was much hugging, slapping of backs, and talking of old times. One of her old friends talked her into coming back to the martial arts class where he was giving lessons.

Off she went only to find loud booming music in the judo, kids playing on the mats who were not students, fast short warm ups, parents interrupting class, and even the kata were performed too fast. Kata, when she first learned them, were to show stylized predetermined movements and teach a person how to get into or to avoid a maneuver.

Everything had sped up during her absence. Speed was the drive. Flash was the drive. Win was the drive. People were literally wallowing on the mats. She always had been trained not to get down on the mat, for the aim was to get your opponent on the mat. Some nit-wit had separated jujitsu from judo, and now choking a person out, then reviving him under strict supervision, was against the law. Her sport had changed, so she had to try to change with it.

During this change, Alice discovered something miraculous – she learned that pressure points could also be healing points, depending on the amount of pressure applied. She used these points in healing her patients.

What had happened to her beloved art? Students approached her with caution, apologizing when they threw her or applied a grappling technique. Shaking her head, Alice finally convinced these youngsters that she would not break working on the mats. She continued working out and helping teach at this club until she was age 82 years young. Her doctor suggested, somewhat strongly, that she may not want to take her beloved breakfalls anymore. But there is so much more to her beloved arts. Now she learns other arts, like knife fighting, cane defense, and, even though swords are a little much, she tries. She loves clinics and still is on the mat as much as her body will allow, but disapproves of having only one partner. The goal is to learn and help others. As to the noise, she just removes her hearing aid; reads the instructors lips or if that doesn't work she asks someone what was said. One thing you will need to learn, some the hard way, at 86 years old, you do not mess with Alice Rogers and her cane, as Alice has a 7<sup>th</sup> degree black belt in Yudo (Korean Judo).

**The year: 2009 - - The place: Athens, AL**



## **News from the *Greatest Camp on Earth*, Matthews, NC**

Ringling Brothers' Greatest Show on Earth doesn't hold a candle to the 2010 Greatest Camp on Earth. Our highflying judoka and growling sensei are only the beginning. This year Nicolas Gill, Nick Lowe, Igor Yakimov, and Luis "Succuri" Togno razzled and dazzled 324 campers with refined waza in ring one. In the next two rings Mike Szrejter, Bill Andreas, Mark Hunter, and Darian Stokes drilled and thrilled younger judoka with judo, judo skill games, movies, and thanks to Hal Zeidman, a daily sword class. The next ring housed the BJJ/Sambo/Wrestling mat where "Succuri" Tongo rolled with the BJJ'ers, Dave Wojcik wrestled his athletes, and Igor Yakimov grappled with Sambo devotees.

A long list of extraordinary heroes included Ernie Cates, Tom Ryan, Ken Nazemetz, Dave Parritt, Tom Reiff, Gerard Trawinski, Hal Zeidman, and Tony Zimkowski, who demonstrated Traditional American Jujutsu in two rings. Hal Zeidman, Barry Stebbins, and Daniel Schmidt invited campers to don elaborate gear and perform Kenjitsu and Kendo as spectators cheered.

In the Kata ring Ed Szrejter, Michelle Holtze, Ronald Allan Charles, and Vic Reavis led Kata practitioners in 5 different Kata. Two additional rings featured Sgt. Major E.L.

Mayfield as ringmaster in the USA Judo coaching classes while Joan Love, Ed Thibedeau, Pete Mantel, Dr. Ronald Allan Charles and Dr. Don Tyrell led the USJA coach education course.







Last but not least, two very special guests, Gary Goltz, USJA President and Joan Love, USJA Vice President, surprised campers on the mat and presented the USJA Coach of the Year award to Pat Szrejter. Awards were also present to Dr. Ronald Allan Charles (USJA Lifetime Achievement Award) and Debbie Rucker (in Recognition of Holding the Greatest Camp for over a decade).



*I want to thank the moms and dads who helped with the younger children this year. Thank you to everyone who helped with teaching, assisting, bouncing, scheduling, packing, loading, setting up, taping, shopping, cleaning, folding shirts, preparing registration packages, answering correspondence, changing our website 10 times a day, photographing our campers, airport pickups and all the other tasks that are necessary. 2011 Camp Dates are June 23, 24 & 25th . . . so hold the date.*



*See you on the mat!*

*--Debbie Rucker*



*Editor's note: A special Thank You to Carl Hayes, Ronald Allan Charles & everyone else who provided photographs. Visit [www.greatestcamp.com](http://www.greatestcamp.com) to see more camp photos.*

## CAMP BUSHIDO 2010

Judo & Jujitsu Camp in the Sierra Foothills; July 5<sup>th</sup> – 9<sup>th</sup> 2010



Camp Bushido 2010 had a tentative start. With space limitations and two of the headline instructors taken out by medical concerns, there were worries. Still, the perennially faithful supporting dojos showed up *en masse*. Soon all of the available air-conditioned rooms were assigned, a general meeting held, everyone went off to dinner, and the training started. Headlined by Professor Charlie Robinson, Hachidan, several 6<sup>th</sup> and 7<sup>th</sup> degree black belts filled the teaching vacancies with passion and purpose. Rey Tinaza, David Fairfield, Dennis Mercer, Jose and Chantilly Ortiz, and Brian O'Hara all brought some awesome judo and jujitsu to the mat. Participants trained for four solid days, from 6:30 am until 9:00pm at night. There was afternoon recreational time for swimming and paintball, but the focus on the judo and jujitsu was "off the scale!"

There were promotions, coaching and kata certifications, 46 youth and adult training sessions, and two fully-matted dojo. With 16 schools, from as far away as Alaska and Virginia, 19 black belts, 30 kids and 34 adults, the camp rocked! With incredible camaraderie, a beautiful setting (near Yosemite), a great facility, good and plentiful food . . . what could be better? Oh yes . . . add judo and jujitsu. All for a great price. Perfect!

The 2011 Camp Bushido is already shaping up to be a great event, with two judo Olympians scheduled to teach, the full space open, new tatami mats, and the dates already set. Go to [www.campbushido.com](http://www.campbushido.com) for all the up-to-date info and news.





## Judo News From Around the Country

### **Pennsylvania, May 1**

Kim's Martial Arts in Pittsburgh, a USJA club, hosted a comprehensive Judo and Brazilian Jujitsu seminar with Paulo Fernando Augusto. This is the second time that Paulo has traveled to Pittsburgh to teach a workshop combining the best of Judo with BJJ. The event was very well attended with representatives of seven USJA Clubs present. Paulo Fernando Augusto is a fifth-degree black belt, USJA and a fourth-degree black belt in BJJ. He is a highly sought-after expert on instruction of combining both arts. Chris McMahon, 3<sup>rd</sup> Dan, USJA, one of the event's host commented, "I've never seen such a well thought out presentation. Paulo's instruction highlights the best of both Judo and ground fighting. He is a wonderful instructor. He is an exceptional Judo player and his skills translate very well to his instruction."

Kim's Martial Arts is the original school of Gary Goltz, 7<sup>th</sup> Dan and President of the USJA. Grandmaster Kyu Ha Kim, 9<sup>th</sup> Dan, and his son Eugene Kim, 6<sup>th</sup> Dan, were both involved in the presentation. As Paulo continues to build relationships with USJA Clubs in the eastern United States, this annual event continues to be mutually beneficial for all involved. USJA members were also offered a discounted admission which added to their benefits of membership in the USJA.



Chris Moore 3<sup>rd</sup> Dan, Chris McMahon 3<sup>rd</sup> Dan, Gary Goltz 7<sup>th</sup> Dan and President of USJA, Paulo Fernando 5<sup>th</sup> Dan Judo, 4<sup>th</sup> Dan BJJ, Kyu Ha Kim 9<sup>th</sup> Dan, Eugene Kim 6<sup>th</sup> Dan, Brandon Walenski

### **Mississippi, June 5**

Earl Wright, Head Coach of Pensacola Judo & Jujitsu aboard Naval Airstation Pensacola, and his students attended a clinic with 4-Time Olympian Brian Olson, hosted by Sensei Bob Harvey's Academy of Martial Arts. Participants came from many clubs from Louisiana to Tennessee and ranged from beginner to dan grades. The 3-hour evening session included gripping and applications of Ashi waza and ended with standing and ground randori.



Adam Szouh USN, Earl Wright, Brian Olson, Marianne Sparklin USMC, Rose Abrao, USN.



"This clinic by Brian Olson was ideal for my Judo students to build their knowledge base and confidence. The most important part is that they had fun while they learned from one of the best and were able to build friendships on the mat for years to come. My young servicemen and women are still buzzing about the training they received. Thanks to Sensei Bob Harvey for making this clinic possible."

*Sensei Earl Wright  
Head Coach Pensacola Judo and Jujitsu/ Military  
Outreach Judo and Jujitsu Orgnization (MOJJJO)*

### **Pensacola Judo Student Trains Abroad**

Sensei Earl Wright, Head Instructor at Pensacola Judo & Jujitsu, recently welcomed back student Jeff Hoffman from a University of West Florida Studies Abroad program. The program not only included his school studies but a first-hand look at European judo training. Jeff trained at the Judo and Ju Jitsu Club Winterthur in Switzerland, about 19 miles from Zurich. The club has about 150 students and is very active and competitive throughout Europe. In late February, Jeff began training there twice a week. He soon discovered that the hour-and-a-half sessions consisted mainly of randori. "It was brutal," he said. "I felt like I was dying." Jeff trained under Sensei Richi Munst and Sensei Patrick Packes. He had the opportunity to work with many different judoka and learned a great deal about judo and himself. Jeff recalled, "The experience was a once-in-a-lifetime which I will remember forever." Sensei Wright noted, "I am very proud of the fact that Jeff trained with a high caliber group of Judo Players at Winterthurs Judo Club, I can already see a difference in his judo and anytime my judo players have an opportunity to train abroad, I applaud it. This is what makes Judo so good; you can bridge the language gap and train anywhere in the world, have fun and make new friendships that last a lifetime."



*Richi Munst, Jeff Hoffman, Patrick Packes*



## Nevada: Ozeki Judo Club - Reopening in a New Location

Due to city budget cuts, we lost our community recreation center judo location on the 12th of June. That was the bad news. The good news is that through the efforts of parents, we have found a new space. We will be opening in a shopping center just a few blocks from our old dojo. The new address for Ozeki Judo Dojo is 765 North Nellis Blvd #9, Las Vegas NV 89110. New hours of operation are: Yonen 5-6pm, Shonen 6-7:30pm and Seinen 7:30-10pm on Mondays, Wednesday and Fridays starting on July 12, 2010. We are currently working on a website for the dojo.

--John Weiner



## California, June 23-25

The U.S. Association of Blind Athletes (USABA) partnered with Junior Blind of America in Los Angeles to promote the celebration of the United States Olympic Committee's Olympic/Paralympic Day. From June 23-25, 40 teens who are visually impaired or blind and 40 of their sighted peers attended a Sports Camp held at Camp Bloomfield in Malibu, CA. Olympic Day is a worldwide commemoration of Baron Pierre de Coubertin who, on June 23, 1894 founded the modern Olympic Games. Five Paralympic sports were scheduled: Track and Field, Judo, Swimming, Tandem Cycling and Goalball (a team sport specifically designed for people who are blind and visually impaired). The judo clinic was led by three local Los Angeles Judo club coaches: Rey Tinaza, Ashton Sarah, and Kenji Osugi along with National Team Judo athlete Tina Thomas.

*On behalf of the U.S. Association of Blind Athletes and the Junior Blind of America, we sincerely appreciate your outstanding work in introducing children who are blind and visually impaired and their buddies to the sport of judo during the Sports Camp; June 23-25 at Camp Bloomfield in Malibu. What incredible coaches you are! What incredible Senseis you are! What incredible experience, knowledge and teachers you are. The kids loved judo because you made it fun and challenging. I cannot thank you enough for your work! Thank you for working with us to improve the lives of children.*

*Your friend in sport,  
Mark A. Lucas, M.S., Executive Director  
U.S. Association of Blind Athletes  
[www.usaba.org](http://www.usaba.org) ; [mlucas@usaba.org](mailto:mlucas@usaba.org)*

*Camp Bloomfield was great. We exposed about a hundred kids that never ever heard about Judo. I have gotten great feedback from the kids and wanted to learn more of the sport. Tina, Kenji and I were a great team.*

*--Rey Tinaza*

## California, July 5-9



Judo America San Diego hosted its first week-long Judo camp in San Diego on July 5-9. The camp was actually two camps in one: Camp Olympus for judo players and a Summer Sports Camp for non-judo players. Staff included 2x Olympians Israel Hernandez and Valerie Lafon Gotay, international coach Gerald Lafon, and Patricia Yuki Moran, assistant coach for Judo America San Diego.

Besides training in Judo, activities included fundamental physical education, tumbling, indoor rock climbing, cargo net climbing, ball handling skills, introduction to Olympic lifting and strength training, tug of war, combative games, sumo wrestling, and tire flipping. All activities were conducted within our 2,400 sq ft facilities.

One of the main benefits of conducting a generic sports camp for non-judo players in conjunction with a Judo camp is that we exposed kids to the sport and picked up a few new members in the process.

Although we got a late start in announcing our camps and competing with all the other summer camps offered in our area and throughout the United States, we attracted 16 children. A second set of camps is scheduled for August 2-6.

For more information on the camps go to <http://www.judoamerica.com/campolympus.pdf> or <http://www.judoamerica.com/sandiego/summercamp.pdf>



## 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](mailto: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).*

### **July 24-25**

**Aikido for Judo Players & Other Martial Artists** at Norwich Judo Dojo, 204 Sturtevant St. Norwich, CT, with instructors from the Aikido Shobukan Dojo in Washington, DC.: **Lewis Cuffy** (Sandán, head instructor of the Youth Program, Yodan in judo, and dan grade in Uechi Ryu and Tae Kwondo ) **and Sara Bluestone** (Godan). Three 2-hour sessions: Saturday 10:00 a.m.-12:00 noon, 1:30-3:30 p.m.; Sunday 10:00 a.m.-12:00 noon. FOR: Ages 12 & up. No throwing experience required. FEE for the entire clinic: \$35/person. For more information contact Bill Montgomery at [NorwichJudoDojo@aol.com](mailto: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](mailto: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](mailto: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** with Israel Hernandez, Valerie Gotay, & Gerald Lafon.

**Cost:** \$200 (training only), \$325 (home stay includes training, room and board). See [www.judoamerica.com](http://www.judoamerica.com).

Contact Valerie Gotay at (951) 699-8969 or e-mail at [val@judoamericatemecula.com](mailto:val@judoamericatemecula.com) .

### **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, [defrgs6@att.net](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](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](http://www.newyorkymcacamp.org/judo)

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



2009 Shapiro

## SEPTEMBER

### September 10, 2010

**Grip Fighting Clinic with Martin Boonzaayer**, U.S. Olympic Team member( 2000 & 2004), 2003 Pan-Am Games Bronze Medalist & 7x National Champion; 6:00-8:30 PM during the Weigh in of the Buckeye Open Judo Championships (see below). Fee: \$20.00 payable at clinic site.

### September 11, 2010

**2010 Buckeye Open Judo Championship**, sponsored by Buckeye Thunderbird Judo at Youngker High School, 3000 S. Apache Rd., Buckeye, AZ. Juniors: \$20.00 first division, Seniors: \$30.00 first division, \$20.00 each additional division. . Pre-Registrations received by 8/6/10 will receive a Buckeye Judo Tournament T-shirt.  
Contact Shawna Scarbrough- 623-217-0534 or [shawnascar@msn.com](mailto:shawnascar@msn.com) or <http://www.buckeyejudo.webs.com> .

### 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, 5<sup>th</sup> dan – Head Instructor 765-621-3416

### Saturday, September 25<sup>th</sup>

**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](mailto:wallmartialarts@cox.net).

### Saturday, September 25<sup>th</sup>

**Clinic with Celita Shutz, 3-time Olympian, and Yoshiro Matumura, 8th Dan**, at Kodokan Judo of Cape Coral, 532 SE 47 Terrace, Cape Coral, FL. Juniors 10 AM - 1 PM and Seniors 2 PM - 5 PM.  
Contact: John Paccione (239) 699-2825; [SIJUDO1@aol.com](mailto:SIJUDO1@aol.com).

## NOVEMBER

November 5-6

6th All Women's Championship, Bowling Green, OH. Contact: Deb Fergus, [deffrgs6@att.net](mailto:deffrgs6@att.net) or 269-385-0111.

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](mailto:dtyrell@comcast.net) for flyer and further information.

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### Well Wishes:

✧ Our thoughts and best wishes to Peter Contardo for continued improving health. ✧

*If your family wishes to share any information for the following features: **Milestones, In Memoriam** or **Well Wishes**, please email Matt Marcinek at [Polish\\_Power152@yahoo.com](mailto:Polish_Power152@yahoo.com)*

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### ***A Response to last month's feature: "Fighting the Taliban with Judo"***

*Captain, Sir:*

*I was very inspired by your recent USJA article! Please accept my personal thanks and deepest gratitude for making a difference in so many people's lives as you serve this great country overseas. I really admired your balanced perspective in how you teach and coach while preserving the applied common sense of a law enforcement officer and soldier. You lead by example, which is the most important trait of leadership, but that so many forget as they move up the ranks in the military or judo. Not only are you inspiring your own troops, but those you do not even know who have grown up in a war-torn sector for eons. There is no medal high enough to express thanks or gratitude to you. I know you do not even consider that because of what you do, but I want you to know-from one brother to another that I see it. I wish I could provide you with more tatamis or even do a clinic, but the Coast Guard would frown upon me being on land.*

*You are a great leader and a hero to so many. I hope you realize that you are making a huge difference! I am here for you, and so is the entire USJA.*

*Thank you again and please stay safe.*

*Very Respectfully,  
Pete, Fighting Godan  
Coach, Coast Guard Judo Club*

*"Throw to pin, pin to win"*

## ***A Response to last month's feature: "A Note to Sensei About Succession Planning"***

As Joan Love's daughter, I have the privilege of proofreading each issue of *Growing Judo*. I enjoy reading the articles each month about the current events in the judo community, as I have recently returned after nearly 7 years off the mat. I was struck when I read Mike Dobbs' article about planning for a dojo successor (*June issue*); his message resonated with me personally.

I started judo at the age of 5 at a club in eastern Connecticut, taught by the late Lenny LeBlanc. He was a major influence in Connecticut Judo for many years, organizing and running most of the regional tournaments in the state. Three Olympians: Corinna Broz, Brandon Greczkowski, and Alex Ottiano, all started judo with Lenny as children. When I was there, *Kwang Moo Kwan* was a good-sized club, with lots of kids and teenagers. The program ran in the evenings at my elementary school, and both my brother and I participated. However, Sensei LeBlanc had some health problems, including diabetes. He had already lost one of his legs before we met him. When I was a preteen, his health deteriorated further and he was forced to go into a nursing home.

This situation was detrimental, not only to the club, but also to CT Judo. Lenny had not anticipated this happening, and had not, as Mike Dobbs discussed, prepared a successor should he have to leave the dojo. This caused a power struggle between several people vying to be 'sensei,' and the eventual decline of the club. Some of the parents tried to keep the dojo running and retained some of the members, but there was so much turmoil that remaining there proved to be too hard.

I was still enthusiastic about pursuing my judo career, and my mom, having also joined judo after my brother and I had, was very supportive. However, because our original judo club had fallen into disrepair, we struggled to find places to train. This often led to our traveling up to an hour each way on school nights, which was a challenging schedule for a girl in middle-then-high school. Participating in other after-school activities was limited. I often did homework during car rides, on a laptop that my mom bought me, while she, a teacher, did schoolwork late at night. It took months to find a new club that was a good "fit," and it was still nearly an hour's drive.

After reading Mike Dobbs' article, I felt the need to share my personal experience. Many coaches don't think about how vital it is to make arrangements for the future. Running a dojo is like running a business: you cannot let it fall apart because one person, even the head sensei, can no longer continue. If someone takes the initiative to open a dojo, it is their obligation and duty to make sure that their students will have a future in the sport that they love. I look back and think that if only my childhood dojo had approached judo with that mentality, the strain I experienced in trying to balance judo with my other pursuits could have been so easily avoided.

Coming from a student's perspective, I feel that Mike Dobbs' message should be shared with all present and future sensei. This can only help to further the growth of U.S. Judo, and to ensure that judoka everywhere will have a dojo they can rely on.



-- Andrea Love, shodan  
Ph.D. candidate, New York Medical College





## USJA Promotions, January-June, 2010

*Congratulations to the following individuals on their achievements:*

### *Shodan*

★ Darrell Albios	★ James Foster	★ Matthew Metcalf
★ Brandi Ash	★ Robert Grace	★ Chris McMasters
★ Dave Banks	★ Marvin German	★ Brian Lee Money
★ Fuat Baran	★ Martin Ghatani	★ Fabiano Nagayama
★ Greg Becker	★ Jeff Heinonen	★ Rick Ongaro
★ Ronald Belanger	★ Paige Inollye	★ William O'Connor
★ Tony Blundi	★ Justin Jones	★ Andrew Perron
★ Roby Barnes	★ Kim Kaye	★ Mark Perkins
★ Gabriel Brown	★ Sheldon Kim	★ Ryan Ponder
★ Michael Brown	★ Matthew Kitterman	★ Mason Reid
★ Joseph Cannizzo	★ Andrea Love	★ Roger Stevener
★ Sergio Camacho	★ David Landers	★ Joa Schwinn
★ Vance Clipson	★ Sal Maiorana	★ Aaron Smith
★ Sarah Crosby	★ Robertson Marquardt	★ Kevin Schaumleffle
★ Kayla Crosby	★ Peter Marquez	★ Todd Thomas
★ Henolye Chery	★ Kelly Matsukawa	★ James Van Cleave
★ Eugene Deren Jr.	★ Shawn Mason	★ Matthew Vander Horck
★ Richard Delluomo	★ Mark Mead	★ Angel Vasquez
★ Melanic Dreser	★ Joel Moore	★ Jens Vincent
★ Barry Flynn	★ Thomas McNamara	★ Christine Woodward
★ Mathew Foster	★ Edward McCall	

### *Nidan*

★ William Anderson	★ Andrew Ten	★ Joseph Martucci
★ Luis Arregoitia	Constantine	★ John Meyers
★ Jason Bruce	★ Krisztian Marki	★ Hoke Nunan
★ Victor Caputo	★ Dennis McCarter	★ Timothy Phillips
★ Glen Crisp	★ Joseph Martine	★ Rachel Ragosa
★ Glenn Crosby	★ Elvys Martinez	★ Danny Reid

### Nidan, continued

- ★ Eric Richardson
- ★ Brian Ritt

- ★ Jeffrey Rutt
- ★ Hector Smith

- ★ Richard Whitman

### Sandan

- ★ Kaye Barreto
- ★ Clint Brizendine
- ★ William Klotz
- ★ James Lechleider

- ★ Thomas Moreau
- ★ Mariano Napoles
- ★ Gary Novota
- ★ Luke Quinn

- ★ Oscar Springsteen
- ★ Robert Smeltzer
- ★ Leandro Valdes

### Yodan

- ★ Frank Benzaquen
- ★ Jason R. Cryan
- ★ Raymond T. Huxen
- ★ Greg E. Kaye

- ★ Jenifer Leith-Beckett
- ★ James Parker
- ★ Alma Qualli
- ★ David E. Radunz

- ★ Rodney Roberts
- ★ Pavel Shaposhnikov

### Godan

- ★ Edgar Carol
- ★ Mary Nicotera

- ★ Kenneth Pacunas

- ★ Heiko Rommelmann, Jr.

### Rokudan

- ★ Robert Donaldson

### Schichidan

- ★ Frank Phillips

- ★ Dennis Scheib

- ★ Alfred W. Schmitt

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*Are Judo Promotions Important? Of course they are. Have you ever seen the look on a young judoka's face when Sensei ties on or hands him/her a new belt? Mom and Dad are taking pictures. This is a great moment in a young judoka's life. If you have reached that point, tell me you weren't excited when you made Shodan. I remember when I made Shodan, my Sensei took off his belt and tied it on me. That was a proud and joyful moment in my life. Promotions are a way for Sensei to let students know that he or she is paying attention to their progress and appreciates their regular attendance and ability to pass the promotion exam. The USJA has many great resources on Judo. I know as I progressed through the ranks, I watched tapes over and over and read everything I could. So work hard and don't miss class!*

*Jita Kyoie*

*Homer Wooster, Shichidan*