

Growing Judo

September, 2010



© 2010 Deborah Shapiro

Sid Kelly (8th dan), chair of the USJA Promotion Board and creator of "Kelly's Capers" demonstrates an ashi waza drill at the International Judo Camp in NY. The uke is Heiko Rommelmann, Jr. (5th dan), chair of the USJA Kata Certification Committee.

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

In this month's issue:

- ★ Remembering Anton Geesink (1934-2010)
- ★ *Cutting Weight and Losing Out*
- ★ *Getting Back in Shape*
- ★ News about camps and other events
- ★ People and clubs that are GROWING JUDO
- ★ New Clubs, Promotions and other regular features!

Table of Contents

Official News	3
<i>Anton Geesink</i> by Larry Thorpe	4
<i>Cutting Weight and Losing Out</i> by John Schneider	6
<i>Getting Back Into Shape</i> by Gary Goltz	9
A WARM WELCOME to Our NEW USJA Clubs!	12
Congratulations to our Newly Certified USJA Coaches	13
Judo News From Around the Country	14
<i>Including:</i>	
<i>Fight Like a Girl Camp</i>	16
<i>International Judo Camp</i>	21
Upcoming Events.	27
USJA Promotions	29
<i>Commentary: WHAT HAPPENED TO MAXIMUM EFFICIENCY?</i>	30
2011 USJA -USJF Joint Junior Nationals.	32
NEW! USJA T-Shirts!!	33

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

Editor's Note: Special thanks to Copy Editors Alex Rounds, Matt Marcinek & Andrea Love.



Letter from the Presidents of JA & the USJA



August 15, 2010

Dear JA Members,

The Jujitsu America (JA) and US Judo Association (USJA) each stand tall in our respective fields, and yet gain a great deal more by working closely together. We are delighted to expand on the alliance between USJA and JA by now offering special Joint Club Membership Benefits to clubs that join both organizations, integrating the best of what each organization has to offer, and bringing outstanding new benefits to our members.

We encourage JA clubs to register jointly for the purposes of incorporating judo instruction into your jujitsu curriculum, participating in sanctioned competition events, seeking national rank recognition, plus an extensive array of additional benefits.

Please take a few moments to review the following [Summary of JA & USJA Joint Club Membership Benefits](#) and see what our new alliance has to offer you and all your students. We look forward to serving you and your club even further as a result!

All the best,

A handwritten signature in blue ink, reading 'Eric Renner'.

Eric Renner
President, JA President
eric.renner@comcast.net

A handwritten signature in blue ink, reading 'Gary S. Goltz'.

Gary S. Goltz
President, USJA
gary@usja-judo.org

USJA/USJF/USA Judo Triad Positioning Statement

If you have not already done so, please visit the USJA website to read this document, which outlines mutual goals of the three judo organizations:

<http://www.usja-judo.org/announcements/CoverPositioningStatement100818.pdf>



Anton Geesink, 6 April 1934 -- 27 August 2010

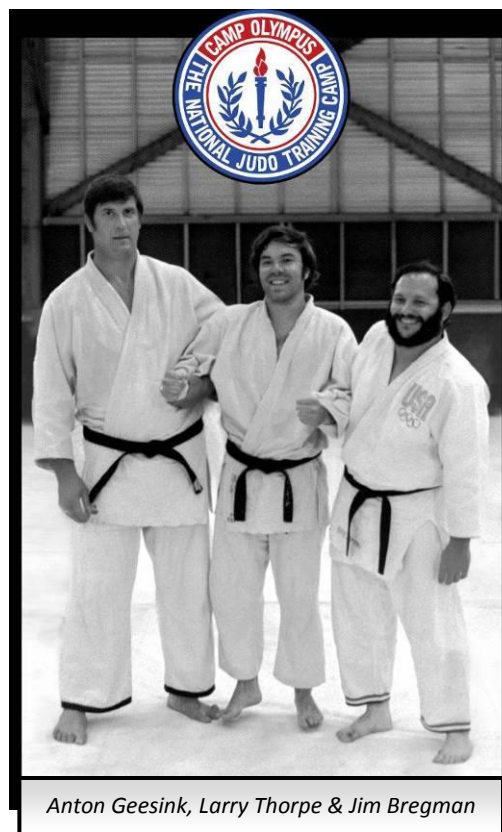
Anton Geesink (10th Dan), a legend of the judo world, passed away this week in his hometown of Utrecht, the Netherlands; he was 76 years old.

Most of you will immediately remember Anton as the Gold Medalist in Judo at the 1964 Tokyo Olympics. However, a fair number of you may not recall the full extent of his accomplishments during his almost 20 years as a judo competitor (1948-1967). He was the Dutch National Judo Champion many times over, a European champion 21 times, 2 times World Champion (1961, 1965), as well as the being the Olympic Open Champion in 1964. Although Judo was his main focus, he was also a 3 time Dutch National Champion in Greco-Roman wrestling.

Anton retired from active competition in 1967 and immediately moved into the role of coach and teacher, a role he excelled in for the next 40 years. Although Anton wore many hats in the world of international sports during his post-competitive years, including that as a director of the IJF and for 20 years as a member of the IOC, he never gave up his love of judo and this was very apparent from his success as a coach (over the years he helped train many international and world judo champions) and as a teacher of judo to “kids” of all ages. In spite of his busy schedule, he continued to regularly hold judo clinics throughout Europe and the rest of the world, and was especially fond of the those that focused on teaching judo to children. In the early 1970's some of us were fortunate enough to experience Anton abilities as a coach and teacher first hand during the three years he was the guest instructor at Camp Olympus. There he brought his vast experience from the competition world and his broad perspective on coaching and training to a large cross section of U.S. judo coaches and students who attended those great camping sessions. In 1973 Bill Montgomery and I were chosen by Jim Bregman and Anton to participate in a US/International Judo Exchange.

Through this program we were able to extend our learning experience and to incorporate a European perspective to our judo coaching skills. Bill is today still passing on those experiences to a new generation of young judo players.

Although the world has lost a great progressive influence in our sport, Anton's passing is even more of a personal sorrow for me, as our friendship that started way back at Camp Olympus has continued on for nearly forty years. The last time I saw Anton was a couple of years ago in Amsterdam. It had been several years since our paths had crossed but as we sat after dinner and once again were talking about life and sports, it felt like time had somehow stood still and I was once again sitting at Camp with Anton, Jim Bregman, George Harris, Bill Montgomery and many others talking about how we could make judo a better sport for all of us who were involved in the early years of the USJA. There are so many stories that I would like to relate but here is one that I think incorporates the man and the legend. In discussing Anton's passing with Jim Bregman, we



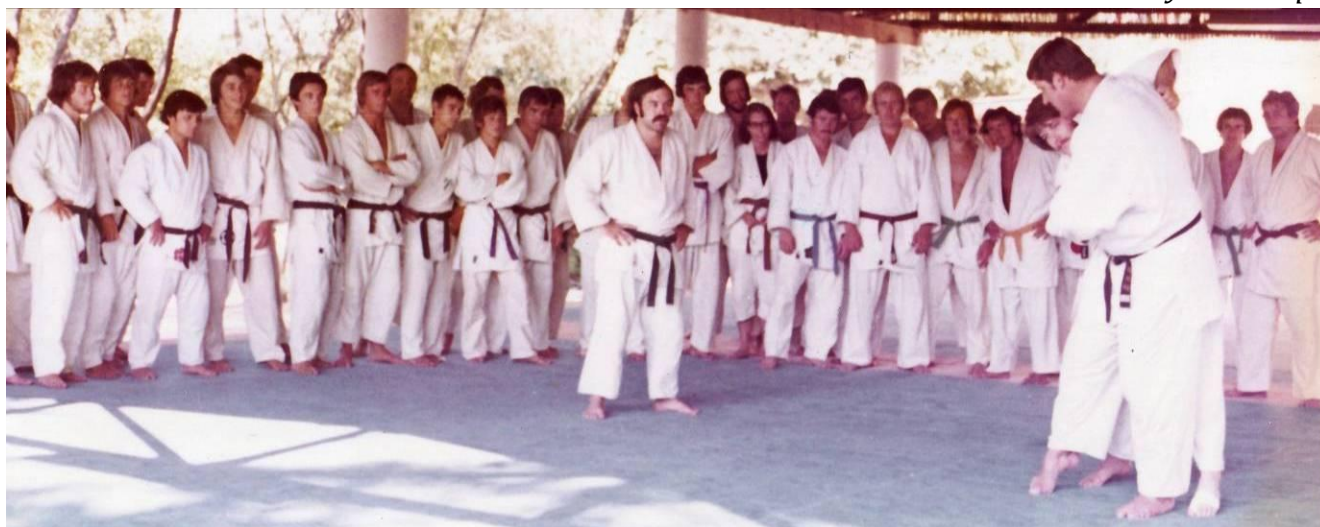
started telling tales of Anton and how we remembered him and especially how often our meetings had made us laugh. Here is one from Jim:

I will never forget Anton and his larger than life sense of humor. We were at the Maccabiah Games in Israel in 1965 and Anton was a guest of honor. He was asked to do a clinic for all the participants and, of course, as usual, I was his Uke. We were at one end of the mat and Anton was explaining how to do Hiza guruma, one of his favorite throws. After the verbal explanation, he said, "Like this!" He gestured to me and executed his wonderful technique. But I was only a middleweight, a fact that he apparently momentarily forgot. He executed the throw as if I were a heavy weight, took a large step back, put his foot up to block my knee. He threw me from one end of the elevated contest area to the other and over the side of the elevated platform where I executed a perfect ukemi on the concrete floor! Shaken I managed to get up and as I looked up, Anton asked, "Jimmy, are you okay?" He offered his hand and hoisted me back up on the platform informing the audience, "That is how you do a real Hiza guruma!" We continued the clinic as if nothing had happened -- unusual, but typical. Later, we had a liquid libation and laughed the night away. I will never forget Anton and I have great memories of the 'BIG DOJO,' as we affectionately called him.

That was typical and indeed the Anton we knew.

In the context of judo, his accomplishments as a teacher and coach were many, but in the post-competition period of his life he will probably be best remembered by the judo world as an early leader who, along with a number of others, was instrumental in helping champion innovations in training methods and for promoting many of the technical advancements that are now essential aspects of the sport. That work ultimately helped advance judo into the internationally recognized sport it is today. For me, for Jim and for many others who knew him well, he will be remembered more simply, as a good friend whom we shall miss very much.

--Larry W. Thorpe



Above: Larry Thorpe watches as Anton Geesink demonstrates uchi mata on me (Bill M.) at a camp in the South of France, 1973. In the background are judoka from many nations; West Germany, Italy, Sweden, France of course, and others I cannot remember. Anton's influence goes further than his technical ability, he was a great ambassador for judo. I was privileged to be his uke for several months on that training tour, although there were times when I wished I wasn't! He was "The Big Dojo" and I will miss him.

--Bill Montgomery

**Cutting Weight and Losing Out:
How Rapid Weight Loss in Wrestling and Judo Impacts Performance**
by John Schneider

There is something universally appealing about the story of David and Goliath. The concept of the "little guy" overcoming the challenge of the opponent's size and strength with the odds against him appeals to our idealism. On the other hand, when given the option, most of us would choose to be Goliath when facing off against an opponent. Athletes in weight-class sports like judo and wrestling have been known to cut large amounts of weight using extreme methods (9), trying to be Goliaths in David-sized weight divisions. If athletes can gain an edge over the competition, most will make the sacrifice to get there. However, is it really an advantage? How does the rapid weight loss due to the weight-cutting methods of wrestlers and judo competitors affect performance?

As a former wrestling coach and a competitive judo athlete, I have seen all sorts of methods for cutting weight. From jumping rope while wearing a garbage bag in a room of hot showers, to spitting in a cup while in a car with the heat on in the middle of summer, athletes will go to extreme measures to "make weight." I was taught these methods by my coaches, who were taught from their coaches, who had it passed down from their coaches. It has become a tradition in these sports; something athletes do, not only to gain a competitive advantage, but just to maintain a level playing field because "everyone else is doing it." Due to the 1997 deaths of three collegiate wrestlers, rules have been put in place to restrict the lowest weight class a wrestler can drop to at the beginning of the season, and practices such as laxative use and exercising in steam rooms have been banned (17). However, while these rule changes have made improvements, coaches and athletes continue to press the limits and find ways around rules meant to ensure the safety of athletes (1,5,9,10,13). Competitors will take risks that may have long-term health hazards if it will increase their chances of winning in the short term. Furthermore, while wrestling has made efforts to deter extreme weight cutting practices, sports like judo do not have the same level of organization and oversight to institute and enforce similar rules. Because of this, we need to take a closer look at the results of these practices and determine whether cutting weight is really going to give an athlete an advantage. This question needs to weigh the intended benefits with the negative aspects of physiological performance, mental and emotional health, and the risk of injury. If there is no real advantage, or if there is a negative effect, athletes and coaches need to be educated. This will have more effect on discouraging these dangerous methods than rules and regulations.

Methods of cutting weight result in a restricted energy diet and severe dehydration. Dehydration of 3-4% body weight causes a loss in strength and power of 3% on average, and a decrease in high intensity endurance of 10% on average (8). This counters the intended result of being the strongest competitor in the lower weight class. In order to attach significance to these numbers, if the average high school athlete can squat 1.5 times his body weight, David, a judo competitor at the 73kg weight class, would lift 109.5kg. Goliath, an athlete at 76kg trying to cut down, would naturally be able to lift 114kg. If Goliath cut 3kg (4% of his body weight) to get to the lower weight class it would cost him 3.5kg off his max lift, so he would still be stronger than his competition, but not by much. Meanwhile, if Goliath were able to squat that weight 20 times in a minute, this rapid weight loss would leave him only able to squat that weight 18 times in a minute. You can imagine

how this trade off would take the efforts into the red by the end of a match. The slight strength advantage would not make up for the negative effect on endurance. There have been studies that have shown wrestlers who recovered their strength and power by the end of the season (3,4) but these studies have focused on Division I collegiate wrestlers. I would argue that there are a couple of factors going on here including that these are the most experienced athletes choosing fewer extreme rapid weight loss methods. In addition, these studies compared the athlete against themselves at various points in the season and not against a control group. Based on the vast majority of other studies out there (3,9,12,13,15,16) these athletes could potentially be looking at better results with more conservative weight management.

Another concern over cutting weight is how it affects cognitive abilities. Both judo and wrestling are “thinking man’s” sports. If the results of cutting weight leave the athlete unfocused mentally, he is likely to find himself on the bottom of a pin or staring at the ceiling after being on the wrong end of a throw. Cutting weight can leave an athlete distracted and impair his ability to make good and timely decisions (14). Rapid weight loss prior to a competition has also been shown to cause concussion like symptoms, affect short term and visual memory, and increase a self awareness of fatigue (6, 12). The impact on an athlete’s mood should also be taken into consideration. Judo competitors who practice rapid weight loss have experienced increased anger and depression (16). If an athlete is in an unstable emotional state, it will have a negative impact on performance (2). The impact of both these mental and emotional factors needs to be taken into consideration in regards to whether an athlete should drop a weight class.

Finally, athletes need to be aware of an increased risk of injury. We cannot justify a practice that only gives a marginal advantage at best when there is an increased risk of young athletes being hurt. One study found that in judo competition, judo competitors who lost more than 2% of their body weight had an increased risk of injury during competition; and athletes who lost more weight were at an even greater risk (7). The combination of negative effects on cognitive ability and physiological performance create a dangerous state for performing intense physical activity (18). Hormonal factors such as an increase in creatine kinase concentration can lead to an impairment of muscular function and an increased susceptibility to injury (12).

With these clearly negative results, I find it difficult to justify cutting more than a few pounds to make a lower weight class. The prospect of being weaker and having less endurance just to fight smaller people is a bad coaching decision. The mental and emotional side also cannot be underrated. While it may be difficult to quantify this aspect, the importance is undeniable. I cannot begin to count the number of talented athletes I have seen walk away from judo and wrestling purely out of burn out. The increased risk of injury is the best reason not to cut weight when your primary concern is performance and winning. If an athlete is hurt, he isn’t competing or practicing, and thus not improving. I have also witnessed a belief in the myth that you can rehydrate as quickly as you dehydrate. Competitors will cut weight for weigh-ins and then drink water and Gatorade immediately afterwards hoping to rehydrate before their first match, but this is misguided. There is a finite rate of absorption and it will take time for that liquid to adequately rehydrate the body.

It will be challenging to convince athletes and coaches with years of experience that what has been done for decades by “everyone” is wrong. Education is necessary to make these points clear. Clinical studies exposing the practices of elite athletes, who use healthy methods of regulating weight, are going to be essential in changing the environment that surrounds these sports. It is not enough to tell athletes simply not to cut weight; we need to give them the tools so they know what they should be doing in regards to diet and exercise to reach their potential. The same way that athletes know they need to warm-up before a competition, we need to build that same sense of common sense on this issue. Hopefully, this knowledge will revolutionize the approach coaches take toward fostering a competitive advantage – realizing the health of their athletes is paramount to achieving this goal. In the meantime, stricter rules and regulations should be implemented by the national governing bodies of these sports in order to deter these dangerous practices.



John Schneider has a M.S. degree in Exercise Science. He holds the rank of nidan and trains at Kim's Martial Arts in Pittsburgh P.A. He is also the Head Coach and owner of ThreeRivers CrossFit www.threeriverscrossfit.com and the founder of www.judofitness.com

1. Bartok C, Schoeller D, Clark R, Sullivan J, Landry G. The effect of dehydration on wrestling minimum weight assessment. *Med Sci Sport Exer.* 2004; 36 (1):160-167.
2. Beedie C, Terry P, Lane A. The Profile of Mood States and athletic performance: two meta-analyses. *J Appl Sport Psychol.* 2000;12(1):49-68.
3. Boisseau N, Vera-Perez S, Poortmans J. Food and Fluid Intake in Adolescent Female Judo Athletes Before Competition. *Pediatr Exerc Sci.* 2005, 17, 62-71
4. Buford T, Rossi S, Smith D, O'Brien M, Pickering C. The effect of a competitive wrestling season on body weight, hydration, and muscular performance in collegiate wrestlers. *J Strength Cond Res.* 2006; 20(3): 689-692
5. Buford T, Smith D, O'Brien M, Warren A, Rossi S. Seasonal changes of body mass, body composition, and muscular performance in collegiate wrestlers. *International Journal of Sports Physiology and Performance.* 2008;3:176-184.
6. Case S, Horswill C, Landry G, Oppliger R, Shetler A. Weight loss in wrestlers. *Current Comment from the ACSM.* January 1998.
7. Choma C, Sforzo G, Keller B. Impact of rapid weight loss on cognitive function in collegiate wrestlers. *Med Sci Sport Exer.* 1998; 30(5):746-749.
8. Green C, Petrou1 M, Fogarty-Hover M, Rolf C. Injuries among judokas during competition. *Scand J Med Sci Sports.* 2007;17: 205–210.
9. Judelson D, Maresh C, Anderson J, Armstrong L, Casa D, Kraemer W, Volek J. Hydration and muscular performance: does fluid balance affect strength, power and high-intensity endurance. *Sports Med.* 2007;37(10):907-921.
10. Luttermoser G, Gochenour D, Shaughnessy A. Determining a Minimum Wrestling Weight for Interscholastic Wrestlers. *J Fam Pract.* 1999;48(3):208-216.
11. Oppliger R, Nelson-Steen S, Scott J. Weight loss practices of college wrestlers. *Int J Sport Nutr Exerc Metab.* 2003;13:29-46

12. Patel A, Mihalik J, Notebaert A, Guskiewicz K, Prentice W. Neuropsychological performance, postural stability, and symptoms after dehydration. *J Athl Train*. 2007;42(1):66-75.
13. Smith M, Dyson R, Hale T, Hamilton M, Kelly J, Wellington P. The effects of restricted energy and fluid intake on simulated amateur boxing performance. *Int J Sport Nutr Exerc Metab*. 2001;11:238-247.
14. Taylor HA, D'Anci KE, Vibhakkar A, Kanter J, Mahoney CR. Hydration status for optimal cognitive performance. Paper presented at: American Psychological Society Annual Convention; May 26-29, 2005; Los Angeles, CA. Available at www.psychologicalscience.org Accessed Nov 30, 2008.
15. Timpmann S, Ööpik V, Pääsuke M, Medijainen L, Ereline J. Acute effects of self-selected regimen of rapid body mass loss in combat sports athletes. *J Sport Sci Med*. 2008; 7:210-217.
16. Umeda T, Nakaji S, Shimoyama T, Yamamoto Y, Totsuka M, Sugawara K. Adverse effects of energy restriction on myogenic enzymes in judoists. *J Sports Sci*. 2004; 22: 329-338.
17. The Center for Nutrition in Sport and Human Performance. Taking it to the mat: the wrestler's guide. Available at <http://www.ncaa.org/wps/ncaa?ContentID=2042>. Accessed Nov 30, 2008.
18. Yoshioka Y, Umeda T, Nakaji S, Kojima A, Tanabe M, Mochida N, Sugawara N. Gender differences in the psychological response to weight reduction in judoists. *Int J Sport Nutr Exerc Metab*. 2006; 16:187-198.

Getting Back in Shape **by Gary Goltz, USJA President**

My New Year's resolution for 2010 was to do something about my deteriorating state of health and mind. Among my motivations was Mr. Kim, my original Sensei in Pittsburgh, who is now 75 years old. Following his heart transplant, he still gets on the mat to do uchikomis! Dr. James Lally, a fellow Board Member and USJA Donor of the Decade, also warned me that I was heading for trouble. Gerald Lafon, my fellow coach who is often brutally honest, said I had let myself go a few years ago. Even Joan Love, USJA Vice-President, motivated me into action. She always seemed to be on a treadmill or on her way to her health club to work out after teaching school all day and before going to help run her own Dojo. And of course Jim Bregman, my mentor who is still in great shape, also had me pondering my recent state of health.



With these thoughts in mind, I went to see Tony Allen, a USJA Club leader who owns and runs the Combined Martial Science (CMS) Dojo in Chino, California. I decided to take him up on an offer he made me a few years ago to help me get back into shape. I showed up at his Dojo one morning last January and let him measure my weight, body fat, and body mass index (BMI). I logged in at 252 pounds and was well into the obese range for a six-foot-tall, 56-year-old male with 30.2% body fat and a BMI of 34.

Tony then directed me to ride an exercise bike. I could barely last for 15 minutes, even at a slow pace. The exercise routine that Tony gave me included light weight-lifting, striking drills, circuit training, and basic calisthenics. The key was to move for about an hour, four to six times per week.

Within a few weeks, I noticed a gradual improvement in my energy level, and I had even dropped a few pounds. At this point, Tony informed me that my diet is the real key, and that in the long run, my diet will prove to be of utmost importance more so than exercise. Having tried several fad diets in the past, I was pretty familiar with cutting down on carbs, sugars, red meat, pasta, beer, etc., as well as eating smaller meals throughout the day. Tony then imparted some valuable words of wisdom, which I now continue to live by: "Go to bed hungry, wake up starving." By following Tony's advice, I not only sleep better, I also wake up feeling lean and energized.

By mid March, I had already dropped to 240 pounds, a weight I had not seen in almost two years! I was fitting into smaller clothes, my size 7 gi was starting to look baggy, and a few people,



including Gerald Lafon, were starting to notice the improvement in my appearance. Strengthened by this new-found positive reinforcement, I continued to follow my workout and diet routines and am now down to 220 pounds and am wearing a size 5 gi. My body fat is 26.5% and my BMI is now 27.3. I can once again get on the mat and do uchikomis and light randori. To this day, I continue to follow my daily routine, while cautiously monitoring my food consumption. It really was that simple for me.

I am quite sure that at one time or another, most judo practitioners were probably in great shape, simply from their regular practice sessions. The good news is that, as judoka, our bodies for the most part have retained their muscle memory, due to the time when we competed and actually went at it with gusto. The problem, however, is that something inevitably happens along the way. Most of us end up spending so much time and effort focusing on others, that we tend to neglect ourselves. In my case, I became too busy with my business, family, education, and general stresses of life. Pretty soon, it became easier to merely sit on the sidelines and teach, administer, referee and coach, rather than to actually work out myself. Over time, this condition of stasis became my routine and, like all bad habits, was almost too difficult to break.

Unlike professional instructors who practice martial arts for a living, we tend to be more hands-off in judo as we get older. We are "amateurs," which Karl Geis told me is rooted in the word amoré, meaning to do something for the love of it. Those professional martial arts instructors, particularly the BJJ folks, have many adult paying students and are motivated to maintain themselves as good role models in terms of their image. Judo instructors, on the other hand, often have sustained many injuries throughout over the years and fear getting more of them. By skipping warm-ups, eating poorly, and sitting still for long periods of time, we become more susceptible to sprains, strains and pains. It becomes a vicious, self-fulfilling prophecy.

The latest research at Columbia University on the homeostatic system (eating to live) vs. the hedonic system (living to eat) clearly indicates that obese people have stronger reactions to food. This is mainly because obese people have low amounts of leptin, the hormone responsible for signaling the brain to stop eating when we are full. The research further suggests that the temptation to see food as pleasurable actually stays with post-obese people, which makes them prone to regain their lost weight. Therefore, the real key to maintaining good health is to develop new habits and just like in judo, this requires a keen sense of self-discipline as well.

This concept was actually easier than it sounded, once I got into a new routine of regular workouts and being more conscientious about my eating habits. In just a few months, I noticed that healthy foods such as salads, chicken, fish, fruit, and power bars became more pleasurable to me when I was really hungry. These healthy foods have also become much more fulfilling to me than junk foods used to be. In the past, when I would gorge on junk foods, I would get hungry again almost right away. On the other hand, healthy foods seem to sustain me for a much longer period of time.

Among the other things that helped my road to better health was working out with the kids in my class. Taking falls, getting up and down, and simply moving around did wonders for my agility and energy level. Eventually, I started working out with my teenaged and adult students, but only after I established a clear understanding that I was not looking to enter the Olympics! In other words, "keep the ego in check when working with an older sensei," is an adage that my students



are taught to respect. In Japan, the students naturally seem to know and understand this concept, but in the United States, this is something that we must instill in our dojos.

The changes in my appearance and energy level, coupled with the positive reinforcement of my colleagues and students, soon became addicting. In the end I realized the importance of controlling my urges in order for a healthier lifestyle to take hold.

Today, I am literally a new man in terms of how I feel both physically and mentally. Gradually, I have been able to reduce and even eliminate some of my blood pressure, cholesterol, thyroid, and digestion medications. My outlook is more optimistic and I am a much better role model for my students. I am no longer embarrassed to get out on the mat now that my stamina is good and I don't sweat at the drop of a hat.

My long term goal is to lose another 10 to 15 pounds and get my body fat down to 20% with a BMI of 25. I intend to maintain my new stout physique for the rest of my life. I also want to encourage others to follow my example. That's what led me to write this article and frankly necessitates that I continue to be on this road with diligence.

Surprisingly, this remarkable metamorphosis took place in only six months. The lesson I learned is that it is less difficult than you think to get back in shape, and the rewards make it totally worthwhile. Remember, though... as with most things in life, moderation is the key.



A WARM WELCOME to Our NEW USJA Clubs!

July/August, 2010

Club Name: **Abilene Judo Club**
Head Instructor: **Dagoberto Chapa**
email: dagoberto.chapariverasr@us.army.mil

Location: **Abilene, KS**
phone: **785-200-7236**

Club Name: **Mohave Judo Club (Class C Club)**
Head Instructor: **Edmund Fellmeth**

Location: **Kingman, AZ**
phone: **262-949-4038**

Club Name: **Uflacker Academy (Class C Club)**
Head Instructor: **James McGovern**
email: jamesimcgovern@gmail.com

Location: **Summit, IL**
phone: **773-820-1300**

Club Name: **Power Gym**
Head Instructor: **Brett Hughes**
email: hsbrettthughes@hotmail.com
website: <http://www.mmanola.com>

Location: **Gretna, LA**
phone: **504-297-5142**

Club Name: **BMA Judo Club (Class C Club)**
Head Instructor: **Reginald Sutton**
email: reggiee415a@yahoo.com
website: <http://www.bashtasmartialarts.com>

Location: **Hamden, CT**
phone: **203-676-4335**

Club Name: **Carolina Combat Academy (Class C Club)**
Head Instructor: **Shane Pirkle**
email: pirkles4@prtcnet.com

Location: **Ware Shoals, SC**
phone: **864-980-5507**

Club Name: **Mont Vernon Judo Dojo**
Head Instructor: **James Peacock**
email: mukarate@yahoo.com

Location: **Mont Vernon, NH**
phone: **603-325-5304**

Club Name: **U.S. Champions**
Head Instructor: **Charles Wood**

Location: **Highlands, TX**
phone: **281-467-6767**

Club Name: **Joe Hurst Judo (Class C)**
Head Instructor: **Peter Briggs**

Location: **Matthews, NC**
phone: **704-847-5737**

Club Name: **Revolution BJJ and Judo**
Head Instructor: **Kevin Santi**
email: krk3100@hotmail.com

Location: **Richmond, VA**
phone: **804-354-4492**

Congratulations to our Newly Certified USJA Coaches

- ★ Ian Lavelle, Clarksville Budo Club, Tennessee
- ★ Tommie Noffsinger, Club Bushido, Indiana
- ★ Gary Loy, Lakeside Judo, Indiana
- ★ Cory Widmar, Dilltown Judo Club, Pennsylvania
- ★ Eric Lee, Samurai Judo Association, South Carolina
- ★ Mackel Reagan, Clarksville Budo Club, Tennessee
- ★ Bruno Reagan, Clarksville Budo Club, Tennessee
- ★ Christopher Oliva, Club Bushido, Indiana
- ★ Ramon J Torres Guzman, Texoma Judo and Jujitsu, Texas

LIFETIME ACHIEVEMENT AWARD FOR JUDO



At the 2010 Greatest Camp on Earth in North Carolina United States Judo Association President Gary Goltz and Vice-President Joan Love honored Ronald Allan Charles with a special award.

The Lifetime Achievement Award reads: "Mutual benefit and welfare, the spirit of Judo, has been embodied by your lifetime of service. Presented to Dr. Ronald Allan Charles in grateful appreciation on behalf of the Judo community."

Dr. Charles began Judo in 1961 while a cadet at The Citadel. Before earning his doctorate and several master's degrees in education, he studied for over a year at Kodokan Judo Institute in Japan and taught judo in 30 countries. He holds 8th degree black belt Judo rank and 6th degree black belt Jujitsu rank and teaches these arts in his Gold Star-chartered club, Samurai Judo Association, at the Naval Weapons Station's MWR facility in Goose Creek, near Charleston, SC.

USJA President Gary Goltz recently visited Vineland Judo in NJ; he is pictured here with head sensei Raimundo 'Ray' Marquez and his son Ray, who is a chiropractor and national/international Masters medalist. Vineland is consistently in the USJA's Top 20 Clubs. The USJA Board of Directors would like to express their sincere gratitude to Ray, a longtime USJA supporter, for his \$4,000.00 donation to the USJA!



Judo News From Around the Country

California, July 24

Over 60 children, teens and adults from more than half a dozen dojo attended a clinic given by Paul Augusto at Goltz Judo. Paulo, a USJA member, runs a BJJ and Judo school in San Diego with hundreds of students. He holds a 5th in judo and 4th in BJJ which makes him an authority of how to apply BJJ ground work to judo in competition. As Paulo showed basic escapes from holds like kata gatame, he emphasized key points and details, such as using your shin to push your way out. BJJ has broken judo's groundwork down into tiny snippets which many judoka



never really thought of. The end result produces a flowing momentum of endless possibilities in terms of both attacks and especially defenses. Paulo himself still competes regularly in judo. His teaching style is dynamic and intelligent; if you get a chance to attend one of his clinics you will be in for a treat. Paulo travels around country and is about to release 3 books and DVDs.

[Paulo Clinic Excerpt #1 on YouTube](#)

[Paulo Clinic Excerpt #2 on YouTube](#)

[Paulo Clinic Excerpt #3 on YouTube](#)

[Paulo Clinic Excerpt #4 on YouTube](#)

[Paulo Clinic Jun/Baek Randori on YouTube](#)

Virginia, July 31st

Neil Ohlenkamp, USJA Board member and author of *Judo Unleashed*, visits Chuck Wall's Fredericksburg Judo Club in its new location.





Connecticut, July 24-25

In addition to hosting judo clinics with guests such as Jim Bregman, Alex Ottiano and Kayla Harrison, we have been reaching out to other martial artists. We joined John Saylor's Shingitai Jujitsu Association 3 years ago, and in March we held a Muay Thai seminar with Master Charlie McShane. By introducing other perspectives, we hope that our judoka will appreciate how different disciplines apply principles that are amazingly similar. Our most recent clinic, *Aikido for Judo Players and Other Martial Artists*, featured Lewis Cuffy, Sandan, the head instructor of the Youth Program at Aikido Shobukan Dojo in Washington D.C., and Sara Bluestone, Godan, who has trained with Saotome Sensei for over 30 years. Mr. Cuffy is also a Yodan in judo, and holds dan grades in Uechi Ryu and Tae Kwon-do.

First, Lewis covered *tenkan* and *irimi*, the basic movement and avoidance skills of aikido, and a variety of gripping skills that apply to judo. He emphasized how the rest of your body affects your grip. He related aikido to a variety of martial arts. Later, we practiced using *tenkan* and *irimi* to avoid strikes from a padded *shinai*. It was great fun, but when one realized that a tap with the shinai actually represented a strike with live blade (and a resulting severed limb), it put things into perspective! On Sunday morning, we used *tenkan*, *irimi* and other natural movements to avoid and deflect strikes. A drill that involved staring directly at oncoming punches was used to develop calmness and focus. Sara also taught *shiko*, the knee-walking done in aikido. She made it look seamless, and while the judoka in attendance were not so graceful, they gave it their best effort!

Our students are anxious to have Lewis and Sara visit again. Our future plans also include a training weekend that will include Judo, Shingitai Jujitsu, Brazilian Juijitsu and Muay Thai. Contact us for more information; it will surely be a fun time!

--Bill Montgomery, Norwich Judo Dojo



Michigan, August 7-8

The Fight Like A Girl Camp at Southside Dojo, Portage, was an unqualified success. It was run by Deborah Fergus and taught by, Kelsi Bostic, Nidan, (2010 World Cup Team Member and 2010 Jr. World Team Member), Kelly Au and Lydia Au (2010 Jr. World Team Member), both Shodans, Louise Ullman, Nidan, of Troy, MI. and Jamie Blake, Sandan.

The camp, in its 4th year, was designed to give girls special attention in Judo. From the after-camp comments by the young ladies who attended, it is easy to see that this was definitely the case. While designed specifically for girls and women, there were a few boys in attendance.

The girls played a number of judo-related (and some not-so-judo-related!) games, which both promoted teamwork and individual excellence. Ukemi, Ippon Seoinage, Osotogari were taught, and turn-over's from the turtle, and other ne-waza. Gifts of school supplies were given to each of the girls, and they were encouraged to keep notes and comments on their experiences.

The clinicians spoke about what it takes to be elite judo athletes. Peter Au, the father of two of the clinicians spoke about his experiences as the parent of two extraordinary judo athletes. Kelsi Bostic and her mom Angie spoke of their numerous travels and their highs and lows. Jamie Blake, a national referee, discussed refereeing and related issues. The girls also had an opportunity to practice refereeing.

The girls were introduced to judo katas, starting with Nage-no-kata, led by Jamie and Kelsi, with explanation by Louise. Louise then demonstrated Katame-no-Kata, and Louise and Deborah Fergus demonstrated techniques from Ju-no-Kata. The girls were enthusiastic about learning more about kata.



What a wonderful time we had at this year's FIGHT LIKE A GIRL camp! With so many girls on the mat, everyone had someone their size to workout with. It is great that parents and coaches felt it was important for the Girls to attend the camp. The friendships made can last well into adulthood on and off the mat. See you next year!
--Sensei Louise Ullman

Fight Like A Girl Camp was a great experience. It was a great opportunity for girls to realize how much they can do with the sport without the pressure of comparing themselves to boys or be compared to boys. It was also a

great opportunity for these young athletes to learn how great the sport of judo is and be inspired to continue the sport even if school comes along. Being taught by judokas who once attended this camp the same way these young campers are doing right now, they are able to see how far they can go into the sport and relate to us because we are so close in age. They not only learn about judo, but also learned how others balanced school and judo, and made many new friends that they will all be looking forward to seeing again at a tournament!

--Kelly Au, Clinician

Fight Like a Girl Camp gives girls the opportunity to gain confidence in their judo techniques and themselves. I like how it lets girls meet other girls like themselves and make new friends. It's a fun way to improve your judo, playing games and practicing their moves. Fight Like a Girl Camp is a wonderful experience for anyone who participates.

--Darci, age 16

What I liked about the class was that we got to learn more judo moves and techniques. I also liked that we were able to meet Kelsi, Lydia and Kelly. Every one of the Sensei's helped us a lot on the workout and moves. Being able to work with different levels of partners was also very helpful. I met a lot of new people and everyone was really nice. My favorite game was where we got in a circle and either went over someone or under them. I thought it was very fun and helpful for my judo. I will definitely love to come next year.

--Josie, age 16



I had a lot of fun at Fight Like a Girl Camp. We played a lot of games. My favorite one was where we got on our partners back and ran around the circle then switched and the other person get on the partners back. I made some new friends and we also got a little/big sister.

-- Emily, age 15

I had a great time here. I had some problems staying all night but I got through it. I really liked what we had for dinner and breakfast. I loved the games and what we learned here. I got to work with the girl I fought against in a tournament. I got to learn about Refereeing.

--Laci, age 9

What I liked about the fight like a girl camp was how the sensei's taught us some throws and pins in just their own way. The difference of how to get out of the pins or how you can throw someone easier was good to see. I loved the sensei's that we had they were fun and very patient with us. I enjoyed the different games we played. There was nothing I didn't like. I loved every part of it. It pushed me even further and taught me that if I worked hard enough I can make it to the Olympics. That's my goal. I plan on coming back next year. Thanks for the opportunity.

--Andrea, age 17

Fight like a girl camp is great because it gives us girls more reasons to love judo. I think when a girl loves her sport, she loves herself; so, in the grand scheme, I believe the camp improves our lives.

While the rigors of regular training are important, at camp we have the freedom from boys (and men) that allows us to ask questions we might be intimidated to ask otherwise. We have the freedom from time constraints and the usual go-go-go of dojo class schedules, too; so we have time to develop our own ideas about what judo means for us personally.

During camp, we are exposed to what judo means to experienced international players who LIVE for judo as well as recreational judoka that love it for what it adds to their lives. Learning about what it takes to be a competitive champion helps some girls consider the Olympic dream. For those who choose less lofty judo pursuits, knowing that their choice is okay is a good thing. (Or, judoka are loved - champions or not.)

New drills, and trying out kata and refereeing are things most judoka don't get exposure to in regular judo class. Doing different judo things keeps judo fresh - even for those of us who have more experience.

What could be better than making new friends at summer camp? When it's over, we all look forward to seeing our judo friends at tournaments in the coming year. We're excited about the results of major tournaments like the Junior Worlds in Morocco (good luck Kelsi and Lydia!!!). And we know how to stay in touch with other judo girls.

At future tournaments, bowing to a friend from camp can be easier for a new competitor than getting onto the shiai mat with a stranger. Chances are good we'll see our friends at the local upcoming events. I love my FLAG friends and look forward to seeing them all year and at next year's camp.

--Jamie Blake Clinician and Camper with daughter Jada



Dojo Update and Recent Events at Wall to Wall Martial Arts

About 6 years ago my wife and I made the decision to open our own club. To say that we were on a tight budget would be an understatement! Somehow we got things going though and were very fortunate to get a group of great people on the mat with us. The original Dojo building was only 30 feet wide and 40 feet long. Inside that area we had our mat (foam and canvas screwed to the floor) two dressing rooms, a restroom, waiting area, and my desk. Things were cramped to say the least.

After about 2 years we built a small addition on the rear and created new dressing rooms and a new restroom. This allowed us to expand the size of the mat! Here we grow again. About 2 years after that I took the huge step of ripping out the front wall of the building and adding an additional 30X30 section. This nearly doubled the size of our Dojo (as well as my total debt). It allowed us to again increase our mat size as well as add a dedicated waiting area and a small weight training area.

About a year ago I was able to realize one of my long-term goals by installing a “spring-loaded” flooring system with all tatami-style mats. About 6 months ago I realized another goal by finally installing an actual ceiling in our Dojo. (before this it was just open metal building) The installation of the ceiling also enabled me to easily install the LCD projector, DVD player, and overhead sound system with wireless microphones that we currently have. These are great for Lock-Ins, Movie Nights, and clinics/group workouts. They are also great tools for training purposes; we can pop in a new training video and watch the techniques in nearly life-size right there beside us on the mat then pause the video to work on the technique. It's great!



Our latest addition was the purchase of a 15-passenger van for the Dojo, which enabled me to launch our newest program, After School Martial Arts. We now pick up kids from our 3 local Elementary schools as well as the Jr. High and bring them back to the Dojo for a Judo class. After class the kids do homework until their parents come to pick them up. We just started the program and so far only have 7 kids but we have high hopes that it will grow for us as time moves on. Even with only 7 kids though this program brings in almost as much revenue as all of our other classes combined! If the

Karate and TKD schools can do it why can't we??? I think our product (Judo) is just as good if not better!

Back on May 29th we hosted a Fight Like a Girl clinic here at Wall to Wall. My wife, Patty Wall, along with Guest Instructor Diane Manganaro from the Black Belt School of Judo led the sessions. We had about 10 female athletes in attendance to work on grip fighting, throwing and ground techniques and Kata/self-defense. Everyone seemed to really have a great time and I think it was especially important for some of the younger ladies to see things being completely led by two strong, capable, female black belts. I think we really need more positive female role models in all walks of life.



In June we attended the MS Games hosted by Keith Worsham in Columbus, MS and brought several players, Referees, and Tech Officials to help out. We also attended the first ever Black Belt School of Judo Tournament hosted by Diane Manganaro in Purvis, MS. The event was a huge success.

On July 30th we hosted another Jr. Judo Lock-In at our club. These events are a regular thing for us and we usually have one about every 3-4 months. We always start out with about an hour of Judo drills and instruction and then another hour of Judo games. After a short break we eat pizza and then settle in to watch movies on the projection screen. The kids bring sleeping gear and sometime after midnight we manage to get them all to fall asleep. The next morning parents come to pick them up and we (the adults) collapse for a few hours of much-



needed sleep. The kids have a blast and so do we. This time we were fortunate enough to have several juniors from Heiwashan Dojo in Baton Rouge come out to join us.

On August 14th we hosted a small in-house Judo/Grappling tournament with two divisions: a Gi division with modified Judo rules and a No-Gi division which allows things like leg grabs/pickups, ankle locks, and knee locks. We had about 35 competitors and a lot of great matches. We're thinking of making this a quarterly event.

Now we're getting geared up for our "real" tournament: the LA Open Judo Championship which is coming up on September 25th in Denham Springs, LA. Last year we made the move to two mats (a big deal for us) and had about 135 competitors. This year we're hoping to break the 150 mark!

Well there you have it. A timeline of the birth and growth of our Dojo brief and re-cap of the goings-on of the past few months. Stay tuned because we're just getting started!

*James Wall
Wall to Wall Martial Arts
USJA Class A Judo Club*

Dr. Kent Myers, Godan, has been making a tremendous contribution to Arizona Judo. He was a certified regional referee, a silver medalist in the Collegiate Nationals (1970 & 1971) and a 2003 Pan American Silver Medalist. Now, Dr. Myers brings medical students from Midwestern University to teach and practice matside sports medicine at Arizona Tournaments, giving our competitors a full spectrum of sports medical care at their disposal. Dr. Myers brings in his own supplies and never asks for anything in return. He teaches the Midwestern University Medical Students the background and rules of judo in hopes that these future physicians will have the knowledge and desire to staff judo tournament all over the United States of America.



Thank You, Kent W. Myers, M.D.!

New York, August 15-21



The International Judo Camp at the YMCA facility in Huguenot, New York marked its 38th year of providing great judo in a beautiful camp setting for young and old alike.

157 total participants, ranging in age from 6 to 85 years old, included 83 youth and 32 adult campers. An additional 42 adult volunteers were not only active judoka but served as counselors, instructors, and in other support roles at the camp.

While we missed our regular

groups of friends from the Ukraine and Israel this year, we did have a few participants from Canada and Israel, and from many of the United States. The Northeast was well-represented, of course, but there were also campers who journeyed from as far away as Illinois, Missouri, Arkansas and Texas.





(Left) This year's guest instructor was David Starbrook, two-time Olympic Medalist (Silver in 1972, Bronze in 1976) and two-time World Medalist (Silver in 1971, Bronze in 1973). He delighted campers of all ages with his judo skills, friendly teaching style, and wit!

(Below) First-rate instruction at the camp included Bonnie Korte's tachi waza, the inspiring ne waza of Joe Walters, and kata with David Kiang, assisted by Heiko Rommelmann.

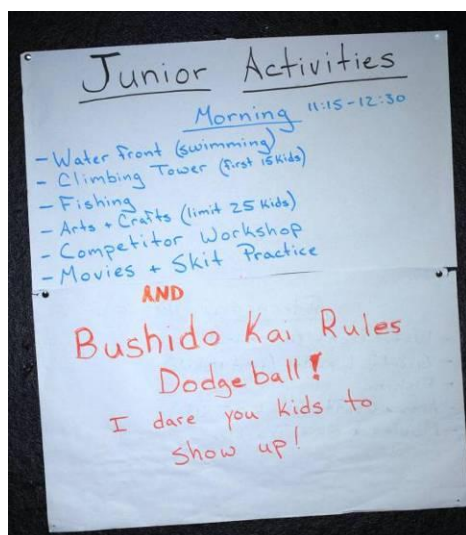


What people like best about the International Judo Camp:

- *Amazing Instructors, Great Competitors. The amount of judo you learn here in one week is what you will learn in one year back at your own club. Great Fun!!*
- *Having the guest instructor teach us cool techniques*
- *Doing Judo with my son!*
- *"Sweat"*
- *The taped fingers and feet*
- *The senseis help us learn important facts about judo*
- *Friends, cooperation, food and randori with good people-- Excellent camp!*
- *Practicing Judo with my old friends & my new one . . . one big Judo Family!*
- *George Pasiuk's warm-ups*



- *All the Instructors are great!*
- *Meeting new people and help perfecting your skills*
- *The feeling of Judo in the air!*
- *Learning from those more trained to further my own judo*
- *Learning Kata with Sensei David*
- *Helping young people grow*



- *The best thing is that they have all activities that are really fun!*
- *Bushido Kai Rules Dodgeball!*
- *The free time--you get to do whatever you want.*
- *Kids smiling and enjoying camp*
- *It taught me to become stronger and become responsible and to never give up*



- *Laughing with my friends from the time I arrive on Saturday until the time I leave a week later. :-)*

- *A year goes by without seeing my friends but when camp comes around it's like no time went by: same friends, new friends, new tales to tell.*
- *To hear what new lyrics Bill, Willie, Joaquin & Joan come up with for this year's camp song.*
- *It was very cool to have come. It was touching in the end and I will miss every single person--sensei and child--I have met. I love the way everything went.*



Coaching Certification and Kelly's Capers: YMCA Judo Camp, 2010

The YMCA International Judo Training Camp conducted another successful session. The coaching program had an added dimension this year. We included Sid Kelly's program for teaching and retaining new people in judo. Over a two hour period Sid introduced those participating to his approach. Bill Montgomery initiated the course with an overview of where the coaching program was heading and its goals.



In our discussion of safety and liability, Joan Love led a discussion about the issue of concussions and how one must treat them. They have become endemic in many sports in this country and judo is no exception. A handful of states have enacted strict laws regulating athletics and concussions, and more are sure to follow. Every coach should seek out basic information on this injury. They can cause permanent damage and even be life-threatening if not treated properly, and they take much longer to heal than most people believe. You can find a great deal of information online: search for the work of Dr. Robert Cantu, and be sure to visit websites such as: <http://www.ctathletictrainers.org/page.php?id=57> and <http://www.connecticutconcussiontaskforce.org/>.

Joan also modeled "Backward Chaining" and how it can be used in teaching judo. Situational drills and how to build them was shown over a series of days. George Weers presented a segment on how a two on one arm drag can be used to broach basic judo skills; this approach is extremely helpful when gi are not available. Working into ashi waza and transitions to ground work were covered with this application.

The JA will host a weekend seminar for the initial approved instructors for Kelly's Capers. This seminar will provide these instructors in depth training on how this program should be implemented.



The following participants were either certified or recertified:

Richard Kennedy, Bill Myers, Jeremy Bushong, Mike Lullo, Rodney Jamie, Sheridan Simmond, Andrea Love, Matt Libertini, and teenagers Skylar and Chris. Bill Myers, George Weers and Joan Love, were selected as approved instructors for "Kelly's Capers."

For more information on coaching courses or seminars on Kelly's Capers contact Bill Montgomery, Wmontgomery2@aol.com.

--Bill Montgomery, Chair, Coach Education and Development Committee

See the next page for a commentary by coaching course participant Bill Myers

Commentary: Coaching Certification = Teaching Improvement

I believe that Coaching Certification is a misnomer; a terrible name for a great program. I don't know why it's a prerequisite to coach at the Nationals when it has nothing to do with mat-side coaching. It's really about teaching judo, and running a class and a dojo. Call it something like "Judo Teaching Improvement", "How to grow your dojo", or "New Ideas to make judo practice more fun and useful" and you're closer to the content of the class.

I've been practicing judo for over 30 years, and teaching it now for more than 15. I was raised on the uchikomi-new technique-randori formula that many of us experienced. After I started teaching physical education and club judo at Cornell University, I slowly modified things to include more setups to throws and sutegeiko (pre-randori exercises) to bridge the gap between static judo practice and the dynamics of randori. It made my class better, but still not perfect.

I took my first coaching clinic at the YMCA International Judo Camp five or six years ago. It got me to question how I taught judo again. I was seriously hardheaded about the whole thing, but still questioning. Was I still doing drills that weren't helping my students? Was the application of techniques to randori clear to my students? Was my class as much fun as it could be? Was I covering my butt for liability purposes? Was I doing unnecessary and dangerous things in my dojo that wouldn't really help my students and might get me sued? Was I the best teacher I could be by exploring new ways to teach?

In each of the subsequent clinics I attended over the past few years, I absorbed more (and allowed myself to accept more) ideas and methods. Between George Weers' transition drills, Bill Montgomery's drill training, and Sid Kelly's new "Kelly's Capers" (a way to get beginners into randori), I have transformed the way I teach judo, especially to beginners. Each time I finish a clinic, I come away energized, with more ideas about how to teach more effectively. I can honestly say that teaching a semester of judo to my college students is much more fun (for me and my students) and that my students are far more competent at the end of that time than they used to be.

If you want to teach in the public school system in the U.S., you usually need some kind of formal training in curriculum development, formulating lesson plans, and classroom management. Why do judo people get outraged about anyone suggesting that they could do better or that they could benefit from the ideas of others by taking a single class?

Taking a coaching clinic is an exercise in putting your ego away for a few hours to explore some new ideas and share drills and philosophies with other judo coaches. It's not an insult to your judo ability or teaching ability; it's an opportunity. If you have all the students you can handle, get them from clumsy to competent easily, keep most of your beginners, see your students enjoying themselves, and create champion judoka, then maybe you don't need to take the class. If that's the case, perhaps you can attend anyway and share some of your secrets with the less gifted and experienced teachers who attend.

*Bill Myers, Sandan
Head Instructor of Judo at Cornell University*

P.S. If you haven't seen Kelly's Capers, a great way to teach beginners how to transition to randori and help retain students, sign up for one of the upcoming clinics that includes it. I have used it for two years to teach my beginners how to randori and it's nothing short of magical.

Maryland, August 23

On August 23, 2010, USJA President Gary Goltz honored Budokan Judo Club in Chesapeake Beach, Maryland with a visit. His visit reinforced our instruction. Sensei Gary fit in like a longtime member of our club. We share a kindred spirit and love for Judo.

After the formalities and warm-ups, Sensei Gary complimented our judoka on their ukemi. He gave some easy pointers on how to improve and encouraged everyone to perfect their falling ways.



Sensei Gary's newaza lesson focuses on controlling space. As tori, he demonstrated removing all space with the hold-down kami shiho gatame and introduced a hold-down drill with both hand behind the back. He also showed how to maintain in positions such as the "guard." After practicing these techniques, we worked on tachi waza.

Sensei Gary then taught a left-sided Ko soto gari from a right-handed grip. This was followed by a variety of combinations.

I have been very fortunate to meet many quality people in Judo, both on and off the mat. Many of these people have become close personal friends. It remains particularly pleasing to be a part of a top-quality national organization like the United States Judo Association. People like Gary Goltz, USJA Board and Staff help to make the USJA Top-Quality. Thank You Gary and all!!!



--Rev. Marshall R. Coffman, Yodan

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).

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 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, 5th dan – Head Instructor 765-621-3416

Saturday September 18th, 2010

STACY/LENT FIRE DIVE TEAM FUNDRAISING TOURNEMENT, Rick Doyle/Stacy Lions Baseball field, Stacy MN. Hosted by Eastside Tigers. THIS IS AN OUTSIDE TOURNAMENT- WILL BE CANCELED IF RAIN!
WEIGH-INS: 8:30 A.M. to 10:00 A.M. Juniors start at 11:00 A.M.; Seniors and Masters to follow.
FEE: \$20.00, additional divisions \$5.00 each. *No spectator fee - Bring your lawn chairs.*
Contact: Dan Hoffman, 651-208-5650; Ken Otto, 651-774-4041, k-d-otto@msn.com

September 18th

Referee and Tech Official Training Clinic, Wall to Wall Martial Arts, 7838 Kingsley Dr., Denham Springs, LA. Training - 3pm – 4:30pm, Randori – 4:30pm-6:00pm. Open to USJA, USJI, or USJF members; no charge to attend. \$25 for Tech Official certification. Participants may attend randori only.
Contact James Wall wallmartialarts@att.net, 225-612-0934 or 225-921-7923

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.

Saturday, September 25th

Free Junior & Senior Judo Training Camp, Granite State Judo Institute, 411 Beech Street, Manchester, NH.
9:30 am–12:00 pm; Contact Robert Proksa (603) 568-0054 or Robert@gsji.org.

Saturday, September 25th

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.

OCTOBER

October 9, 2010

Emerald Coast Military Judo Championships, Naval Airstation Pensacola, FL, Portside Gymnasium Building 627. Begins at 8:00 a.m.
Contact Earl Wright, Tournament Director & Head Coach, Pensacola Judo (850)776-7873 or wrightearl15@yahoo.com



October 10

Princeton Judo Invitational, Princeton YMCA, 59 Paul Robeson Place, Princeton, NJ.
Contact: Cory Cuomo cuomoco@umdnj.edu (732) 406-3646

October 16th

Tournament Technique Clinic with Israel Hernandez & Valerie Gotay. Youngker High School, 3000 S. Apache Road, Buckeye, AZ. Juniors/Seniors 9 am-12 pm, Seniors only 1 pm to 4 pm. \$25 for Juniors; \$30 for Seniors for 1 session or \$50 for both sessions. Concessions will be available.
Contact Phil Brier 480-248-0766 or PDBrier@yahoo.com.

OCTOBER 15-17, 2010.

Junior & Senior Judo Training Camp, Granite State Judo Institute, 411 Beech Street, Manchester, NH.
Friday 6:30–8:30 pm; Saturday 10:30 am–1:00 pm; 3:30–5:30 pm., Sunday 10 am–12 pm.
Fee: \$75.00 camp only; \$125.00 with home stay & meals if received by October 10th.
Contact Robert Proksa H: (603) 774-8251; C: (603) 568-0054 or Robert@gsji.org.

NOVEMBER

November 5-6

6th All Women's Championship, Woodland Mall Expo Center, 1234 N Main St., Bowling Green, OH.
Hosted by: International Women's Judo Alliance and Bushido Kai America.
Kata, Referee, and Coaches Certification Clinics; Kata and Shiai Competition
Contact: Deborah Fergus defrgs6@att.net (269) 208-1068

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 dyrell@comcast.net for flyer/information.

DECEMBER

December 4-5

5th USJA/USJF Winter Nationals, Damien High School, 2280 Damien Avenue, La Verne, CA; Coaching Clinic on Friday, December 3rd. Full information at <http://mysite.verizon.net/resptwx6/winternationals.htm>

We would still like to share your news!

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

USJA Promotions: July-August, 2010



Congratulations to the following individuals on their achievements:

Shodan

- | | | |
|---------------------|---------------------|-------------------|
| ★ Troy Badiny | ★ Brett Hughes | ★ Reginald Sutton |
| ★ Justin Chaparro | ★ Casey Jordan | ★ Paul Tar Jr. |
| ★ Neva Dasent | ★ Robert Matriscini | ★ David Vazquez |
| ★ Kary Engel | ★ Anthony Muller | ★ Derek Wojcik |
| ★ Alan Goldstein | ★ Dion Rizzuto | |
| ★ Ieesha A. Griffin | ★ Joshua D. Smith | |

Nidan

- | | |
|------------------|--------------|
| ★ Brad A. Miller | ★ Eric Moore |
|------------------|--------------|

Sandan

- | | |
|-----------------------|------------------------|
| ★ David Allen | ★ Christopher Mechling |
| ★ Steve Marcello Arce | ★ Michael Troster |

Club profile: Bushido Florida Dojo in Miami

Started in 1973 as Bushido Florida Judo Club, the organization under Sensei Frank Payne changed its name to Florida Bushido Dojo to better reflect the greater variety of martial arts taught there. Payne has been a member of USJA since 1969 and a Life Member since 1973. He earned his Shodan in Kodokan Judo in 1974 under USJA, and worked through the ranks to Rokudan (6th degree black belt,) in 1995.

But he didn't let it rest there. He earned a Shodan in Yoshtsune Jujutsu in 1980, and progressed to Shichidan Shihan in January, 2009 recognized by the International Federation of Jujutsuans (IOFJJ). He also holds Rokudan rank in American Martial Arts jujutsu via USJA. Payne is well published and has been inducted into the World Martial Arts Hall of Fame.

The students of Bushido Florida Dojo certify in both USJA rank and IOFJJ rank. Like most American dojos, his students come from a wide variety of backgrounds – high school and college students, police and corrections officers, lawyers and doctors. Payne taught English and Social Studies at Dade County Public Schools, but when he retired he had to find alternative accommodations for the dojo. It now is located at 12960 SW 122 Avenue, Miami, Florida. He and his instructors continue to teach and certify his students in both judo and jujutsu.

Payne is available for weekend seminars and clinics for both judo or jujutsu. To arrange a clinic or seminar, contact him via phone (305) 613-4146 any day 12 noon to eleven PM. The club welcomes visitors and new members.



Commentary: WHAT HAPPENED TO MAXIMUM EFFICIENCY?

I am a little old man with several Arthritic joints, who practices Judo four to five times a week. Yet I wonder why so many, much younger than I, are sore and beat up from a couple of Judo sessions a week.

I soon realized that the answer to my question could be found in the two very maxims on which judo was founded, the principles of *Seiryoku Zenyo* and *Jita Kyoei* or “Maximum efficiency with minimal effort ” and “mutual welfare and benefit”

In 1964 Judo was exposed to the entire world, through the Media, at the Olympic Games in Japan. Since that time there has been seen a great expansion of the Art, and the incorporation of many new, and useful techniques from other competitive sports. But at what cost, has the spotlight cast on competitive judo deterred us from learning the art efficiently and correctly?

My understanding of Dr. Kano's imagination about Judo was that it would be an ever growing Art, and that it would someday be a means of teaching a method of Physical Education in every High School in Japan. He saw Judo as a functional method of exercise, as well as functional Self Defense, all done using one's body as it was designed to be used.

How was it that Kyuzo Mifune, at a little over 100 pounds, could be so effective against huge men? The answer is simple. It wasn't because of the frequency of his practices; it was HOW he frequently practiced. He used his entire being in the most efficient manner possible.

Efficient practices involve forgoing the use of all out strength and involve a more analytical and "give and take" approach to judo. For example, the next time you randori, try going slower and instead of just trying certain techniques, ask questions such as: 1. Why do we take a lapel grip? 2. If 90% of us are right handed, why do we practice throwing to the Uke's strong side? 3. Why do we pick people up to throw them down? 4. What is more important, the name of the throw or the result of the throw? Or during the practice of ne waza randori, what is the benefit of acting like it has to be a winning experience, rather than a learning one? Why not "roll" for 20 minutes to an hour just learning mat work? You should take pins and observe how your partner escaped, and he/she should do the same with you

A shining example of this occurred at our club the other night, two of our club members rolled for an hour straight, they ended dripping wet with sweat. While rolling, they "experimented" countering Passing from Legs-Around-Bottom Position. The results were prevented escapes and applying three chokes and two arm bars. From one simple change to their defense they developed five new techniques against a common position and condition during Ne Waza.

If you find that Throwing can be difficult, start applying some of Mifunes' skills: 1. *Hikidasu* 2. *Inasu* 3. *Fumi Komi*, and see how most throwing skills improve.

--Charlie Robinson

A Message from the Editor:

Many thanks to everyone who has sent me articles, photographs and listings for events. Every month you are making this magazine better and better!

If you have any news, helpful information, or profiles of clubs and individuals that are making a positive impact in the judo community, please send them. Of course, we especially want to emphasize USJA members, USJA clubs and USJA sanctioned events.

I would especially like to recognize those who have contributed photographs to the magazine, most notably: **Larry Thorpe** (Anton Geesink) and **Deborah Shapiro, Connie Halporn** and **Sheridan Simmond, Jr.** (International Judo Camp, Huguenot, NY). These individuals and others have allowed me to use their work in this magazine only; please do not reproduce articles or photographs without the permission of their creator. Thank you for your cooperation and support!



--Joan Love, Editor



2011 USJA / USJF Junior National Championships Tournament
and
2011 USJA / USJF Junior National Novice Tournament
July 2 & 3, 2011

Owens Community College, Toledo, OH

Hosted by: **Judan Judo of Toledo, Inc.**

For additional information such as Hotels, Local Attractions, Restaurants and Entry Forms please go to the tournament web page

(<http://www.2011judojuniornationals.com/home>)

Host Hotel:

Holiday Inn French Quarter
10630 Fremont Pike, Route 20 (I-75,
Exit 193 or Turnpike 80/90, Exit 64),
Perrysburg, OH 43551, (419) 874-3111



GRASSROOTS JUDO



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

To order call toll free 877-411-3409, Fax: 719-633-4041, email: orders@usja-judo.org,
 Website: www.usja-judo.org/ or mail to USJA, 21 N. Union Blvd., Ste 200, Colorado Springs, CO 80909



Train with Purpose
Fight with Intensity



New! USJA T-SHIRTS!!

Child Sizes - Small -Large
\$12.00 plus S&H

Adult Sizes - Small- XXL
\$15.00 plus S&H

(Pictured to the left is the back.
 The front has the USJA logo on the upper left side)

Yes, please accept my order for the new USJA T-shirt:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Payment by Check/Money Order payable to USJA, or MasterCard, Visa or Discover accepted

Card No: ____/____/____/____ Exp. Date: _____

Name on Card: _____

Authorized Signature: _____

QTY	ITEM	SIZE	Color (white)	PRICE	SUB TOTAL
SHIPPING AND HANDLING CHARGES				Sub-Total	
Up to \$6.00	Add \$3.00			S & H	
\$6.01 to \$15.00	Add \$5.75			COD 9.50	
\$15.01 to \$30.00	Add \$8.50			Sub-Total	
\$30.01 to \$75.00	Add \$9.50			TOTAL	
Over \$75.01	15 % of total				