

Growing Judo

November- December, 2010



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
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(877) 411-3409

In this month's issue:

- ★ News about the Kelly's Capers program!
- ★ Sponsors needed for the USJA Awards Program
- ★ More New Clubs, News and Events
- ★ USJA Winter Nationals and Coaching Clinic
- ★ 2011 USJA -USJF Joint Junior Nationals



Training program for the "Kelly's Capers" clinicians in Norwich CT: George Weers, Pete Mantel, Joan Love, Sid Kelly, Lynne Roethke, Bill Myers & Eric Moore

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

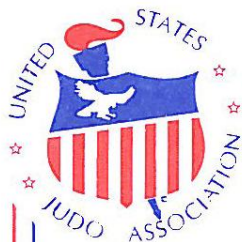
- * CONCISE, well-written and proofread.
- * Contain correct details (like dates and contact information) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.
- * Your original work, or includes the expressed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

Thanks for your support!

Joan Love, Editor, *Growing Judo*
Vice-President, USJA
Chair, Club Support Services/Regional Coordinators
judolady210@aol.com

Editor's Note: The next issue of Growing Judo will be January, 2011. If you have any news about your club and your area, and any events planned in the New Year, we want to include them!

Please submit your information by December 22nd!



UNITED STATES JUDO ASSOCIATION

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Website: www.usja-judo.org • Email: membership@usja-judo.org

Dear Club Instructor,

As you are no doubt aware, judo has a sad history of financial availability. There are many stories of judo programs existing on shoestring budgets, and judo generally going nowhere because of lack of funds. However, recently the USJA received a generous donation of \$30,000 from an understanding, informed, anonymous donor. Specifically, the money has been donated to promote a newly developed system that addresses the much-neglected area of introducing judo to beginners. The system's main goal is in line with the recently released Positioning Statement of the three judo organizations, i.e., to increase membership by focusing on recreational rather than competitive judo.

The new system is named *Kelly's Capers* after its creator, Sid Kelly, who has been developing it over the past two years. The *Capers* portion of the title, as defined in Webster's, means a playful jump or leap. The objective of *Kelly's Capers* is to prepare the beginner for the exercise of standing randori (a major cause of beginner dropout). Beginners are guided down an innovative learning path, the *Road to Randori*, by way of playful jumps or steps. How the beginner is introduced to the techniques of judo, the throws, holds and falls, is still left up to the instructor; only the introduction to randori through a series of pre-randori exercises is different.

Although it is too early to predict the long term effects of the system, there are some short-term results showing that it has great promise. Mr. Bill Myers, who has taught judo at Cornell University for 15 years, states that by using *Kelly's Capers*, the transition to randori is smooth and seamless rather than stark and scary. Sid Kelly has been using this approach with his own classes since January and nobody has yet dropped out. I have also seen considerable improvement in my students' randori movement using the *Kelly's Capers* method.

There are now six clinicians who have been certified to teach *Kelly's Capers*. A certified clinician can now be flown to your area and pass along information that will help you to retain students and improve beginner randori skills, along with any other subject, including Coaching Certification.

The clinicians and money for travel and board are available. It is now up to grassroots instructors, such as yourself, to host a USJA sanctioned *Kelly's Capers* clinic. This is a win-win situation! Please note that if there is apathy with this golden opportunity, financial support will be withdrawn, as this money is to be used only for the teaching of *Kelly's Capers*. Therefore, if you are interested in hosting a clinic please contact me at WMontgomery2@aol.com.

Bill Montgomery
USJA Coaching Committee Chairman



ON THE MOVE WITH KELLY'S CAPERS

by Bill Montgomery

On October 23rd, five talented teachers met in Norwich, CT, to receive special training from Sid Kelly on *Kelly's Capers*, a unique approach to teaching judo beginners. This plan is meant to be used in conjunction with your current teaching, and focuses on the manner in which you introduce the new student to randori. The ultimate goal is for beginners to feel successful, which will lead to higher retention. Sid aptly points out that much has been written about what we do with athletes at higher levels, but little has been done to improve the introduction of new people to judo.

This exciting departure from our standard manner of doing randori could become a major component for increasing the base population of American Judo. The avoidance and follow-up skills which Sid promotes are not new, but his presentation is innovative. These maneuvers can also benefit more advanced athletes, as they are the skills generally displayed by top players. However, while the acquisition of these skills is often a matter of chance, Mr. Kelly's plan eliminates any haphazardness. Rather, it is logically set out and can be easily fit into a curriculum. You must see this presentation to fully appreciate its potential!



Avoidance moves to osoto-gari and seoi-nage

We now have a team of clinicians ready! **Bill Myers** has been using the *Capers* for two years at Cornell University. He attests that the transition to randori has greatly improved and his students are enjoying the classes more. **Lynne Roethke** is excited to utilize this approach in her own dojo and is ready to travel to other areas to introduce it. **Pete Mantel** will be working the scheme into his program, and **George Weers** has several programs going on and will also be using it. We had been using some elements of Kelly's *Capers* in our own dojo, but it is now becoming a standard part of our beginners' program. **Joan Love** is training all of our existing students in the method, a step that is essential to fully implementing *Kelly's Capers*. Last but not least, **Sid Kelly** has been using this approach faithfully in his new dojo for almost a year. To host or attend a seminar with one of these outstanding instructors, please contact me at WMontgomery2@aol.com.



The Kelly's Capers team practices "The Bull and the Matador" and follow-up attacks

PARTICIPATE AS A SPONSOR FOR OUR AWARDS PROGRAM

Ronald Allan Charles, Awards Committee Chairman

Ever wonder how you can help our best players? Here's your chance! The Awards Committee, in addition to presenting outstanding shiai and kata competitors with certificates and inclusion in our Hall of Fame, offers "scholarships" in the form of free or discounted attendance at camps and clinics and discounted martial arts merchandise.

We solicit your help in this noble endeavor. If you plan to host a clinic, camp, or tournament during 2011 and would like to offer discounted or free attendance to our best judoka who will join our Hall of Fame for their 2010 achievements, or if you have tangibles that you are willing to donate or offer at reduced prices to our future honorees, please let me know right away. I will help publicize your offer.

Look at our online Hall of Fame to see whom we honored last time. Contact me at ronaldallancharles@msn.com for further information, and early in January send in your recommendations on the online form for outstanding competitors from your club for the several awards categories.



A WARM WELCOME to Our NEW USJA Clubs!

October, 2010

Club Name: **Colton P.A.L (Class C Club)**
Head Instructor: **Jess Duran**
Email: jessduran@me.com

Location: **Colton, CA**
Phone: **909-824-0677**

Club Name: **Birdseye Sport Judo & JJ Club (Class C Club)**
Head Instructor: **Todd Birdseye**
Email: birdseye_sjjc@yahoo.com

Location: **Roseville, CA**
Phone: **916-223-6073**

Club Name: **SPORTS Judo (Class C Club)**
Head Instructor: **Gregory Ahrens**
Email: gahrens@ahrenscorp.com
Website: www.s4ea.org

Location: **San Diego, CA**
Phone: **618-584-7123**

Club Name: **Kobukan Judo Team**
Head Instructor: **Lester Martell**
Email: lesterlmartell@aol.com

Location: **West New York, NJ**
Phone: **201-320-4305**

Club Name: **Grace Martial Arts (Class C Club)**
Head Instructor: **Robert Xavier**
Email: xavierfl@aol.com
Website: www.GMF.org or www.gracemartialarts.org

Location: **Palmetto, FL**
Phone: **941-776-5056**

Congratulations to our Newly Certified USJA Coaches

- ★ Matthew Blankenheim, Seika Ryu Martial Arts, CA
- ★ Joa Harms Schwinn, Seika Ryu Martial Arts, CA

WELL WISHES

The USJA community sends its best wishes to Sensei Charlie Robinson, 8th dan, Sensei of Twin Cities Judo, Marysville, CA and founder of Camp Bushido West, for a speedy recovery and good health.

Judo News From Around the Country

Florida, October 9



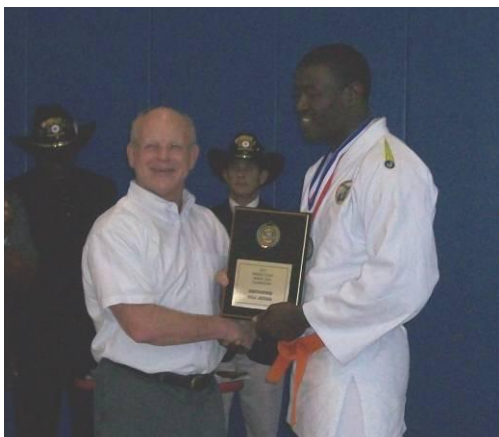
The 1st Annual Emerald Coast Military Judo Championships was hosted by Pensacola Judo and Military Outreach Judo and Jujitsu Organization (MOJJJO) at the Portside Gymnasium, Naval Airstation, Pensacola, Florida.

The tournament was a joint effort by Sgt. Major E.L Mayfield and Tournament Director Earl Wright. James Wall's Wall to Wall Judo and Melton's Judo of Jackson MS provided referees and technical officials to support this event. A Coaching Clinic was also offered prior to the tournament. An all-Military Judo event of this type hasn't been held before, and it is exciting to be able to host it not just for the military, but for the spirit of Judo.



*Katherine Donohoe, West Point,
Outstanding Female*





Isaac Henderson, Outstanding Male

There were a total of 32 competitors, and teams from as far away as West Point, NY. Army, Navy, Air Force and Marine teams fought well; West Point took 1st in overall Team standings and were presented with the Team Banner presented by the host, MOJJJO. Navy brought in a total of 13 Medals. Some of these service members trained on very short notice and I am proud of them for their participation and service to country. I especially enjoyed the competitive spirit our servicemen and women displayed during this event, win or lose. Michelle Bazinet, Fitness Coordinator for MWR, was very pleased with the outcome. Everyone is looking forward to next year's event!

Earl G Wright
Head Coach Pensacola Judo USMC (ret)
Military Outreach Judo and Ju Jitsu Organization Inc, (MOJJJO)

California, October 9

This year's Dr. Z Memorial Club Tournament was the biggest ever held by Goltz Judo since they began in 1991. 156 judoka of all ages and ranks participated.

Dr. Z was a close friend of Gary Goltz and a mentor to the club; he died suddenly in 2001 at the age of 67. It was his vision for Goltz Judo to host these kind of grassroots events. You can read more about him here: <http://mysite.verizon.net/resptwx6/drz.htm>.

The caliber of competition was excellent, and included a team of a dozen players from Switzerland. Their head coach is Marcel Burkhard, '72 and '80 Olympian. Guillermo Figueroa of Kino Judo in Tijuana brought the Swiss team to the event.



Arizona, October 16

Israel Hernandez & Valerie Gotay visited Buckeye, Arizona to give a clinic for both juniors and seniors on tournament techniques. They began with exercises that focused on tori's balance and uke being pulled off balance. Next they covered about a dozen different kumi-kata drills that entailed tori obtaining a dominant grip and setting up for a technique. Entries to techniques like o-soto-gari and harai-goshi were then added, so that each step built upon the previous one.

The afternoon session included newaza warm-up exercises, and escapes and entries into various hold downs. Following this, Israel and Valerie took questions and requests from participants to show specific techniques. They demonstrated their style, then gave students the opportunity to try the techniques while they circulated and made corrections. Israel and Valerie did a great job and gave participants a lot of personal attention.

--Phil Brier



Randy Justice, Kevin Scarbrough, Israel Hernandez, Valerie Gotay, Dakota Balvitsch, & Phil Brier

Connecticut, October 16



2008 Olympic Gold Medalist Ole Bishof visited The Dojo in Wolcott, CT. He and Tony Lettner taught some of their favorite tachiwaza and newaza techniques to an appreciative crowd!

Missouri— October 23

On Saturday, October 23rd, White Dragon Judo Club in St. Louis, Missouri hosted an open workout with fellow judo clubs throughout the region. Out of the 30 total participants, representatives of 6 area clubs were in attendance: White Dragon Judo Club, Itakawa, Rolla Judo Club, Missouri Martial Arts, Ki To Kan Judo Club, and Kirkwood Judo Club.



Tom Kuhne, Rokudan, ran a fast-paced practice. For several rounds of randori, participants were encouraged to roll with judoka from other clubs. He also invited local black belts Derick Wellman, Amber Jones, and Tracy Hangle to share both a standing and ground technique with the class.

Next, Paul Tanabe, Hachidan, provided zen-like wisdom in instructing students to anticipate their opponents' next step. When your opponent steps with one foot, more than likely you'll know where the other foot will follow. With this simple knowledge, it should be easier to direct your attacks.



Alternating clubs have been hosting area open workouts for the last 16 months. The next open workout is going to be held at Belleville Judo Club in Belleville, IL on Saturday, November 13th. For any questions or if you would like to be added to my event email list, please contact me at graphic2goddess@yahoo.com or (314) 960-4228.

-- Tracy Hangle, Nidan, White Dragon Judo Club

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

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).

NOVEMBER

November 13

JUJITSU AMERICA Board Meeting & JA/USJA Traditional Jujitsu Training Clinic, Cahill's Judo Academy, 635 San Mateo Ave., San Bruno, CA. 650-589-0724; eric.renner@comcast.net.

November 14

2010 Chaves Memorial Tournament and Rokushu Yudanshakai Senior Promotional Tournament

St. John's Prep School, Danvers, MA. Senior Promotional Tournament, Novice and Advanced Divisions, Newaza Division (New for 2010!). Contact: Harold Oshima, oshima@post.harvard.edu or [Tohoku Judo Club](http://TohokuJudoClub.com).

November 20

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

Saturday, Nov 20

Thanksgiving shiai, St. Matthew Catholic School, 497 Humboldt Ave., St. Paul, MN
Ken Otto: 651-774-4041; k-d-otto@msn.com

November 28

Nakabayashi Judo Championships, Salesian High School 148 East Main St. New Rochelle, NY.

Junior/ Senior Shiai and Kata divisions; USJA Referee, Kata Judge, and Technical Officials Certification

Entry Fee if post marked by 11/22: Shiai: \$ 25.00/\$15 additional divisions, Kata: \$25.00 per team.

Contact George Pasiuk, mr1judo@optonline.net, cell (914) 413-9944; home (718)430-9385; business (866)491-9808. For information on Referee, Kata Judge, or Technical Officials Certification contact Charles Schweizer at esg939603@yahoo.com

DECEMBER

December 4-5

5th USJA/USJF Winter Nationals, Damien High School, 2280 Damien Avenue, La Verne, CA; Coaching Clinic on Friday, December 3rd. [2010 Winter Nationals Registration Packet](#) ; [2010 Coaching Clinic Registration Packet](#)

December 11

Coach Continuing Education Clinic, Meyer Student Pavilion, 12701 Hinson Rd., Little Rock, AR. 11 AM to 6 PM. Approved for initial certification, continuing education credit, and renewals. Clinic fee: \$30; certification fee: \$25 (valid for 4 years). Contact Ed Thibedeau 501-425-5638; Et@ArkansasGoshinkan.org

MARCH, 2011

March 5-6

Coaching Certification and Kelly's Capers Clinic, Ridgewood Judo, YWCA of Bergen County, 112 Oak St., Ridgewood, NJ. Presenters: Bill Montgomery/Joan Love. Coaching certification on Saturday, 10:00 a.m.-2:00 p.m. & 3:00-6:00 p.m.; Kelly's Capers on Sunday 12:00-5:00 p.m. Flyer/registration forms will be available soon. Contact Chris Maurer at ridgewoodjudo@yahoo.com.

JUNE, 2011

June 17-19

JA/USJA Sport Jujitsu US National Championship Tournament, Foster City, CA. www.jujitsuamerica.org.

USJA Promotions: September, 2010



Congratulations to the following individuals on their achievements:

Shodan

- | | | |
|--------------------|----------------------|-------------------|
| ★ Pete Braun | ★ Michael Hall | ★ Javier Quintero |
| ★ Sergio Cartagena | ★ Neville Hill | ★ Max Shellum |
| ★ Joshua Chaparro | ★ Konstantin Kulagin | ★ Brian Strate |
| ★ Ian Gerrard | ★ Doug Moore | ★ James Wuhrman |

Nidan

- ★ Julia Thompson

Sandan

- | | |
|-------------------|---------------|
| ★ Paul "Bob" Rush | ★ Dennis Wahl |
|-------------------|---------------|

Yodan

- | | |
|--------------|-------------|
| ★ Carl Hayes | ★ Greg Kaye |
|--------------|-------------|

Godan

- ★ Melinda Buehman

OLYMPIC VICTORY

by Dr. Ronald Allan Charles

During my youth I hitchhiked and adventured around the world for nearly eight years, with a judogi in my backpack, spreading the joy of judo. I hit 83 countries on that first trip abroad. One of many interesting encounters occurred in Java after my 13-month stint at the Kodokan Judo Institute.

At the eastern tip of the island of Java lies Surabaya, where I located the judo club. Sensei George Pantouw invited me to his home when I asked to put my sleeping bag and mosquito net on his mat. I appreciated this common martial arts courtesy.

George, of Dutch descent, held yodan rank. His son, Eddie, was shodan. George took me into his bedroom, opened a chest of drawers, and withdrew a samurai sword from World War II, when the Japanese had occupied his nation. When I asked why he didn't display it, George explained that a general, who was a friend, sometimes would visit, and he feared that if the general were to admire the katana, George would be obliged to give it to him. George chose to keep the sword for his private viewing. I didn't ask what custom dictated if the general were to admire George's wife.

George was introduced to judo the hard way. Suspected of collaborating with the Allies, he'd been interned and questioned for days. Questioning included beatings. George was formidable when I met him in 1970 and would have been even more so 25 years earlier. After he convinced interrogators that he was innocent -- though he wasn't -- they released him.

As he exited the barbed wire compound, a group of soldiers passed, led by a swaggering officer bearing a samurai sword. George, a bold youth, shouted that the officer was pretty tough when he wore a sword. George's challenge did not go unanswered. No one questioned the authority of the Empire's emissaries. The officer removed his sword for the ensuing spectacle.

To bystanders' merriment, the officer repeatedly threw George, who didn't comprehend what was happening. Grappling and striking skills that had served him well in past scrapes didn't work against this enemy. I envisioned George crawling home to the jeers of amused Japanese soldiers. He asked, and he learned a new word -- JUDO.

George was eager to learn this art, and after the war he somehow did. He must have done well, because when judoka were selected for the 1964 Olympics, George made the team. He was the judo team, a team of one. Judo then was not popular in his country.

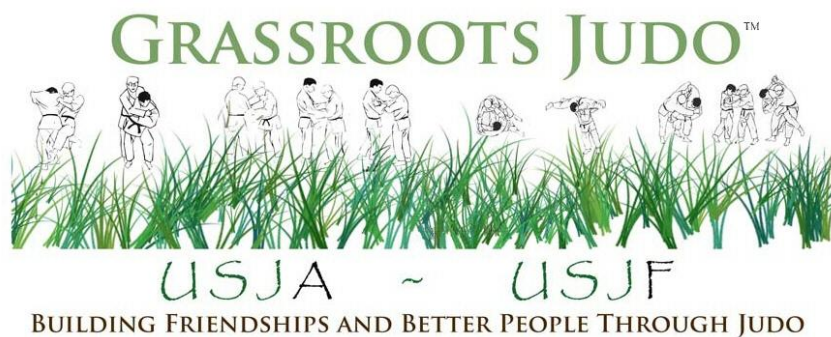
When his name was called, George stepped onto the Olympic mat. His opponent didn't. Consequently George Pantouw won his first match by default, by *fusen-sho*. He didn't win subsequent matches, but that did not deter Indonesian journalists from playing up the event.

Headlines across Indonesia screamed, "PANTOUW WINS JUDO OLYMPICS BY FUSEN-SHO." (Had I designed the lingo, my word would have been *fusen-no-sho*.) When he returned home, judoka asked him to demonstrate his winning *fusen-sho* technique. I'll bet that was an interesting class.

I asked whether he ever again saw the officer who introduced him to judo. He had in fact looked him up during that visit to Tokyo, though they never became friends. George didn't elaborate. But thanks to that wartime occasion, judo spread and an Olympian was born.

5th ANNIVERSARY
2010 USJA/USJF WINTER NATIONALS

SENIORS MASTERS JUNIORS KATA



SATURDAY & SUNDAY DECEMBER 4 & 5, LA VERNE, CA



For more information go to goltzjudo.com



MEET & GREET BESTSELLING AUTHOR BARRY EISLER

Saturday afternoon [BARRY](http://goltzjudo.com) who is known for his fictional counter spy anti-hero John Rain, a Kodokan Black Belt like Eisler himself will be signing his books!



USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 3, 2010

Sanctioned by the USJA

The USJA/USJF National Coaches Clinic will be lead by USJA Coaching Committee Chairman and Board Member, Bill Montgomery as well as Gerald Lafon. “Kelly’s Capers,” a new innovative teaching system designed to retain new students, will be presented by Joan Love, a *Capers* certified instructor and USJA Vice President. This program has been in development for more than two years. It has been field tested at Cornell University’s Judo Club and has proven to be effective.

The Coaching Clinic will be conducted at Goltz Judo in Claremont, CA. It includes mat and classroom sessions. Successful completion of this clinic will satisfy all of the USJA/USJF requirements for Coach Certification as well as maintenance for continuation of expired or expiring Coach Certification. Letters of Completion will be distributed at end of the clinic.

Date: Friday December 3rd

Times: 9:00 AM to 5:00 PM

Cost: \$50.00 per person payable to “Goltz Judo”. This includes lunch on Friday. The additional cost to obtain the USJA or JF Coaching Certificate is \$25.00 and the required background screen is \$16.00.

Location: Goltz Judo’s Dojo in the Alexander Hughes Community Center, 1700 Danbury Road, Claremont, CA 91711

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

For More Information Contact:

Bill Montgomery
(860) 917-6318 (cell)
wmontgomery2@aol.com

[Registration Information](#)



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.2011judojunionationals.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



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\$30.01 to \$75.00	Add \$7.50			TOTAL	
Over \$75.01	15 % of total				