

Growing Judo

January, 2011



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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In this month's issue:

- ★ USJA website--our new look for the New Year!
- ★ News from the USJA Winter Nationals
- ★ A tour through the USJA Coaches' Portal
- ★ March is Visit-Another-Dojo Month
- ★ Sensei Do's & Don'ts
- ★ News, Events and more regular features



*Best Wishes to all of our USJA members and clubs
for a Healthy, Happy & Prosperous 2011!*

New for 2011 -- Website Overhaul and Update!

Nick Mechling, Owner of International Self Defense Judo School in San Diego

(<http://www.isdc.net/judo/index.htm>), is a USJA Club Leader and successful entrepreneur. He directed the Soft Judo DVDs series <http://softjudo.com/usjadiscount.htm> and is a USJA donor who has given us a brand new 21st Century Miva Merchant website. John Moe, our volunteer IT Director, is working on its final test phase; the site should be up and running shortly--stay tuned!

UNITED STATES JUDO ASSOCIATION



- Current Top 20 Active Clubs
- National and State Awards
- Advanced Judo Study Program
- USJA/USJF Grassroots Judo™ Points
- Jujitsu America Alliance Announced
- Triad Positioning Statement
- USJA/USJF 2011 Junior Nationals
- Board of Directors Meeting 12/4/10
- Winter Nationals 12/3 -12/5/10
- Referee Certification Program

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Welcome to the webpage of the United States Judo Association, America's service-oriented support organization for players and clubs. We work hard to provide accurate event listings for tournaments, clinics, and camps, plus contact information. We provide contact information for those seeking clubs or members. We provide books, videos, uniforms, and other supplies at reasonable prices and with speedy, efficient delivery. We assist coaches in building their clubs, and provide them with membership rosters, forms, and other support, all at no charge.

Because we are a non-profit educational organization, profits return to judo, keeping membership costs low and services high. We strive to be the best at serving our members and building our martial arts programs.



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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 February, 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 January 23rd or earlier



UNITED STATES JUDO ASSOCIATION
21 N. Union Blvd., Suite 200
Colorado Springs, CO 80909
Website: www.usja-judo.org
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Toll Free: 877-411-3409
Fax: 719-633-4041

Club Dues to take Effect

The USJA strives to be the best when it comes to servicing its coaches and members. By doing so and implementing new services, such as the Coach Portal we need to continue to receive donations.

Effective, September 1, 2011, a \$25.00 charge will be assessed to all clubs with less than 10 active members. By active, we mean current annual members or life members that have sustained their life membership with the yearly \$25.00 donation.

Currently, we are the only judo organization that does not charge clubs a fee for services provided and the retention of records.

Although this was a tough decision by the USJA Board of Directors, it was discussed in depth and determined to be a necessity in moving forward so we can continue to raise funds and provide more services to our coaches and members and maintain our overhead.

All clubs that have less than 10 active members will be sent a notice. Payment must be received at the USJA National Office no later than August 31, 2011.

If payment is not received, a certificate of insurance for liability will not be issued and the club will be put on a "hold status" until club dues are paid.

This does NOT affect clubs with 10+ active members, which will continue to receive a club charter and a certificate of insurance upon request.

We are announcing this NOW, with plenty of notice, so that clubs will have time to sign up a few more members and reach the threshold of 10 before September 1st, 2011.

Thank you all for your continued support to judo and the USJA.

Merry Christmas & Happy Holidays,
USJA Board of Directors
USJA Office Staff



For Immediate Release

December 29, 2010

Judo Unlimited Signs Mat Sponsorship Deal with the US Judo Association

Los Angeles, CA: Today, Judo Unlimited, a leading distributor of [Agglorex Tatami Mats](#), signed an exclusive sponsorship with the United States Judo Association. Agglorex is headquartered in Belgium and is known for manufacturing the finest quality tatami mats in the world.

As the Official Mat Supplier of the USJA, Judo Unlimited will provide the Agglorex Tatami Mats for the USJA Junior and Winter Nationals as well as other major sanctioned events each year. The deal also includes an affinity program where USJA members can receive a special discount, and for every tatami mat sold, Judo Unlimited will make a donation back to the USJA.

"The Judo Unlimited agreement is a great benefit to all USJA club leaders. It will enable them to purchase these outstanding tatamis at a discount, while at the same time helping us to keep our membership fees affordable," commented Gary S. Goltz, USJA President.

"The USJA's goal is to help grow judo in America by providing the club coaches and grassroots athletes with more resources. We feel that the Judo Unlimited Sponsorship helps the USJA accomplish its goal by bringing a great product to its members at a great price," stated Razi Syed, President of Judo Unlimited.

For more information about Judo Unlimited's Agglorex Tatami Mats; contact Razi Syed, razisyed@hotmail.com, (310) 439-2146 or visit our website www.judounlimited.com.

For More Information about the USJA; contact Gary Goltz, gary@usja-judo.org, 909-985-0486 or visit their website www.usja-judo.org.

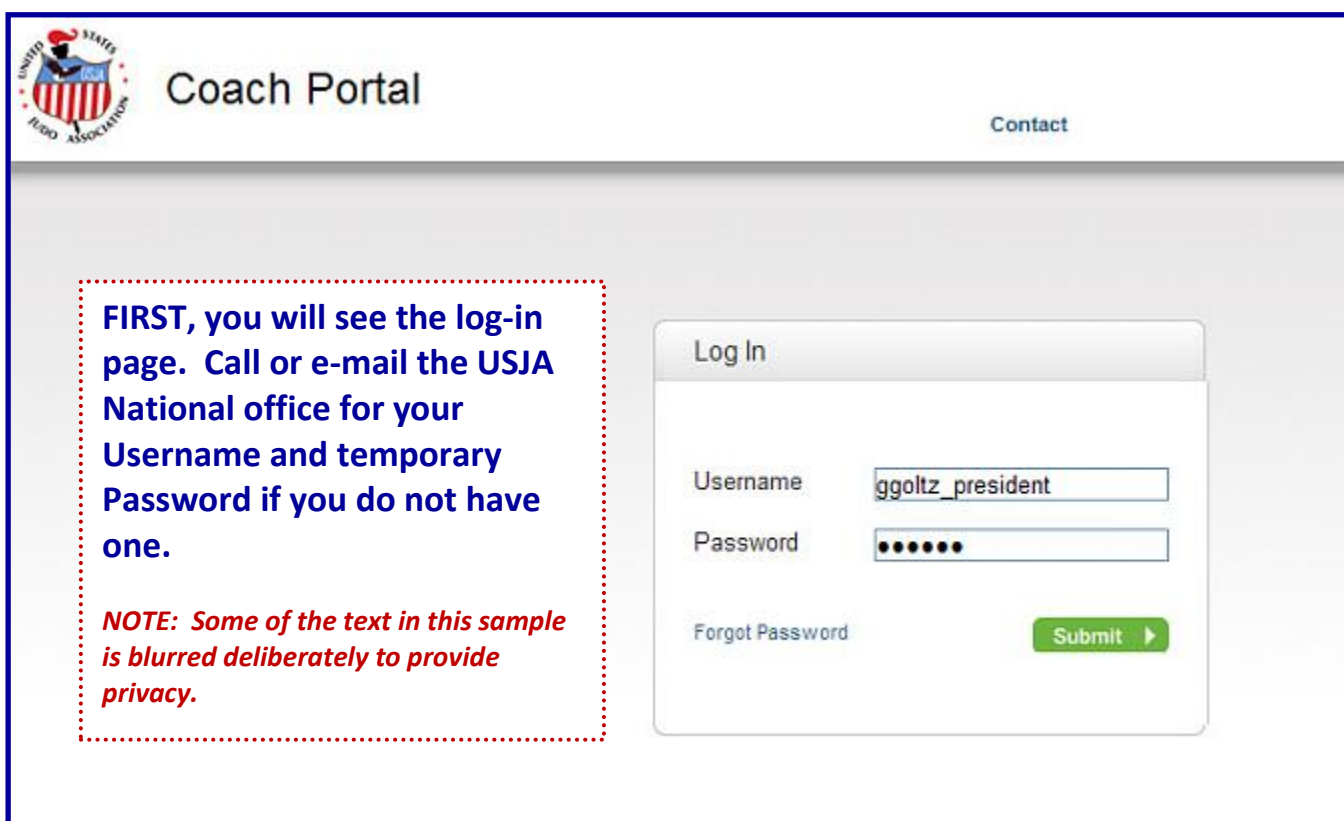
We would like to express our sincere appreciation to the following individuals for their generous support of the United States Judo Association:

- * **Eric Pickering**, Monterey Judo Club, CA - **\$2,025.00**
- * **Dr. James Lally**, Goltz Judo Club, CA - **\$2,000.00**
- * **Jerome Vessichio**, East Coast Black Belt Academy, NY - **\$500.00**

A Closer Look at the USJA Coaches' Portal

Running a tournament? Bringing your students to a clinic or event? Ever wonder how you can quickly and easily check on the membership and/or promotion status of a USJA member?

It's time for you to check out the USJA's **Coaches' Portal**, which went live earlier this year. This online service is free to USJA Club leaders and enables you to view your own club roster and/or verify the status of a USJA member at any time from your PC, Laptop, or smartphone. When we installed our new database 4 years ago, the Board of Directors decided that we would go the extra mile and make it interactive. This was an additional \$12,000 expense, but well worth it. Contact Robin Ridley, membership@usja-judo.org, at our National office to get started today!



Coach Portal

[Contact](#)

FIRST, you will see the log-in page. Call or e-mail the USJA National office for your Username and temporary Password if you do not have one.

NOTE: Some of the text in this sample is blurred deliberately to provide privacy.

Log In

Username

Password

[Forgot Password](#)

SECOND: logging in will take you to the Home navigation page.

NOTE: "Tournament" at the top right allows you to look up & verify a member of any USJA club

Coach Portal

Home **Members** Roster **Tournament** Log Out

Home Submenu

- Goltz Judo
- Members
- Roster
- Update Profile
- Request Assistance

Goltz Judo (CA0031)

Details

Chartered: Yes
Club Class: Gold Star
Registered:
Primary Style: Judo
Other Styles:

Members

Annual Members: 155
Life Members: 247
Black Belts: 91

Contact Information

Contact

Phone: 909-399-5490
Fax: 909-985-3786
Email: g.goltz@verizon.net
Website: www.goltzjudo.com

Club Address

1700 Danbury Rd. Alexander Hughes Center
Upland, CA 91784
United States

Mailing Address

2233 N Campus Ave
Upland, CA 91784
United States

Update Information

To update your club information please call the USJA at 877-411-3409 or email at membership@usja-judo.org.

Members Submenu

- Goltz Judo
- All Members
- Annual Members
- Life Members
- Find Members
- Update Profile
- Request Assistance

THIRD: Clicking on the "Members" menu (circled above) will bring up this quick reference list for your club. You can click on any name for details (see next page).

All Members

402 Members

#	Member Id	Last Name	First Name	Life Member	Membership Type	Membership Subtype	Insurance Expiration
1	3642941	Alberino	Timothy		Annual	Annual Member	8/31/2010
2	319886	Abramowicz	Stephanie	Yes	Regular	Regular Life Member	7/31/2004
3	3643111	Adachi	Dean		Annual	Annual Member	9/30/2010
4	307338	Adams	Tamar	Yes	Regular	Regular Life Member	5/31/1997
5	3571	Adelson	Irwin	Yes	Silver	Silver Life Member	4/30/2011
6	17763	Aguilera	Fernando	Yes	Regular	Regular Life Member	
7	320931	Ali	Amaan	Yes	Bronze	Bronze Life Member	8/31/2011
8	320932	Ali	Sharif	Yes	Bronze	Bronze Life Member	5/31/2010

Goltz Judo

All Members
Annual Members
Life Members
Find Members

Update Profile
Request Assistance

Josh Allen

Member Id: 3647398
Active: yes
Birthdate: 11/12/1981
Email: socloast@yahoo.com
Phone (home): 909-985-0985
Phone (work):
Phone (cell):
Fax:
Address: 14736 Albright Ave
Upland, CA 91788
United States


Standing

Club Number: CA0031
Club Name: Goltz Judo
Insurance Expiration: 9/30/2011
Membership: Annual
Member Since: 9/14/2010

Rank History

Date	Art	Rank
9/14/2010	Judo	Rokkyu

**FOURTH: you
can view details
about a specific
member**



Coach Portal

Home
Members
Roster
Tournament

Roster Submenu

Goltz Judo

Roster
Email Roster
Renewal Information

Clicking on "Roster" will bring up your
complete club roster.

Goltz Judo Roster

12/16/2010 4:49:07 PM

Member Name & Address	Membership Information	Rank Information
Abbotto, Timothy 14267 Woodland Dr Fontana, CA 92337 Home (H) 909-823-2652	Annual Member, Member #3642941 Membership Expires: 8/31/2010 Renewal Fee Enclosed: \$_____ LM Donation Enclosed: \$_____	Style/Rank: Judo / Gokyu Rank Date: 8/11/2009 (1 yrs : 4 mos) Norm (2 yrs : 6 mos) / Min (2 yrs : 6 mos) Promotion Fees (\$15.00) Enclosed \$_____ Eligible For: Yonkou

Attention Coaches: Nominate your players for USJA State Awards

The Awards Hall of Fame is a history of the successes of our outstanding USJA shiai and kata competitors. Categories for state awards include outstanding male and female junior, senior and masters shiai competitors and kata teams.

In addition to certificates of national recognition, honorees for 2010 will receive:

- * 25% discount scholarship for the Lone Star Judo Camp, Wichita Falls, Texas, most people plurali in early June.
- * \$50 Scholarship for Camp Bushido West, July 18 - 22, Sonoma, California.
- * \$100 Scholarship for the International YMCA Judo Camp, August 14 – 20, in Huguenot, New York.
- * \$75 Scholarship for the Greatest Camp on Earth, held June 23 – 25, in Matthews, North Carolina.
- * DISCOUNT offers from Golden Tiger Martial Arts and Judo Unlimited.

For information and application forms, go to:

<http://www.usja-judo.org/Awards/RecommendationForm.doc>

The deadline for 2010 awards is March 31, 2011.

5th Annual March-is-Visit-Another-Dojo-Month!

Four years ago, the USJA began the **Visit-Another-Dojo** grassroots initiative. With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. Please join us and make a point of planning an exchange between your club and others in your area.

An interclub exchange is an economical way to add some variety to your club's workouts and test your and your students' skills. Consider making a commitment to do one or more of the following:

- * Publicize and host one or more open workouts (with mat fees waived) at your club.
- * Arrange an exchange with one or more other clubs to have a workout, mock matches and/or a clinic or mini-camp with rotating instruction by different sensei.
- * Get a group of people from your club together and make a "road trip" to attend another club's open workout.

A listing of **Visit-Another-Dojo** events will be included in the February and March issues of *Growing Judo*. Please send your information--club name, location, dates/times and description of your event--open workout, scrimmage, etc.--so we can publicize it.

Please help us to make this the best March ever!

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

Please see the next page for a mini-poster to print out and display at your dojo

MARCH IS NATIONAL VISIT ANOTHER DOJO MONTH



IN ORDER TO
PROMOTE
MORE
ENTHUSIASM AND
CAMARADERIE IN
THE JUDO COMMUNITY





5th USJA/USJF Winter Nationals

by Gary Goltz, USJA President

The 5th Annual USJA/USJF Winter Nationals were held on December 4-5, 2010 at Damien High School, La Verne, California (about 30 miles east of Los Angeles). There were about 500 competitors including Seniors, Juniors, Masters, Novices, and Kata, which represents a 10% increase over last year's event.

On Friday, December 3rd, over 30 coaches from all over the country attended a coaching clinic, led by USJA Board Member and Coaching Education and Development Committee Chair, Bill Montgomery. Gerald Lafon covered essential principles of coaching, and Joan Love, USJA Vice President, introduced the USJA's new *Kelly's Capers* program.

After the Seniors/Masters competition on Saturday, Israel Hernandez, Olympic Bronze Medalist from Cuba and Sauveur Soriano from France ran a competitor's clinic that was free to all participants. Best-selling author and judoka Barry Eisler was also on hand to meet and greet his fans.



Israel Hernandez demonstrates

Tatamis were provided by Judo Unlimited; these were Agglorex Mats, known for their excellent European craftsmanship and comfort. USJA board member and Donor of the Year Dr. James Lally, Chief Medical Officer of Prime Health, provided an experienced team of sports medicine physicians accustomed to working at judo

tournaments. Hayward Nishioka oversaw the officiating, which included a half a dozen 'A' Level Referees. Kenji Osugi was in charge of the Kata Competition.

Goltz Judo provided the majority of volunteers along with Empire Judo, Industry Sherriff's Judo, and Discover Judo, its sister USJA clubs. The event was coordinated using a state-of-the-art

scoreboard program developed by John Moe, the USJA's volunteer IT Director and projected on 40" monitors donated by Dr. Lally. The pooling program used was developed by Tony Farah of Goltz Judo.

On hand in addition to the USJA's Executive Director, Katrina Davis and its Board of Directors were Neil Simon, President, and Robert Fukuda, Executive Director of the USJF. Kenam's Judo Club of Glendale, California won the Top Club Award. Complete results and photos from this year's tournament as well as from all of the past years can be found on the [Winter Nationals](#) website.



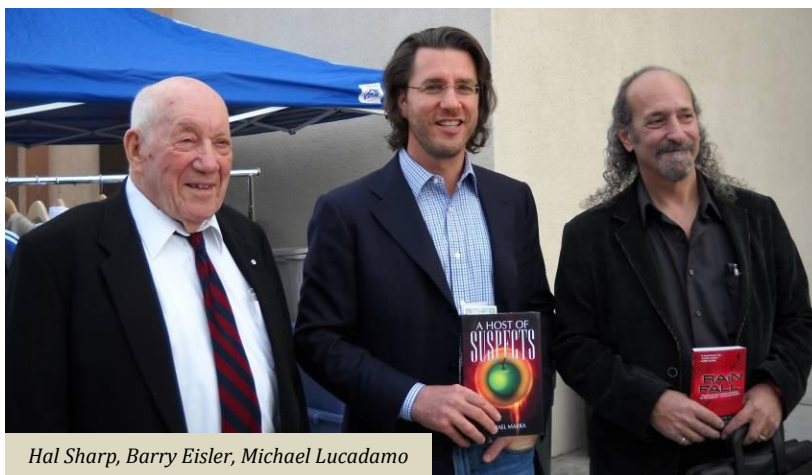
*Aram Ghukasyan, coach of
Kenam's Judo Club*

The [USJA/USJF Grassroots Judo™ Points](#) won at the Winter Nationals as well as at the Joint Junior Nationals are now posted. Awards will be presented at the [USJA/USJF 2011 Junior Nationals](#) in Toledo this coming July. Hope to see you there!

Special Thanks to Gary Wagstaff and others who provided photographs for this feature.

Special guests at the USJA/USJF WINTER NATIONALS

This year the Winter Nationals were proud to have two USJA founders and past Presidents, 1964 Olympians Jim Bregman and George Harris, in attendance. Most of you already know that Jim Bregman was also the first American Olympic Medalist in Judo. Another 1964 Olympian, Ben Nighthorse Campbell, was invited but is recuperating from surgery. He did ask me to convey his best wishes to all his fellow Judoka, and I would like to say to Ben that his brothers in Judo extend their warmest regards and best wishes to him for a healthy recovery!



Hal Sharp, Barry Eisler, Michael Lucadamo

Another featured guest this year was best-selling author Barry Eisler. Barry spent the entire day on Saturday at the event and greeted many people with his gracious style and warm smile. If you have not read any of Barry Eisler's books, I implore you to do so! You will be entertained by a master who blends his wide variety of personal experiences with the characters he creates. Barry lived in Japan and studied at the Kodokan where he

earned his Shodan. The USJA was proud to award him the rank of Nidan and a Lifetime Membership. Special thanks go USJA Secretary Marc Cohen; Barry Eisler's appearance would not have come to fruition without his initiative and efforts.

As an author myself, it was my sincere privilege to spend time with Barry, and we autographed our books for each other. He proved to be a very genuine and humble man. I can say without hesitation that the USJA is proud to have Barry Eisler not only as a member but as a friend!

--Michael Lucadamo (Marra), USJA Executive Assistant

Working Kelly's Capers in California!

Following the end of class Monday night, not one, but many of my students approached me asking, "Sensei, will we be doing this technique again on Thursday?", "Are there more like it that you are going to teach?", "If you are going to go over it again I'd like to know 'cause I don't want to miss out." Wow! Have you seen this passion in your students? Has it been awhile? I am a fortunate coach in that my students have a zeal to learn. Now, I see that zeal magnified!



What was this wild technique that so many were interested in? Was it a new Seoi Otoshi? A modified Harai Goshi, or some other spectacular high flying throw? No, the technique that so many were inquiring about was simply O Soto Gari. Yes, O Soto Gari! What had happened to provoke such new fervor in a throwing technique that so many of my students knew so well? Simply put, *Kelly's Capers* is what happened.

Like many of you out there, I have attended many seminars by numerous advanced students, competitors, and coaches. Over the years, many of these lectures became a giant melting pot of the same techniques taught the same way. *Kelly's Capers* changed all that. Why? How? Because *Kelly's Capers* is judo!

Jigoro Kano said it first and best, "maximum efficiency, minimal effort." *Kelly's Capers* does just



The goal of Kelly's Capers is to help new students develop randori skills and ultimately, improve retention in judo

this by improving posture, timing, and fluid movement in randori, and is a completely new approach to teaching the world's greatest art.

Along with 33 other coaches, I attended the 2010 USJA/USJF Winter Nationals Coach Certification Clinic. Honestly, I was only hoping to pick up a nugget or two of worthwhile ideas or techniques to incorporate into my own lesson plans in that all-day seminar. However, I have now implemented the entire *Capers* program into the daily workouts at our dojo.

Kelly's Capers involves attacks with a few basic judo throws, fluid avoidance moves (not "stiff-arming") and follow-up/counter attacks. Judoka take the roles of "bull" and "matador." The bull is the judoka who is launching the attacks, and the matador is the judoka using fluid movements to avoid the attack and off-balance the "bull." The practice progresses from one bull/one matador, to both players being bulls and matadors at the same time. Next, basic follow-up and counter attacks are added. *Kelly's Capers* is a well organized series of movements aimed at developing the basic skills that one needs to be successful in randori and therefore enjoy it, as well as increasing active "mat time" in practice, and ultimately, the retention rate of our students.

It's time to think outside of the box, fellow coaches. It's time to take American Judo off of life support and allow it to thrive. From one coach to the entire Judo community, *Kelly's Capers* is a worthwhile endeavor! This program creates a bridge for new and experienced players alike to hone their randori skills in a practice format that is dynamic rather than stagnant. *Kelly's Capers* is much more than rote uchi komi. As spectators walk by and peek in our dojo window they see an exciting interaction between players. What the judoka experience during their workout is a non-abrasive, dynamic series of motions that complement the competitive aspect of Judo, yet allows for all judoka to participate . . . not just the elite few.

As a coach I highly encourage judoka everywhere to find a clinic on *Kelly's Capers* and participate! A big thank you goes to Bill Montgomery, Gerry Lafon and Joan Love for conducting the clinic, and to USJA President Gary Goltz for hosting the event.

--Pastor/Sensei Bob Rush



Coaching clinic participants

USJA Board of Directors Meeting, December 4, 2010

The bi-annual meeting of the Board of Directors took place at the 2010 USJA/USJF Winter Nationals in LaVerne, California on December 4th. The Board met in Executive Session to hear reports from the Promotion Board and the Standards & Ethics Committee.

The full session of the Board was opened by President Gary Goltz. He presented the President's message and a review of the next steps in the Triad Agreement emphasizes the



marketing of judo and joint membership opportunities. This was followed by a report by Executive Director, Katrina Davis, who also presented the Treasurer's Report for Paul Nogaki.

After remarks by Vice-President Joan Love, the Board heard committee reports, including:

- Club Support Services
- Regional Coordinators
- Coach Education
- Development/Regional Training Centers
- Women
- Referees
- Kata
- Publications
- Technical Officials
- Publications
- and an update on the 2012 Jr. Nationals



Barry Eisler, Gary Goltz, Katrina Davis, James Lally, Joan Love

Motions by Sid Kelly and Michael Goldsmith were read and considered by the Board.

The meeting was attended by various guests and officials, and was followed by a VIP dinner sponsored by USJA Donor of the Year and Board Member, Dr. James Lally. Best-selling author Barry Eisler was honored for his contributions to Judo through his "John Rain" series of books.

Minutes of the meeting will be posted on the USJA website in the next 30 days. The next meeting of the Board is scheduled for July 1st at the 2011 USJA/USJF Junior Nationals in Toledo, Ohio.



Jesse Jones, Walter Dean



Sauveur Soriano, Hayward Nishioka,
Hal Sharp, Edwin Takemori

Advertising to be offered in Growing Judo and other USJA media

The USJA has received a number of requests to include advertising for Judo-related products in our publications such as the *Growing Judo* magazine as well as on our website. We are currently in the process of establishing a standard policy and rate plan based on revenue sharing, a straight fee, or a combination of both; our corporate counsel is developing an advertisers' agreement. The administration of advertising accounts will be handled by the USJA staff at our national headquarters and overseen by our Executive Director. Details will be published on both our website and in *Growing Judo* shortly, so please stay tuned. If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or katrina.davis@usja-judo.org.



A WARM WELCOME to Our NEW USJA Clubs!

November/December, 2010

Club Name: **Schuylkill County Judo Club**
Head Instructor: **David Webster**
email: dvidogrecon@yahoo.com

Location: **Palo Alto, PA**
phone: **570-292-3015**

Club Name: **Zenbeli Judo Club (Class B Club)**
Head Instructor: **Frederick Louis**
email: zenbeijudosic@gmail.com

Location: **Salt Lake City, UT**
phone: **801-243-5313**

Club Name: **Bushidokan Judo Academy**
Head Instructor: **Victor Caputo**
email: vac17@comcast.net
website: www.x-tremefights.com

Location: **Spokane, WA**
phone: **509-353-0862**

Club Name: **Fusion Mixed Martial Arts**
Head Instructor: **Mong Phu**
email: fusionmma@gmail.com

Location: **Clyde, NY**
phone: **315-398-8354**

Congratulations to our Newly Certified USJA Coaches

- ★ Christian Landel, Goltz Judo, California
- ★ Fabiano Nagayama, Heisei Dojo, California
- ★ Michael Acebal, Ryoku Judo Club, Nevada
- ★ Nick Fulciniti, Staten Island Judo, New York
- ★ Mariano L. Napoles, Judo of Japan, Florida
- ★ Brian Strate, Tsukuba, California
- ★ Daniel Hu, West Covina Judo Dojo, California
- ★ Martin Morales, West Covina Judo Dojo, California
- ★ John David Harwood, Kododan Judo of Cape Coral, Florida
- ★ John H. Harwood, Mason Judo Club, Florida
- ★ Daniel Lee, Bunasawa Kai, California

Judo News From Around the Country

New Mexico, November

Several events transpired in southern New Mexico during November. The first, at New Mexico State University in Las Cruces, was a weekend clinic covering technical and applied judo techniques in preparation for finals and promotionals. Several clubs from Southern New Mexico, including Roswell Judo Club and Mesilla Valley Judokai, participated and assisted in the clinic.

Carlsbad Kodokan Judo/LC Grappling in Carlsbad held the second event: their first Tsukinami Shiai. About 20 students participated in this event, which aimed to prepare them for future tournaments in a safe and comfortable environment. It was a great success; participants all received certificates.

Judo in Southern New Mexico is growing and opportunities to learn judo are sprouting all over. Students at New Mexico State University, Las Cruces and at Eastern New Mexico University, Roswell can now sign up for judo as a for-credit class! The NMSU program features an instructor with international competition experience. For more information on judo in Southern NM please contact USJA Regional Coordinator Loren Bentley, sensei@roswell-judo.org.



Loren Bentley referees at the Tsukinami Shiai



Rick Hawn addresses participants at BMAI

Oregon, December 5

Best Martial Arts Institute in Eugene, Oregon hosted a judo clinic with Rick Hawn. The 2004 US Judo Olympian was the first seminar instructor in the school's new 7,500 sq. foot training facility. The 100-tatami main floor of BMAI afforded plenty of space for the 25 participants to move freely. The morning was spent exploring variations of turnovers in ground techniques. In the afternoon session Mr. Hawn discussed principles of grip fighting and taught his favorite methods of taking and controlling

the grip. Afterwards, he opened the floor to questions about specific throwing techniques. Drawing from his vast competition experience, he showed multiple variations of throws that have been successful in international competitions. Mr. Hawn, who now lives in Boston, MA, grew up in Eugene. The Oregon judo community has been fortunate to have him train and share his experiences with them when he is back in town.



Now that Best Martial Arts has a bigger facility, we hope to host more seminars and community events for judo and other martial arts. BMAI is also looking forward to hosting their first judo tournament in 2011. To see more photos from the Rick Hawn Seminar, or for more information on judo events in the Pacific Northwest, search "Judo in Washington and Oregon" on facebook, or follow the link below:

<http://www.facebook.com/pages/Judo-in-Washington-and-Oregon/105247062839778?ref=mf>



-- Alan L. Best
Best Martial Arts Institute
www.bmai.org

Participants came from Eugene, Corvallis, and the Portland, Oregon area. Along with the judoka in attendance, there were also students of karate, taekwondo, aikido, jujitsu, and Russian Systema on the mat. They all had a great time training together and learning techniques from the art of Judo.

Wisconsin, November 20

Madison Wisconsin Judo & Jiu-jitsu club hosted Godan candidate Miguel Lopez for a 3-hour seminar on basic Judo Tachi waza & Ne waza. Mr. Lopez, coach at Barrington Judo and Tenri Judo in the Chicago area, spent the summer at the Kodokan summer training camp and shared insights about his experience there.

18 members of Madison Judo & Jiu-jitsu were treated to a clinic aimed at helping some of our players prepare for their first judo tournament. Mr. Lopez covered finer points of throwing techniques such as Osoto Gari, Ippon Seoi Nage & De Ashi Barai, transitioning from osaekomi waza to another osaekomi waza, Sankaku Jime, Hadaka Jime and Waki Gatame. As a bonus a few special "pressure point" targets were covered.

As we work to build our club and improve the mat area, we welcome any judoka traveling in the Madison Wisconsin area to please stop in; all are welcome.

We would like to thank Mr. Miguel Lopez for his interest in our club and his willingness to share his expertise. I personally would like to thank his son Andrew for giving me such a good workout!

--Greg Becker



Arkansas, December 11

Arkansas Goshinkan hosted a Coach Education Clinic. Three people qualified for certification and two others earned credit towards their certification renewal requirements. The goal of this type of training is to provide up-to-date and ongoing training in teaching methods, as well as information that may help to improve your judo club. A section on concussions was presented by Dr. Garrett Andrews, a judoka and Neuropsychologist who specializes in brain injury rehabilitation. If you don't believe concussions can occur in judo watch this: <http://www.youtube.com/watch?v=Cl94BkORWgo&NR=1>

If there are any judo clubs in the mid-South region who would like to host a Coach Continuing Education clinic, you can contact Ed Thibedeau at ET@ArkansasGoshinkan.org.

Connecticut, December 11



Judo Champion Tony Lettner visited Bristol, CT to teach an Elite Judo Clinic hosted by Gentle Way Judo Club, Inc. (www.gentlewayjudoclub.com). Above, club president Coach Will Williams (L) thanks Tony Lettner (R) Belgium Open Champion, 2x New York Open Champion, National German Champion, and Tony demonstrates one of his signature throws to the group.

USJA Promotion Board Member Receives Prestigious Award

Pacific Southwest Judo Association announced that their highest award was given to Ernie Smith of Barstow CA, at the PSJA Judo Championship Honoring our Veterans. The award was presented by the PSJA President Walter Dean and Kelly Barnes, PSJA Awards Chairperson.

Dean said about the award, "We consider this designation only for those that have dedicated their life to the sport of judo and have had a major impact Nationally and Internationally." PSJA, which represents judo in San Diego and the surrounding counties, was founded in the early 1960's and has given this award about 12 times to those considered to be leaders of judo.

Ernie Smith is a true example of someone that spends his life helping, protecting and serving the community, according to Walter Dean. Ernie Smith is a retired United States Marine and retired Barstow CA police detective. As an 8th Dan in Judo, he runs the Barstow Judo club.

"Ernie Smith has traveled the Nation and the World working for judo as a coach and referee," says Kelly Barnes, "It is hard to find a judo tournament that Ernie is not there helping."



Kelly Barnes, Ernie Smith, Walter Dean

The inscription on the award read:

To Ernie Smith

for his dedication to the Sport of Judo and countless hours of service as a Coach, Referee, Sensei, and Leader. His outstanding and expert knowledge has been skillfully past to others by him. He exemplifies the meaning of Judo. It is men such as this that have had a significant impact on the sport of Judo worldwide that will last and be remembered forever. This award is given only to a person that has achieved greatness in the hearts of all Judoka and has devoted his life to the advancement of the sport. Be known now and for all time that we the Officers of the Association certify that the recipient shall be entitled to the use of this designation:

Ambassador of Judo

SENSEI DO'S AND DON'T'S

by E.E. Carol

DO:

1. Look in the mirror before every class. Think how you would feel if that silly looking person was telling YOU how to do what you do best!
2. Always greet your students. Without them you would have no reason to be there.
3. Everybody warms up! That goes for you, too. To follow the leader is not a bad thing.
4. Keep in mind that you lead the class, but someone in the class holds it together. Not you.
5. Listen to individuals in class. Do not do mat demos with someone who has said, "Sensei! I need to go!"
6. Feel the class attitude. Up feelings call for more and faster training. Down feelings need distractions and encouragement.
7. Be polite. Students will follow the leader.
8. Tying belts and adjusting uniforms is not always about tying belts and adjusting uniforms.
9. Tears aren't always about physical injuries. Even adults need support now and then.
10. Always finish with flair. The last few minutes will be remembered longest.

DON'T:

1. Forget to be clean and neat. Would you grapple with you?
2. Teach for free. People believe that you get only what you pay for -- unless there is a bargain!
3. Spend your own money on the class. Use theirs.
4. Curse. (See #7 above.)
5. Be sexist. The opposite gender might outnumber you someday.
6. Be too distant. Students like being your friend.
7. Be too familiar. No one should get the wrong idea.
8. Forget to pay attention. Things happen fast in Judo.
9. Teach what you don't know. They will figure that out!ok--well
10. End class on a sour note. At least bow out.

Of course there are about a million more things to be reminded of in each class. Some of those things are natural to some people.

The natural things are different for each instructor and class.

When I follow the above DO's and DON'T's, class goes well.

Judoka in my area are treating me like some sort of icon or, at best, an antique in Judo. This gives me mixed emotions. Most held in such high regard are dead folks, and though I may appear so, I don't think I am dead yet. Looks aren't everything!

How about it? Can you list your 10 Do's and Don'ts for a Judo class? If it doesn't help you to run your classes better, such a list might help someone else. Let's spread the wealth. Tell us your secrets. We won't use them against you -- much!



E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds 5th dan judo and 3rd dan jujitsu ranks.

Upcoming Events

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your 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; include time/schedule & price; Contact person with 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 PDF documents cannot be included. You may include a relevant photo if you have one.

JANUARY

January 14-16

Warriors' Weekend Workout at Norwich Judo Dojo, 204 Sturtevant St., Norwich, CT. A full weekend of training featuring several martial arts instructors and sessions in Judo, Brazilian Jiu-Jitsu, Shingitai Jujitsu, Krav Maga & boxing. Ages 15 & up; \$99 for all or part of the weekend (*free event T-shirt if registered by January 3rd*).great Fri. 7:00-9:00 p.m. (registration 6:30 p.m.); Sat. 9:00-12:00 & 2:00-5:00; Sun. 9:00-12:00. Call Bill Montgomery, 860-917-6318 or email NorwichJudoDojo@aol.com.

January 16

[Clippers / Lakers Staples Center Demo](#)

January 21

8th North Bay Judo Clinic presented by DELEON JUDO CLUB and SEIKA RYU JUDO. This is a "grassroots" event to promote judo in the North Bay area. USJA & USJF clubs are invited. Petaluma Parks & Rec. Lucchesi Center, 320 N. McDowell Blvd, Petaluma, CA. 6:30 pm. to 8:30 pm. Contacts: Henry Kaku, 707-778-8895, hkaku@sbcglobal.net and Joa Schwinn, 707-523-3200, info@seikaryu.com.

January 21

Long Island Judo Alliance Monthly Scrimmage, Syosset, NY. This event is free & starts at 7:30 p.m. Contact Dave Passoff at 516-650-8987 or 718- 631-0144 for directions.

January 22

5th annual Gulf Coast Judo Open Tournament, St. Alphonses Catholic School Gym, 411 Washington Ave., Ocean Springs, MS. Junior, Senior, Master, Kata. Contact Jim Hunt, gulfcoastjudo@yahoo.com, 228-806-8125.

January 22

The Seventh Twincity Winter Classic USJA State Tournament, hosted by Eastside Judo. Conway Recreation Center, 2090 Conway Ave St Paul, MN. Weigh-ins 8-10 a.m. Juniors start at 11 a.m., Seniors not before 1 p.m. Fee: \$35, additional divisions \$10. Dan Hoffman 651-208-5650; Ken Otto 651-774-4041, k-d-otto@msn.com

FEBRUARY

February 11-13

Granite State Judo Institute Junior & Senior Judo Training Camp, 411 Beech St., Manchester, NH. Fri. 6:30-8:30 pm; Sat. 10:30-1:00 pm & 3:30-5:30 pm; Sun. 10 am-12 pm. Pricing for full camp, single session, or camp w/ home stay & meals available. Contact Robert Proksa Robert@gsji.org; forms at www.gsji.org/.

MARCH

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.

March 5

The Yoichiro Matsumura Championship Tournament, Fort Myers Middle Academy, 3050 Central Ave., Fort Myers, FL. This will be the first Judo tournament in Lee County, FL. Honoree Yoichiro Matsumura and 3-time Olympian Celita Schutz will attend. Weigh-in 8:00-9:30 a.m. Tournament starts at 10 a.m.

Entry fee: \$35.00 if received by 2/27/11 or \$50 at the door.

Contact: John Paccione (239) 699-2825, www.capejudo.com or email: sijudo1@aol.com

March 5

Rapid Fire Judo Tourney, Manchester Police Athletic League, 409 Beech St., Manchester, NH.

Modeled after European developmental tournaments that are designed to get people LOTS of Judo and fights. All divisions will be round robin. Juniors & Seniors, \$20.00 per division; register by March 3, 2011. No walk-up registration. Contact: Robert Proksa, Robert@gsji.org. Website and registration forms: www.gsji.org.

March 12

CHP Club Tournament sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members.

Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

APRIL

April 2

Israel Hernandez Clinic, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. \$10 donation requested. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

JUNE

June 11

Sensei Gary's Birthday Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members.

Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

June 17-19

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

OCTOBER

October 8

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members.

Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

DECEMBER

December 2-4

Friday – [National Coaching Clinic](#), Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

Saturday & Sunday – [USJA/USJF 6th Winter Nationals](#) at Damien High School, La Verne, CA.

Go to [Winter Nationals Website](#) or contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information

Well Wishes

The USJA community sends its best wishes to the following people for a speedy recovery and good health:

- * **Sensei Charlie Robinson**, Twin Cities Judo, Marysville, CA
- * **Tony Grisanti**, Kin-Tora Martial Arts, Buffalo, NY
- * **Anthony Gomera**, Tech Judo, North Bergen, NJ

In Memoriam

We regret to have lost the following people in the judo community. They will be sincerely missed. Our sympathies go out to their families and friends:

- * **Homer Wooster**, Rokudan, USJA LM 2034. Homer was a friend and mentor to many, and a faithful supporter of judo in Connecticut. Even when he was no longer able to actively participate on the mat, he regularly attended judo events to show his support, and served as Technical Adviser and Head of Promotions at The Dojo in Wolcott. His thoughtfulness was extended to all he knew; Homer was one of the few coaches who always remembered the USJA Office Staff at Christmas. Wooster Sensei was buried in his Judogi, and laid to rest with full military honors. He is leaving large zoris to fill and we will all miss him.
- * **Roger Quinn**, Rokudan, Cohoes Judo, NY. (see pages 10-11 here: http://www.usja-judo.org/GrowingJudo/GrowingJudo2010_10.pdf)
- * **Eric Heebner**, father of Josh Heebner, student at School of Hard Knocks Judo Club, Houston, Texas.

*If your family wishes to share any **Milestones**, **In Memoriam** or **Well Wishes**, please email Matt Marcinek at Polish Power152@yahoo.com*



USJA Promotions: November/December, 2010

Congratulations to the following individuals on their achievements:

Shodan

- | | | |
|-----------------------|-------------------------|------------------------|
| ★ Daniel German | ★ Michael W. Morgan | ★ Nathan D. See |
| ★ Owen Griffin | ★ August Pamplona | ★ Terry Seo |
| ★ Dennis G. Hill | ★ Alexius S. Phoenix | ★ Jared Tauscher |
| ★ Miles R. Kelly | ★ Douglas Pickering | ★ Jean P. Trouillot |
| ★ Dennys S. King | ★ Matthew A. Pitaro | ★ Kenneth W. Turley |
| ★ Arvin Limen | ★ Michael J. Pitaro | ★ Alexander A. Vasquez |
| ★ Michale W. Medley | ★ Tonya Sanabria-Porter | ★ Don Whited |
| ★ Richard J. Monforti | | |

Nidan

- | | | |
|-------------------|-------------------|-----------------|
| ★ Alexander Campo | ★ Holly Dodd | ★ Robert Sisson |
| ★ Tirdad Daei | ★ Barry Eisler | |
| ★ Mark Dillingham | ★ Robert Geick II | |

Sandan

- | | | |
|-------------------|--------------|----------------|
| ★ Lendon Bartlett | ★ Tony Farah | ★ Bruce Histed |
|-------------------|--------------|----------------|

Yodan

- | | | |
|----------------------|--------------|------------------------|
| ★ Charles Cutler III | ★ Mark Green | ★ Nicholas D. Mechling |
|----------------------|--------------|------------------------|

Godan

- ★ Mark E. Guerrero

Rokudan

- ★ Christine A. Carson

Schichidan

- | | | |
|----------------------|-----------------|-------------------|
| ★ Michelle B. Holtze | ★ George Pasiuk | ★ Thomas Seabasty |
|----------------------|-----------------|-------------------|

Hachidan

- ★ William K. Carson

2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships is only **7 months away**.

The registration fees for the tournament are listed below:

PRE-REGISTRATION: Must be postmarked no later than Saturday, June 18th, 2011.



POSTMARKED BY SATURDAY, JUNE 18, 2011	
Shiai – Individual Entry Fee	\$50.00
Kata Team – One Kata	\$60.00
Kata Team – Two Katas	\$75.00
Kata Team – Three Katas	\$90.00
Spectator Fee (children 7 and under Free)	\$10.00 for both days

ONE DAY WALK-UP REGISTRATION:

NO PERSONAL CHECKS. Cash, money order, cashier's check or credit cards will be accepted. **(ABSOLUTELY No registration will be accepted after 4 pm)**

FRIDAY, JULY 1, 2011 <u>ONLY</u>	
Shiai – Individual Entry Fee	\$75.00
Kata Team – One Kata	\$80.00
Kata Team – Two Katas	\$95.00
Kata Team – Three Katas	\$110.00
Coaches Fee (Badge)	\$50.00
Spectator Fee (children 7 and under Free)	\$15.00 for both days



There will be NO SATURDAY REGISTRATION or WEIGH INS

ENTRY FEES ARE NON-REFUNDABLE

MAIL TO: Judan Judo – 2011 Jr. Nationals

PO Box 167440, Oregon, OH 43616

Please visit web site 2011judojunionationals.com for complete entry packet and rules.

Judan Judo is looking for clubs/groups that would be willing to work the tables for Jr. Nationals. The tournament will pay \$250 per club/group per day that they worked on the tables. If your club/group is interested in working at the Jr. Nationals please send an email to judanjudoledo@bex.net requesting the application for club/group table workers.

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