

Growing Judo

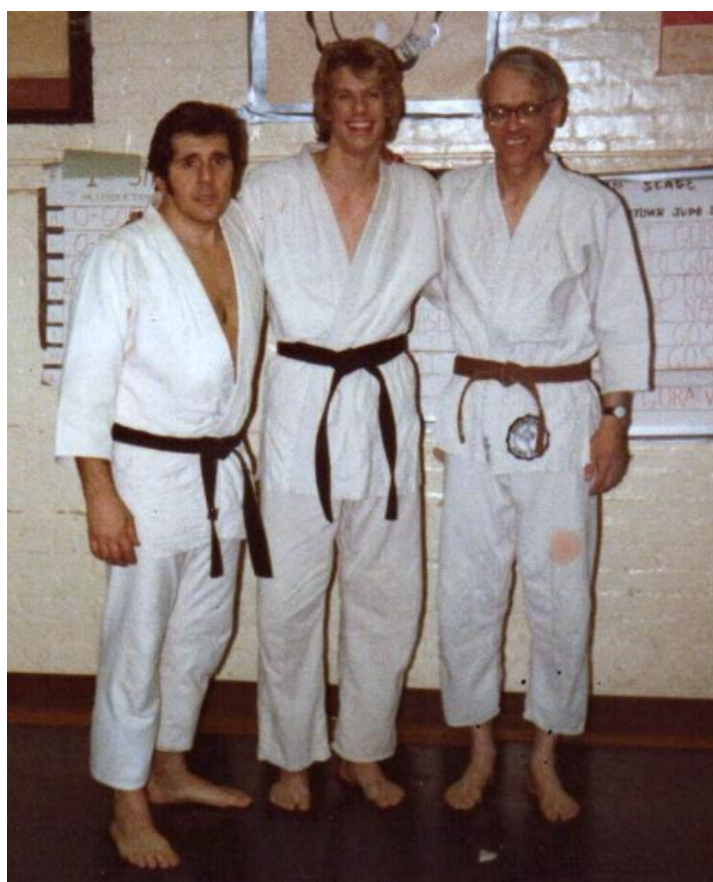
November/ December 2011

Monthly publication of the
Club Support Services Committee of the USJA

United States Judo Association
P.O. Box 1880
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*Master Walter Dean Inducted into
Masters Hall of Fame; see page 7*



*Lou LaPila, Chase Cutler and Charles Cutler in the earlier
days of Middletown Judo Club, which celebrated its 50th
anniversary; see page 13*

Also in this month's issue:

- ★ New USJA Fee Schedule
- ★ USJA December Board of Directors Meeting
- ★ Foam Rolling Part 2: Specific Exercises and Tips
- ★ USJA Jjitsu Committee
- ★ *Be Strong, Be Gentle, Be Beautiful* Project
- ★ News, Upcoming Events, New Clubs, New Coaches, Donors, Promotions and more!

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

- * CONCISE, well-written and proofread.
- * Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email.
- * Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- * Your original work, or submitted with the 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. *Try to include ACTION shots!*
- * 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 NOTES: Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

The next issue of USJA's Growing Judo will be the January 2012 issue.

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by December 21st or earlier if possible.*

Please understand that it may not be possible to include information submitted after that date.

A Message to Our Membership:

The United States Judo Association strives to give its members and clubs the best possible service at an affordable price. Our membership, promotion, and certification fees have remained the same for many years, despite rising operating costs.

As of December 1st, 2011, we will be instituting a slight increase in these fees. Below is an update list of fees that will go into effect on December 1, 2011. **The current prices will be honored for any memberships, promotions sanctions, etc. received before that date.**

For the fastest service, please remember to send regular mail to the new USJA address:
United States Judo Association, P.O. Box 1880, Tarpon Springs, FL 34688-1880



Effective December 1, 2011: New USJA Fee Schedule

ANNUAL MEMBERSHIP:

Annual Membership:	\$ 50.00	<i>With Black Belt Magazine:</i>	\$ 65.00
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FAMILY MEMBERSHIP:

3 Members:	\$ 130.00	<i>With Black Belt Magazine:</i>	\$ 145.00
4 Members:	\$ 164.00	<i>With Black Belt Magazine:</i>	\$ 179.00
5 Members:	\$ 191.00	<i>With Black Belt Magazine:</i>	\$ 206.00
6 Members:	\$ 217.00	<i>With Black Belt Magazine:</i>	\$ 232.00

7 or more family members please contact the USJA Office.

LIFE MEMBERSHIP AND SUSTAINING LIFE MEMBERSHIP:

New Life Member:	\$ 400.00	<i>With Black Belt Magazine:</i>	\$ 415.00
Sustaining Life Membership:	\$ 30.00	<i>With Black Belt Magazine:</i>	\$ 45.00

JOINT MEMBERSHIP:

USJF Primary:	\$ 30.00	<i>With Black Belt Magazine:</i>	\$ 45.00
USA Judo alone:	\$ 40.00	<i>With Black Belt Magazine:</i>	\$ 55.00

JR AND SR. KYU PROMOTIONS:

Jr. Promotions:	\$ 15.00
Sr. Kyu Promotions 6 th Kyu – 4 th Kyu:	\$ 20.00
Sr. Promotions 3 rd Kyu – 1 st Kyu:	\$ 30.00

BLACK BELT PROMOTIONS:

Shodan:	\$ 125.00	Rokudan:	\$ 250.00
Nidan:	\$ 150.00	Shichidan:	\$ 300.00
Sandan:	\$ 175.00	Hachidan:	\$ 350.00
Yodan:	\$ 200.00	Kudan:	\$ 400.00
Godan:	\$ 225.00	Judan:	\$ 500.00

VALIDATION OF RANK: *Fees TBD.*

CERTIFICATIONS:

Coach Certification:	\$ 30.00	Referee Certification:	\$ 30.00
Coach Badge:	\$ 20.00	Rank Examiner Certification:	\$ 30.00
Kata Certifications:	\$ 15.00 per kata	Technical Official Certification:	\$ 20.00

CLUB DUES: \$25.00/year for clubs with less than 10 active members. Due August 31st of each year.

Sanctions: \$35.00 per event

REPLACEMENT CARDS AND CERTIFICATES:

Membership Card:	\$ 5.00
Jr and Kyu Promotions:	\$ 10.00
Black Belt Certificates:	\$ 25.00
Certification Certificates:	\$ 25.00

PROCESSING FEES: All promotions and validations Yodan and above, that go to the USJA Promotion Board are charged a non refundable processing fee in the amount of \$30.00.

RETURNED CHECKS: \$25.00 for all NSF checks.

Note: all fees above also apply to Jujitsu and Aikido.

Please refer to Benefits of a Chartered Club to find out what and how much your club qualifies for a discount.

Special thanks to these new Life Members for their commitment to the USJA

- ★ Paul Bova, Trafford Judo Club, Trafford, PA
- ★ Bruce R. Histed, Judo-No-Kata at Cheektowaga, Buffalo, NY
- ★ Miles R. Kelly, Martial Arts Academy of Billings, Billings, MT
- ★ Richard M. McDermott, RPI Judo Club, Petersburg, NY
- ★ Craig M. Minitier, Samurai Judo Association, Norfolk, VA
- ★ Laura E. Pirott, Solano College Judo Club, El Cerrito, CA
- ★ Daniel Ross, Middletown Judo Club, Bolton, CT
- ★ Roy Shirwindt, U and K Martial Arts Academy, Closter, NY

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

- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Dr. James M. Lally, Goltz Judo, Claremont, CA**
- ★ **Neil Ohlenkamp, Encino Judo Club, Santa Barbara, CA**
- ★ **Gary A. Russell, Evansville Bushido, Evansville, IN**
- ★ **Stanley Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**

United States Judo Association Meeting of the Board of Directors

Held in conjunction with the [USJA/USJF 6th Annual Winter Nationals](#)

- **Executive Session** (Open to Directors and invited guests only.): Friday, December 2nd, 6:00 -7:30 p.m. at Damien High School, (*Tournament Venue*) 2280 Damien Ave, La Verne CA.

Note: Standing Committees meetings may be held during the day at: Alexander Hughes Community Center, (Goltz Judo Dojo), 1700 Danbury Rd, Claremont CA 91711

- **Open Meeting of the Board of Directors & Committee Chairs:** Saturday December 3rd, 6:00 - 7:00 p.m. (*following the Competitors Clinic*), Damien High School, (*Tournament Venue*), 2280 Damien Ave, La Verne CA.

Note: Committee meetings may be held during the day at this location.

Friday December 2: The **Coaches Clinic** will be held at Goltz Judo, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. 9:00 a.m. - 5:00 p.m., for initial certification or continuing education. Clinic fee of **\$50** includes lunch. Participants must have a valid USJA, USJF, USA Judo or Foreign membership card. There is both mat and class time, so a gi is required.

Registration form: <http://judowinternationals.com/Coaching%20Clinic%202011.pdf>

For more information, contact Bill Montgomery, USJA coaching education Chair:
WMontgomery2@aol.com

Saturday & Sunday, December 3-4: The [USJA/USJF 6th Winter Nationals](#) will be held at Damien High School, 2280 Damien Ave., La Verne, CA. Seniors, Masters, Juniors & Kata. There will be a **free clinic** following Saturday's competition.

Advance registration by 11/23/11; form:

<http://judowinternationals.com/Winter%20Nationals%202011.pdf>.

Contact Gary Goltz, g.goltz@verizon.net, 909-702-3250; or Tony Farah, tony@farahfamily.com,



Congratulations to our Newly Certified USJA Coaches

- ★ James S. Aumock, KENPO, Judo, Jujitsu, N. Charleston, SC
- ★ Christopher Crisp, School of Hard Knocks Judo Club, Spring, TX
- ★ John Dietz, Toms River Judo Club, Brick, NJ
- ★ Jared Riley, Solano College Judo Club, Fairfield, CA
- ★ Cody Sexton, Indiana University Judo, Bloomington, IN



A WARM WELCOME to Our NEW USJA Clubs!

October, 2011

Club Name: **Legrosports-Starrett**
Head Instructor: **Parnel Legros**
Email: legrosports@aol.com

Location: **Yorktown Hts., NY 10598**
Phone: **914-243-6259**
Website: www.legrosports.com

Club Name: **Legrosports-Westchester**
Head Instructor: **Parnel Legros**
Email: legrosports@aol.com

Location: **Yorktown Hts., NY 10598**
Phone: **914-243-6259**
Website: www.legrosports.com

Club Name: **Kokushikai Judo Academy**
Head Instructor: **Celita Schutz**
Email: info@kokushikai.com

Location: **New York, NY 10024**
Phone: **201-797-8988**
Website: www.kokushikai.com

Club Name: **Chi Bo Martial Arts (Class C Club)**
Head Instructor: **Christian Borne**
Email: chibomartialarts@cox.net

Location: **Marrero, LA 70072**
Phone: **504-341-4636**

Club Name: **Judo Dojo Yukidaruma**
Head Instructor: **Joseph Schneemann**
Email: senseiyukidaruma@hotmail.com
Website: www.stjohnssayville.org/judo/index.ht

Location: **Sayville, NY 11782**
Phone: **631-579-0391**

Club Name: **Lone Star Rampant Lion Judo Club**
Head Instructor: **Malcolm Medcalf**
Email: mrmedcalf@gmail.com
Website: www.championsselfdefense.com

Location: **Houston, TX 77070**
Phone: **936-714-3160**

Club Name: **Sampa Brazilian Jiu Jitsu**
Head Instructor: **Renato Migliaccio**
Email: rmigliaccio@hotmail.com

Location: **Glendora, CA 91740**
Phone: **203-419-8255**
Website: www.sampabjj.com

Club Name: **Team Haas : Jiu-Jitsu**
Head Instructor: **Chad Haas**
Email: judo@99707742.com

Location: **Round Rock, TX 78664**
Phone: **512-970-7742**
Website: <http://teamhaasjudo.com>

Club Name: **Sasaki Judo Club (Class C Club)**
Head Instructor: **Shinjiro Sasaki**
Email: kayoko@tampabay.rr.com

Location: **Riverview, FL 33578**
Phone: **813-381-4914**
Website: sasakijudo.com

Walter Dean selected as Technical Delegate and inducted into the Hall of Fame

Walter Dean of Carlsbad CA, and formerly from Stuart FL, has been named the Chief Technical Delegate for the Para Pan Games 2011 in Guadalajara Mexico representing the International Blind Sports Association (IBSA) Judo Committee. He was also inducted into the Masters Martial Arts Hall of Fame.

The Para Pan Games 2011 is the selection event for the 2012 Paralympic Games in London next year. Athletes selected at this event may qualify a spot at the Paralympic Games. The Paralympics is the premiere sporting event of Olympic quality and is run in parallel with the Olympics every four years.

Dean, a USJA life member, has held many posts within USJA including Vice President, Member of Law and Legislation, Standard and Ethics, Promotion Committee and Judo Technical Advisor.

He co-authored a USJA Jr. and Sr. Promotion Handbook and developed the addition levels in the Junior belt rank system to keep the "kids interested in Judo and always challenged".

Dean is a 9th degree Black Belt in Judo, a 6th degree Black Belt in JuJitsu, a Master Coach and Master Examiner. He had his first brush with martial arts at age 10 and even though he studied several martial arts he considers judo his favorite.

While living in Florida, Dean operated the largest Judo club in the USA, with over 400 members. He is internationally recognized for his work coaching judo for sighted and visually impaired athletes.

Dean is considered an expert teaching martial arts to blind students and training other coaches in these methods. He was part of the 1996 and 2000 Paralympic teams and over 15 World Games. Walter spent many years working with the United States Association of Blind Athletes (USABA) of Colorado Springs, CO--a leader in sports for the visually impaired and a member of the US Olympic Committee.

Dean's lifetime attraction with Judo comes from the desire to help children build confidence, gain self esteem and become more disciplined. He is currently the President of the Pacific Southwest Judo Association, a group that helps black belts and judo clubs in the San Diego area develop excellence. At 70 years old, he still teaches 5-6 class a week in San Marcos at the San Diego Brazilian Jiu-Jitsu Judo Academy, and does over 30 clinics per year.

Walter Dean was recently inducted into the 2011 Master Hall of Fame in a formal ceremony held at the Anaheim Convention Center. There he was presented with the prestigious Platinum Life Time Achievement Award, one of the organization's highest honors.

As he was inducted into the Martial Arts Hall of Fame he said *"when I looked around the room and saw so many men and women that have given so much more to Martial Arts I am truly humbled."*

--Submitted by Jesse Jones



Walter Dean with Ginny, his wife of 41 years who is also a black belt in Judo

USJA Jujitsu

by Joe Souza

Many USJA members may not yet be aware that USJA has a Jujitsu program which allows people registered with USJA to receive Jujitsu rank and participate in Jujitsu events like Sport Jujitsu, Jujitsu Kata and Freestyle Self-Defense Kata competition. The USJA Jujitsu committee members are Lowell Slaven (Chair), Willy Cahill, Tony DeBattista, Richard Hahn, Eric Renner, Bijay Singh, Joe Souza, and Heiko Rommelman. Rank requirements are available on the USJA web site www.usa-judo.org.

The United States Judo Association has joined forces with Jujitsu America which enables individuals to have dual membership and a range of membership benefits. Several events are held each year co-sponsored by Jujitsu America and USJA.

Sport Jujitsu is a very competitive aspect of Jujitsu, combining punching, kicking, throwing, and matwork in a continuous fighting format, providing for vigorous competition along with great consideration to safety. All competitors regardless of style, experience level, age, and gender can participate in Sport Jujitsu. This is for the competitor that enjoys the contact of the sport, just like Judo offers, but with some added elements. The basic structure of the match is continuous fighting which creates excitement, fun, and a very competitive environment.

The match consists of 3 phases:

- Phase 1 Kicking and punching where points are awarded for all legal punches and kicks.
- Phase 2 consists of the throwing aspect or Judo portion of the match and points are awarded for the effectiveness of the throw.
- Phase 3 consists of grappling in accordance with the rules which are determined by age, and rank groups.

The competitors compete for 2 two-minute rounds and the total scores for both rounds are totaled to determine the winner. All the rules can be found on the Jujitsu America website at www.jujitsuamerica.org.

Kata is for all styles, all ranks, and all ages. The format is based on traditional jujitsu kata open to any style. For those who enjoy the competition without the contact, this is for you. Adults, children, mothers and fathers can participate in competition and demonstrate their techniques and abilities in a competitive environment. Judging is based on: **Form, Technique, and Spirit.**

The Freestyle Self-Defense is a choreographed set of self-defense techniques performed as a demonstration. In the demonstration division, the criteria for a decision depends on essential elements of the arts: **Practicality, Creativity, Technique, Attitude, Understanding the technique, Realism, Timing, Speed, Rhythm and Balance, and Coordination.**

All the rules for both Kata and Freestyle Self-Defense can be found on the Jujitsu America website at www.jujitsuamerica.org

For Sport Jujitsu information, contact Eric Renner at eric.renner@comcast.net.

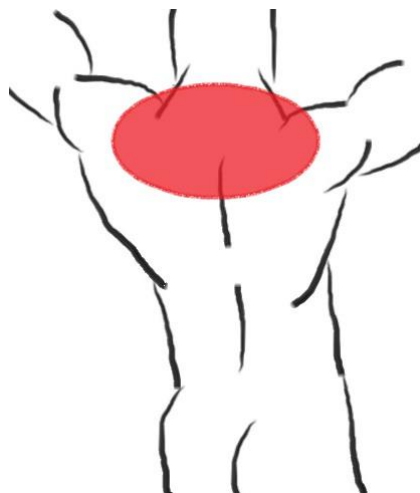
For Kata and Freestyle Self-Defense information, contact Joe Souza joenat@sbcglobal.net

Foam Rolling, Part 2

by Jeremy Bushong, MS, CSCS

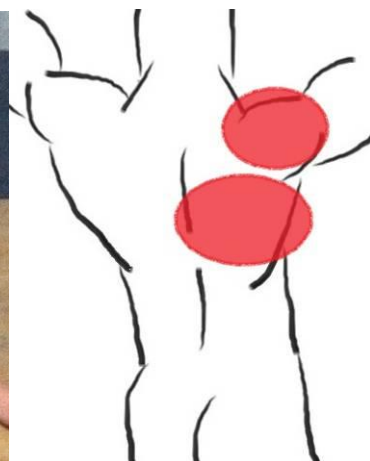
Last month I introduced the concept behind myofascial release and the benefits it might have on performance and training. This month I would like to illustrate a few examples of how to use a foam roller for maximum benefits. The various positions may be limited by the shape or size of the roller, but the following techniques can be done with rollers of any size or material.

Upper back

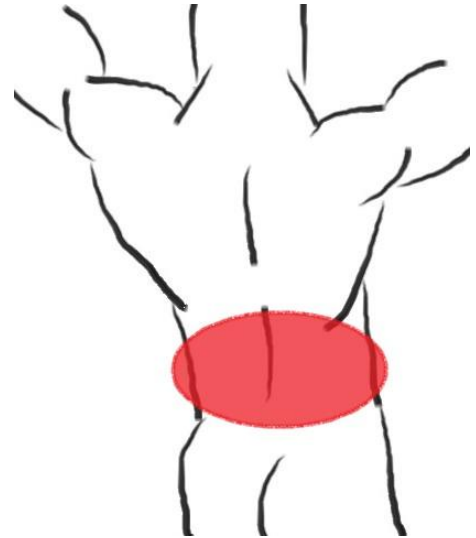
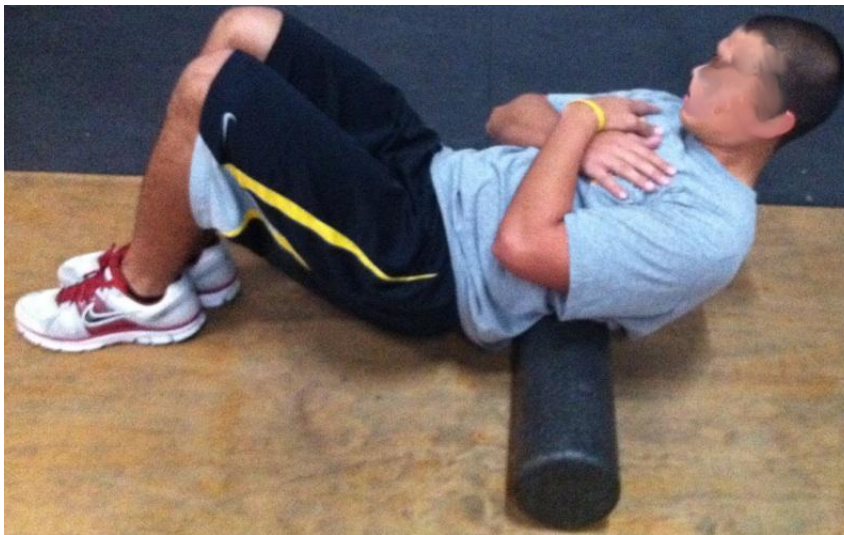


Often pain in the neck or shoulders can be as a result of tight muscles in the upper back. Rocking over the roller in a bridge position, you can apply pressure directly to the lower and upper trapezius and scapular muscles. Releasing tension in this area may improve mobility in the upper body for movements which require rotation in the shoulders and upper spine, such as forward throws like tai otoshi or seionage.

In addition to the trapezius muscles, the latissimus dorsi and rear deltoid muscles contribute to upper body mobility and movement. Pain in these regions may limit the movement of the shoulder joint and increase the risk of injury. The roller can be applied to these muscles, as pictured below.

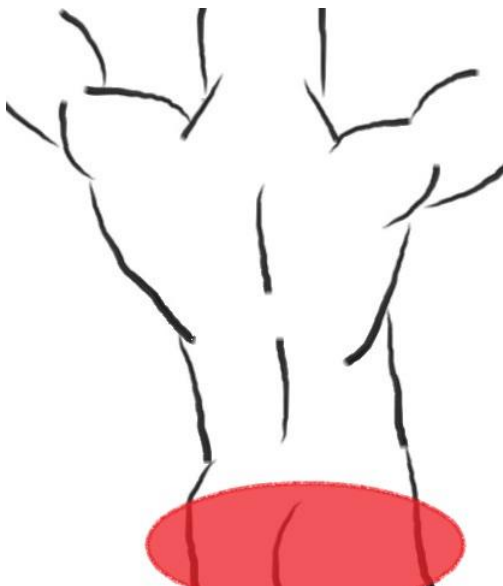


Lower Back and Gluteal Muscles



The lumbar spine is often an area of injury and pain for many judoka and grapplers. Flexibility and mobility in this region is important for rotational movements and upright posture. Rocking on the roller over this region will help loosen up and increase flexibility in these muscles. However, chronic lower back pain may be symptoms something more severe, and while myofascial release and foam rolling may help reduce the pain, it may not treat it completely.

Sometimes pain in the lumbar region may be referred from dysfunctions or impairment of other muscle groups such as the gluteal muscles. The glutes are partially responsible for extension of the torso (creating an upright posture) and for changing positions from a seated to standing. Inflexibility or tightness in the glutes may increase risk of injury in the lower spine during movements in which the participant is unaccustomed or weak. It is important, especially for people who are seated most of the day, to stretch and strengthen the gluteal muscles. An example for applying myofascial release with a foam roller is pictured below.



Hip Flexors & IT Band Release

Frequent sitting (most desk jobs) can do terrible things for your health. Often we sit more than we think we do, either while driving, working, typing, reading, and so on. Over long periods of time, sitting decreases the length of the hip flexor muscles, decreases abdominal strength, and subsequently the ability to control the torso properly in relation to lower body movements (causing a forward, hunched posture). As a result these short, tight hip flexors tilt the pelvis and decrease the ability of the glutes to do their job. This in turn causes bad movement mechanics in positions where we would need to use those strong muscles. Such positions include posturing up, stabilizing the upper body, or reaping motions. However, we rarely notice when we have tight hip flexors. In an effort to help improve the function of the hips, it is important to restore the length and flexibility of the hip flexors, as pictured to the right.



The iliotibial band (IT band) is the common name for a muscle and tendon which runs along the outside part of the leg. It helps stabilize the leg and knee during movement and running. When this muscle becomes tight, pain in the leg and knee are often associated. You may have heard of runner's knee. This is a muscle that is tight in the majority of the active population, and myofascial release may help reduce stiffness and pain in the lower body.

While this is by no means a comprehensive guide to foam rolling, these techniques can be used to help improve you or your athlete's flexibility, movement, and general well-being. The usage of the foam roller is limited only by your imagination. Next month I will introduce alternative methods for myofascial release for those of you who don't have a foam roller. Such methods include tennis balls and PVC pipe. Until then, give these techniques a try!

Jeremy Bushong, Nikyu, began his judo training at Ark Judo in Springdale, AR. He currently works as a personal trainer and trains at Norwich Judo Dojo, Norwich, CT.



"Be Strong, Be Gentle, Be Beautiful" project based on Shihan Fukuda's life
by Yuriko Gamo Romer

Throwing thousands of years of tradition to the wind, Keiko Fukuda chose to follow her own destiny to become the highest-ranking woman in judo history and the first woman to ever be awarded Judan (tenth degree black belt). *Be Strong, Be Gentle, Be Beautiful*, an hour-long documentary, tells the inspirational story of Fukuda's lifelong journey, spanning four continents, nine decades, and two distinct cultures, to overcome adversity and ultimately transform into a living legend. The film aims to explore Fukuda's role as a bridge between two cultures: Japanese and American - and two eras: pre- and post-WWII. The film also delves into the role gender discrimination played in Fukuda's struggle to pursue a lifelong career in judo.

Currently, there is no film about Keiko Fukuda, whose journey will resonate with judoka, both new and experienced, and with anyone who has ever held a dream. This is a truly unique story, Fukuda, at 98, is a living legend who is still teaching three days a week, and is also the last living link to judo founder, Jigoro Kano. This is a rare story about the spirit of judo and one woman's lifelong dedication, which will especially be relevant during the judo competition of the 2012 Summer Olympics. We are aiming to release the film in time for this.

In today's economic climate funding for documentary films is challenging and competitive. We have had some recent success in receiving some foundation grants and many grassroots individual donations. But in order to prepare the film for the standards of international public broadcast we need to raise the final finishing funds. Anyone interested in a formal proposal and detailed budgetary information, or would like to discuss distribution please contact the director, Yuriko Gamo Romer at: ygr@flyingcarp.net

For those interested in making a tax deductible individual donation (via check, credit card or Paypal) please refer to the website: www.flyingcarp.net

For further information and to stay in touch please sign up for our newsletter and "like" us on our Facebook page: <https://www.facebook.com/yurikoromer#!/pages/Be-Strong-Be-Gentle-Be-Beautiful/107798235619>

For a press listing of all the news this summer about Keiko Fukuda's judan: <http://www.flyingcarp.net/press/>

Photos courtesy of Flying Carp Productions, ©2011



Miss Fukuda at the All Japan Kata Tournament at the Kodokan

Judo News From Around the Country

Connecticut, October 1

In 1961, Soviet cosmonaut Yuri Gagarin became the first human in space, John F. Kennedy was inaugurated President of the U.S., the United States became directly involved in the Vietnam conflict, the Best Film Oscar winner was West Side Story, and Barack Obama, The Edge (guitarist for U2) and George Clooney were born . . .

1961 was ALSO the year when the Middletown Judo Club was founded at the Northern Middlesex YMCA. It is one of the oldest continuously running clubs at the same location in the country and is a charter member of the USJA.



MJC family, friends and guests John Yagowski, Sid Kelly and Pam Hinkle



Louis LaPila practicing under Sensei John Yagowski

Today, the Middletown Judo Club is under the leadership of Louis LaPila, who started learning Judo when the club was first formed. He became the Sensei in 1973, following Ruben Figueroa, John Yagowski and Robert Drescher. For many years, Sid Kelly conducted the "First Friday Workouts" at the Middletown Judo Club.

Sensei LaPila is ranked a 6th degree black belt in Judo and a 5th degree black belt in Jujitsu. He has competed in many regional Judo tournaments and is listed in the *Who's Who of Martial Arts*. He was inducted into the World Martial Arts Hall of Fame and the Middletown Sports Hall of Fame.

Sensei LaPila and his instructors are dedicated volunteers who receive no monetary compensation for their commitment to the art of Judo and serving the community. Over the years,

they have trained and produced national and international judo players and coaches, but they also train judo players interested in self-defense and core exercises. The door of our dojo is always open and bears the name of Charles L. Cutler, a dedicated student and instructor who passed away in 1999. After watching his son participating in Judo, Charlie decided to join at the age of 41. He became a dedicated student and instructor who rarely missed a class. As Sensei's right hand, he helped to keep the club running for 27 years and is greatly missed today.

--Pasha Shaposhnikov, Assistant Head Instructor, Middletown Judo Club
www.Middletown-Judo.com

New Jersey, October 21

Students from as far back as the mid-1980's returned to the YWCA of Bergen County to help Chris Maurer, 5th Dan and Chief Judo Instructor in Ridgewood, New Jersey, celebrate the 25th anniversary of the Ridgewood Judo Club. Also joining in the festivities were a number of notable judo leaders including George Pasiuk, 7th Dan, and Clyde Worthen, 6th Dan.

"It was the greatest gift to get to see how judo has influenced the lives of my former students," Maurer said. "One of my first students had me nearly in tears as she described how much judo meant to her. She said it gave her the confidence to apply to law school. She's now a successful family attorney." She added, "I was amazed at the turn out. We had more than 60 people helping us celebrate."



Matt Nordyke throws Kaitlyn Ramsey during a special judo demonstration at the party.



The dojo was decorated like a Japanese restaurant for the celebration

Photos courtesy of
Robert Yu

Nevada, October 17

Ryoku Judo Club of Las Vegas was visited by Sensei Carlos Sordo and his Judo team from Baja California, Mexico for a week of hard training, randori, lots of fun and new friendships. We plan to repeat this training every year and Sensei Sordo plans to compete with his team at this year's USJA/USJF Winter Nationals.



Ryoku Judo welcomes everybody for training; for more info visit: www.RyokuJudo.com



Ohio, September 24-25

A "Celebration of Women in Judo," organized by Deborah Fergus, Julee Cope and Louise Ullman, followed the Rock & Roll Classic, a tournament hosted by Chu To Bu Judo Club. It began with three concurrent clinics on Saturday afternoon: a Competition/Coaching clinic by 3-Time Olympian Celita Schutz, Yodan, a refereeing clinic by IJF-B Miki Takemori, Yodan, and a Kata clinic by Frances Glaze, Rokudan, a Certified Evaluator in all 7 Kata who studied under Fukuda Sensei.

The 7th All-Women's International Judo Championship on Sunday included girls who came for the Saturday shiai as well, and others, notably a team of 7 from the United States Military Academy, West Point, NY. It was great to see so many females on the mat competing, refereeing and organizing the shiai. At the opening ceremony, a young judoka, Delphia Varadaraja of College Park Judo, MD sang the National Anthem, Mindy Beuhman from Florida, read the oath for the referees and I recited the competitor oath. The competition began with a Ju NoKata demonstration by Grace Hossler (11) and Molly Sauter (9), from Bushido Kai, NY; they were superb!

Throughout the day great respect and spirit were shown by competitors, officials, spectators and sponsors. You might be thrown for Ippon with great force, speed, control and technique but then your opponent lent you a hand to get up. When you came off the mat after refereeing, positive critique was always given so you felt like you made a contribution to the team and learned something to help you improve too.

I competed against three ladies in Open Masters brown/black. I won all by Ippon. but every match was tough, so I felt I really earned the wins. About fifty competitors, ages 7-54, from Canada and 11 US States competed in mostly round robin matches. Many fought in multiple divisions, and a team competition was held after the regular pools.



Kwon provided a Judogi as the prize for the Iron Woman award. Erin Reim (Quebec) and Kandice Brendlinger (Pennsylvania) had 11 matches each, so both were given judogi. Erin then gave her Judogi to a co-competitor and new friend which was such a thoughtful act of kindness. Go girls!!

I refereed after competing in Masters. Dakotah Kilbourne (18) and Isaac Reed (11) attended Miki Takemori's referee clinic on Saturday and then did an excellent job refereeing in the All Women's. Miki and the other referees mentored them throughout the day to make certain that their experience was positive and that the matches ran well.

The team competition was organized within minutes by Julee Cope and Louise Ullman. They lined up all who wanted to participate by size and made up three teams of five. The smallest was designated as team captain. The competitors enjoyed being part of teams and many made new friends this way.



Getting women and girls involved in judo seems to be a real challenge. People asked me what the level of competition would be beforehand. This was difficult to answer, but I decided it was important to support shiai

like this so that other women will come. I have been as far as Miami, FL and had no Judoka to fight in my IJF division for any Masters age, and then only two in an Open division. If women see women their own age competing, hopefully they will know that it IS possible and it IS worth the money, time and effort to prepare and travel to compete.

I made new friends at the Judo weekend in Ohio and learned that you are never too young to learn and compete in Kata, you are never too old to compete in shiai, and you are never too young to referee. Our biggest barrier to our success is ourselves! The two events will partner again next year Sept 22-23, 2012 - so mark it in your calendars ladies!

*--Sandra Hewson, Burnaby Judo Club, 2nd Vice President for Judo BC,
member of the Women's Leadership Committee for Judo Canada*

Florida, October

It began when Pat Sandora, a trainer from the Boston Red Sox Organization, called John Paccione, owner of Kodokan Judo of Cape Coral. Sandora wanted to set up a couple of sessions with the kickboxing class to give the guys some diversity in their training schedule. Sensei Jennifer Paccione and her assistants gave them training with the intensity they were looking for, with techniques and drills taken from judo, jujitsu, karate and boxing with a focus on speed, strength, agility, balance and coordination.

Among those who came to the dojo was pitcher Daisuke Matsuzaka, with his translator and press team. They were very impressed by a photo of John Paccione and Yasuhiro Yamashita, Olympic Gold Medalist and 4x World Champion, and also noted photographs of other honored guests and dojo achievements.

Daisuke Matsuzaka adjusted quickly to the workout due to his martial arts training in Japan. Drake Britton, known for his fastball-power curve, partnered with Chris Hernandez to learn competitive jujitsu techniques. Chris Balcom-Miller was inspired to continue martial arts training

in his spare time. There were many other talented athletes who attended, and each of them gave it 110%! There was lots of sweat, battle cries and laughs.

Traditionally at the end of a martial art class you bow as a sign of respect but the dojo was happy to accommodate the baseball tradition of high-fives. Sensei Jennifer and her instructors could not have asked for a better crew to train and look forward to their coming back when they are in SW Florida!



Free listings in the **Upcoming Events** section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

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*

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.

NOVEMBER

November 5

1st Annual Gateway Invitational Judo Tournament, Overland Community Center, 9225 Lackland Rd, Overland, MO. For Juniors, Seniors & Masters and featuring a Men's and Women's Grand Master Champion division. Hosted by White Dragon Judo. Contact Tracy Hangle, 314-960-4228

November 8

Workout with guest coach Gary Goltz, USJA President, University of Wisconsin Stevens Point Judo Club (UWSP) & Stevens Point Judo Clubs, 6:00-8:00 p.m., Room 154 of Quant Gym. Event sanctioned by USJA, open to current USJA, USJF and USJI members. USJA applications will be available at door. Clinic cost: \$10.00. Contact: Tom Gustin, 715-252-4680; trmegustin@charter.net

November 12

Seminar with Hiroto Hayashi, hosted by Judo and Jiu-Jitsu Club of Madison, Neighborhood House, 25 S. Mill St. Madison WI, 12:00-4:00 p.m. Hiroto Hayashi, 2nd Dan has 10 years experience training & competing in Japan. He was a member of Hokkaido University Judo Team and placed 1st at the Seven Imperials Judo Tournament (Nanatei-Judo) in 2010. Cost: \$30, payable at the door. Contact Anders Angur 608-213-9639 andurs.angur@gmail.com

November 12

Annual Judo Tournament, University of Tennessee Judo Club, 1914 Andy Holt Avenue, Knoxville, TN. Contact Don Tyrell, 865-689-5733, <http://dtyrell@comcast.net>

November 12

9th Annual Red White & Blue Classic, at St Paul Parish School, 1009 Kem Road, Marion, IN. Hosted by Marion Pal Judo Club. Junior, Senior, Master, Kata; also a test site for Regional Referee Certification. Contact Bruce Bender, 765-603-0354

November 15

Clinic with Sid Kelley, 8th Dan at Biwako Judo Club, 6:15 p.m. Campos Recreational Center at 611 E. 13th Street, Manhattan, NY. \$20.00 donation requested. See www.biwakojudo.com.

November 27

Nakabayashi Judo Championships, hosted by the Metropolitan Judo Association, Salesian High School 148 East Main St. New Rochelle, NY. Shiai & Kata; also a testing Site for USJA Referee, Kata Judge, and Technical Officials. For entry forms and information contact George Pasiuk (718) 430-9385/ mr1judo@optonline.net ; or Charles Schweizer esg939603@yahoo.com.

DECEMBER

December 2-4

USJA/USJF 6th Annual Winter Nationals. See page 5 of this issue for full details.

Coaching Certification Clinic on Friday, December 2 at Goltz Judo, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

Tournament, Saturday-Sunday, December 3-4 at Damien High School, 2280 Damien Ave., La Verne, CA. Seniors, Masters, Juniors & Kata. **Free clinic** following Saturday competition.

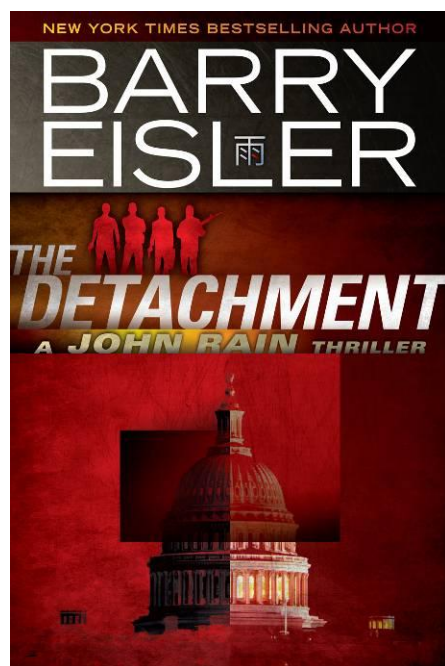
JULY, 2012

July 26-29 2012.

Rise of the Phoenix Camp, Ohio. Contact Ted Whittaker, 419-215-4023/419-726-8388, Judosnsa@gmail.com

We are pleased to offer the latest installment of the *John Rain* series *personally autographed* by the author, Barry Eisler, to anyone who donates \$100.00 or more to the USJA, OR who purchases a new USJA Life Membership.

Only Available until 11/30/11: Contact the USJA National Office and get your copy today!



John Rain is back. When legendary black ops veteran Colonel Scott "Hort" Horton tracks Rain down in Tokyo, Rain can't resist the offer: a multi-million dollar payday for the "natural causes" demise of three ultra-high-profile targets who are dangerously close to launching a coup in America.

But the opposition on this job is going to be too much for even Rain to pull it off alone. He'll need a detachment of other deniable irregulars: his partner, the former Marine sniper, Dox. Ben Treven, a covert operator with ambivalent motives and conflicted loyalties. And Larison, a man with a hair trigger and a secret he'll kill to protect.

From the shadowy backstreets of Tokyo and Vienna, to the deceptive glitz and glamour of Los Angeles and Las Vegas, and finally to a Washington, D.C. in a permanent state of war, these four lone-wolf killers will have to survive presidential hit teams, secret CIA prisons, and a national security state as obsessed with guarding its own secrets as it is with invading the privacy of the populace.

But first, they'll have to survive each other.

Featuring an opening sequence at the Kodokan



USJA Promotions: October, 2011

Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|--------------------------|---------------------|----------------------|
| ★ Dustin Bruso | ★ Jeff Huggins | ★ Bridget A. McClain |
| ★ David M. Clements | ★ Riley I. Isozaki | ★ Trent L. McEwen |
| ★ Steven Duncan | ★ Prenel Jacquet | ★ Richard B. Moon |
| ★ Craig Econopoly | ★ Pieter Karlik | |
| ★ William B. Ferraro III | ★ Matthew Libertini | |

Nidan

- | | | |
|-------------------------|------------------|------------------|
| ★ Christopher Frechette | ★ Jose Martinez | ★ Joseph Vincent |
| ★ Konstantin Kulagin | ★ Elvin Santiago | Tamburello |

Sandan

- | | | |
|------------------------|-----------------|---------------------|
| ★ David Barlow | ★ Phillip Gass | ★ Philip Matcovich |
| ★ Jose A. Garcia | ★ Anderson Leal | ★ Renato Migliaccio |
| ★ Charles T. Wall, Jr. | | |

Yodan

- ★ Ed Thibedeau

Jujitsu

Yodan

- ★ Ed Thibedeau

Well Wishes

Best wishes for good health and a speedy recovery to Sensei Jin Iizumi, who at 78 is still responsible for teaching 5 days a week at 3 dojo in San Diego.

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