

Growing Judo

January 2012

Monthly publication of the
Club Support Services Committee of the USJA

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- ★ Announcement: 5th Annual March is Visit-Another-Dojo Month
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- ★ News, Upcoming Events, New Clubs, New Coaches, Donors, and more!



Photos from the 2011 USJA/USJF Winter Nationals



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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!

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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.

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

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by January 24th or earlier if possible.*

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



News and Photos from the 2011 USJA/USJF Winter Nationals

The 6th annual USJA/USJF Winter Nationals were held in Damien High School's gym on December 3-4 in La Verne, California. There were over 500 competitors from 73 clubs that competed in 119 divisions including Seniors, Juniors, Masters, Novices, and Kata.

Over the last six years, the USJA/USJF Winter Nationals has provided the opportunity for serious competition. Gary Goltz, President of the USJA and head of Goltz Judo launched this Grassroots Judo tournament at the request of Jim Bregman to provide a chance for a year-end competition. The tournament continues to grow in popularity.

This year, participants came from all over the country, including large groups from Louisiana, Arizona, Texas, and Florida and international competitors from Brazil and Mexico. Along with individual honors, the event offers a Top Club Award. This year, Hayastan MMA Academy in North Hollywood and Kenam's Judo Club in Glendale California tied for the award, both with 74 points.

On the day prior to the tournament, Bill Montgomery, USJA Board Member and Coaching Education and Certification Committee Chair, and Joan Love, USJA Vice President, offered a USJA Coaching Certification Clinic. The full-day clinic, which was attended by over 25 coaches from all over the country, included both classroom discussion and active on-the-mat sessions on teaching methods such as drill training. Participants were able to gain initial coaching certification or earn continuing education credit.





After Saturday's competition, Sauveur Soriano, originally from France, and Paulo Augusto, originally from Brazil, offered a competitors' clinic that was free to all participants.

Goltz Judo, under the direction of O.J. Soler and Tony Farah, provided the majority of volunteers along with Discover Judo, Industry Sherriff's Judo, and Empire Judo and its sister USJA clubs, which are all offspring of Goltz Judo. The event ran smoothly, through the efforts of all of these volunteers, many of whom were parents of judoka. This year, Brian Platt of Goltz Judo tirelessly organized the volunteers who did everything from mat setup and breakdown to staffing the four pooling tables. Registration was expertly handled by his wife, Rebecca. Security for the tournament was supervised by Tony Cortina and Sean Gregory of Goltz Judo.



Tatamis were provided by Nanka Judo Yudanshakai, which came through when a last-minute problem

arose with the tournament mat supplier. USJA board member Dr. James Lally, Chief Medical Officer of Prime Health, provided an experienced team of sports medicine physicians accustomed to working judo tournaments, along with EMTs from Aegis Ambulance.

Hayward Nishioka oversaw the officiating. Additional IJF-A referees Mark Yamanaka and Mark Oermann assisted him, and many other high level referees participated. Kenji Osugi was in charge of the Kata Competition, an area that is targeted for future growth. Toward this end, renowned kata authority Eiko Shepherd is scheduled to do a Kata Certification Clinic at next year's event!





The judowinternationals.com website has the complete history of the tournament, results, photos from Gary Wagstaff and videos, and information for the 2012 USJA/USJF Winter Nationals and Clinics can also be found there.

--Randall Swift, father of a young green belt.



Post-Winter Nationals Clinic and Celebration

On Monday December 5, 2011, Goltz Judo club hosted a post-Winter Nationals clinic and celebration. Sensei Goltz invited many of the tournament's competitors that were still in town to Goltz Judo Club's Monday night class. We were fortunate to have both Sauveur Soriano and Paulo Augusto lead a clinic with over 80 judoka present. We also celebrated the achievements of these competitors. There were several well earned promotions, including Sensei Nathan Goltz's promotion to 4th Dan. This event really highlight Grassroots Judo!



FROM PRINCIPLE TO PURPOSE: Teaching & Coaching Judo

by Mark Lonsdale

In the past few decades I have had the good fortune to train with some of the best judo instructors, coaches, and teams from several countries. These have included national coaches from France, Japan and the United States. Through all that training and the inevitable poundings, I have tried to remain open to new ideas and methodologies as they relate to judo development. While I am a judo traditionalist at heart, as a professional trainer and educator I have been strongly influenced by modern teaching methodologies and studies in kinesiology.

Professor Jigoro Kano's principles of maximum efficient use of energy, or *Maximum Effect with Minimum Effort* (*Seiryoku zenyo*), and *Strive for Excellence* (*Jika-no-kansei*), are as valid today as they were when coined. But Kano did not have the tools that we now have for sports analysis, psychological inventory of the athlete, or an appreciation for training options such as Plyometrics (for developing explosive power). In addition, due to underpinning social paradigms, the development of Western students is very different from our Japanese counterparts who benefit, at some levels, from a more disciplined educational system, with judo as a mandatory form of physical education.

So in looking at judo in the United States, what I have found encouraging in recent years are the positive effects that modern teaching methodology and performance sports physiology have had on the sport. We can leave the IJF judo politics and rule changes for another discussion.

One can compare the judo text books we used thirty years ago to the ones we have today, to realize considerable research and development has gone into this sport that we all live and love. While *Kodokan Judo* and *The Canon of Judo* are still classics that should be in every instructor's library, new books such as Hayward Nishioka's *Training for Competition Judo*, and Neil Ohlenkamp's *Judo Unleashed*, are far more representative of modern judo.

Stepping back from international level athletic development, it has been interesting to see how coaching skills and styles have evolved at the local and regional levels. Granted, there are still all too many mat-side coaches whose red-faced lack of talent is exemplified by screaming "go harder" or "get out" from an *osaekomi* – often to a junior competitor who is so overwhelmed by the match that he or she hears nothing (stress induced auditory exclusion). Then there are the individuals that I hesitate to call a coach, who demonstrate no knowledge of the rules, and then berate their players for losing as they come off the mat – shattering the aspirations of a potential future champion, or just breaking the spirit of a kid having fun.

But it is not all doom and gloom out there in Judo America. More and more coaching clinics, run by dedicated individuals such as Hayward Nishioka, Bill Montgomery, Joan Love, Jimmy Pedro, and Pat Burris, to name but a few, are raising the overall awareness and skills of instructors and amateur coaches throughout the United States. Granted, we are still behind the curve in coaching development when compared to countries such as France, but we are moving in the right direction, even if it seems somewhat slowly.



Mark demonstrating a strangle on Yoshi, a senior instructor visiting his New Zealand dojo from a Japanese university.

So what is coaching? Before looking at modern coaching, we should define exactly what a coach is. This in itself is a subject not without controversy, so the following is my humble opinion – but with substantial agreement from other informed individuals and coaches.

One coach, for whom I have considerable respect, made the statement, “Every coach should be a teacher – but not every teacher can coach.” The ensuing discussion defined a judo teacher as the instructor or club sensei who teaches judo. The role of the instructor is to teach the technical aspects of judo to the limits of his or her experience. For most, this would include all the Kodokan techniques up to *shodan* level. In addition, if that sensei or club participates in competition, the instructor will develop a limited repertoire of basic competition techniques and tactics. This allows him or her to better prepare club members for low to mid-level competition (*shiai*).

A coach, on the other hand, focuses on full-spectrum athlete development specifically for competition. This will still include teaching at the club level, but with the view of improving a judoka’s probability of success in competition. “Full-spectrum” means the coach is not only involved in teaching technically sound judo, he or she is also competent in sports development, physical training (cardio, flexibility & strength), biomechanics, nutrition, sports psychology, communications, scouting, taping, and most of all, competition judo rules, tactics and match preparation.

So this begs the next question – can the instructor and coach be one in the same person? Definitely, but it requires two distinctly different skill-sets along with expanded areas of expertise.

TEACHING

“Education is not the filling of a pail, but the lighting of a fire.” - W.B. Yeats

Traditional teaching, in the academic sense, had the school teacher reading facts from a text and the students taking copious notes – a form of rote learning. Modern teaching, even in the classroom, requires far more interaction with the students; activities to make the learning process more interesting; and holding the students more responsible for actually absorbing the material. The U.S. education system still has a long way to go to be on par with other rapidly developing countries, but there are a small percentage of highly motivated teachers making serious headway to meet this challenge. The same is true in judo.

The traditional form of teaching judo is **Show & Tell**, followed by endless repetitions. I say “endless” because as a white belt I learned *osoto-gari*, but will continue to include it in my practice and *uchi-komi* until the day I physically cannot walk onto the *tatami* (hopefully another 30 years). But I have also built that technique in to a ‘family’ of other dynamic combinations and counters.

Back to the traditional dojo, the instructor gets the attention of the class, demonstrates a new technique – hopefully explaining the three components of balance breaking (*kuzushi*), entry (*tsukuri*), and execution (*kake*). He or she then has the class pair up and practice. The sensei will move around making corrections, or if he sees that the group did not grasp the first demonstration, they will stop the practice and demonstrate the technique again, making the appropriate correctional points.

In modern teaching, the preferred method is termed **Whole-Part-Whole**. Demonstrate the whole technique or sequence; break it down into parts for practice; and then assemble all the parts for the whole, or execution. The instructor is also using three methods of teaching – visual, auditory and kinesthetic. Then light *randori* is added to turn principle and practice into practical application.

Another useful teaching method is termed **Guided Discovery**, or **Decision Based Learning**. This is somewhat similar to the older **Building Block** method of teaching, also called **Crawl – Walk – Run**, which allows the student to continue building on basic foundational skills, or **Trial & Error**, which works but takes much longer to achieve results.

With **Guided Discovery**, more responsibility is placed on the student to self-analyze and find the best path or solution. It also allows the instructor to present multiple options and for the student to pick the best answer. This decision based process significantly improves retention because it engages the brain as well as the body.

For example, Guided Discovery works well in teaching combinations or sequences of attacks. The student makes an attack, and the instructor asks, “now what would you do if your opponent (*uke*) does this?” The student should look to see where *uke* has placed his leg and/or balance, and then comes up with the best techniques to follow-up the attack sequence. The same works for counters and *ne-waza* escapes or turnovers. The student is constantly challenging him or herself and building on past experience.

Repetition has been a traditional part of teaching martial arts, from long before judo existed as a sport, and is still an integral part of modern training. Every school teacher is taught the old adage of, “Tell them what you are going to teach them – Teach them – Then tell them what you taught them.” The concept is to deliver critical information in at least three different formats to ensure the students grasp the subject.

In traditional judo we first learn the technique; next we practice the technique (*uchi-komi and nage-komi*); then we apply the technique (*randori*). The endless *uchi-komi* is not to learn the technique but to drill the movement into muscle/nerve-memory so that it can be executed automatically based on the cues presented. Conscious thought process is simply too slow for *randori* or competition, where techniques, attacks and defenses must be pre-programmed to be effective.

So how does modern judo teaching differ from traditional? First, we have learned that static *uchi-komi*, while it still has a place in training, does not prepare the judoka for *randori* or competition, both of which are dynamic activities. Next, we have learned that single technique attacks seldom work. Successful attacks must be sequenced into chains of feints and techniques based on how the opponent reacts to each attack.

At the junior level, we have also learned that FUN is the driving component of child development, learning, and club membership retention. This is very different from the more serious and rigid dojo behavior of old-time traditional judo training. Today we want those 8-year olds coming back, so the traditional and still important elements of judo – respect, learning and discipline – need to be augmented and balanced with fun, games, physical and intellectual challenges, and attainable promotions.

Now, some *dojos* are purely recreational clubs and always will be so – often because the sensei was not a successful competitor in their formative years, or there are no active competitors or coaches in his club. But there are clubs that are heavily focused on competition, and this is where we depart from teaching purely Kodokan techniques.

COACHING

“Hard work beats talent when talent doesn’t work hard.” – Unknown

An effective coach must be a teacher, trainer, mentor, motivator, psychologist, program manager, and even the proverbial shoulder to cry on. A professional coach becomes integral to a competitive athlete's daily routine and life. It is not unusual for athletes to spend more time under the watchful eye of their coach than with their own friends or parents. On a personal note, I left home at eighteen to train in France at the renowned Racing Club de France (RCF) and National Sports Institute (INS), under French National Coach, Serge Feist. This took me away from my family and other interests for nearly two years, with the RCF judo team becoming my surrogate brothers and the coach substituting as a father figure.

The relationship between coach and athlete often begins in one of three ways:

1. The instructor has a promising young judoka in their dojo, who is already winning at the local level, so suggests they work together to prepare for the Nationals. But it is important that the coach first ask the athlete what their aspirations are and if they want to be a national level competitor. Some may not.
2. A young, motivated judoka wants to get to the next level, so approaches a well known coach in his area and asks for assistance. Now it is the coach's turn to explain to the athlete what that entails in terms of commitment, time and costs.
3. A judoka makes the national training squad and is put under the guidance of the national coach. But again, the coach must first ascertain the athlete's commitment to judo before committing national training resources.

In the first two, the commitment between coach and athlete could be as little as a few hours each week, to as much as several hours daily of strength, technical, and tactical training. In my case, the French coach had seen me fight in New Caledonia and invited me to train at Racing. My training with the French national squad was six days a week, two to three times a day. Competitions were actually a welcome break from training. Add to this the necessary travel and expenses of fighting on the competition circuit, nationally and internationally, even at the junior level, and the commitment becomes significant.

Now, just as the judo instructor can only teach to the limits of his or her technical ability, a coach can only coach to the limits of his or her coaching experience and expertise. And this is where national level judo coaching clinics become important. But the aspiring coach must ensure that an advertised clinic will teach the necessary coaching skills to take him or her to the next level, since not all clinicians share the same concept of what skills a judo coach needs.

The problem here is that a one or two-day coaching clinic will not give the applicant the skill-sets to immediately function as a national level coach – immaterial of what the certificate indicates. Becoming a professional, or at least competent coach, is a multi-year endeavor. Every topic covered in a judo coaching clinic needs to be researched, studied, understood and then applied to your daily or weekly coaching programs.

A single topic such as sports psychology, as it applies to mental preparation for competition, could fill several volumes and take weeks to really appreciate, but will be covered in a coaching clinic in a one or two-hour block of instruction. What the clinician has given is the direction for additional research on your own time. For example, at a recent judo coaching clinic I met a sports psychologist auditing the program, so have been in touch with her by email ever since, exchanging ideas on athletic performance as it relates to mental preparation. In reality, I have spent ten times as many hours discussing psychology with her as in the coaching clinic.

The same applies to scouting, developing competitive profiles, and amassing statistics. A competition coach needs to come fully loaded with stats on all the other competitors in the same age and weight division as his or her fighter. This topic is covered in some depth in the better coaching clinics, but still needs to be refined and integrated into the aspiring coach's tool box. It is also extremely time consuming to video and profile a dozen or more fighters. For a progressive judo coach, a laptop computer, digital camera and cam-corder have become the essential tools of the trade.

Two words that I use quite often in instructor development programs are "professionalism" and "competence." When I say professional, I don't necessarily mean being paid, but that as an instructor or coach you are performing in a professional manner. How you act and dress, what you say, and the depth of your knowledge and experience should mark you as a professional in your chosen activity. Being competent at the level that you chose to teach or coach is a matter of self-analysis, self-motivation, and constantly striving to improve your own knowledge-base, skill-sets, training materials, programs, curriculums, and methods of delivery.

Athletes with national level aspirations deserve more than just a willing volunteer. Similarly, judokas with championship potential deserve more than a dojo sensei with no experience in, or passion for competition. A coach must be as passionate about developing winning athletes as the athlete is about taking gold. The caveat here is that the athlete is more important than the winning. The coach should be focused on developing a well-rounded young person, not just an arrogant, selfish, egotistical medal seeker.

CONCLUSION

If there is to be a conclusion to this discussion, it is that the individual must be honest with him- or herself as to their current levels of competence as either a teacher or a coach – or both. If you aspire to be respected as either, you must constantly work to elevate that level of competence. Attend any judo, coaching or referee clinics that you can, knowing that even if you don't learn from the scheduled clinician, you will invariably learn from the other like-minded participants. And yes, serious coaches **MUST** attend the referee clinic prior to each tournament, if for no other reason than to learn the latest changes in the IJF rules and local interpretations. You owe that to your players. The last thing you need is a *hansoku-make* because you did not train or brief your player

on the latest leg-grab, ankle-pick, or cross-grip ruling.

So sign up for the next coaching clinic in your area, and keep in mind that if a tree is not growing, then it is probably dying. So the choice is **Grow or Die!!**

Mark Lonsdale is the Director of Training for the Specialized Tactical Training Unit (STTU); the author of several books related to tactical training and operations; a former international judo competitor and shooting gold medalist; and a certified coach. Mark holds a Masters degree in international criminal analysis and has taught diving physics & physiology and instructor development in the UCLA diving program, Department of Kinesiology.



Mark Lonsdale with Rick Littlewood, 8th Dan, his former coach in New Zealand

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Coaching News--Continuing Forward

The Coaching Education and Certification Program is moving forward on several fronts. First, the new "Coaching Guide" is available on the USJA website. I am hopeful that we will be able to add several different resources early this year. With the new design of the USJA website, Chuck Wall is looking into how we may have an online coaching facet for our program.

I have received several requests from people wishing to become approved course instructors for coaching. Should you wish to become approved, please keep in mind that this is not simply another title. You are expected to schedule and conduct courses or specialized clinics throughout the year. You will also be required to attend a coaching course and demonstrate your coaching/teaching abilities.

Lastly, Bill Myers has taken over the administrative duties for *Kelly's Capers*. He is already scheduling clinics for 2012 and has put a clip on YouTube. You should know that Bill has more experience with *Kelly's Capers* than anyone other than Sid. He has been using this approach at Cornell University for several years. Contact him today at wlm Myers@aol.com.

Have a Great New Year,

Bill Montgomery, Chair, USJA Coach Education and Certification Committee

Wmontgomery2@aol.com

Kelly's Capers – Coming soon to a dojo near you?

We've already written extensively about the *Kelly's Capers* program, but it never hurts to remind you of what it is and why it exists. It was designed by Sensei Sid Kelly (8th Dan Judo) to help ready students for randori. In doing so, it aims to improve the retention of new students, the progress of existing students' randori skills, and the ability of your existing students to welcome new students. It's not just for small clubs, it's for every club. It accomplishes this goal by teaching things we don't often teach – namely, how to attack freely in multiple directions using both right and left techniques, and how to defend by using body movements and follow-up throws rather than stiff arms. From that description, it should be clear that while the program is excellent for beginners, even advanced players can benefit from these drills.

More information about the clinic is available online at <http://www.facebook.com/KellysCapers?sk=info> and there's a fun promotional video at: <http://www.youtube.com/watch?v=INIKLTl5aAk>.

Last year, the *Kelly's Capers* crew gave several seminars to rave reviews. This year, we aim to ramp up the program even more. Not only is the program amazing and fun, and the results impressive, but the clinicians are diverse and varied in their experience and expertise.

Sid Kelly, 8th dan is a World Master's Champion and former captain of the British National Judo Team. The *Capers* program is just the latest in his groundbreaking training repertoire. If he comes to give your clinic, have him give you a skills and drills clinic, too. You'll be amazed by his depth and breadth of judo knowledge.





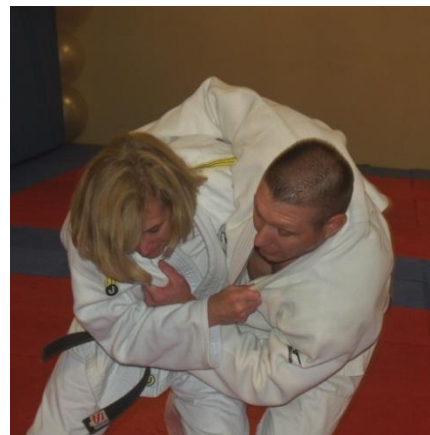
Lynn Roethke, 7th dan is a World and Olympic silver medalist. If she does your clinic, arrange for a technique clinic or coaching clinic, too.

George Weers, 6th dan is one of the most studied and knowledgeable teachers in the country. A former head of the USJA Coaching Committee, he has written numerous articles on judo. If he gives your clinic, have him do a coaching clinic or skills clinic.

Pete Mantel, 5th dan is an experienced instructor, competitor, and certified coaching clinician. Have him stay and do a skills clinic or coaching clinic.

Joan Love, 4th dan is a national Masters champion and World Masters silver medalist. She's also a certified coaching clinician. Have her come and add a coaching, skills, or drills clinic.

Bill Myers, 4th dan is an experienced instructor and competitor. He's also a certified coaching clinician. He has the most experience using *Kelly's Capers*, teaching hundreds of students using the program at Cornell University. Have him stay and give a coaching clinic or skills and drills clinic.



Your Club Website by Bill Myers

You *do* have a website for your club, don't you? If you don't, you may have one of the following reasons (or excuses):

- I don't know how to make one.
- It's complicated. I don't know how to program or write html. Finding a web hosting service is a pain. I need a domain name. It's just too much to worry about.
- It's expensive. Sure, some of them have cheap monthly fees, but still, it costs money to host the site. Don't I have to hire someone to design the site for me, if I don't know how?
- I don't have time.
- I never thought that I needed one.
- I have too many students already. I sure don't need any more.

If your excuse is the last one, then you can stop reading now. If not, there are two things you should know:

1. You *do* need one! People need to be able to find you and find out about you.
2. There is one very simple, free way to make a website for your dojo: use a blog site as the host. No, they're not just for blogs, although using that aspect to post announcements and changing information is great. If you want complete customization of your website, then this probably isn't the best way to go, but if you want a basic place to post information about your club, your instructors, your time and location, and contact information, then it's a great way to go. Take a look at my club's site: cornelljudo.wordpress.com.

Most online blogging sites (I've used wordpress.com and blogger.com) allow you to create multiple pages, have easy-to-use interfaces, require no actual programming knowledge of html

(yay!), and they're **free**! You can have your club's website up and running inside of 10 minutes, but you'll probably spend a bit more time adding content and choosing a look for your site. Within a day or two, you should be able to go to your favorite search engine, type in the name of your dojo and actually find your website.

Be sure to include your location (city, state, street address), phone, email contacts, times and days of practice, and information about who's invited to attend (hopefully everyone is). To enhance your site, post pictures and YouTube video links from your dojo (*get permission from participants and parents*), and include links to common judo sites to easily provide general information.

While I was writing this article, I visited my own club website and discovered that for only \$17 per year, I could have the domain changed to cornelljudo.com, so if you want a domain name, that's a very inexpensive and easy way to do it.

Try it yourself and find out how easy it is. You now have no excuse for people not finding you!

Oops, Forgot Something by Bill Myers

I have the pleasure of working with a nearby club on a somewhat regular basis. They're great people who are passionate about judo, both learning it and teaching it to their students. One problem they have is that they're recovering from a misguided sensei.

Before I get into the details of that, let me establish what I think is important in judo. It's simple: being able to play judo. That means being able to throw people, turn people over from a turtle, work from and against the guard, and finish with holds, chokes, and arm-locks. Add to that, knowing how to defend against the above list and I think you've got the sport covered. I'm not worried about the other aspects of judo like sportsmanship, leadership, and social aspects – because, although they are vital, those are not unique to judo and are a topic for another day.

Going along with my premise, that playing judo is the important thing, how do we get there? Do we teach judo techniques? Seems like a good idea to me. Do we teach our students how to apply them to randori and shiai? Sounds essential, but this is where many of us start to drop the ball. Do we worry so much about the perfection of the technical aspects of the techniques that we consider it the most important thing in judo? I think I already answered that above: no.

Here's how things generally fall into place. Bad technique *usually* leads to bad effectiveness. For example, if you don't get your feet well placed for seionage or ogoshi, your opponent will likely slip off your hip without them needing to defend very well. Therefore, good technique is required for effective judo. But, is perfect technique required? That begs the question, what is perfect? One might reasonably argue that perfect technique is whatever is the most effective, not what someone has idealized as perfection.

So, let's return to our misguided sensei. He was so concerned with his students' perfection of technique, that he forgot (*I'm giving him the benefit of the doubt here*) to help them make it useful. They have managed to do this on their own, as many of us have, but why is there a need for the obstacle? The fact is that judo presents its own obstacles without coaches and teachers introducing more. Our goal should be to teach useful, effective judo, in the most effective way. In my experience, this usually leads to beautiful judo. But just as all of us are beautiful in our own way, so often is our judo.

Bill is a Yondan and teaches judo at Cornell University. Feel free to (politely) argue with him or contact him at wlm Myers@aol.com.



A WARM WELCOME to Our NEW Chartered USJA Clubs!

November/December, 2011

Club Name: **The Judo Academy** (Class C Club)
Head Instructor: **Chris Karl**
Email: cmk5k@virginia.edu

Location: **Reston, VA**
Phone: **703-594-1602**
Website: www.fightworks.net/kids-judo

Club Name: **Wall 2 Wall Martial Arts** (Class B Club)
Head Instructor: **Chuck Wall**
Email: wall.chuck@gmail.com

Location: **Ruther Glen, VA**
Phone: **540-656-6342**

Club Name: **Empty Jacket Judo Club** (Class C Club)
Head Instructor: **Darrell Dean Tyner, Jr.**
Email: deantyrer@gmail.com

Location: **Bremerton, WA**
Phone: **360-698-3721**

Editor's note: from this issue forward, we will be listing new USJA clubs that have attained "Chartered" status, i.e., five or more USJA members, in Growing Judo magazine.

Congratulations to our Newly Certified USJA Coaches

- ★ Cesar Manuel Castro, Ryoku Judo Club, Las Vegas, NV
- ★ Mark Lonsdale, Stallion Springs P.A.L. Judo Club, Tehachapi, CA
- ★ Temujin Matsubara, San-Shi Judo Dojo, Vista, CA
- ★ Mathew Mildenhall, Watanabe Judo School, Lake Havasu City, AZ
- ★ Alex Wolf, West Central Illinois Judo League, Pekin, IL

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

- ★ **Richard F. Andrade, Grants Pass Judo Club, Grants Pass, OR**
- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Dr. Matthew J. Doyle, Unattached, Cincinnati, OH**
- ★ **Richard J. Hackman, Flowing Chi Judo Club, Saginaw, MI**
- ★ **Christina Head, Karl Geis Judo Club, Houston, TX**
- ★ **John Kucirek, Family Judo of Omaha, Bellevue NE**
- ★ **Dr. James Lally, Goltz Judo, Upland, CA**
- ★ **Vicki L Mahan, Unidos Judo and Karate Club, Murrieta, CA**
- ★ **Chris Talent, Mikawa Judo Academy, Swisshome, OR**

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

- ★ Joseph S. Bentz, Cheltenham Judo Club, Cheltenham, PA
- ★ Paul Bova, Trafford Judo Club, LLC, Trafford, PA
- ★ Camilla A. Kaluzny, Carolinas American Judo Assoc., Matthews, NC
- ★ Margaret Kelly, Meriden Judo Club, Southington, CT
- ★ Nick Larson, Rough Rider Judo Club, Dickinson, ND

A New Year's Challenge from Ozeki Judo Dojo

Ozeki Judo Dojo in Las Vegas, Nevada is initiating a new policy effective January 2012. The monthly dues will be increased by \$2.00 for all students and coaches, including the head sensei. This money will then be donated to the USJA.

I hope that this will spark other judo clubs to give a little extra support to the USJA!

--John B Weiner 6th Dan, Head Instructor, Ozeki Judo Dojo

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

Four years ago, we 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. An interclub exchange is an economical way to add some variety to your club's workouts and help your students' judo to grow.

Please join us and make a commitment to do one or more of the following:

- * Publicize and host one or more open workouts at your club.
- * Arrange an exchange with one or more other clubs to have a joint workout.
- * Get a group from your club to attend another club's open workout.

In the spirit of Mutual Benefit and Welfare, we are asking that clubs waive their usual mat fees during the month of March to encourage more participation.

If you are hosting open workout at your dojo, please send your information on by January 24th (or sooner!) to be included in the February issue of *Growing Judo*.

We will have a feature on dojo exchanges all around the country. Be sure to take a few photos and send them to judolady210@aol.com with a brief description or caption.

Let's make this the best March ever!

*Please see the last page of this magazine for a mini-poster to print out and display at your dojo!
(photo & layout courtesy of Connie Halporn)*

Judo News From Around the Country

Florida, November 1

The Sasaki Judo Club in Riverview, Florida held the first in a series of high-level overnight Competitive Edge Training Camps. The first Camp was a huge success with 7 National Judo Champions in attendance, a BJJ champion, and Japanese National Champion Shinjiro Sasaki. Campers were exposed to the Japanese style of training and also to state-of-the-art Japanese competition strategy.



We are a new USJA dojo in Riverview Florida and are excited to be a part of this great association. We have achieved Chartered Club status and have already sanctioned an event with USJA with the help of John Paccione, the USJA Regional Coordinator for southern Florida.

For information on upcoming events contact Bryan Barrett at b.barrett@sasakijudo.com, and visit our website: <http://www.sasakijudo.com>

Missouri, November 5

The first annual Gateway Invitational Judo Tournament at the Overland Community Center was a "smashing success." With 124 competitors representing 8 different states, it was the largest judo tournament held in the St. Louis area since the showcasing of judo at the United States Olympic Festival in 1994.

The main goal of the event was to get St. Louis back on the judo map. "There are so many skilled judoka in just a 4-5 hour radius. We wanted to host an event worthy to bring them and their students all in. Hopefully we put on a good enough show that they'll all come back next year and bring more friends. Oh, and save the date October 6, 2012. The fun starts all over again!" said tournament director, Tracy Crawford Hangle, who also teaches at the White Dragon Judo Club in Overland, Missouri.





Korbin Anderson won the award for Outstanding Junior Competitor and Tae Young Choi won Outstanding Senior Competitor. Bianca Lockette won Grand Champion Female and Nick Baima won Grand Champion Male. Congratulations also goes to Don Hinchsliff for passing his Regional Referee exam. Many thanks go to all the volunteers, coaches, competitors, referees, and technical officials.

White Dragon Judo, founded by Derrick Wellman, 3rd dan, is the fastest growing judo club in the St. Louis area. teaches both adult and children's classes. White Dragon Judo frequently has judo clinics, three of them in 2010 were taught by Leo White, former Olympian and the most decorated United States male judoka (judo player), Bonnie Korte, the most decorated United States female judoka, and George Weers, who brought Kelly's Capers coaching strategies to the St. Louis area.

It is the mission of White Dragon Judo to provide the St. Louis area with the best Kodokan Judo, to attract and develop high quality judoka; maintaining judo as an art while also adapting traditional techniques to modern and current competition.

Tracy Hangley, White Dragon Judo
www.WhiteDragonJudo.com.



1000 Smiles Photography

Wisconsin, November 8

Gary Goltz, USJA President, gave a judo clinic hosted by the University of Wisconsin Stevens Point Judo Club and the Stevens Point Judo Club. Approximately 60 judo students ages 6 to 78 came from around the state to learn from our special guest.

Sensei Goltz started Judo when he was 10 years old at the Jewish center in Pittsburgh, PA. At the age 14 he used his Judo training to subdue two attackers. At age 16, Goltz began teaching Judo at several area YMCAs in Pittsburgh. He was awarded his 1st Degree Black belt when he was 21. He then went on to become Judo Chairman for the Allegheny Mountain Region of the Amateur Athletic Union (AAU). After moving to southern California, he started Goltz Judo in 1987; for more than a decade, it has been one of the largest USJA clubs. Goltz coached the US Blind Judo Team at the 1991 Tokyo World Championship. In 1997, he volunteered to be the Defensive Tactical Advisor to the Los Angeles Police Department. Currently he holds a 7th degree Black Belt and is a regular contributor to Black Belt Magazine.



At the clinic, after a variety of warm-up exercises working the neck and back, Goltz focused on basic ukemi skills, saying “knowing how to fall properly you have the confidence to be thrown and not worry about injuries.” Next he explained that, like boxers, Judo students should train to keep their elbows in; this makes the response time for throws, counters and defense much faster. He also drew a parallel with law enforcement officers, who are trained to keep their elbows in, remain just outside the personal space of an individual, and read body language. In a similar way, a judo student must learn to read muscle tensing along with body movement in order to defend, counter or throw opponent.

Next, Sensei Goltz taught a drill in which students moved in a variety of directions while keeping their hands on their partner's shoulders; the purpose was to create a solid foundation to the movement and posture needed to perfect throws, counters, combinations, and defense movements. In closing, Sensei Goltz received a round of applause and a handmade bamboo flute from the UWSP Judo Club and the Stevens Point Judo Club.

--Tom Gustin, Head Instructor, Stevens Point Judo Club



Indiana, November 12

140 individual competitors from over 25 different clubs in Indiana and surrounding states such as Iowa turned out for the 2011 Red, White, and Blue Classic Tournament in Marion. Higher education players were represented by Iowa State and Ball State University; along with Big 10 Conference members Indiana University, Purdue University. the event was hosted by the Marion PAL Club Judo Team. Team trophy winners were Marion PAL Judo 1st place; Epizoundes 2nd place; and Anderson YMCA 3rd place.



Throw by 7-year old Max of Marion PAL Judo

Complete results can be found at
<http://marionjudo.datapitstop.com>

Due to administrative duties of running a tournament, I didn't get to see all the matches. However, I received wonderful comments and encouragement from the mat side coaches, parents and guests. Thanks to my parent organization, the referees and table-workers who sacrificed their time and all the players that attended. Thank you all for making this another wonderful tournament especially for the children!

--Bruce Bender,
Head instructor, Marion PAL Judo

North Carolina, October 29

We participated in a GREAT *Kelly's Capers* clinic taught by Lynn Roethke and hosted by Vic Reavis in McAdenville. We had so much fun that we hardly noticed all the incredible techniques we learned to teach. Lynn moves like a 15 year-old with the technical knowledge of a master and the skill of the Olympic Silver Medalist she is. Through the clinic she empowered us to train new judoka to step out into randori with more confidence and skill.

Vic Reavis noted, "This is great material for both kids and adults classes and offers a way to speed up the learning of Judo movements and skill without having to figure it out over years by way of the Judo School of Hard Knocks. We will certainly be adding this material to our curriculum."

Thanks also to Joan Love and Bill Montgomery, who helped to arrange this fantastic event for the Carolinas.



--Debbie Rucker, with photo courtesy of Cliff Travis



Most recently, the club won 6 Gold, 12 Silver, and 4 Bronze medals at the 2011 USJA/USJF Winter Nationals!

Club Profile: **INDUSTRY SHERIFF'S JUDO CLUB**



On March 15, 2006, the Industry Sheriff's Judo Club was established by the Los Angeles Sheriff Department in the City of Industry, CA by Deputy Sheriff Jeff Domingo, Nidan, originally from Goltz Judo Club in Claremont. After months of searching for a Head Instructor, they found Sanders Ishisaka, AKA "Sensei Butch", the Physical Activity Instructor at the School of Kinesiology and Nutritional Science, California State University, Los Angeles. Sensei Butch started judo at six years old, was taught by one of the original eight Head Judo Instructors in California, T. Hagio, 8th dan and was an Olympic alternate in the 1970's. Sensei Butch accepted the position and his students have obtained 559 Medals in five years.

The judo program is sponsored by the City of Industry Sheriff's Station Youth Activities League ("YAL"). The goal of the YAL is to be proactive in dealing with the youth of the community by providing leadership and mentoring through a variety of youth activities outside of gangs and drugs. The program recognizes the importance of early intervention and providing alternatives to negative behavior. It has united the community through the involvement of law enforcement, parents, business, education, government and community service groups. YAL deputies and volunteers work together as positive influences on thousands of children. All programs provided by the YAL are free, including the judo program.



Jeff Domingo, Butch Ishisaka, Riley Isozaki, David Matutte, Kai Ishisaka

My Shodan Essay

A requirement for promotion to Shodan for USJA is to pen an essay explaining what judo has done for the candidate, and vice versa. For most of us this is a daunting task. After all, what could we (meaning me) add to the volume of data that is available from judo historians and professional coaches?

The sense of community and kinship that exists throughout the judo world is an awesome and inspiring aspect of judo life. There are many folks who are integral to this part of judo, and I have been privileged to meet a small number of them. Writing about the judo community however does not answer the question posed to the candidates. This thought is probably best for myself and other new black belt candidates because we just have not been immersed in the culture long enough to impact the community on a large overall basis.

I have been involved long enough to understand that judo is indeed a way of life with many applications for day to day living. For the sake of brevity I would like to address just one area that my recent judo experience has impacted my professional life. This past August I represented our school at a USJA sponsored camp outside New York City. It was enjoyable to learn from some very talented and experienced champions. It occurred to me that a common thread for all of their presentations was a personal adaptation of some very basic judo throws. Here I was, amongst experienced, high ranking judoka friends, drilling basics, and enjoying it with everyone else. Not a single player expressed anything but the desire to do the drills, and thus the techniques, better and better. While this may seem like a no brainer, using the analogies from that experience has allowed me to refocus myself and my staff on the same ideas, i.e. "Let's do the basics so well we become champions in our field." We will continue to refine those basics for our personality as an organization. There is a world of techniques that we can use, but we now make sure that we do the basics with precision.

The second part of the assignment is a much more difficult one to address without appearing to be an ego driven judoka. If I have had an impact on judo, I would imagine it has been a small one within our local club, and the dojo where we practice. I hope that as an older achieving student that fellow martial artist can look at someone like me with obvious athletic shortcomings and realize that with persistence goals are achieved. I hope that I bring a measure of professionalism to our local programs well as a capable assistant to our fearless leader. If I can or have achieved some measure of success in those goals, and those thoughts get paid forward, our little judo world will be better off.

--Dr. Richard B. Moon PharmD, RPh, FIACP
GAKA Judo Club, Jamestown NY



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.

JANUARY

January 7

The Frozen Tundra Tournament, Hosted by Roughrider Judo Club. Dickinson High School Wrestling Room, 979 13th Ave West, Dickinson, ND. Weigh-In's 11:00 a.m., Competition starts at 1:00. Divisions dependent upon attendance. USJA, USJF or USA Judo membership required. No fee for Gentle Way's members; \$15 entry fee for other competitors. *Brave the open skies of frozen North Dakota in January!*

Contact Jeff Ficek, dakota@roughriderjudo.com, 701-227-8710; Nick Lambert 701-483-4329.

January 7

Competition Clinic with Nina Cutro-Kelly, Wall To Wall Martial Arts, 7838 Kingsley Ave., Denham Springs, LA. contact James Wall, 225-436-0588, wallmartialarts@att.net

January 21

Twin City Winter Classic USJA State Tournament, Conway Recreation Center, 2090 Conway Ave St Paul, MN. Contact Ken Otto, k-d-otto@msn.com, (651)774-4041; Dan Hoffman (651)208-5650.

January 21

Sixth Annual Gulf Coast Judo Open Tournament, St. Alphonses Catholic School, 411 Washington Ave. Ocean Springs, MS. Contact Jim Hunt/Ken Altman, 228-806-8125/228-229-8975, gulfcoastjudo@yahoo.com

MARCH

March 3, 2012

CHP 11-99 Foundation Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

APRIL

April 7

RPI Judo Club Annual Tournament, Rensselaer Polytechnic Institute, Robinson Gym, The Armory, 15th St., Troy, NY. Contact Topias Lemetyinen, lemett@rpi.edu.

April 21-22

USJA Midwest Regional Judo Tournament Mixed Martial Arts Clinic. North Dale Rec Center 1414 St. Albans St. N, St. Paul, MN. Dan Hoffman, 651-208-5650; Ken Otto, 651-774-4041, k-d-otto@msn.com

JUNE

June 9

Mahopac Judo Invitational, American Legion Hall, 333 Bulks Hollow Rd., Mahopac, NY. Contact Jose Martinez, 917-821-3857.

June 23

Goltz Judo Sensei Gary Birthday Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

JULY

July 26-29

Rise of the Phoenix Martial Arts Training Camp, Ohio. Bluffton University, Founders Hall – Marbeck Center, 1 University Drive, Bluffton, Ohio; 419-358-3000. Flyer: <http://www.amerikanjudo.org/campflyer2012.doc>

AUGUST

August 12-18

INTERNATIONAL JUDO CAMP, Huguenot, NY. <http://www.newyorkymcacamp.org/judo/index.php>

OCTOBER

October 13, 2012

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

NOVEMBER/DECEMBER

November 30

National Coach Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals. Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. and facilitated by Bill Montgomery, Chair of the USJA Coaching Education Committee Claremont, CA 91711. Entry fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

November 30

National Kata Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA and led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Entry fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

December 1-2

USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals, hosted by Goltz Judo at Damien High School's gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012). Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.



Harold E. Sharp, Kudan by Bill Montgomery

There are few people in American Judo who can lay claim to a direct lineage to Post-WWII Japanese Judoka. Hal Sharp is one of those "few." His involvement in judo began with his Army service during the Post-War years. In 1946, almost no one outside of the Japanese-American Community knew much about judo. Hal Sharp's involvement and subsequent publications turned that on its ear. Along with other American GI's, Hal brought judo to America in a monumental way. He would be the author of the first judo books many of us bought. We knew almost nothing of Japanese Judo, but Hal brought it to us, and we studied each photo and written explanation diligently.

When Hal was learning judo as a practical matter, everyday on the mat, most of us were not yet born. Not only did he have a proclivity for judo, but he had great photographic and journalistic skills that would allow him to bring what he learned to us. DVD's and streaming video were not even thought of then, but Hal had his still and motion picture cameras to keep others informed.

Sharp San's judo resume is filled with a multitude of accomplishments. They span both on-the-mat accomplishments and decades of support for the discipline he loves.

Achieving Kudan is not the result of a few wins here or there. It is the result of a lifelong commitment to judo. Hal has given it with honesty and devotion. The political infighting that takes place in an activity like judo can be brutal, but Sharp San has always managed to remember that his most important role is to promote judo. Very few of us will even approach what he has accomplished; those who do should feel honored to stand in his shadow.



USJA Promotions: November/December, 2011

Congratulations to the following individuals on their achievements:



Judo

Shodan

- | | | |
|------------------------------|---------------------------|-------------------------|
| ★ David Baraza | ★ John W. King | ★ Jeff M. Rochester |
| ★ Vincent A. Bryan | ★ Tim Leonard | ★ James R. Romanski |
| ★ Thomas W. Connor, Jr. | ★ Richard M. McDermott | ★ David Sanchez |
| ★ Nathan B. DeCamp | ★ Malcolm R. Medcalf | ★ Eric H. Silverman |
| ★ Kevin Guinto | ★ Patrick W. Murray | ★ Christopher J. Taylor |
| ★ John Jezierski | ★ Revanth Pamballa | ★ Sillapachai Toorud |
| ★ Konstantinos A. Karpachios | ★ Patrick A. Proctor, Jr. | ★ Alex Wolfe |
| | ★ Stephen M. Reilly | |

Nidan

- ★ Leonie Cowley
- ★ Charles G. Bouton
- ★ Ian Gerrard

- ★ John A. Guerriero
- ★ Scott C. O'Dell
- ★ Michael E. Parker

- ★ Josef Roubal

Sandan

- ★ Paul F. Gelineau
- ★ Vicki L. Mahan

- ★ David Sanchez
- ★ Kathleen K. Sasso

- ★ David A. Seva'aetasi

Yodan

- ★ Paul R. Bova
- ★ John Dietz
- ★ Carlos E. Figarola
- ★ Nathan J. Goltz

- ★ Willard E. Jule
- ★ Joan V. Love
- ★ William L. Myers
- ★ Mariano Napoles

- ★ Brian W. O'Day
- ★ Ocie Poole
- ★ James W. Taylor
- ★ James A. Wall

Godan

- ★ Dina A. Badami

- ★ Celita Schutz

- ★ Ronald L. Smith

Rokudan

- ★ David Kiang

- ★ Jerome Vessichio

Schichidan

- ★ William P. Ryan

- ★ Ed Shirey

- ★ Mehdi Mohammadian

Hachidan

- ★ John Roseberry

Kudan

- ★ Hal Sharp

Jujitsu

Shodan

- ★ Brad Bain
- ★ David Sanchez

- ★ Buck E. Snider
- ★ Michael B. Thomas

MARCH IS NATIONAL VISIT ANOTHER DOJO MONTH



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

