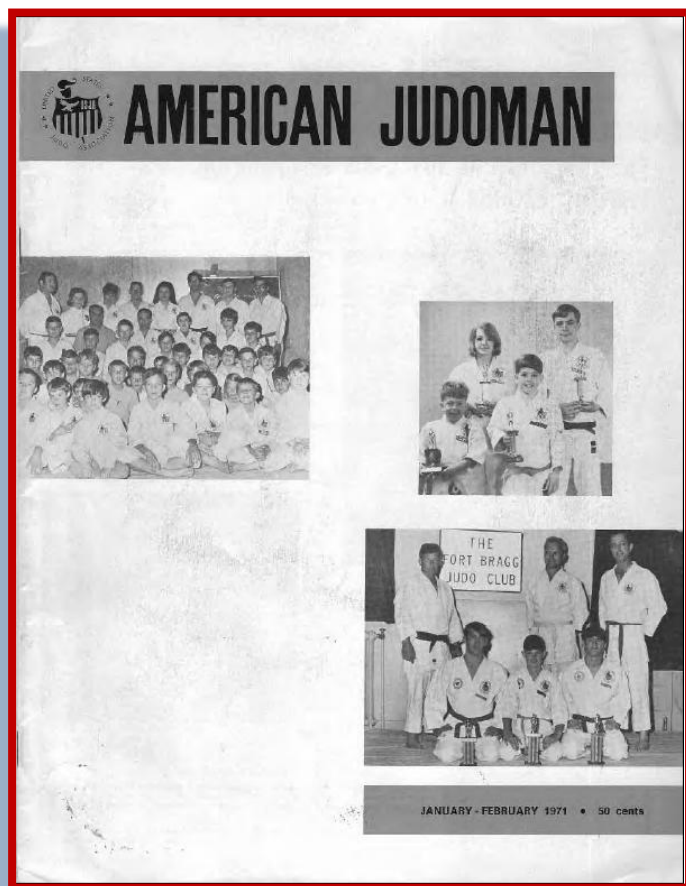


Growing Judo

February 2012



Monthly publication of the
Club Support Services Committee of the USJA

United States Judo Association
P.O. Box 1880
Tarpon Springs, FL 34688-1880
www.usja-judo.org
(877) 411-3409
FAX: 888-276-3432

*Do you have old Judo literature? Be sure to read
about the USJA/USJF Joint Archivist committee!*

In this month's issue:

- * **Announcements:** USJA/USJF Joint Archivist Committee & 5th Annual March is Visit-Another-Dojo Month
- * **Mark Lonsdale on Recruitment & Retention, and Female Athletes**
- * **Club profiles:** Ichi Ni San Judo and JiuJutsu and Nokido Ju-Jitsu and Judo
- * **Promotions, News, Upcoming Events, New Clubs, New Coaches, Donors, and more!**



Ichi Ni San Judo and JiuJutsu



Nokido Ju-Jitsu and Judo

Table of Contents

USJA Announcements	3
<i>THE FUTURE OF JUDO: Recruitment & Retention Practices</i> by Mark Lonsdale	4
<i>Coaching & The Female Athlete Triad</i> by Mark Lonsdale	10
New USJA Clubs, Newly Certified Coaches, New USJA Life Members & USJA Donors	14
March is Visit-Another-Dojo Month: Participating Clubs	15
Judo News From Around the Country	17
Club Profile: Nokido Ju-Jitsu and Judo	19
Club Profile: Ichi Ni San Judo	21
Upcoming Events.	23
USJA Promotions	27
MINI-POSTER: March is Visit-Another-Dojo Month	28

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.

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

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by **February 23rd** or earlier if possible.*

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

Information Needed!



Dear USJA Club Leaders:

In an effort to keep our records current and our lines of communication open, please supply the National Office with your club's physical address, your email address, your club's website address, the club's secretary information (if any) and your class schedule. We have many people inquiring about your clubs, and we want to give them the most up-to-date information. In some cases, however, we don't have a class schedule, and the only address we have is the Head Coaches' home address.

You may email this information to memberassist@usja-judo.org or mail it the National Headquarters, USJA, PO Box 1880, Tarpon Springs, FL 34688.

Thank you all for your assistance and your support of the United States Judo Association!

Sincerely,

Katrina R. Davis

USJA Executive Director

katrina@usja-judo.org

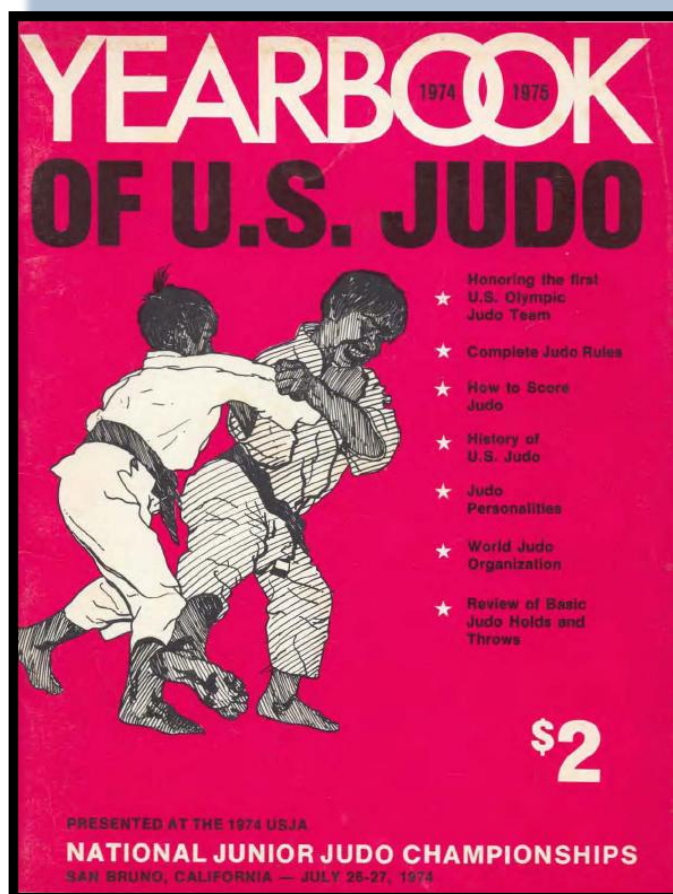
USJA/USJF Joint Archivist Committee

USJA and USJF have recently undertaken a joint venture regarding the Archivist Committee. Our goal is to preserve judo history in the United States in one location. Each organization will maintain possession of its own assets while sharing them on one website. Our current inventory is approximately 145,000 pages of judo historical documents, but there are many things that are missing. These range from bracket sheets, newspaper articles, programs from various tournaments and various judo publications.

Do you have judo programs, newspaper articles, bracket sheets and/or other artifacts lying around the house or garage? Has someone in your family been after you to get rid of these papers? If so, please contact the Archivist Committee to see if your items are in their inventory. If not, the committee can scan and return the documents to you if desired.

The committee points of contacts are:

- (USJA) Constance H. Halporn (americanjudomag@gmail.com) and
- (USJF) Jerry R. Hays (jrhays@cox.net)



Help us preserve the history of judo in the United States!

THE FUTURE OF JUDO: Recruitment & Retention Practices

by Mark Lonsdale

A topic of constant and pressing concern in the judo world is “growing judo” or, at a minimum, bringing participation back up to former local and national levels. If we allow the downward trends to continue, Judo could cease to be recognized as an international sport, or the National Olympic Committee could rule that the numbers do not justify the cost of funding or fielding a judo team.

Fortunately there are individuals and clubs that are doing something right, evidenced by growing memberships and a very real sense of ‘judo community’ within their clubs. Unfortunately there are all too many others that appear to be dying or have simply closed their doors. The same is true on the international stage where national judo organizations have seen approximately 30% fewer registered members than in the previous ten or twenty years.

Here in the United States, clubs that were once thriving have shrunk to fewer than eight or ten active judoka. Others have membership numbers that are inflated by loyal but inactive members, but it is the nightly activity on the mat, combined with a positive atmosphere, that convinces the walk-in visitor to try judo. A healthy and active club, with a couple of dozen judoka of different belt colors, including black, is more impressive than three white belts and a yellow belt under the tutelage of a brown belt. This is not to belittle the dedication and contribution of that brown belt, but prospective members want to see a number of active judoka of their own age that they can identify with, under the watchful eye of a respected and competent black belt instructor (or red & white belt).

So when and why did judo participation begin to diminish?

Readers that remember the arrival of highly commercialized permutations of taekwondo (TKD), some thirty years ago, will recall how kids and parents were attracted to the colored belts, rapid promotions, and the fact that black belts were awarded to very young juniors. And what parent would not want the bragging rights of having a ten year-old black belt in the family – even if it came at a high price?

The resulting interest in TKD, Bruce Lee Kung Fu, and Chuck Norris or Ed Parker karate, made the rigidly traditional world of judo less attractive. Back at that time was when the judo community should have taken a long, hard look at retention policies and practices. But in addition to losing young judoka to high school sports, such as football, baseball, basketball, and swimming, clubs began losing students to the other more colorful martial arts – even though they were considerably more expensive. This is further proof that we have historically undervalued judo tuition.

Today is no different, except now we are competing with Thai kick boxing, Brazilian Ju Jitsu (BJJ), Mixed Martial Arts (MMA) and cage fighting. So a common discussion, at both the club level and national level, is how do we stay relevant and grow judo?

This brings us to the subject of recruiting and retention. But just as *teaching* and *coaching* judo require different skill-sets, *recruiting* and *retention* are two quite different animals. Where recruitment is essentially a matter of marketing, retention is driven by the quality of judo being taught and practiced at the club level.

RECRUITMENT

Recruitment is the process of getting new students in the front door each year, to offset the inevitable losses out the back door. Looking at the statistics from one national survey, annual turnover in judo clubs can range from 25% to 85% depending on how well the club is run. The two most common reasons for quitting judo are “lost interest; it was boring” and “there was no structure to the training.” These two reasons accounted for 42% of annual turnover followed by “decided to focus on another sport” (>9%) and “too much emphasis on competition” (>6%). Not surprisingly, no one quit judo because of the cost.

A look back at medieval history teaches us that, in time of war, it was the lord or baron who brought the most soldiers to the battlefield in defense of the king who was held in the highest regard. Could this have application in judo? If there were to be a valid reason to award Dan-grade promotions for contribution to the sport, other than by competition, kata and technical testing, then it should be for recruiting. Any instructor who can recruit a hundred judoka each year, or retain 85% of the active membership, deserves recognition. “Time in grade” means nothing if it is not devoted to advancement in teaching, coaching, kata, refereeing, or national development.

The future of judo is not the *Rokudan* or *Shichidan*, who may have become complacent about recruitment and runs a club with only ten members, but the enthusiastic instructors (*Shodan* to *Yondan*) who start new clubs, actively recruit new members, attend courses and clinics, teach good judo, and retain a high percentage of his or her students. The foundation of club Judo is undoubtedly the young black belts and brown belts that turn up every night to lay mats, pass on their knowledge, compete in *shiai*, and encourage the next generation of judoka.

So if recruitment is every bit as important to growing judo as teaching good judo, where does a newly minted black belt or assistant instructor learn about recruiting?

Recruiting strategy is a skill that can be taught, and in reality, should be a topic of discussion at every national and regional development conference. But the actual recruitment must be implemented at the local grassroots level – a task that could be delegated to any club member who has experience in marketing, advertising, or building websites. Unfortunately all too many clubs have become accepting of the downward trends and complacent about aggressive marketing and promotion.

The judo instructors that have been successful at bringing in new members have used their own initiative, plus considerable time, energy and personal funds, to actively get out there and hustle. If your club has decreasing membership, ask yourself, when was the last time that you spent an entire day visiting local schools, recreation centers, or businesses to promote judo? Or how often do you write articles for local magazines and send press releases to the local newspapers? If the answer is never, then the lack of interest or growth in judo in your area is self-evident.

In the pre-internet era we advertised in local papers, printed fliers, put up posters at schools and in shop windows, and sent out direct mailers – and it worked. As a young assistant instructor I helped my *sensei* build a club from 30 students to over 200 in a two year period. How? We visited elementary schools and high schools doing demonstrations anywhere we were welcomed. And every time a club member did well in competition we sent a press release to the local newspapers.

But with the aid of today’s internet technology, marketing and advertizing have become easier. Guerrilla marketing (at little to no cost) is driven by web sites and social networking tools such as My Space and Facebook. Facebook in particular has become a significant part of many young people’s daily lives (and many not so young).

So before we discuss policies and practices at the national level, the next question becomes, how do we retain the students we have already recruited?

RETENTION

Meeting recently with two overseas national judo federation representatives, I was told that they had a 40% turnover rate per annum in judo. This equates to losing four out of ten members every year. Nationally, they did not seem to have trouble bringing in new members each year, but the type of judo being practiced in many clubs was not holding their interest. Clubs that were more progressive and practicing 'age-appropriate' judo were having greater success with retention.

One problem with retention, that we have already discussed, is complacency. This is true in many sports and evident when a club or national governing body simply accepts the downward trend and does not try to reverse it. How long do you allow a plant or tree to wither before you make an effort to water it? The answer should be at the first indication of ill-health, when the edges of the leaves begin to turn brown, not when it is almost dead. That should have been twenty years ago with judo.

To reverse a downward trend it is necessary to have formal policies, procedures, and processes that target recruitment and retention. But before attacking the problem, it is necessary to collect and tabulate accurate numbers and statistics so that trends can be tracked – both positive and negative. At the club level, success in recruiting and retention is evidenced by the number of judoka on the mat; but at the national level, all these memberships need to be totaled and tracked. The best way to do this is to send out an *Exit Survey* to every club and individual who fails to renew his or her membership.

The first question, before formalizing a retention strategy, is why are we losing judoka? The next question is, are we doing everything we can to improve retention?

To better understand why people quit judo, it is necessary to have some form of survey tool that will help track individual reasons. This should be at the club level and at the national level. As an example, if you try to cancel your insurance or cable TV, the provider will want to know why, so that they can attempt to better meet customer needs in the future. With judo, we need to survey all former members that fail to renew to find out why. A brief online survey could ask if they left because of loss of interest, relocation, no clubs in close proximity, work commitments, other sports, injuries, costs, some problem with the club or instructor, or lack of progress, etc.

Only once we gain a clear picture of why members fail to renew, can we make an effort to retain their membership in the sport. It may be as simple as young judoka who stopping coming to the dojo because he didn't have a ride. Finding another member to pick him up on the way to training would solve that problem. For the judoka who is not interested in competition (over 85%), it may be a matter of adjusting the emphasis in club training to cater equally to the non-competitors. Or it may be that the 6 PM training time is not convenient, falling right on the family dinner hour. Consider earlier junior training sessions directly after school.

As with recruitment, a retention strategy must be driven by the **age of the target membership**. Each age group, to include kids, pre-teens, teens, seniors, and masters, has different needs and expectations from judo. In general, 85-90% of participants do judo for recreation, with only 10-15% involved in competition. Less than 2% rise to the elite player status, and yet they benefit from all the national funding.

Beginning with adults, very little is being done in the area of senior development and retention for non-elite judoka in the United States. Seniors, particularly brown belts and black belts (*Shodan to*

Sandan), are the primary driving force in judo at the club level. They are the assistant instructors and instructors who bear the brunt of the burden, but as they age their needs and expectations change. This is where the national organization must provide the options of moving from senior competition judo into teaching, coaching, refereeing, kata, and masters. Each of these can and should be developed as a retention tool through access to regional and national senior clinics, camps, and multi-level certifications.

Juniors, on the other hand, have different expectations. They want to have FUN in a safe, non-threatening environment, as do many adults. They want to be challenged, rewarded for their effort, and have regular attainable promotions. Be assured, getting those colored belts, stripes and grading certificates is a big deal for both the students and the parents. And at the end of the year, clubs should give out awards for attendance, attitude, sportsmanship, most improved, and helpfulness with club activities such as laying or sweeping the mats (*tatami-waza*).

Teens are the biggest challenge in retention for judo clubs. For every teen that stays in judo, usually because they have been successful in competition, a dozen others are lost to a myriad of teenage distractions and social engagements. Judo clubs also lose successful competitors to high school football, baseball, basketball, hockey, swimming and even golf, when their coaches see the athletic potential in these talented young people. And those sports all offer the possibility of a college scholarship or a lucrative career in professional sports.

This is where the club must work to make the teens' experience in judo so enjoyable and fulfilling that they remain active in judo, even if they pursue other sports at the same time. A judo coach also needs to be creative, suggesting that the judoka play one sport in the summer or winter and come back to judo when they can. In making an argument for the parents, you can explain all the added costs of football, baseball, and hockey gear, or even cheer uniforms and camps, compared to the relative low cost of judo. A junior judo player only needs a white judogi. For serious competitors the big cost is travel to tournaments – but those are the same for any championship sport.

The very affordable monthly fees and low initial cost is one reason that judo is popular in middle- and lower middle-class communities, and inner city areas, where parents may not have an extra thousand dollars to spend on football or hockey gear. But if their son or daughter demonstrates real potential in local judo competition, then the cost of tournaments and travel could become a burden. So this is where the clubs and regional governing bodies need to be creative and aggressive in fund raising for team travel.

There should also be regional development committees to promote and assist athletic development of young competitors. It would be a sad day for judo if a talented young judoka did not have the opportunity to reach his or her full potential, just because their parents, or the sport, lacked the financial resources to take them to the nationals or beyond.

NATIONAL GOVERNING BODY (NGB) SUPPORT

While winning more medals at the World Championships and Olympics would undoubtedly have a positive influence on U.S. judo, particularly through media coverage and television exposure, the true metric for measuring the effectiveness of the NGB, in any sport, should be membership growth and retention. Increased membership equates to increased interest and activity at the grassroots level, and increased revenue stream for future development. Increased numbers also attracts increased sponsorship, so that a healthy and growing organization becomes a self-propagating enterprise.

Therefore national recruiting drives should be an integral part of the strategy for growing judo in the United States.

To attack this in an effective and businesslike manner it is necessary to have formal policies and procedures, at both the national and regional level, focused on recruitment and retention. It is not sufficient to simply have a stated position of “supporting growth in judo” – the NGB should be pushing a toolbox of strategies and practical methods to help clubs realize that goal.

An NGB should have short and long term goals for both recruitment and retention, but again, it will require significant effort at the club level to make those goals a reality. The NGB can supply the guidance and national level advertizing, but the clubs still have to be prepared to follow through by turning development strategies into operational realities. For example, if the NGB sends out a new recruiting poster, it has no value unless the clubs actively push these out into the community.

So the next question becomes, what does a recruitment and retention strategy look like?

Without writing a comprehensive strategic growth plan, which could be detailed in a later article, the following is the type of guidance that can be pushed down from the national level to regions, clubs and individual instructors. These are simple, practical and effective ways to generate interest and grow membership.

Recommendations to new or struggling judo clubs and instructors: -

RECRUITING

1. Take a listing in the local Yellow Pages under *Martial Arts*; hard-copy and online editions.
2. Canvas your club, to include members, volunteers and parents, for anyone with experience in marketing, advertising or IT, willing to use their skills to help promote judo and the club.
3. Set up a club web site. When anyone in your area Googles “judo,” your club should be top of the list of options. Currently, some clubs do a very good job of maintaining websites while others have nothing. So not surprisingly, the clubs with good websites are often thriving.
4. Set up a club Facebook page (which costs nothing), with links to information on judo and national organizations. Social network sites are a critical component of the pre-teen and teen world. Getting judo onto these sites creates discussion, interest, and a modern, positive image.
5. Have club members set up their own judo Facebook pages to further promote the sport. The more times your club name is posted on various social networks, the easier it becomes to find on Google.
6. Print Judo Club business cards for your instructors, coaches, administrators and volunteers.
7. Have instructors and members place inexpensive fliers on every public notice board in the community – to include schools, libraries, community centers, gyms, places of employment, shops, etc
8. Ask local shopkeepers to put up posters for the club in their front windows. Keep the posters small (letter or legal size) so as not to take up too much window space.
9. Write articles for school magazines and local newspapers.

10. Send out regular press releases concerning any club activities such as promotions, and particularly wins at competitions. Local newspapers have space set aside specifically for local sports news and human interest stories.
11. Facilitate local newspaper coverage of demonstrations, fundraising events and interviews with club members who win at competitions. Be sure to have high resolution images from the tournaments to go with the story.
12. Ask every member to bring a friend to judo for an introductory free class. Have an annual “bring a friend to judo” event at the start of each semester.
13. Two or three times a year advertise an open house at the club where the general public can come to watch demonstrations and learn about judo.

RETENTION

14. If necessary, change the way you are doing judo to make it more age-appropriate, fun, interesting, and challenging. Juniors will always be the future of judo, but maintaining a core group of seniors is also critical to growth.
15. Develop social activities, fund-raising events, and judo camps to further develop a sense of community within the club.
16. Host high performance clinics the competitors; and clinics related to coaching, kata and refereeing for non-competition members.
17. Network with other clubs for informal team *shiai* and training clinics.
18. Contact all former students and encourage them to come back to judo. The simple act of reaching out may be all that it takes for some to realize that they are valued members of the “judo family.”
19. Survey former members and parents that did not renew, to find out why they decided to quit judo. Ask if they intend to come back. Ask seniors if they intend to enroll their children in judo.
20. Be sure to get **email addresses** on all members. Email is undoubtedly the easiest and cheapest way to send out information, draw feedback, and encourage membership renewal. Email shots should not be annoying or overwhelming (spam) but short, simple, polite and informative.
21. Set up self-defense clinics as a vehicle to introduce more people to judo. These can be targeted at women only, mothers and daughters, businessmen, or for emergency services personnel. Self-defense, as with judo, could also be promoted as a tool in a local school’s anti-bullying program.

Now, not everyone will agree with all of these, or you may feel that some do not apply in your area; but if you don’t at least make the effort to employ a few of these tactics, then you are dropping the ball. Unless of course your club is fortunate enough to have a long waiting list of students beating down the door to join – in which case you just need to expand the dojo or add more classes.

CONCLUSION

The clubs that are enjoying success in growing judo seem to be those that are teaching age-appropriate judo and have a social aspect to their activities. They have departed from purely

traditional judo and have adjusted their teaching and training methods to better suit the age and expectations of their judoka. They have also created a sense of belonging or “judo community.”

But nothing encourages new membership more than an enthusiastic instructor teaching good judo. When a visitor of any age walks into the dojo, the atmosphere and activity on the mat should inspire them to join up, or at least give it a try. Parents should see a clean dojo and well run training session, with disciplined and respectful juniors having FUN. They should want their children to benefit from what we already know – that judo is the best sport on the planet. Adults and seniors should also find a healthy non-threatening training environment, where they can enjoy their workouts and, if they want to, test their competitive skills in *shiai*.

When parents or visitors speak to the instructor, they should find a positive and sincere individual who takes the time to thank people for their support and works tirelessly for the benefit of the club.

But most importantly, everyone should have the opportunity to grow in judo!



Mark Lonsdale is an active judo instructor, USJA & USJF certified coach and a former national and international judo competitor. Mark develops training programs for military & law enforcement; lectures on teaching methodology; and has taught diving physics & physiology and instructor development in the UCLA Department of Kinesiology.

Special appreciation to Sandra Hewson, BSc (Hons) Sports Science, National Judo Coach & Competitor, for her proof-reading and insights; Gary Goltz, Goltz Judo & USJA; Graeme Downing, National Business Director, Judo New Zealand; Dave Browne, IJF- A referee; and Rick Littlewood, Head Sensei, University Judo Club.

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Coaching & the Female Athlete Triad

By Mark Lonsdale

No, the *Female Triad* is not some secret Tong society dedicated to the athletic domination of their inferior male counterparts. But if you are a coach, you should know what this is and how it can impact your female athletes.

So beginning with what some coaches already know – females are different from males; and yet in judo we tend to train boys and girls (men and women) together as one homogenous group. This is actually one of the positive aspects of judo training. In most cases, judo students of both sexes will naturally gravitate to working out with training partners of a similar size, weight and strength, but not necessarily the same gender. It is often up to the instructors to mix-and-match pairs so that their judoka have the opportunity to test themselves against stronger opponents; and to build their confidence or hone their techniques against weaker ones.

Also understood are the obvious physiological differences between females and males, in that the fairer sex genetically has less upper-body strength, particularly in the arms, back and shoulders. While skeletal muscles make up approximately 36% of women’s body mass, they account for 42%

in men. On top of that, the male ego continually strives for more muscle mass, exemplified by the often voiced, but seldom achieved quest for “bigger guns” and “six-pack abs.”

Developing greater upper-body strength has always been a challenge for females with aspirations of becoming firefighters or police officers, particularly if they wish to make elite units such as the SWAT team. In most cases they must undertake a strict pre-academy resistance training program just to make the minimum required standards.

But female athletes have been successful at developing the required strength for other endeavors. Female Olympic sprinters and speed skaters develop massive thigh muscles, while competitive swimmers invariably have excellent shoulder and lat (*latissimus dorsi*) development. But those wishing to compete successfully in judo require above average abdominal core and upper-body strength. Granted, much of the power in a throw is generated in the legs and calf muscles, but grip fighting and grappling require significant grip and arm strength. As they say, “no grip – no throw.”

In very basic terms, that covers what some coaches already know. But there are three conditions unique to female athletes that are not as well known or understood by male coaches. These three interrelated medical conditionsⁱ have been termed the “Female Athlete Triad.”

They are:

1. Disordered eating & Energy deficit
2. Bone loss & Osteoporosis
3. Menstrual disturbances / Amenorrhea

EATING DISORDERS

Eating disorders and the resulting energy deficits are two of the most serious concerns for female athletes. At the extreme, eating disorders can be manifested as *anorexia nervosa* & *bulimia nervosa*.

Simply not eating, or immediately throwing up what one does eat, can have serious consequences for any female – not just athletes. These include decreased bone mineral (calcium) density; gastrointestinal problems; cardiovascular abnormalities; and psychiatric problems such as anxiety, depression, and even suicide. Female athletes who consume fewer calories than they expend inhibit their potential for optimal growth and reduce their capacity to reach maximum peak performance.

As a result, coaches must be very careful how they address issues of weight or appearance, particularly in weight-classification sports such as judo and mixed martial arts (MMA). Apart from the obvious health issues, drastic cuts in bodyweight can also result in loss of muscle mass, strength and endurance.

As with too many other segments of modern society, the number of overweight and obese girls is on the rise. Recent statistics indicate that nearly half of girls aged 12 to 19 fall into this category. These girls are confronted by cruel social discrimination in the form of taunting, ridicule, and isolation. Combined with the psychological, social and physical health costs, they are too high for anyone, much less a child or teen, to have to pay.ⁱⁱ

BONE LOSS

As discussed above, from an athletic perspective eating disorders can adversely affect performance and result in loss of bone density. A dietary deficiency in essential vitamins and minerals, such as calcium, increases the possibility of sports related injuries, breaks and fractures.

Even worse, disordered eating and menstrual dysfunction are common risk factors for *osteopenia* (condition) and *osteoporosis* (disease), where bone mineral density is lower than normal.

It is important for a coach to know that the critical years for maximizing bone mass density start with the pre-pubertal and pubertal stages, and extend into the early twenties. Energy deficits during this time can lead to impaired bone mineral density acquisition and increased risk of stress fractures.ⁱⁱⁱ

Of further importance, sport is not only for the young. As women get older, if they maintain a healthy level of physical activity and get the required calcium, they can stave off the onset of *osteoporosis* – more so than those that have never learned the value of exercise and are totally sedentary.

MENSTRUAL DISTURBANCES

The less evolved Neanderthals of our species are apt to make jokes about the changes in the female personality (PMS) during the menstrual cycle, without realizing that menstruation has a very real impact on female athletes.

For some young girls and women, their menstrual period can pass all but unnoticed, but for others it can cause serious discomfort, cramps and mood changes. High performance athletes can also experience a menstrual dysfunction known as amenorrhea – the absence of menstrual period in women of reproductive age, brought on by low body fat, low caloric intake and training intensity.

This also has a lot to do with very low percentage body fat as that is what helps produce the required hormones for a normal cycle. Interfering with this, especially with females who are sensitive to thyroid deficiencies can trigger thyroid dysfunction which affects their whole metabolism.

Considering the complexity of these interrelated conditions, it is highly recommended that there be a female coach in every judo club and on any team with young female athletes. This is of greater importance with pre-teens and teens that will be more comfortable confiding in a female coach. Consider the girl who gets her first period during a practice and is wearing a white judogi – if this situation is not dealt with carefully it may be the last time she steps on the mat.

However, there are situations where male coaches find themselves coaching female athletes. This happens at both the local and national levels in judo; and especially with high performance elite females competing on the international circuit.

RECOMMENDATIONS

Coaches must:

- Develop training programs for female athletes that reflect the physical and physiological differences between males and females.
- Understand that weight gain is a normal part of puberty and adolescence, and that female athletes may feel self-conscious about their bodies.
- Communicate to their athletes that optimal health is required for optimum performance and to reduce lost training time. This requires healthy eating habits and a sensible approach to weight management.
- Develop programs and information to dispel misconceptions about body weight, body composition, and athletic performance. For female athletes, attempting to look like an emaciated runway model would seriously degrade their health and performance.

- Understand that females involved in endurance sports, such as long distance running, and weight classification sports, such as judo and MMA, can feel pressured to drop pounds to reach unrealistic body weights. They will often perform best in the weight class closest to their genetic predisposition.

Finally, it is appropriate to reiterate that coaching females in judo is different from males. According to Sandra Hewson, an active competitor and development coach, females have different kinds of drive, needs, and values in their quest to succeed. They may like to be tough, but when they get off the mat they need to know that they can dress up and still be a princess. It needs to be okay for them to have muscle definition in their arms and shoulders and still wear that sexy strapless dress.

Sections of this article were drawn from a paper generated by Coaches BC (British Columbia)

¹ Hobart & Smucker, 2000

¹ Tucker Center, 2007

¹ Coaches BC

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Special appreciation to Sandra Hewson, BSc (Hons) Sports Science, for her proof-reading and insights. Sandra has a Masters in PE and Human Kinetics; is a Competition Development Coach; and is a member of the Canadian Judo Team to the 2012 Commonwealth Games



Editor's Comment:

In addition to judo activities, I have been a middle school teacher for many years. Among other science topics, I teach a Grade 8 unit on Human Development and Reproduction. I started a Cross-Country (running) program 15 years ago that now attracts 80-100 5th-8th graders each year. I also have a daughter who left judo at age 15 and returned in her early twenties.

Because of this, I have seen the complex issues of puberty and adolescence up close and personal. Both boys and girls are changing physically, emotionally and intellectually, sometimes at a rapid pace. While they share common concerns of social acceptance and feeling awkward, there are gender-specific ones as well. Added to that are the difficulties experienced by early and late "bloomers."

For male athletes, the changes of puberty are generally positive: increased height, muscle mass, and therefore performance. "Early bloomers" experience a boost in self-esteem from improved sports performance (and popularity with the girls!), but this can be temporary and lead to frustration later on. "Late blooming" boys can experience a great deal of anxiety as they wonder if they will ever catch up to their peers.

For young female athletes, the story is quite different. While they gain some muscle and strength, the necessary increase in body fat for becoming reproductively mature can be detrimental to performance in activities like gymnastics, dance, track, and of course, judo. Added to that is an increased emphasis on physical appearance and of course the inconvenience and discomfort of menstrual cycles. "Early bloomers" have the most difficult time, and may quit sports altogether. "Late blooming" girls usually continue to excel in athletics, but because of the payoff for postponing puberty, the danger of developing an eating disorder at this age is quite high.

Sadly, adolescence is also a time when we lose students in judo, and especially girls. While this may be partly due to the natural tendency of young people to turn their attention to new pursuits, if we can provide a consistent, positive environment in the dojo while adolescents are struggling with all of these changes, we might have a better chance of retaining them. Attending to their social needs doesn't hurt, either!

--Joan Love, Vice-President, USJA; Editor, Growing Judo

A WARM WELCOME to Our NEW Chartered USJA Clubs!



January, 2012

Club Name: **Kenam's Judo Club (Class C; below right)**
Head Instructor: **Aram Ghukasyan**
Email: kenamsjudoclub@yahoo.com

Location: **Glendale, CA 91204**
Phone: **818-500-0945**

Club Name: **Glendale Fighting Club (Class C; below left)**
Head Instructor: **Roman Mitichyan**
Email: romanmitichyan@yahoo.com

Location: **Glendale, CA 91204**
Phone: **310-600-5221**



Congratulations to our Newly Certified USJA Coaches

- ★ Malcolm R. Medcalf, Lone Star Rampant Lion Judo Club, Houston, TX
- ★ Derick Wellman, White Dragon Judo, Saint Louis, MO

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

- ★ Mark F. Hooper, Tortola Judo Club, St. Thomas, VI

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
- ★ Henry A. J. Hart, Joe Turchiano Judo Dojo, Port Jefferson, NY
- ★ Peder Jensen, Karl Geis Judo Club, Houston, TX
- ★ James J. Linn, Southern Oregon Univ Judo Club, Central Point, OR
- ★ Brian L. Money, Riverside Judo Dojo, Riverside, CA
- ★ Edward A. Shirey, Yongsan Garrison Judo Club, APO, AP
- ★ Jerome Vessichio, East Coast Black Belt Academy, Middle Island, NY
- ★ Herbert C. Webb, Venice Judo Club, Culver City, CA
- ★ Detlef F. Wolf, Center for Martial Arts, Hyde Park, NY

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:

- * Publicize and host one or more open workouts at your club.
- * Arrange an exchange/joint workout with other clubs.
- * 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.

Below is a list of USJA clubs around the country who have already committed to participating. If you want to add your club to the list below, please send you information by **February 23rd** (or sooner!) to be included in the March issue of *Growing Judo*.

Afterwards, we would like to feature dojo exchanges around the country, so 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!

USJA clubs waiving mat fees for visitors for the month of March:

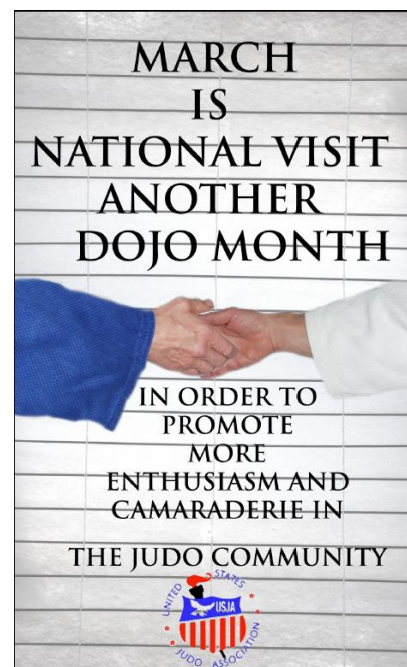
Visitors should have a USJA, USJF, or USA Judo membership card and be prepared to sign a waiver for the hosting club.

California

DeLeon Judo Club, 150 Fairgrounds Dr., Petaluma, CA. will dedicate the **entire month of March** for **OPEN MAT Workouts**: Tuesday and Thurxday evenings, 5:30--8:30 p.m. for all ages. Contact Henry Kaku, (707) 778-8895, hkaku@sbcglobal.net; Web site: deleonjudoclub.com
USJA, USJF, or USA Judo membership card required.

Temecula Valley Judo, 41658 Iv y St. Ste 113, Murrieta, CA. **Visitors are welcome anytime; no mat fee for visitors during the month of March.** Children classes, Tuesdays and Thursdays 6:00-7:30 PM, Saturdays 9:30-11:00 AM. Adult Classes, Tuesdays and Thursdays 7:30-9:00 PM and Saturdays 10:00 - 11:30 AM. Call for Elite Competitors workouts and training. 951-768-1180 Contact Glenn Wakelin, www.tvjudo.com

Goltz Judo, Alexandra Hughes Community Center, 1700 Danbury Rd, Claremont, CA is **open to visitors for all classes** and even more so during March Visit Another Dojo Month! Monday & Wednesday 5:30-6:30 p.m. for children; 6:30-8:00 p.m. for teens/adults; Saturday 9:00-10:00 a.m. for kids and 10:00-11:30 a.m. for teens/adults. For more information go to goltzjudo.com or call 909-702-3250.



Elsinore Judo Club, 32235 Mission Trail, B1, Lake Elsinore, CA will be welcoming guests at **all classes in March**, Wednesday and Friday nights from 7:30pm-8:30pm. Contact Jason Bruce **951-493-7147**, elsinorejudo@gmail.com

Connecticut

Norwich Judo Dojo, 43 North Main St., Norwich, CT. **No mat fees for the month of March**; visitors from other dojo are welcome to come to **any class**: Teens/Adults: Monday/Wednesday 7:30-9:00 p.m. and Saturday 9:00-10:30 a.m. Children ages 7-12: Monday/Wednesday 6:30-7:30 p.m. and Saturday 10:30-11:30 a.m. (12 year-olds may stay until 8:00 p.m. on Monday/Wednesday and arrive at 10:00 a.m. on Saturday). We will be changing out schedule to have one later teen/adult class on a Saturday in March, date TBA. Contact Bill Montgomery (860-917-6319) or Joan Love (860-334-3347), norwichjudodojo@aol.com; website www.norwichjudodojo.com

Gentle Way Judo Club Inc., 530 Birch Street, Bristol, CT will open its doors in honor of Visit Another Dojo Month on **Wednesday, March 28th** with Judo Games for Juniors 5:00-6:30 p.m. and Open Mat for Seniors 6:30-8:00 p.m. No mat fees, but Juniors must pre-register. Contact Will Williams Info@gentlewayjudoclub.com; go to www.gentlewayjudoclub.com for directions.

New York

Biwako Judo Club in Pedro Campos Community Center, 611 E. 13 St. Manhattan, NY (between Ave. B & C). **No visitor mat fees for classes all month**, ages 13 & up on Tuesdays & Thursdays, 6:00-8:00 p.m. Contact George Pasiuk, (914-413-9944), mr1judo@optonline.net or visit www.BiwakoJudo.com

Nassau PAL Judo, 99 Pell Drive, Syosset, NY. **Open workout/Free scrimmage on March 23**; open to all Judo clubs. Scrimmage consist of participants playing in like-abilities groups and ends with a final line Kohaku event. Contact Dave Passoff 516-6502321; dpassoff@hotmail.com

Bushido Kai Judo Club, 1985 Baird Rd, Penfield, NY. Open workouts on **March 5 & March 26**, 7:15-9:15 p.m., ages 10 and up. Contact Heiko Rommelmann (585) 766-4934 or heikojr@yahoo.com

Ohio

Ameri-Kan Judo, Findlay Family YMCA East, 1400 Manorhill Rd., Findlay, Ohio. **Open workouts on Saturdays, March 10, 17, & 31** (no classes on March 3 & 24 due to tournaments in the area). Open to all ages 4 & up with national membership card. Workout 9:30a.m.-12:00 noon; visitors are invited to go out for lunch afterwards. YMCA Phone: 419-422-9922. Contact Mark Hunter 419-722-3476, markjudo@aol.com; website www.amerikanjudo.org.

Utah

Zenbei Judo Club, 3341 South 275 East, Salt Lake City, Utah cordially invites all clubs and martial artists to visit us on Saturdays, 1:00-3:00 p.m. **All mat fees will be waived during the month of March**. All ages welcomed. Contact Fred Louis, 801-243-5313, zenbeijudoslc@gmail.com; www.zenbeijudo.com

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

Louisiana, January 7

On Saturday, January 7th Wall to Wall Martial Arts was pleased to host a competition Judo clinic featuring Elite competitor Nina Cutro-Kelly. Nina is one of the top female Judoka in the US and is working hard to hopefully make the 2012 US Olympic Judo team. She was assisted by her team-mate Camila who is from Peru by way of France. She currently lives and trains in San Antonio at the same club that Nina is from, Universal Judo.

The clinic began with a few warm ups but Nina wasted no time in getting right into technical work, specifically the morning session focused on primarily mat work. Nina demonstrated several good attacks from the turtle position including transitions from turtle position to a pin and also the turtle position to arm locks.

After a lunch break we were back on the mat and were joined by Sensei Earl Wright and his crew from the Naval Air Station in Pensacola. Nina did a brief re-cap of the morning's techniques and then it was full speed ahead with several great stand-up drills including a very nice ashi-waza drill that I really liked.

Of course the day wouldn't be complete without randori and ample time was spent both in standing and ground randori.

Later that evening several of us had the opportunity to take Nina and Camilla out for a little "southern hospitality" which of course means food! A local seafood place was the destination of choice and we even had the out-of-towners eating fried alligator before the night was over!



Michigan, January

Deborah Fergus gave a judo clinic hosted by the Karate Institute of Bessemer, MI.

The Karate Institute practices Kaju Karate under Sensei Davis Betlewski who also has trained in Judo. Kaju Karate is a combination of Karate, Jujitsu, and Judo. The art has several requirements of Judo movements

including, O Goshi, Morote and Ippon Seoi Nage, O Soto Gari, Kesa and Kata Gatame, Ude Garamme, Ude Hishigi Ude Gatame and Ude Hishigi Jugi Gatame and other techniques that were covered in the clinics as well as Ukemi.

This is the second year Sensei Fergus was gracious in giving her time to grow Judo in our area.



New York, January 12

Noriyasu Kudo, 8th dan, visited George Pasiuk's Biwako Judo Club in Manhattan.

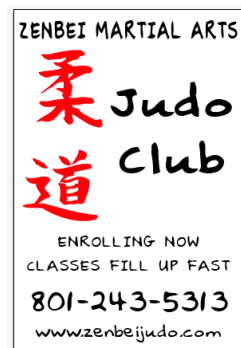




Utah, January 14

Congratulations to Zenbei Judo Club, whose five junior entries in the 2012 Utah State Judo Championships in Salt Lake City, all placed.

Standing are Devon (2nd), Jacob (2nd), Abby (3rd) and Sensei Fred Louis. Sitting are Emme (did not compete), Max (2nd) and Avery (2nd).



Club Profile: Nokido Ju-Jitsu and Judo, North Port, Florida



Nokido Ju-Jitsu and Judo works very hard to be a leader in the Ju-Jitsu and Judo community. Every spring we hold a free Women's Self-Defense class. We have taught hundreds of women in Sarasota, FL and have also raised over a thousand dollars for local Charities and organizations from donations at these events.

Competition is a fun way to test yourself and your training. Here are a couple of photos from our competitions:



Living in Florida does have its advantages!



Matt Avasakdi, our only visually impaired student, trained with the Paralympic Judo Team in Colorado. He competed and took home a bronze.



The Nokido Ju-Jitsu and Judo Dojo "Storm Team" are the Assistant Instructors and Instructors who are role models and keep the dojo running efficiently. They make a huge difference with our students and in the community. Before the holidays, they organized a collection of toys to benefit the Wishing Well Foundation (for children with cancer). We took the toys to the hospital and spent the day making ornaments; face painting, having fun, and helping Santa give out the toys!



Nokido Ju-Jitsu & Judo challenges you to make a difference in your community through Martial Arts!



Club Profile: Ichi Ni San Judo in Texas

Years ago, when Vince Tamura retired from Judo, I started my own dojo, Ichi Ni San Judo and JiuJutsu. At first we met in my garage; today we have 36 mats in a church building in Kaufman, Texas. I originally started teaching adults and children in the same class, and now, I can't split the classes up! The parents feel that working out with their children allows them to bond well.

We try to incorporate games and races into our warm-ups. This allows the children the chance to out-do their parents and the parents to push their kids. Of course, some of these games are weighted toward kids or adults. If a child suffers a real or perceived injury in class, the parents automatically refer them to me.

I try to use "Assertive Discipline" in teaching Judo. While it can be challenging to find something that a Judoka is doing right, I have learned to search for the small things as well as the big ones.

My students come with a variety of motives. Some like to enter tournaments and usually do fairly well. However, I teach my students with the intent that they will be teaching others someday. Even one of my very non-competitive students actually taught a strong competitor a new throw. While the police officers and women train mostly in JiuJutsu for self-defense, they sometimes work with the older Judo students to get the feel of fighting.



We hope to offer another class on Monday and Wednesday to augment our current Tuesday/Thursday classes, and if we can have an open mat workout on Saturday morning, our schedule will be filled!

We have maintained our USJA status because I like what is offered. Some of my students have joined additional organizations in order to compete in certain tournaments, but we are mostly USJA and will continue to be so!

--Ed Carol, Godan

Entry Fees: \$60 - By May 15th • \$80 - After May 15th • \$25 - Extra Divisions • www.amcanjudo.org • 585-797-5254

40th Annual - Grand Island ♦ Niagara Falls

AM-CAN

INTERNATIONAL JUDO CHALLENGE

WORLD CLASS JUDO COMPETITION

JUNIOR, SENIOR AND MASTERS

May 26th & 27th, 2012

Grand Island, NY - 5 Minutes from Niagara Falls!

FREE COMPETITOR TRAINING CLINIC

**Help us Celebrate AM-CAN's 40th Anniversary!
Visit Niagara Falls! - Memorial Day Weekend!**

Competitors Welcome from Around the Globe!

U.S.A. • CANADA • UNITED KINGDOM • FRANCE • GERMANY
SPAIN • RUSSIA • INDIA • BRAZIL • PANAMA • AND MANY MORE!

USA Judo
Sanctioned Event

National Referee
Certification
Testing Site

USJA/USJF
Grassroots Judo
Point Tournament

Full-Day
National Referee
Advanced Training
and Rules Seminar

Bagpiper
Kicks Off Opening
Ceremonies!

Medals Awarded
by Judo Olympians

Warrior Brand
Competition Gi
Awarded to Winners
of all Senior Elite Divisions

AM-CAN Challenge Cups
Awarded to Winning Clubs
in Winning Countries



New This Year!

17-19 Youth Divisions!
Saturday Competition
with all Junior Divisions

**Compete Again
on Sunday!**

Sunday Competition
Seniors & Masters Divisions

An excellent Grassroots Judo competition.

- Jim Bregman, USJA
1964 U.S. Olympic Bronze Medalist
* * *

AM-CAN is truly one of the best events
in the country. I felt like one of the family
and it is this feeling that makes
the AM-CAN special. Good luck with plans
for your 40th Anniversary - I plan to be there!

- Kei Narimatsu, USA Judo
IJF International Referee

New This Year!

Headquarters Hotel
Holiday Inn & Resort
100 Whitehaven Road
Grand Island, NY 14072
(716) 773-1111

Tournament Venue
Grand Island High School
1100 Ransom Road
Grand Island, NY 14072

In Memoriam

We are saddened to report that Sensei Mel Ginter, Founder of the AM-CAN International Judo Challenge and mentor to many in the Judo community, passed away on Friday January 27, 2012. We plan to have a more extensive tribute to him in the March issue of *Growing Judo*.

Taking the Capers Show on the Road

In addition to organizing our Kelly's Capers clinics by request, we're looking to have some clinics in some locations where there's lots of judo. In particular, we'd like to have clinics in the following cities in the future: Phoenix, Miami, Atlanta, Washington, D.C., Philadelphia, Detroit, Chicago, Minneapolis, Seattle, San Francisco, Los Angeles, Dallas, Houston, Kansas City, St. Louis, New Hampshire, and Long Island. We'd love to hear from you if you can host a clinic (we'll help) and think that a few clubs in your area would attend. The cost is *extremely* low (much less than a tournament entry fee per person) because travel expenses are paid for. This is a great opportunity to see this system and learn how to adopt it and adapt it for your classes. Contact Bill Myers at wlm Myers@aol.com if you're interested. For more information on the clinics, visit facebook.com/KellysCapers.

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.*

FEBRUARY

February 11

Fox Valley Judo/Jujitsu Club Annual Tournament, Neenah/Menasha YMCA, Neenah/Menasha YMCA, 110 West North Water Street, Neenah, WI. Mehdi Mohammadian. 920-231-2952.

February 11

Cherry Blossom Open XVIII, Hosted by the Tomadachi Judo Club & the Delray Beach Police Department at Atlantic Community High School, 2455 West Atlantic Ave., Boynton Beach, FL. Michael Szejter. 561-496-7000.

February 18

2012 Corvallis Judo Winter Invitational, Oregon State University-Dixon Rec Center, 425 SW 26th St., Corvallis, OR. Yutaka Hagimoto 503-610-8869.

February 25

Gulf Coast Workout, Sasaki Judo Club, 7817 Commerce St., Riverview, FL. Shinjiro Sasaki, 813-381-4914.

MARCH

March 2-3

Competitive Edge Training Camp, Sasaki Judo Club, 7817 Commerce St., Riverview, FL. Shinjiro Sasaki, 813-381-4914.

March 3

2012 Arizona State Open Judo Championship (no residency restriction), Highland Lakes School, 19000 N 63rd Ave, Glendale AZ. Tournament starts at 10:00 a.m.; Referee/Coach meeting at 8:00 a.m. with Head Referee Greg Moore. Adult divisions \$40, juniors \$30, each additional division \$20. Email cheri.mckeown@gmail.com for entry forms or call 602-430-5361.

March 9-11

March 9: Local/Regional Referee Clinic by Mindy Buehman, Pan American Referee at Kodokan Judo of Cape Coral 532 SE 47 Terrace, Cape Coral, Florida. 6:00 p.m. Practical certification at the March 10 shiai. Fee \$40.00.

March 10: The 2nd Annual Yoichiro Matsumura Championship, Oasis H.S. 3519 Oasis Blvd., Cape Coral, Florida. 10:00 a.m. start. Regional event with 200+ competitors expected; trophies for 1st, 2nd and 3rd places. \$40.00 preregistration/\$55.00 at the door.

March 11: Competitive Clinic instructed by Sensei Yoichiro Matsumura 8th Dan and Sensei Celita Schutz 3X Olympian and 5th Dan at Kodokan Judo of Cape Coral 532 SE 47 Terrace, Cape Coral, Florida. 9:00 a.m., fee \$35.00. Contact John Paccione 239-699-2825 for all three events.

March 24

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.

March 24

Louisiana State Judo Championships, Live Oak High School, 35086 Hwy 16 Spur, Denham Springs, LA. This tournament will feature Juniors, Seniors, Masters, and Kata. It is open to non-Louisiana residents. Weigh-Ins Friday, March 23rd from 8-10pm Saturday March 24th from 8am-10am at Live Oak High School. Contact James Wall 225-436-0588, wallmartialarts@att.net.

March 24

Ju No Kata Clinic with Eiko Shepherd, Marion Pal Club Judo, 305 S. Adams St., Marion, IN. Bruce Bender, 765-664-3539.

March 25

Virgil J. Bowles Memorial Kata Tournament, Marion Pal Club Judo, 305 S. Adams St., Marion, IN. Bruce Bender, 765-664-3539.

March 31

Glass City Invitational, St. John's High School, Toledo, OH. Contact Gary Monto, 419-726-8388.

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 13-14

Kelly's Capers and USJA Coach Certification clinic at Wall to Wall Martial Arts, 7838 Kingsley Ave., Denham Springs, LA. The Friday evening session will focus on Kelly's Capers, a great approach to teaching Judo to Novices with a focus on using drills and activities that help promote student retention and success over the long-term. The presenter will be Joan Love, USJA Vice-President. Saturday will be an all-day coaching course, co-taught by James Wall and Joan Love; it will cover all material necessary to certify or re-certify as a USJA Coach. Further details will be in next month's *Growing Judo*. Contact James Wall, 225-436-0588, wallmartialarts@att.net

April 14 and 15

Kelly's Capers and Coach Education Clinic in Roswell, NM. Bill Myers will be the clinician. Details on exact times and costs will be in next month's *Growing Judo*. Contact Loren Bentley at sensei@roswell-judo.org; website www.roswell-judo.org.

April 15

Shigatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Contact Will Williams at 860-712-0122 or Info@gentlewayjudoclub.com and go to www.gentlewayjudoclub.com for directions.

April 15

Industry Sheriff's Judo Club Novice Tournament, East San Gabriel Valley Japanese Community Center, 1203 West Puente Avenue, West Covina, CA. Green belt or lower, starts 10:00 a.m. Contact Jeff Domingo, 626 330-3322; jddoming@lasd.org or Butch Ishisaka, 626 576-5747, industrysheriffjudo@gmail.com

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.

April 28

2012 West Point Senior Invitational, Arvin Cadet Physical Development Center, United States Military Academy at West Point, NY. Hector Morales-Negron, 845-938-6648.

MAY

May 5

2012 Wisconsin State Sr & Jr Judo Championships hosted by West Bend Judo Club at University of Washington Washington County, 400 University Dr., West Bend, WI. Jon Sanfilippo, 262-644-8211

May 26-27

40th Annual AM-CAN International Judo Challenge, Grand Island High School, Grand Island, NY. **[See the full-page ad on page 22](#)** and www.amcanjudo.org for entry forms and complete information.

JUNE

June 9

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

June 21-23

Greatest Camp On Earth, Next Level Center, 4317 Stevens Mill Rd., Stallings (Matthews), NC. This marks the 21st year of North America's largest martial arts training camp. Typically we have over 300 campers, with about half Juniors. Choose from dozens of sessions on various aspects of contest Judo, referee training, coach certification, kata, Sambo, traditional Jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, Aikido; karate, kyudo (Japanese archery), yawara, and police tactics. Promotional examinations are also offered. Instructors include Olympians and other champions and national/international coaches. This year, Kodokan Cup champion Shinjiro Sasaki and our most requested instructor Nick Lowe will be our featured Judo instructors. World Masters champion Igor Yakimov, is returning to teach Sambo for his eighth consecutive year. Visit www.greatestcamp.com or email greatestcamp@greatestcamp.com.

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 6-8, 2012

USJF/USJA Junior Nationals, Spokane, WA. <http://www.usjf.com/2011/12/2012-junior-nationals/>

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. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, refereeing, self defense, and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats; activities for young campers, including water activities, rock wall climbing, and horseback riding; and a "Kool Zone" where teens can socialize and relax after evening randori. **Clyde Worthen** will serve as camp Co-Director for the 2nd year. **This year's featured instructor is Liliko Ogasawara**, 5th dan, two-time World Medalist (Silver 1993, Bronze 1995), British open Gold Medalist (1998) and 7-time National Champion. <http://www.newyorkymcacamp.org/judo/index.php>



SEPTEMBER

Sept 21-23

All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio: a female-only tournament that affords competitors many matches. Coaching, Referee, Kata and Technical Clinics (TBD) are open to all (male & female); all referees are welcome. Contact: Deborah Fergus 269-208-1068, deffrgs6@att.net.

OCTOBER

October 13

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. 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. 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.

USJA Promotions: January, 2012

Congratulations to the following individuals on their achievements:



Judo

Shodan

- | | | |
|-------------------------|----------------------|---------------|
| ★ Troy H. Banks | ★ David S. Kaba | ★ Cory Widmar |
| ★ Mario Barbosa | ★ Tim Marvel | |
| ★ Joseph A. Cofrancesco | ★ Koller S. Stettler | |

Nidan

- | | |
|----------------------|----------------|
| ★ Douglas M. Fournet | ★ John Pullano |
|----------------------|----------------|

Sandan

- | | | |
|------------------|--------------------|---------------------|
| ★ Ryan Dang | ★ Kenneth M. Heuer | ★ Crystal D. Pierce |
| ★ Andrew E. Dodd | ★ James M. Lally | ★ Julia Van Helder |

Jujitsu

Nidan

- | | |
|---------------|-----------------------|
| ★ Brad Bain * | ★ Michael B. Thomas * |
|---------------|-----------------------|

Sandan

- | | |
|-------------------|--------------------|
| ★ David Sanchez * | ★ Buck E. Snider * |
|-------------------|--------------------|

** These individuals' ranks were listed incorrectly in last month's Growing Judo.*

MARCH IS NATIONAL VISIT ANOTHER DOJO MONTH



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

