



Growing Judo

November/December

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

In this month's issue:

- * New Coaching Information and Potential Tools *by George Weers*
- * From Judo Competitor to Judo Technician *by Mark Lonsdale*
- * Pay Each Other a Visit *by Lew Owens*
- * Grassroots Judo in the Capital District *by John Neeley & Terry Sharp*
- * Judo News From Around the Country, Upcoming Events, and more Regular Features



Special Awards at the All Women's Championship in Ohio.
(above) Junior, Master, and Senior "Most Spirited" awards.
(right) Jessica Sanfilippo-Silva (Iron Woman Award).

Table of Contents

Newly chartered Clubs and Certified Coaches, USJA Donors, New Life Members	3
New Coaching Information and Potential Tools <i>by George Weers</i>	3
SPECIAL OFFER: USJA Instructional Videos now available on DVD	7
From Judo Competitor to Judo Technician <i>by Mark Lonsdale</i>	8
Judo News From Around the Country	10
Pay Each Other a Visit <i>by Lew Owens</i>	13
Grassroots Judo in the Capital District <i>by John Neeley & Terry Sharp, Cohoes</i>	14
Upcoming Events	16
USJA Promotions	18

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

- * CONCISE, well-written and proofread.
- * Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email.
- * Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- * Your original work, or submitted with the permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.
Try to include ACTION shots!
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

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

EDITOR'S NOTES: Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

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

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

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

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

A WARM WELCOME to Our NEW USJA Clubs!



October, 2012

Club Name: **Helena Martial Arts Academy LLC**
Head Instructor: **Shem Wold**
Email: shem.wold@gmail.com

Location: **Helena, MT**
Phone: **406-600-8083**
Website: www.helenakarate.com

Congratulations to our Newly Certified USJA Coaches

- ★ Lisa A. Capriotti, Samurai Judo Association, Goose Creek, SC
- ★ Robert L. Gouthro, Samurai Judo Association, Goose Creek, SC
- ★ Matthew VanderHorck, Ogden Judo Club, Long Beach, CA

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

- ★ Alexander John Aplan, Rafael Family Mix Martial Arts Academy, North Kaia, Afghanistan
- ★ Paul Schollmeier, UNLV Rebels Judo, Las Vegas, NV

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**
- ★ **Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**

New Coaching Information and Potential Tools

by George Weers, USJA Coaching Education Committee

How often do attacks occur during a match? Is Judo aerobic activity, anaerobic activity or does it utilize a combination of aerobic/anaerobic energy demands? Is a Judo match conducted as a single period of exertion or in distinct periods of activity? If a match is fought through periods of activity then, for how long do those periods extend?

To me the only way to address the above stated questions was through 'real time' analysis. Real time analysis requires software and full length matches¹. I wrote the software and found full length matches on line. The next step was to watch a lot of Judo and try to understand what the numbers suggested.

Analysis of 134 international matches included recording match time, attacks and administrative interruptions (Matte periods). Only attacks against which the opponent was required to *vigorously* defend or which earned a score were recorded. The rationale for excluding attacks which required no defense lies in the belief that attacks that need not be defended are false attacks. My software was written so that the act of recording an attack or administrative event time-stamped the event and allowed time-based relational analysis.

¹ Edited matches eliminate fundamental relationships between discrete activities and correlation to the whole.

This analysis resulted in the following statistical indicators and conclusions:

- I. Five-minute contests do *not* last for five minutes! The majority of matches observed utilized most of the scheduled time period, which means that the competitors competed for significantly longer than the scheduled five minutes.

This research revealed that match duration is extended by 25% to 30% through administrative events. Five minute matches may become 10 minutes or more of hard fighting, and competitors had to be prepared for that extended exertion.

- II. Judo matches are conducted at a work-to-rest ratio of approximately 2 to 1. The work/rest periods fell into a range of 20 to 30 seconds Work and 10 to 15 seconds rest. Rest periods result from administrative breaks.

- III. Individual player Attack Ratios can be discerned and are reliable predictors of match outcome. The attack ratio was calculated by summarizing each players '*legitimate*' attacks against his/her opponent's attacks and normalizing the sums to a ratio of X:1.

X represents the number of attacks performed by the dominant, or winning, player compared to one attack from the non-dominant player.

Conclusions

Training Impact:

- a. A scheduled match duration of 5 minutes can extend to a hard-fought 10-minute match. If you're not conditioning your players to compete for the entire match duration then they won't have the necessary energy reserve.
- b. Matches are conducted at short intervals of two times as much work as rest! This work/rest ratio requires a heavy emphasis on anaerobic recovery. If your players are to meet the energy demands of the game then they **MUST** train under the same energy demands!

Attack Ratio and Match Outcome

Outcome is nothing more than the numbers on the scoreboard at the end of the match. It stands to reason that the person who makes the most attacks will have the best score. However, outcome is also influenced by factors which are outside the player's control. Those factors may include, but are not limited to, the defender's ability to prevent a scoring surface from touching the mat or the experience level of the referees.

More importantly, an Attack Ratio, based on attacking actions against which the opponent must vigorously defend, indicates the player's application of PERFORMANCE-BASED ACTION.

Performance Based Actions are insulated² from external influence. Performance Based Actions are process-oriented and require preparation prior to execution. Performance Based Actions include, but are not limited to;

- Securing a functional grip
- Placement of the driving leg
- Efficient attack configuration
- Etcetera

² Please note that the term *Insulated* is being used as opposed to *Isolated*. All actions are subject to the reaction and skills of the opponent. However, proper preparation affords the performer a much higher degree of control over the situation.

Please note that a 'legitimate' attack is not included in the preceding list. It is not listed because a 'legitimate attack' is the outcome of the process. In other words you can never be certain that outside influence won't interrupt your process, at which point your process begins anew.

Simply stated, *the Player who most frequently and faithfully follows his/her process has the best chance of winning the match.*

Practical Application:

This research suggests the need for focused conditioning methods. The research also identified Attack Ratio as an import criterion by which we can measure performance. However, initial 'real time' match data, from which the Attack Ratio was extrapolated, had been collected through a computer and software, which may not be practical for mat-side use. A practical method of discerning Attack Ratios was needed.

After much thought a very simple, low-tech solution was found: manual tally counters. A tally counter is a small hand-held device which increments the display on each depression of the plunger (*see photo*).



My process is simple. I place a tally counter in each hand, click the right-hand counter when my player makes a legitimate attack and the left counter when the opponent attacks my player. At the end of the match I record the result. Ratios are calculated for each match, summarized for the event and included in a Performance Review. (*I identify the counters through use of colored lanyards. Red is always used for my players.*)

During a regional judo tournament in St. Louis, I used the tally counters for the first time and was very pleased with the ease of tracking the match while still being able to coach.

The reaction to collecting Attack Ratio data was *very* interesting. By the end of the tournament my players wanted to know their Attack Ratio first and then my analysis of their performance. (I had explained and emphasized the importance of the Attack Ratio prior to the event.)

Even more interesting was the reaction from other coaches and players. Coaches wanted to know what I was doing and why. A few of them began questioning me about the Attack Ratio at the end of matches. Opponents of my players also began to inquire after the Attack Ratio. Players wanted to know "What were my numbers?"

Reinforcement and Feedback:

Clearly the concept of an Attack Ratio resonated with both players and coaches. Attack Ratios provide a clearly defined pictured of performance. Attack Ratios also show a clear tactical path to victory. After all, research shows that the person who attacks most frequently increases his/her chances of success.

An objective of attacking the opponent, more than he attacks you, is not a bad plan.

However...

History shows that preponderance of numbers does not ensure success. Basing your strategy on a preponderance of attacks is tantamount to mounting siege and siege should be the warrior's last resort.

Sun Tzu admonished that siege is the least effective form of war. Siege is ineffective because the opponent knows your strategy and knows how to deal with it.

Sun Tzu reminds us that, "when the enemy does not know from where your attack will come he must defend everywhere" and diversification of defense equates to a weakened defense.

Weight of numbers from your attacks is good! Weight of numbers is intimidating. Weight of numbers without variety meets the definition of insanity.

Repeatedly performing the same action, under the same conditions, and expecting different results.

You MUST provide your players with sufficient stamina to achieve superior Attack Ratios. You MUST teach your players to understand that the person who attacks most frequently, is, most frequently, awarded the match. You MUST train your players to utilize variety in achieving a superior Attack Ratio.

What does the Attack Ratio tell the Coach?

Attack Ratio indicates frequency of 'effective' attacks as compared to the opponent's rate of 'effective' attacks. The obvious question becomes "What is a good Attack Ratio?"

An Attack Ratio less than 1 indicates that the player is being attacked more than attacking. On the other hand a ratio of 2 or higher could suggest an over-matched opponent. Observation of 134 international matches, used in this research, suggested a correlation between Attack Ratio and the skill/experience of the contestants. During elimination matches Attack Ratios could be 2 or higher. As the more experienced players met Ratios became closer.

The point is that although the Attack Ratio may be motivational, it may be highly variable in accordance with circumstance, so it should not be used as the ultimate objective.

More importantly, Attack Ratio can be used as a Coaching tool because Attack Ratio is a reliable indicator of a player's ability to manage the tactics and mechanical aspect of contests.

If a player fails to achieve effective power hand placement, the opponent's back cannot be turned toward the mat. If a player fails to manage the Attack Space³ then the path to attack configuration, and effective attack, is unreliable. If a player allows the opponent to manage the Attack Space then he/she is vulnerable to effective tttack. Where the players' Transitions⁴ are not focused Effective Ground Play is unlikely.

A low or, widely, variable Attack Ratio should trigger review of tactical and mechanical variables.

Bottom Line:

'Real Time' match analysis revealed useful information regarding match duration and conditioning for competition.

The real surprise of the research was Attack Ratio and its potential application to player development. Attack Ratio is easy to understand, highly motivational, indicates developmental progress, suggests areas of improvement and is easy to generate.

This is my kind of coaching tool!

³ The space between him/herself and the opponent was designated as the Attacking Space by Geoff Gleeson.

⁴ Transition is the ability to, maximally, influence the action of get from throwing action to ground play. Whether attacker or defender you want to influence the situation to your advantage on landing.

From Judo Competitor to Judo Technician

by Mark Lonsdale

The October issue of **Growing Judo** carried an article defining a “judo technician” in intentionally broad strokes. This month we will look at the correlation between the competition judoka, the post-competition coach and technician, and judo rank.

Since competition is a requirement for rank and promotion in a judoka’s formative years, it is worth reviewing the relationship between competition success and promotion, beginning at Shodan. A Shodan of competition age (under 30 years) should be routinely beating brown belts of the same weight category, have medaled in local tournaments, and be competing at the national level. A strong competitor will often earn Nidan within the next year or two, when he or she becomes an Under 20 or Senior National Champion, or at least medalist. On a technical level, these Shodan and Nidan will be heavily focused on their favorite, winning techniques – statistically not more than five or six *tachi-waza*. But they should still know all the techniques of *Nage-no-kata* (15 techniques, left & right handed) and the basic *Gokyo* (40 techniques).

From there, a competitor will routinely promote to Sandan when they become a regular member of the National Judo Team and competing internationally (early to mid 20s). Anyone under 30 years of age, and not active in national or international competition, would probably not warrant this grade. Next, from observation and past experience, most World Champions were promoted to Yodan (4th Dan), but as technicians they would still have a limited repertoire of competition judo techniques. It is rare that full-time competitors, in their physical prime, would make any serious effort to become well rounded judo technician. Their training sessions are usually 2 hours of *uchi-komi*, *nage-komi*, and hard *randori*, with little time for learning techniques that they would never use in competition. Competition training is, by design, hard and simplistic. Any technical appreciation is dedicated to competition tactics, grip fighting and competitive player analysis.

Since most Olympic and World champions are in their mid to late 20s (the average being 25.5 years), it is rare that any would be ranked higher than Yodan. But a competitor, who had won more than one World Championship, multiple All Japan Championships, or an Olympic Gold, could very well be promoted to Godan.

Again, from experience, a Godan is usually a recently retired international competitor who has moved on to become a National Coach. When I was competing internationally as a Nidan, most of my team captains were Yodan and the coaches were Godan and still formidable on the mat. But by this time these coaches were also becoming better, well rounded technicians and serious students of teaching and coaching good judo. In France, for example, this was also the time that they would begin preparing for the grueling and world respected Rokudan (6th Dan) test. Most of the National Head Coaches were Rokudan but had become a bit long in the tooth for serious hard *randori*. However, the demonstration quality of their techniques was excellent and their knowledge of counters and combinations extensive.

Now not everyone automatically promotes or even tests beyond Godan. Competitors who had become injured in competition or training (usually by blowing out their knees) would seldom if ever make Rokudan. Rokudan is the last grade where one is expected to actually test, so with bad knees or a back injury it is all but impossible to pass the grueling promotion requirements. As a result, it is not unusual to run into former European national champions with a terminal rank of Godan.

So it is obviously not competitive judo that produces good technicians but the period after competition. Once one retires from senior competition, or if one was never a serious competitor because of lack of physical ability or injuries, the next phase in a judoka's development should be to become a competent instructor and technician. This is also known as the "second life" in judo. No longer dedicated to the rigors of daily competitive training, the technician seeks to enhance his or her knowledge of judo, teaching ability, coaching, refereeing, or even kata and kata judging. All of these serve to round out a judoka's development.

The first step towards becoming a technician is to learn ALL the techniques of Kodokan Judo. The Gokyo, created in 1895, has five sets of 8 techniques, for a total of 40. The IJF recognizes 99 techniques. The Kodokan recognizes 67 throws with a total of 106 techniques. But this all gets a little confusing since in 1982 a group of 8 throws were recognized (taken out in 1920), and 17 newer techniques were then recognized as Kodokan throws (called the *Shinmeisho-no-waza*). In 1997 the Kodokan added the last 2 additional judo throws to the *Shinmeisho-no-waza*. (For a more comprehensive description, see Neil Ohlenkamp's book JUDO UNLEASHED)

Any Sandan or above who is no longer competing should know ALL of these techniques. But using the USJA promotion requirements as an example, the following is the number of techniques that a judoka is required to know for each Dan-grade. These include *tachi-waza*, *renraku-waza*, *kaeshi-waza*, *osaekomi-waza*, *shime-waza* and *kansetsu-waza*. A Shodan must know 61 techniques; Nidan 77; Sandan 90; Yodan 106; Godan 119; and Rokudan 119. The reason the totals exceed the number of Kodokan techniques is that many of the counters and combinations are duplicates and variations of the basic throwing techniques.

However, without regional promotion boards and formal Dan-grade testing, many US judoka have lost the incentive to actually learn all the required techniques. Formal rank testing, preceded by promotion related technical clinics, and annual high-grade conferences are just three of the critical components of judo technical development. Without these there is a noted deficiency in technical knowledge, demonstration quality skills, national quality control and quality assurance. But that's an article for another day.

The next step towards becoming a truly competent technician is to switch from thinking and learning in a linear fashion (the number of techniques), and begin studying each technique in depth, particularly the most common ones used routinely in *randori* and competition. This could also be seen as an emphasis on quality over quantity. In addition, to be a competent instructor or coach, it is necessary to not only be able to explain the bio-mechanics of each technique, but to also teach a dozen variations, setups, combinations and transitions for each technique. (See October's *Growing Judo* for an explanation of these terms).

Finally, keep in mind that being a good teacher or technician is not about dazzling (confusing) your students with the breadth of your knowledge, but in being able to explain and demonstrate individual techniques effectively. As Albert Einstein said, "If you can't explain it simply, you don't know it well enough."

Mark Lonsdale is a member of the USJA Coach Education & Certification Committee; he can be contacted at: Judo93561@aol.com.

Judo News From Around the Country

Ohio, September 22



As a 54 year old woman, I have a difficult time finding any masters divisions at local tournaments. I usually enter a senior division (or two) but the other competitors are lower ranked and are usually younger than my children. At the All Women's Judo Championship in Lodi, I was able to compete in two Masters and one Senior division. A team competition was also offered at the tournament.

The venue, Cloverleaf Recreation Center, was spacious with nice locker rooms, bleachers for spectators and a track for running off those pre-tournament jitters. The Host and several other hotels were within 2-3 miles and were reasonably priced.

The event opened with the female competitors marching onto the mat while "*Olympics Theme Parade of Champions*" was playing. The competitors were presented with a rose during the opening ceremony and then a group photo with the referees was taken before the competition began. The Kata and shiai competition was well managed. Junior matches were interspersed with senior and masters' matches, so no one had to wait long before fighting. Tournament Director Deborah Fergus was readily available and offered encouragement to all competitors. Co-Director Julee Cope ran the pooling and Louise Ullman, Competitor Liaison, kept the mat and scoring areas organized. In addition to medals for each division, special awards were given for most spirited for Junior, Seniors, and Masters (of which I was the proud, yet surprised, recipient) and to the one with the most matches. The Iron Women Award winner was 29 year old, Jessica Sanfilippo-Silva of Virginia who fought a total of 14 matches. The winners of the team competition were awarded ribbons.

I also had the opportunity to test for referee certification at the tournament. Several IJF and National referees were there to offer helpful advice.

A Kime no Kata clinic, taught by Frances Glaze, began immediately after competition. Overall the camaraderie between competitors was refreshing. I've noticed that female competitors are friendlier toward each other than their male counterparts. I enjoy getting together with fellow female judoka.

--Cheryl Mitchell

Nevada, October 20

Ryoku Judo Club of Las Vegas Nevada hosted a coaching clinic with Gerald Lafon, whose coaching knowledge attracted participants from Nevada, California, Arizona, and Utah. Topics included the components of a successful warm-up, basic instructional principles and business practices for running a dojo, and much more. All the participants left happy, well-fed, and enlightened.



California, October 24

USJA President Gary Goltz and OJ Soler paid a visit to Stallion Springs (PAL) Judo. This was announced the week before training so the club had a good turnout by students and parents.

Stallion Springs is a rural community of 3,200 residents, at the southern tip of the Sierra Nevada Mountains, and a two hour drive from Los Angeles. Even though Stallion Judo has been a USJA Charter Club since 1998, few club members were actually members of USJA because there was an assumption that the Police Activities League covered the liability insurance requirements. With no other clubs or tournaments in easy driving distance, USJA membership wasn't pushed. When Mark Lonsdale took over management of the club, he made USJA membership mandatory. While the reasons are obvious to

active USJA coaches and members, it was helpful to have Gary Goltz, as a representative of USJA, meet with the members and parents. It is important that grassroots members understand that there is a much larger judo community



outside of their often insulated world. It was also beneficial for the students to receive coaching from two Sensei other than their regular coaches. Overall, a good time was had by all!

Florida, September 28-30

Jujitsu America and the USJA held its annual Sport Jujitsu and Self Defense National Championships in Ft. Lauderdale. Competitors from around the country came to test their skills in Sport Jujitsu Fighting, and Self Defense. Nokido Jujitsu, Judo & BJJ of North Port, brought home a team of National Champions from the event.

Nokido competitors and students attended a full day of training on Saturday September the 29th, and Nokido Sensei Earl DeValle, was one of 22 Instructors from around the United States that was invited to teach at the event. The competition was held on

September the 30th. Nokido Jujitsu, Judo and BJJ brought a team of 20 competitors, and all 20 competitors Medaled in the National Championships!

Sensei Earl DeValle and Sensei Chris Ritchie coached the fighters throughout the day. The competitors all fought with intensity, skill, and respect. Everyone gave a 110% effort. The Sensei's are very proud of their students and recognize the enormous amount of effort each student puts in during their training and competition.



Earl DeValle teaching

Pay Each Other a Visit

by Lew Owens



As you become more “seasoned” in life you know you need to keep up the fitness regimen. So when you are on business trip or traveling to different communities why not visit another judo club? You may be an introverted person and not one who reaches out well, but as a member of the USJA you can connect with people who have a common interest and share judo skills. It seems that there is a judo connection in most major metropolitan areas around the country and we all should take advantage of them.

I was in Oklahoma City, OK recently for two weeks for job-related training. It is not in my nature to sit around a hotel room and put back on those pounds I’ve worked so hard to lose. I went to the USJA website clicked on the “clubs list” then emailed the club nearest to where I would be. I asked if I could visit, and of course I could! Every club likes to have a new person to throw around don’t they?

Sensei Tim Davis of the Escondido Judo Club was a great host. Tim and other club instructors: Steve Parks, David Pourdavood, Vickie McCulloch-Coronado, and Raul Coronado made me feel at home and welcome. It was good to get out in the evenings for judo practice and be around a hard working group of adults and young people.

It’s interesting how much common ground there is in Judo. The club I train with is Virgil’s Club in Indianapolis, IN. It is a small club with talented judoka that meets in a 32 x 24 foot building called “The Barn” in the club founder’s back yard. Low and behold the Escondido Judo Club meets in a converted building in a back yard of one of the club instructors, Vicki McCulloch-Coronado. And it gets better: I work for the Federal Aviation Administration and Sensei Davis also works for the FAA. You just never know what you might find if you go looking for a hand to shake.

So what do you do when you visit a club? You are a good “house guest” and do what that club does. Each club has its own traditions and regime. All clubs warm up, but they



Lew Owens (back row far left) with Escondido Judo Club instructors (back row) David Pourdavood (3rd from left), Steve Parks (4th from left), Vickie McCulloch-Coronado (5th from left), Raul Coronado (2nd from right), and Tim Davis (far right)

may do a different stretch that you haven't done. All clubs throw, but they may have a different technique for setting up the throw or finishing it. When visiting other clubs you should be what all judoka should be, a student. Learn as much as you can and share if given the opportunity.

Keep learning and growing in the sport. The skills you learn should be practiced and perfected. Share those skills, if you don't you will forget them and then they are lost, spread the knowledge and everyone will benefit.

Grassroots Judo in the Capital District

by John Neeley and Terry Sharp, Cohoes Judo Club

Growing up in the Capital District of New York State in the 1970's& 80s, there was no shortage of judo clubs! There was Capital District Judo and Karate, Troy Judo Club and the towns of Guilderland and Bethlehem both had active clubs. Active college clubs included Siena, Saint Rose, the University at Albany and RPI. YMCAs across the area had clubs. Judo was everywhere in the Albany area! Growing up where everyone wanted to share Judo with each other was a great way to learn a great sport.

Most of us were focused on learning what we could and although there were those of us who stayed in the sport, many more floated in and out. There were those who came to the dojo for a few weeks or months, and simply vanished. There were those who came and eventually became brown belts or even shodan, and then drifted away. Then, for one reason or another, there were those of us who never completely left. To one degree or another, we stay involved. We brought our children, we shared stories about the "old days" and we realized what was important.

Our area has been home to an Olympic medalist, Olympic coaches, World Championship medalists, National Champions, Kata Champions and on and on. As exciting as it is to think about these exceptional athletes and give praise to their personal sacrifice and dedication to our sport, they are not what Judo is about. Well, not completely anyway.

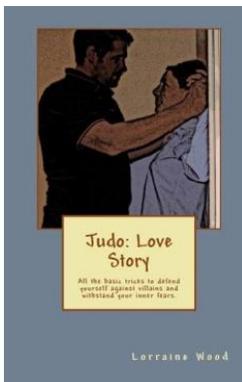
Judo is as much about those countless people who passed through our doors over the years: the ones who competed in a few local or smaller regional contests, at best, or maybe even the folks who never stood across from an opponent in any competition. These are the people who make up the vast majority of judo players in this country. I learned that the most important thing about judo is exactly what has been identified as the core values of grassroots judo. We all learned that Judo is about mutual benefit and welfare and that maximum efficiency with minimum effort is important. What took longer to learn, and what some of the people who drifted away may have missed, is the importance of perfection of the human character. Sometimes it takes years to clearly understand the true meaning of that. Hopefully those who left and went to other pursuits, or even other martial arts, took a seed of what we have to share.

I remember learning that lesson from my first judo instructor and I hear it now from my current sensei. Regardless of success or talent, take with you the idea that judo is less about those throws and those techniques you learn than it is about making better people. New people are treated warmly, just as the student who has been there for years. Students are greeted openly and instructed with infinite patience. Even if they may not stay for that long, they will take some memories of Judo with them. The lessons of judo may not have taken root yet, but they will. The lesson will be that it is more important to make better people than it is to teach the perfect technique. For those who stay, those things go hand in hand as the real lessons come into focus.

Hopefully those who left know the warm and friendly feeling of a judo dojo and recall it fondly. I know we often have people stop by the dojo to talk to us about their experiences in judo and how they wish they had stayed with it. There are also folks who join us and talk about their experiences in other martial arts.

As we all go through life on our journey, it is important to understand that whether we learn that small seed of a lesson or spend a lifetime taking them in, we need to start sharing what Judo really is from the very first moment of the very first day in the dojo.

Finally, for those who have been fortunate enough and talented enough and worked hard enough to stand upon the medal platform at the highest levels: hopefully the journey there and the people met on the way made it really worthwhile.



Judo: Love Story; by Lorraine Wood

Check out the most romantic Judo Love Story of all times.

Amazing moves! Hilarious scenes! Heart-pounding story!

This novel will captivate you...

Available on Amazon.com in paperback and on Kindle:

http://www.amazon.com/Judo-Love-Story-Lorraine-Wood/dp/1479225207/ref=pd_rhf_pe_p_t_2

http://www.amazon.com/Judo-Love-Story-ebook/dp/B00945QE4S/ref=pd_rhf_dp_p_t_1

(The above is a paid advertisement.)

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 submitted *separately from your sanction application in WORD format or the text of an email*. Event flyers and PDF documents cannot be included.

NOVEMBER/DECEMBER

Events held 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. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.



November 30

Coach/Club Coach Certification Clinic, with Mark Lonsdale and additional presenters. Fee: \$50.

November 30

Kata Certification Clinic, led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.

November 30

Referee Clinic & Regional Certification, led by Dan Takata, Head Referee for the Winter Nationals and Alain Wilkinson, VP of Referees for Nanka. Fee: \$50.

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.

December 1

Coach Education Clinic for Initial Certification and Continuing Education, with Ed Thibedeau at Arkansas Goshinkan, 12267 Hinson Rd. Little Rock, AR. 10:00 a.m.-6:00 p.m. Contact Ed Thibedeau, et@arkansasgoshinkan.org or 501-425-5638.

December 8, 2012

Kelly's Capers Clinic with Sid Kelly, Clinic hosted by Goltz Judo at the Alexander Hughes Community Center 1700 Danbury Rd. Entry fee: \$20.00. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

TRAVIS STEVENS WINTER TRAINING CAMP



This 4-day camp will expose you to many of the training methods and tactics that have made Travis Stevens a 2-time OLYMPIAN and one of best judo fighters in the world today!

When: Wednesday December 26 through Saturday December 29, 2012

Where: Tech Judo Training Facilities 2100 85th Street, North Bergen, NJ 07047

For: ages 10 & up, with competitive level judo skills and conditioning, and a desire to take your judo to the next level. Participants must present a valid USA Judo, USJF, or USJA card.

Camp Directors Clyde Worthen and Leonardo Victoria, and other high-level instructors will also assist. Participants will be grouped by age and ability for maximum benefit from this camp.

Camp Fee: \$250 (\$225 if pre-registered by December 15th); \$90/full day; \$35/session.

Campers are responsible for their own meals & lodging. Many reasonably priced hotels are a short drive to the training facility and are close to area attractions and dining.

For more information or assistance, contact Clyde Worthen at clydeapajudo@aol.com or 201-328-4055.

(The above is a paid advertisement.)

AUGUST 2013

August 3-4

“Fight Like A Girl” Camp, 2013 Southside Dojo, 8534 Portage Rd. Portage, Mi. For the 9th year, this camp will provide an opportunity for female Judoka to network, play and have fun. Open to Juniors, Seniors & Masters. All but your sleeping bag and personal items will be supplied. Contact Deborah Fergus, at defrgs6@att.net, mention FLAG Camp in subject or call 269-208-1068.



August 11-17

INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. <http://www.newyorkymcacamp.org/judo/>

Sept. 20-22, 2013

9th All Women’s Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. The event is open to female Kata and Shiai competitors of all ages and affords competitors many matches. The Referee, Kata and Technical Clinics are open to all (male & female). All referees are welcome to work this event and the Rock and Roll, the 22nd. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net



USJA Promotions: October, 2012

Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|------------------------|------------------------|-----------------------|
| ★ Jose A. Alvarado | ★ David J. Horne | ★ Adam J. Schmaltz |
| ★ Allen J. Antoniewicz | ★ Justin L. McCready | ★ Stephanie Spears |
| ★ Christian A. Borne | ★ Joseph T. Mutarelli | ★ Benjamin M. Swartz |
| ★ Lisa A. Capriotti | ★ Mark Oermann II | ★ David M. Tarbassian |
| ★ Blacque Clement | ★ Stephanie Paccione | ★ Craig A. Wildfeuer |
| ★ Shawna Kaye Delvalle | ★ Mark S. Rausenberger | |

Nidan

- | | | |
|------------------|------------------------|---------------------|
| ★ Jason Hatcher | ★ Timothy A. Keyes | ★ Douglas Moore |
| ★ Sean A. Horton | ★ Timothy J. McDaniel | ★ Jose A. Rodriguez |
| ★ Robert J. Hunt | ★ William S. McElhaney | |

Sandan

- | | |
|-----------------|------------------------|
| ★ Alfred Jacobs | ★ Hector Quezada |
| ★ Guy Lombardo | ★ Edgardo M. Rodriguez |

Hachidan

- ★ Gary L. Monto

Jujitsu

Shodan

- | | | |
|--------------------|------------------------|----------------|
| ★ Aldrin V. Arthur | ★ Shawna Kaye Delvalle | ★ Nicole Sasso |
|--------------------|------------------------|----------------|

Nidan

- ★ Steve G. Kenna



USJA Points app now in iTunes

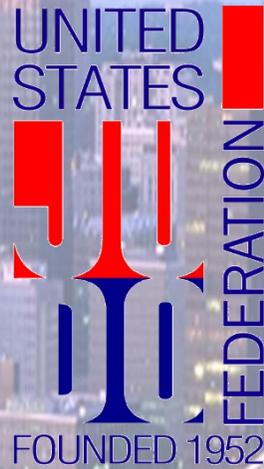
When I started judo at Santa Rosa Junior College in 2001, my judo coach Terry Kelly was always yelling at us to keep track of our promotion points. I confess that I would keep track for a while, but then I would start forgetting. When promotion time came around I would rack my brain trying to remember every match I fought and how many clinics I attended. Many years later my husband Dennis and I started Shining Together Judo club. Dennis tells everyone to keep track of their points, but I know our club secretary sometimes has a hard time getting points from people. So this year when I began writing iPhone apps I knew that the first one should be an app that tracks your USJA promotion points; with one click e-mail your sensei everything they need to fill out the USJA recommendation for promotion form. The "USJA Points" app is now available in iTunes for iPhone/iPad/iPod Touch. I hope you will enjoy using it!

USJA Points app in iTunes <http://itunes.apple.com/us/app/usja-points/id531238555?mt=8>

Youtube <http://youtu.be/-opuXK5dmwM>

Laura McCarter, Shining Together Judo, Santa Rosa CA

2013 USJA/USJF Junior National Judo Championships



Coming to Pittsburgh, PA -- *the City of Champions*

**Mark Your Calendars!
July 5th, 6th and 7th
Robert Morris University**

**Bantam through IJF Junior,
Novice and Open, Kata Competition**

GRASSROOTS JUDO™



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

