

# Growing Judo

## March, 2011



### MARCH IS NATIONAL VISIT ANOTHER DOJO MONTH



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



Monthly publication of the  
Club Support Services Committee  
of the  
United States Judo Association  
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#### In this month's issue:

- ★ SPECIAL GIFT for USJA donors!
- ★ March is Visit-Another-Dojo Month
- ★ *Thoughts on Teaching Judo*
- ★ Self-defense competition
- ★ *Sport Jujitsu on Long Island*
- ★ Remembering Rick Blais & Adam Rosenthal
- ★ News, Events and more regular features

*cover photo courtesy of  
Connie Halporn*

## Table of Contents

Special Offer for USJA Donors . . . . .	3
Visit-Another-Dojo Month . . . . .	4
NEW USJA Clubs/ Newly Certified Coaches . . . . .	5
USJA Treasurer's Report: 2010 Summary . . . . .	5
<i>Thoughts on Teaching Judo</i> by Bill Myers . . . . .	6
Judo News From Around the Country . . . . .	8
<i>A Judoka in Open Karate Tournaments</i> by Lorraine Bondi Goldsmith . . . . .	9
<i>Sports Jujitsu on Long Island</i> by Michael Goldsmith . . . . .	11
Upcoming Events. . . . .	13
Reminder for USJA Awards Program . . . . .	15
USJA Promotions & Advertising in <i>Growing Judo</i> . . . . .	16
<i>In Memoriam: Richard Blais and Adam Rosenthal</i> . . . . .	17
2011 USJA -USJF Joint Junior Nationals Information . . . . .	20
<i>Working at Winning</i> by Ed Carol . . . . .	21

### **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.
- \* Your original work, or includes the expressed permission of the creator.
- \* If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.
- \* Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
Vice-President, USJA  
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**EDITOR'S NOTE:** 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.

*The next issue of USJA's Growing Judo will be April, 2011. If you have any news and/or any planned events, please submit your information by March 24th or earlier.*



# UNITED STATES JUDO ASSOCIATION

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February 7, 2011

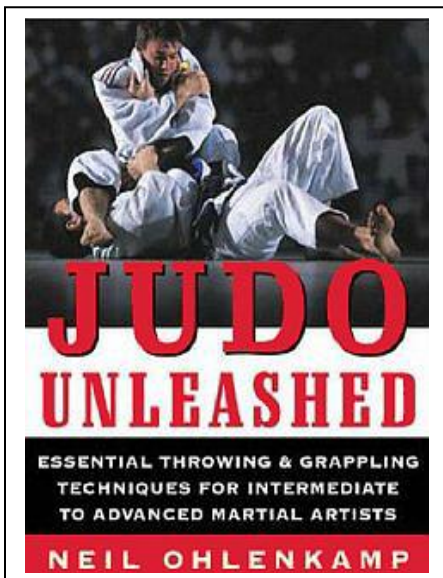
To All USJA Members:

USJA Board Member, Neil Ohlenkamp has graciously offered to personally autograph a copy of his book, [Judo Unleashed](#) for anyone who donates \$100.00 or more to the USJA over the next 60 days.

The USJA has many more services to offer and we can achieve our goals sooner with help from all of you. Our main goal here at the National Office is to provide the best possible service. We want to thank all of you for supporting the USJA and hope that you will continue to do so.

I am asking you to please support the USJA and give what you can. For those that can give \$100.00 or more, you will have a great book, signed by the author, to cherish and share for years.

Sincerely,  
Katrina R. Davis  
USJA Executive Director



## **JUDO UNLEASHED**

by Neil Ohlenkamp

This comprehensive 160-page book includes theory, principles, and techniques. A unique, modern judo manual with 390 professional full-color action photos and illustrations covering every official Kodokan technique, variations, and combinations with advice.

Neil Ohlenkamp, 6th dan has been practicing and teaching judo continuously since 1968. Mr. Ohlenkamp was the 1988 US Paralympic Team Coach in Seoul, Korea, 1999 USJA Coach of the Year, and has been the head instructor of the Encino Judo Club producing champions for many years. He is also the creator of the Judo Information Site ([JudoInfo.com](http://JudoInfo.com)), the most comprehensive judo website in the world since 1995. Neil is a member of the USJA's Board of Directors.

*"I really like this as a textbook for my students. It is very comprehensive with many photos and diagrams. The overview of judo's history and its evolution into a popular Olympic sport is well explained with a reverence for its martial roots."*

Gary Goltz, USJA President

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

**MARCH IS HERE! Please join us and participate in an exchange between your club and others in your area!**

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

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

***A few clubs are hosting open workouts and have shared their information (see list below).***

If you host or attend a Visit-Another-Dojo event, please send a couple of photos (action shots preferred) and a short description for our Judo News Around the Country section.

**Please help us to make this the best March ever!**

Joan Love, Editor, *Growing Judo*  
[judolady210@aol.com](mailto:judolady210@aol.com)

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### **March-is-Visit-Another-Dojo-Month events:**

- ★ **Ozeki Dojo, Las Vegas, NV**, is open for visitors (no mat fees) for the month of March. Classes are Monday & Wednesday from 5pm to 8 pm and Saturdays from 2pm to 4pm. Contact John Weiner, [ozekidojo@hotmail.com](mailto:ozekidojo@hotmail.com)
- ★ **Norwich Judo Dojo**, 204 Sturtevant St., **Norwich, CT** invites guests from other judo/jujitsu schools to visit anytime (except Saturday 3/5/11) during the month of March; mat fees are waived. Complete class schedule, contact information and driving directions are available at: [www.norwichjudodojo.com](http://www.norwichjudodojo.com).
- ★ **Bushido Kai**, at Penfield Recreation Department, 1985 Baird Rd, **Penfield, NY**, would like to invite all to visit our club for *Visit Another Dojo Month* on March 7th and March 28th! Class is from 7:15-9:15 p.m., and plan on going out after! See you there!
- ★ **Zenbei Judo Club**, 811 East 3300 South, **Salt Lake City, UT** is open for visitors for the month of March; All mat fees are waived. Senior classes are Tuesdays 6:30 PM - 8:00 P.M., Kids classes are Thursdays 4:30 P.M. - 5:30 P.M., and Open Mat (Juniors and Seniors) on Saturday's 1:00 P.M. - 3:00 P.M. See [www.zenbeijudo.com](http://www.zenbeijudo.com) for directions and information or call Sensei Fred Louis at 801-243-5313.
- ★ **Encino Judo Club** at Oxnard Buddhist Temple, 250 South H St., **Oxnard, CA**, will not have any mat fees for visitors during the month of March. Classes are on Tuesdays & Fridays 7:00 to 8:30 pm. Email Neil Ohlenkamp at [neil@judoinfo.com](mailto:neil@judoinfo.com).



## **A WARM WELCOME to Our NEW USJA Clubs!**

### **February 2011**

Club Name: **West Point Judo Club**  
Head Instructor: **Hector R. Morales-Negron**  
Email: [armyjudo6@aol.com](mailto:armyjudo6@aol.com)

Location: **West Point, NY**  
Phone: **850-459-1498**

Club Name: **Ronin Judo Jiu Jitsu Club**  
Head Instructor: **George A. Hartman**  
Email: [malaga2000@cox.net](mailto:malaga2000@cox.net)

Location: **Glendale, AZ**  
Phone: **602-708-0860**  
Website: [www.ucelomartialarts.com](http://www.ucelomartialarts.com)

Club Name: **Small Axe Judo Club**  
Head Instructor: **Jared Ejigu**  
Email: [jhejigu@gmail.com](mailto:jhejigu@gmail.com)

Location: **Pasadena, CA**  
Phone: **909-568-5854**

Club Name: **Orange County Judo Training Center**  
Head Instructor: **Juan Montenegro (Class C Club)**  
Email: [buckeyejudo@gmail.com](mailto:buckeyejudo@gmail.com)

Location: **Anaheim, CA**  
Phone: **714-343-1260**  
Website: [www.ocjudo.com](http://www.ocjudo.com)

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### **Congratulations to our Newly Certified USJA Coaches**

- ★ William Wright, Barstow Judo Club, CA
- ★ Clifford Louis Travis, Belmont Kodokan Judo Club, NC
- ★ Joseph Wells, Lincolnton Kodokan Judo Club of S.A.G.A., NC
- ★ Ron Houck, Jr., Buckeye Judo, OH
- ★ Garrett Andrews, Unattached, AR
- ★ Robert Draper, Santa Clarita Valley Judo Club, CA
- ★ Eddie A. Irizarry, New Britain Judo Club, CT

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### ***USJA Financial Year-End Summary for 2010***

The total gross income for 2010 was \$484,442. The total expenses including cost of sales were \$508,685. The net income for 2010 was <\$24,243>. The main reason for the loss was a large one-time expense taken to build a database and portal for clubs and their coaches. There are several key areas that need to be addressed; the first being reducing expenses. Although the loss was minimal in relation to the income, the trend needs to be reversed and the USJA needs to operate at a breakeven point or slightly in the black. The second is a better accounting of the inventory. These items have been discussed with the Executive Director. The Executive Director has already taken significant measures to reduce expenses and the inventory issue is currently being addressed. The forecast for 2011 is for the USJA to end up with a slight profit at year end.

*--Paul Nogaki, Treasurer, United States Judo Association*



## Thoughts on Teaching Judo by Bill Myers

### Writing Lesson Plans Sucks, but a Boring Class Is Worse

I admit it, I'm stubborn. Sometimes you have to beat me over the head (or throw me to the mat repeatedly) to get me to understand. Eventually, however, I get the point. It took me a long time to get the point of lesson plans. When I first started using them, I often found that when I did write one for class, the very people that they were supposed to focus on didn't show up that night. Now, I've learned to be a little more flexible, and the aforementioned problem is only an occasional annoyance.

Many years ago I resolved to show my students as much as I could about how judo worked. You may believe that you already do this, and you may be right, but you may be wrong. I don't think that just doing static uchikomi is really doing judo. Is it helpful in perfecting technique? Sure, it can be. But if it's all that you do, then you're only showing part of judo. As soon as your students do randori and try a throw against someone who's not standing still, their judo foundation is useless. Yelling "attack, attack" isn't really helping them – they don't have a clue what to do. I've been to many dojos (and mine used to be one, too) where this was the norm – stretch, uchikomi, randori.



If this is how you were brought up in judo, then this might be your class, too. I don't want to do that anymore. I want to teach my students how to set up a throw, how to make it work in randori and competition. I want to teach useful combinations and throw variations that work against people who actively resist and move. I don't have an encyclopedia of drills in my head to pull out instantly on the mat. So, I take the things that I want to work on (out of my overall plan for my students) and I create exercises and drills to work on them. The same thing applies to matwork skills.

Every night that I forget to make a plan, class runs slowly, but when I do make a plan and force myself to make things interesting, my students work harder, have more fun, and learn more judo. If you don't make lesson plans, give them a try. They don't have to be enormously complicated and written down to each minute of activity. A simple outline will suffice, but the mental exercise will encourage you to think about what you're doing rather than just doing what you normally do. Of course, if your classes are always awesome and you have a boatload of great drills that you use, I hope you'll share them so we can try them, too.

### Beginner Class

For fifteen years, twice a year, I have had the privilege and challenge of teaching judo to a class full of beginners. In 1994, I taught the same way that I was taught. My students started by beating the mats until they cried uncle. Then they contorted their bodies into a poor facsimile of ogoshi. Finally, they learned a hold down. There wasn't a connection between any of the techniques at all.

After a couple of weeks, I thought that my students were ready to try walking together, then doing some moving techniques. I seriously underestimated my student's abilities. Then I attended a coaching clinic and, although I was skeptical at first, I slowly changed the way that I teach. Here are a few things I do now in my class, thanks to my friends Bill Montgomery and Sid Kelly.

I don't start my first class with a lengthy description of judo and its origins. My students want to start *doing* judo. In later classes, I incorporate some of the history and rules into warm-ups or other parts of the class. I do start class now with rolls. We do somersaults (some of my students have never done these), then turtle rolls (start on hands and knees, roll over sideways onto your back, then continue to hands and knees), and finally shoulder rolls from a sitting position. I start them rolling backwards over a shoulder, then forward over the same shoulder. After about three weeks of this, teaching zenpo kaiten is much easier.

- I start throw work with osoto gari. For breakfalls, I teach them to start from standing and gently roll down to the mat. After some static practice on both sides, we go to "chasing osoto."



- Then, we add avoidance and "Bull and Matador" from Kelly's Capers, so the students can try to catch each other's legs while they move.
- We move on to a transition: osoto gari with a rolling fall and moving into a hold.
- Tai otoshi comes next. We do a rolling fall from that throw, and Kelly's Capers avoidance and "Bull and Matador".
- If I still have time, we add ippon seoi nage (a much easier throw than ogoshi to start working on big forward throws – much less body contortion.)

I do all of this in one hour on the first night. The students sweat, laugh, and have a great time. I didn't invent the techniques or exercises, but I did integrate Bill and Sid's techniques into my class.

Key things to keep in mind are: the sooner you teach your students to apply techniques realistically, the better. Connecting throws to breakfalls makes learning ukemi more interesting. Connecting throws to matwork teaches transitions. Teaching matwork techniques in a sequence (maybe there's another article coming...) can make techniques easier to remember and puts them in context. These same things apply to teaching advanced students as well.

The questions for you coaches in the audience are: Why do you do what you do? Is it because it's the way you were taught or because you think it's the best way for your students to learn judo? There's more than one correct answer, but if you don't ask the question then you'll never even think about it. I encourage you to attend a coaching clinic or Kelly's Capers clinic, do some reading and find some ways to change and energize your classes. You may, like I did, become more excited about teaching again.

## Judo News From Around the Country

### California

Born in South Korea, Seung Jun Oh moved to California in 2005 and attended Los Osos High School, in Rancho Cucamonga, CA, where he learned to play football. Seung played two years at Chaffey Community College before receiving a scholarship to play for the North Carolina Central University's Eagles as an offensive guard. NCCU is a 1-AA school located in Durham, NC. Seung, who holds a 3<sup>rd</sup> Degree Black Belt in Judo, was a Korean High Judo Champion. He is a member of the USJA and works out regularly at Goltz Judo in Claremont.



### Florida

#### **Pensacola Judo--Building a Military Team**

I began my first all active duty judo classes 12 months ago at the Naval Air Station in Pensacola, Florida. On January 22, at the Gulf Coast Invitational Judo Championships, I witnessed how far my young military judo players had come in such a short period of time. Most of the students have to juggle their military and judo training, which can be pretty demanding. Some manage to train 4 days a week.

Since the program began, roughly 150 students have passed through the dojo on the Naval Air Station and Corry Naval Station. When they finish their military schooling and head to their various duty stations, I locate their next dojo where they continue training.

As their Head Coach, I am amazed at their dedication once they begin judo. They really stick with it, and it gives them needed relief from the demands of their military duties. For many of my students, the January tournament was their 2<sup>nd</sup> judo event, and I could see their progress with each match.

They still have a lot to learn, but they are well on their way to developing into a strong team. Many that check in for duty want to train and compete for their service in the sport of judo. As a whole, building judo back up in the military is on its way back to where it was when Leo White, now a two-time Olympian, competed in the service. That is the vision for Pensacola Judo.



*--Head Coach Earl Wright*



## A Judoka in Open Karate Tournaments

*Lorraine Bondi Goldsmith, Ikkyu*

*I learned at an early age to hate athletics and sports.* Yes, that is somewhat of an odd opening for an article that will try to make a case to expand competition in Judo to include self-defense and open form kata!

I was not, and am still not, a naturally athletic person. When I was in elementary and high school, this was as evident as Heidi Montag's plastic surgery. I can remember standing in the gym for team sports, and invariably, the team "captains," chosen by the teacher, were the most athletic students. They would then choose the rest of us to be on their team like they were choosing which lobster from the tank looked best to eat. I waited and waited, only to be chosen last, or if I was lucky, next to last. I was only picked because I had to be, as everyone had to participate.

You could see the annoyance on the face of the team captains when the only ones left were those of us not quite up to par. It was one of the more humiliating experiences in school, as if one needs to add more humiliation than going through those wonderful teenage years. It was then that I learned I was not good enough was not athletic enough and would never make the "cut." What did I do? Try harder? No. I focused my attention on my academics. After all, that is what would get me into college and a job. I survived gym, but in the process came to dislike just about every sport and athletic endeavor. One does not forget humiliation like that so fast.

I spent a good part of my adult life much the same way. I did want to get in shape, and periodically I would work out or exercise, but with no consistency. It was after my son was born that everything changed. I saw a photo of myself and was embarrassed by the weight I had gained. I went to a nutritionist, dropped the weight and learned to eat right. However, she said I had reached a plateau and would not lose anymore weight unless I exercised. By this time, all the research had come out about the health benefits of cardiovascular activity and weight training. One night, I stepped on our little stair-stepper for 15 minutes, and have not looked back. Exercise had become a part of my life.

At the same time, my daughter was in Judo and my husband, a Sandan, was teaching the class. When I dropped her off once, a friend said, we have to get you on the mat. So I did. I started Judo at the ripe old age of 39 and by that time, I was probably in the best physical shape of my life. My journey in Judo, with my husband as my teacher and mentor, has taken me through the ranks up to Ikkyu. I now assist him in teaching a PAL class.

However, there are certain realities that I must face. I am now 47 years old. I am strong, I work out, but I cannot compete in tournaments with women half my age that train twice as long as I do. I have chronic back pain, arthritis in my neck, and periodically, my knee and elbow ache. I believe that there are quite a number of us in this position. We love the sport. I love the science of Judo (*I am, by profession, a scientist*), and I love the challenge of mastering a technique. I never competed in any sports competition-EVER. However, a martial artist friend of ours encouraged me to enter an open martial arts tournament. I could





compete in self-defense and forms. It sounded great. It was low risk for me, since my husband would be the uke and I would toss him around (an added bonus, of course). Plus it would give me the experience of competition. I entered and took first place in self- defense and second place in forms. Much to my husband's dismay, my first place trophy is almost 6 feet tall-taller than all his competitive Judo trophies! It was one of my proudest achievements. I was the ONLY Judoka at the tournament and I proved that we can compete at this level.

There are many Judokas that are my age and may be wondering where the sport will take them. Sure they can coach or teach. However, not everyone wants to teach, and frankly, not everyone should be teaching. A black belt does not make one a great teacher. I have worked in academia for

over 20 years, and having a PhD doesn't necessarily mean that a person can or should teach. Furthermore, when one teaches, it leaves very little time for growing his/her own skills and advancing in the sport.

Now that you know where I am coming from, this is what I would love to see in Judo. We should have competitions that include self-defense and open forms, or technique demonstrations. A student can put together a certain number of throws that they would execute and be graded on. The self-defense kata I did incorporated wake gatame, uki otoshi, and koshi guruma into juji gatame, ouchi gari to a groin stomp (my husband's least favorite part), and a knife defense with a foot sweep to a wrist lock. At each level, we stepped up the difficulty and made it flow smoothly.

If this is incorporated into Judo tournaments, it can be judged on form, flow and execution of the techniques. Judo is a natural form of self defense and we can incorporate techniques that students can use in competition. I believe this would accomplish several things. It would give the older Judoka a chance to compete if they cannot do the traditional randori. There are children and young adults in the sport that do not like fighting and this would give them a chance to compete also. We know that at a certain age, for some reason, we lose a great number of girls. Perhaps it's the ground fighting or the close contact. Whatever the reason, we know it is happening. If they had this option to work on, maybe we would not lose them.

Judo needs to grow as a sport. I don't think we should look down on those who do not like to or cannot compete at the traditional fighting level. If we continue with the same types of competitions and do not at least try to be inclusive, we will continue to lose students to other forms of martial arts. Judo is not easy. I am not advocating making it "easier". A throw is a throw, whether done in a traditional match or in class. We are still learning the techniques. I am just looking to apply it new and different ways.



## Sports Jujitsu on Long Island

*By Michael Goldsmith*

Would you like to test your skills in a full contact, mixed martial arts competition, and still be able to go to work or school the next day? If so, you might want to give Sports Jujitsu a try.

Sports Jujitsu is already popular in California and Florida, and combines all aspects of mixed martial arts. There are three stages of engagement in each match: Strikes and kicks, throws and takedowns, and mat techniques. Points are awarded for striking or kicking to legal target areas, for effective throws and takedowns, and for pins and submissions. Matches consist of two two-minute rounds with a one-minute break. Points are totaled at the end of each round and the winner is determined based on accumulation of points or by immediate win if a competitor accrues two submissions during the course of the match. The rules are designed to be balanced for strikers and grapplers, so to compete successfully, one must be a well-rounded martial artist.



*Brian Smith (judo yellow belt & 3rd dan in kempo) sparring with Michael Goldsmith.*

There are two main sports jujitsu organizations: The International Sports Jujitsu Association (ISJA) and Jujitsu America Sports Jujitsu (JA Sports Jujitsu). The primary distinction is the rules. The ISJA rules are, in my opinion, more restrictive for grapplers. JA Sports Jujitsu is affiliated with the USJA, and the rules are more judo-friendly, permitting far more hold down techniques, and more time is allowed to develop throws and matwork. However, both sets of rules provide similar strict safety protocols: strikes directly to the face are prohibited, knee and elbow strikes are banned, there is no ground and pound, knock outs are discouraged, and kicking to the head with full power is illegal. Also, competitors must wear protective gear such as gloves, mouth pieces, groin protectors and shin and instep pads (JA) or foot pads (ISJA).

My personal experience in Sports Jujitsu began this past summer in Long Beach, Long Island, New York, at the dojo of Sensei Marc Cohen, when I attended a seminar led by a visiting instructor from California. After that, I began cross training with Sifu Marvin German, head instructor at FSA Martial Arts in Baldwin, Long Island, to prepare for the Karate Tournament of Champions, which included a Sports Jujitsu division for the first time. The tournament was held at Queens College, in New York City in November, 2010.

By training and inclination, I am primarily a grappler. In my younger days, I was an amateur wrestler, and for the last 20 plus years, I have studied, and now teach, judo and jujitsu in Westbury Long Island. In wrestling and judo competition, I never really had to worry about blocking or evading punches or kicks to get my grip. Therefore, when I started cross training with Sifu



German, and Brian Smith, a third dan in kempo, it should not have come as a total shock that I tended to get hit in the head. A lot. An awful lot. Therefore, having come to the conclusion that blocking punches with my nose was not a winning strategy, to properly prepare for a full contact mixed martial arts tournament, I had to focus on my offensive and defensive striking skills, and dust off my neglected and half-forgotten Tae Kwon Do and boxing training of long ago.

After years of devoting most of my mat time to teaching judo, I felt energized to learn an entire new skill set. I remember long sessions with Sifu German practicing bobbing and weaving under a rope strung between two stand-up punching bags. This became all the more important when I learned that the tournament I would be entering was under ISJA rules, which, as said before, tilts more towards strikers than grapplers.

To make a long story short, through a combination of training and luck, I took first place in the tournament, mostly with stand-up striking. However, my finest moment was not being awarded the gold medal. What I truly relished was when I cleanly slipped under a right cross and landed a stinging uppercut to the body, just as I practiced for many hours with Brian and Sifu German. It was something I couldn't perform mere months ago, and it to me, it was an accomplishment to demonstrate the acquisition of a new skill against a skilled opponent under the pressure of honest competition.

Sifu German is organizing a Sports Jujitsu tournament, to be held in April, 2011, at a location to be determined. As far as I know, this will be the first Sports Jujitsu tourney ever held on Long Island under JA rules. I hope that this will become the beginning of a successful Sports Jujitsu program for Long Island and the New York region. However, I won't have to worry about slipping punches. I am hanging up my gloves and will be honored to serve as head referee. While I must be impartial, my advice to every judoka is to remember to duck!



Michael Goldsmith & Sifu Marvin German

For more information, check the following link: <http://www.jujitsuamerica.org/sportjujitsu.php>

***In the next issue of Growing Judo: Summer Judo Camps!***

***If your USJA Club is hosting a Summer CAMP or MINI-CAMP, please send your information (dates, cost, featured instructors, etc.), a link or email address for brochures/registration forms, a short write-up about the camp (including special amenities), and a few great photos as soon as possible, and by March 24th the latest to [judolady210@aol.com](mailto:judolady210@aol.com). Please put "GJ camp feature" in the subject line of your email.***



## **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](mailto:judolady210@aol.com)*

**Day, month & date of event**

**Official Title of the Event**, location (building/institution, street address, city, STATE)

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price;

Contact person with phone number & email; url for forms if available.

*Please note that this information needs to be in a **WORD** document or in the text of an email. Full event flyers and PDF documents cannot be included. You may include a relevant photo if you have one.*

### **MARCH**

#### **March 5-6**

**Coaching Certification and Kelly's Capers Clinic**, Ridgewood Judo, YWCA of Bergen County, 112 Oak St., Ridgewood, NJ. Presenters: Bill Montgomery/Joan Love. Coaching certification on Saturday, 10:00 a.m.-2:00 p.m. & 3:00-6:00 p.m.; Kelly's Capers on Sunday 12:00-5:00 p.m. \$35/one day or \$55/both days at the door. Contact Chris Maurer at (201)735-3160; [ridgewoodjudo@yahoo.com](mailto:ridgewoodjudo@yahoo.com).

#### **March 5**

**The Yoichiro Matsumura Championship Tournament**, Fort Myers Middle Academy, 3050 Central Ave., Fort Myers, FL. This will be the first Judo tournament in Lee County, FL. Honoree Yoichiro Matsumura and 3-time Olympian Celita Schutz will attend. Weigh-in 8:00-9:30 a.m. Tournament starts at 10 a.m. Entry fee: \$35.00 if received by 2/27/11 or \$50 at the door. Contact John Paccione at (239) 699-2825, [www.capejudo.com](http://www.capejudo.com) or email: [sijudo1@aol.com](mailto:sijudo1@aol.com)

#### **March 5th**

**Everything You should Know About Seoi Nage**. Clinic with **Israel Hernandez** (2x Olympic Bronze medalist) and Olympic judo team member **Valerie Gotay**, at Ryoku Judo Club, 900 Karen Ave Suite # A-216, Las Vegas, NV. 1:00 p.m., Admission \$10.00. Call (702) 234-1165 or visit [www.Ryokujudo.com](http://www.Ryokujudo.com).

#### **March 5**

**Rapid Fire Judo Tourney**, Manchester Police Athletic League, 409 Beech St., Manchester, NH. Juniors & Seniors, \$20.00 per division; register by March 3, 2011. No walk-up registration. Contact Robert Proksa, [Robert@gsji.org](mailto:Robert@gsji.org); [www.gsji.org](http://www.gsji.org).

#### **March 10**

**Referee/Technical Officials Clinic** hosted by Shinkai Judo, Lafayette, LA in preparation for the upcoming LA State Judo Tournament. John King, member of the USJA Technical Official Committee will conduct a Level E USJA Tech Official clinic. James Wall, National Referee, will conduct the Referee training. Practice matches to follow the "classroom" training. Clinic begins at 6:00 p.m. Contact James Wall 225-436-0588, [wallmartialarts@att.net](mailto:wallmartialarts@att.net), for more information.

#### **MARCH 12**

**CAPITOL CITY OPEN Regional/Montana State Judo Tournament and Gi/No Gi Grappling Tournament**. Montana City School, 11 McClellan Creek Rd, Montana City, MT (just South of Helena). Contact Gregg Trude, 406-439-1576; [gtrude@aol.com](mailto:gtrude@aol.com)

## March 12

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

Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [goltzjudo.com](http://goltzjudo.com) for more information.

## March 18

**Free Scrimmage** for juniors only, sponsored by Syosset (NY) PAL Judo Club. Contact Dave Passoff, 516-650-8987 or 718-631-0144; [dpassoff@hotmail.com](mailto:dpassoff@hotmail.com).

## March 19

**Referee Clinic**, West Hempstead NY, 12:00-4:00 p.m. Charles Schweizer, [esg939603@yahoo.com](mailto:esg939603@yahoo.com)

## APRIL

### April 2

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

### April 2

**Shigatsu Open Judo Tournament**, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at [www.gentlewayjudoclub.com](http://www.gentlewayjudoclub.com)

### April 2

**Wisconsin State Judo Tournament** hosted by Stevens Point Judo Club at UWSP Berg Gym. Contact Tom Gustin, [trmegustin@charter.net](mailto:trmegustin@charter.net)

## JUNE

### June 4

**Rokugatsu Open Judo Tournament**, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at [www.gentlewayjudoclub.com](http://www.gentlewayjudoclub.com)

### June 11

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

Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [goltzjudo.com](http://goltzjudo.com) for more information.

### June 17-19

**JA/USJA Sport Jujitsu US National Championship Tournament**, Foster City, CA. [www.jujitsuamerica.org](http://www.jujitsuamerica.org).

## JULY

### July 1-3

**Second annual USJA / USJF Junior National Championships and Novice Tournament and Kata Competition**, Owens Community College in Toledo, Ohio. Complete information at [2011judojuniornationals.com](http://2011judojuniornationals.com). Contact: Gary Monto, 419-283-6319, [JudanJudo@aol.com](mailto:JudanJudo@aol.com) or [JudanJudoToledo@bex.net](mailto:JudanJudoToledo@bex.net)

## AUGUST

**August 14-20**

### INTERNATIONAL JUDO CAMP, Huguenot, NY

Featuring **Clyde Worthen**, 6th Dan (*Head instructor at Tech Judo, National Champion, National Collegiate Champion, Pan American Gold Medalist, US World Team Member*) and **Leonardo Victoria**, 2nd dan, (*Instructor at Tech Judo, 6X Colombian National Champion, World Team Member, Pan American Medalist*).

For more information, go to: [www.newyorkymcacamp.org/judo](http://www.newyorkymcacamp.org/judo); brochure: <http://www.newyorkymcacamp.org/forms/judo/2011-Judo-Brochure-WEB.PDF>



## OCTOBER

**October 1**

**Juugatsu Open Judo Tournament**, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at [www.gentlewayjudoclub.com](http://www.gentlewayjudoclub.com)

**October 15 (note date change)**

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

Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [goltzjudo.com](http://goltzjudo.com) for more information.

## DECEMBER

**December 2-4**

**Friday – National Coaching Clinic**, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

**Saturday & Sunday – USJA/USJF 6th Winter Nationals** at Damien High School, La Verne, CA.

Go to [Winter Nationals Website](http://www.usja-judo.org/Awards/RecommendationForm.doc) or contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [goltzjudo.com](http://goltzjudo.com) for more information.

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### **Attention Coaches: March 31st is the deadline for USJA State Awards Nominations!**

Categories for state awards include outstanding male and female junior, senior and masters shiai competitors and kata teams.

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

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

For information and application forms, go to:

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

## USJA Promotions: February, 2011



*Congratulations to the following individuals on their achievements:*

### *Judo*

#### Shodan

- |                   |                   |                 |
|-------------------|-------------------|-----------------|
| ★ James Braye II  | ★ Matthew Kuester | ★ Ashley Travis |
| ★ Chris Culver    | ★ Steven Michael  | ★ Caitlin Wall  |
| ★ David Gowers    | Leonard           | ★ Adam Weiner   |
| ★ Stefan Habsburg | ★ Bruce Russell   | ★ Jacob Weiner  |

#### Nidan

- |                 |                  |                |
|-----------------|------------------|----------------|
| ★ Vance Clipson | ★ Jamie Gambetta | ★ Daniel Jones |
|-----------------|------------------|----------------|

#### Sandan

- ★ Jesse Garshnick

### *Jujitsu*

#### Shodan

- |             |                  |
|-------------|------------------|
| ★ Ron Jones | ★ Michael Ocampo |
|-------------|------------------|

#### Nidan

- ★ Darron Blankenship

#### Yodan

- ★ Bruce Spears

### ***Advertise your Judo-related product in Growing Judo***

***We are now accepting commercial advertising in Growing Judo magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively.***

***Multiple issue discounts are also available.***

***If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or [katrina.davis@usja-judo.org](mailto:katrina.davis@usja-judo.org).***



## In Memoriam

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

### Richard G. Blais, Yondan

(1949 - 2011)

Richard G. Blais (Rick), a tireless worker for judo, passed away on Sunday, January 30, 2011 at Hospice of the Golden Isle in Brunswick, Ga. He was 61 years of age.

He was a devoted family man and is survived by his wife Mary and Daughter Rebecca.

Richard Blais, Yondan, was a long-time member of the Tomodachi Judo club. His daughter Rebecca was also a Tomodachi member (green belt) until the family moved to Georgia where Rick worked for the Federal Law Enforcement Training Center. His wife Mary was also a strong supporter of the club.



Rick enjoyed his time in the Martial Art of Judo and watched as his daughter Rebecca trained and moved along the path of becoming a medalist competitor.

Rick attended many Judo camps and clinics, and was an instructor at the Greatest Camp on Earth. He was a Sensei at the Tomodachi Judo Club of Michael Szrejter.

Rick was a member of the United States Judo Associations Standard & Ethics Committee from 2004-2008. During that time, he investigated many cases, bringing them to completion and making Judo a better place for all participants. Rick investigated many difficult complaints that took a lot of time and involvement to solve.

Rick was a U.S.A.F. veteran and served 38 years in law enforcement, beginning in 1973 in the Harwich, MA Police Department. He also served as a special agent with the Drug Enforcement Administration, as a U.S. Coast Guard investigator, and with the Department of Homeland Security. He was on the United States President's task force, doing high-profile drug investigations and testifying in those cases. He specialized in Intelligence and Background Security.

Rick was a graduate of the American Military University, Armstrong State College, Saint Leo College and obtained a B.A. in Criminology, Cape Cod Community College, A.S. Degree in Law Enforcement. Rick continued his education to be the very best he could be. He was a DEA Drug Investigator, Federal Air Marshall and trained as a Canine Enforcement Officer in the K9 Section; he was also a Radio Intercept Analyst, a Physical Training Officer DHS, and Special Agent/Criminal Investigator, Department of Justice.

Rick was a special person, always kind and humorous. He will be missed dearly by all that knew him.

May you rest in Peace under God's Graces, Rick.

--Gene Fodor and Peter Contardo

*I never had the honor of serving with Sensei Blais on the Standards and Ethics Committee, but I know that he devoted a great deal of time and effort serving the USJA, and the Ethics Committee in particular. During his tenure on the Committee, Sensei Blais tirelessly worked to protect our members from sexual predators and other individuals who were dangers to the judo community. As the current Chair of the USJA Standards & Ethics Committee, I mourn the passing of Sensei Blais, who left a legacy of service and lasting contribution to the USJA.*

-- Michael Goldsmith, Esq., Chair, USJA S&E Committee

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### Adam Rosenthal, Sandan

(1971 - 2011)

Police Officer Sergeant Adam Rosenthal was killed in an automobile accident on February 17, 2011. He was reporting for the beginning of his shift when his patrol car struck a tree in the median. He was flown to a local hospital where he succumbed to his injuries. Sergeant Rosenthal is survived by his four children.

Adam was a long-time member of Tomodachi Judo club, having started with Sensei Locke in judo classes held at Florida Atlantic University. He earned his Sandan at a black belt testing session hosted by Tomodachi. Adam also studied Jujitsu and Karate. He was known for his work with underprivileged children.





Adam practicing  
with his son, Zach

*Adam started training with us at Tomodachi long before joining the Delray Beach PD. Over the years, I've witnessed him grow from a raw beginning white belt, to a very knowledgeable and capable third degree black belt. I had the pleasure of helping train his whole family, even his father was one of our students. Adam registered and promoted his family and all the kids from his youth program, with Tomodachi through the USJA.*

*We could always count on his support. Since 2007, Adam has been responsible for coordinating four tournaments a year between Tomodachi Judo Club, the Delray Beach PD, and Atlantic High School.*

*It has been an honor, and privilege to have known such a fine gentleman and Judoka. We at Tomodachi will miss him dearly. My thoughts and prayers go out for our beloved Adam, sensei, and his grieving family.*

*--Mike Szejter*

Recently, Adam was a co-founder of the Delray Judo Institute so his 'at risk' kids would have a permanent dojo to call home. It has been a dream of Adam's to provide a dojo where Judo and Jujitsu players could train as much as they want. He included officers from the Delray Beach Police Department, to whom he taught "Judo for the street" and also held classes in women's self-defense. In Honor of Sgt. Adam

Rosenthal, we are having an open house and dedication ceremony on March 11, 7:00-9:30 p.m., at which we will be renaming our dojo after him: **The Sgt Adam Rosenthal Dojo**, to continue his legacy and dream.

--Howard Lewis, [playjudo1@aol.com](mailto:playjudo1@aol.com); 561-302-1926

Delray Judo Institute @ XF Martial Arts  
2875 South Congress Ave Suite D  
Delray Corporta Center  
Delray Beach , FL 33445

*(Photos are courtesy of the Delray Judo Institute.)*

Donations for the family can be sent to:

**Delray Citizens for Delray Police,  
300 W. Atlantic Ave.  
Delray Beach, FL 33444.**

Please write "Adam Rosenthal" in the  
memo portion of the check.

If you wish to share any **Milestones**, **In Memoriam** or **Well Wishes** items,  
please email Joan Love at [judolady210@aol.com](mailto:judolady210@aol.com) or  
Matt Marcinek at [Polish\\_Power152@yahoo.com](mailto:Polish_Power152@yahoo.com).

## 2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships in Toledo, Ohio is only **5 months away**.  
The registration fees for the tournament are listed below:

**PRE-REGISTRATION:** **Must be postmarked no later than Saturday, June 18<sup>th</sup>, 2011.**



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

**ONE DAY WALK-UP REGISTRATION:**

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

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



**There will be NO SATURDAY REGISTRATION or WEIGH INS**

**ENTRY FEES ARE NON-REFUNDABLE**

**MAIL TO: Judan Judo – 2011 Jr. Nationals**

**PO Box 167440, Oregon, OH 43616**

**Please visit web site [2011judojunionationals.com](http://2011judojunionationals.com) for complete entry packet and rules.**

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



## WORKING AT WINNING

*by E.E. Carol*

The competitors faced each other, bowed, and stepped forward anticipating the referee's signal, "Hajime!" The judoka lunged at each other, fighting for grips. They settled on the standard two-handed grip and tugged hard attempting to off-balance each other.

This Lone Star Classic was Hope's first tournament. I expected her to do well because she was talented at off-balancing opponents. This time that didn't happen.

Hope dropped for seoi-otoshi, but her opponent stepped over and tried to shove her onto her back. They fought for control without either gaining advantage, so the referee stood them and started them again. They got their grips, and Hope once more dropped into seoi-otoshi. This time it worked, but when the referee called "Waza-ari!" Hope stood. She'd forgotten to pursue the pin!

The referee started them yet again. Hope circled her opponent to position her for another throw, but the girl stood still, let Hope walk behind her, and then promptly threw Hope with ippon seoi-nage for ippon. They bowed, the referee awarded the match, and they backed off the mat. As Hope passed by I saw tears running down her face.

I said not unkindly, "Losing hurts, doesn't it?" Hope nodded. I let her mull that while I coached other students, who all seemed to get on the mat at the same time.

Hope returned for her next match. Hope bowed on the mat and looked at me. I asked quietly, "You want to win this one?" She nodded. "Attack with your throw again, again, and again until she falls. Understand?" I really didn't need Hope's nod to know that she'd heard and would comply. She hardened her face like a professional card player's.

The referee called "Hajime!" and Hope charged her opponent, the same girl she'd just lost to, who tried to turn for a throw. Hope stopped her turn and dropped into seoi-otoshi, and once more until her opponent rolled over for wazari. The girls fought to their feet, and Hope attacked several more times.

The referee stopped the match and penalized Hope's adversary for stalling. The second he restarted them Hope launched into seoi-otoshi repeatedly. She finally nailed the throw, and the referee called "Ippon!"

As she walked off the mat I caught her eye and asked, "Now doesn't that feel better?"

Hope didn't even smile as she nodded. You could tell she already was thinking about her next match. Her mother later told me that Hope had expected everyone to fall down for her because she knew that she could do it. Hope hadn't envisioned she'd have to work to win. She's not the only one who's fallen prey to that major error.



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