

# Growing Judo

## June, 2011



Monthly publication of the  
Club Support Services Committee of the  
United States Judo Association  
21 North Union Blvd, Suite 200  
Colorado Springs, CO 80909-5784  
[www.usja-judo.org](http://www.usja-judo.org)  
(877) 411-3409

### In this month's issue:

- ★ Information and Schedule for the 2011 USJA-USJF Joint Junior Nationals, Board of Directors Meeting, and Coaching and Kata clinics in Toledo, Ohio
- ★ Upcoming Events, including several Summer Camps
- ★ Perspectives on *Drills* and *Kata*
- ★ The latest "Judo News Around the Country"
- ★ New Clubs, Promotions, and more regular features

(Above) Jesse Jones with his student, Joseph Sadlak

*It was gratifying to see a USJA patch worn on a competitor's judogi. We need to restore that USJA pride that was once seen in clubs and tournaments. I will be encouraging my students to wear the patch that was so proudly worn on their judogi and team jackets in years past.*

*Together, we can restore the pride of the largest judo organization in the United States.*

*--Jesse Jones, 9th dan*

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

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

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
Vice-President, USJA  
Chair, Club Support Services/Regional Coordinators  
[judolady210@aol.com](mailto: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 July, 2011. If you have any news and/or any planned events, please submit your information by June 24th or **earlier** if possible.*

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



# UNITED STATES JUDO ASSOCIATION

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21 North Union Boulevard, Colorado Springs, Colorado 80909-5784  
Telephone: (877) 411-3409 Fax: (719) 633-4041



**Gary S. Goltz**

## **A MESSAGE FROM THE PRESIDENT**

**June 1, 2011**

[gary@usja-judo.org](mailto:gary@usja-judo.org)

As the summer judo season rapidly approaches, my hope is that we'll see many of you at the various upcoming events. The second Joint USJA/USJF Grassroots Judo™ Junior Nationals will be held in Toledo, Ohio over the 4<sup>th</sup> of July weekend. We will be presenting awards and discount cards based on the amount of USJA/USJF Grassroots Judo™ Points that have been earned since the inception of this program. The Joint Junior Nationals will feature a coaching clinic, a team tournament between the USJA and the USJF, a tribute to the late George Harris, and national referee testing.

Speaking of Olympic Judo rules, what people have to realize is that these only apply to events sanctioned by the IJF events and its NGBs. The reality is that judo contests can be held using a variety of rules. There have been old style wazari/ippon tournaments and several clubs have held events in which leg grabs are still allowed. Today's judo players can enter a variety of grappling tournaments and there's always kata competition. It's limitless what's out there beyond the Olympic Judo paradigm and the bottom-line is that judo is still a vital way to fight that grooms both the heart and the soul. We simply have to think outside of the box.

The positive cooperative relationship between the USJA and USJF is continuing to move forward. We have also been working with USA Judo and are all committed to a mutual strategy to stimulate the growth of judo in our country. I'm very encouraged by the willingness of the top leadership of these organizations to focus on expanding judo as a brand in order to meet our goal of getting more feet on the mat!

I look forward to seeing many of you in Toledo next month. Please try and attend our open board meeting. There you will hear about our redesigned promotion system, our updated by-laws, and the planned relocation of our central office. These initiatives are all aimed at improving the services we offer in terms of speed and efficiency, while holding the line on ever rising costs.

Until then, sincerely yours in judo,



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**Katrina R. Davis, Executive Director**

**June 1, 2011**

Dear Membership of the USJA,

On June 2<sup>nd</sup>, 2011 it will have been my privilege to have worked for the USJA for twenty years. Over those two decades, I have seen great changes. We have moved from the "dark ages," when things were written out by hand, to becoming the model for other judo organizations to emulate today. The character and discipline that judo embodies has not only helped me sustain some wonderful friendships over the years, but it is given me the strength to move forward in the pursuit of making the USJA the proud organization it now is.

I would be remiss not to mention that over these years the Judo community has lost some of the best men and woman that it has been my privilege to know. There are unfortunately too many to name, but notable among them are the gentle yet formidable Olympian, George Harris, and the groundbreaking and unsurpassable Rusty Kanokogi. They and every other Judo player we have lost will be dearly missed.

As we move forward, I am pleased to announce the move of the USJA National Headquarters from Colorado Springs, Colorado to the State of Florida where our organization will operate and continue to thrive. This relocation will take place over the next four to six months, and will be coordinated with the needs of our membership as the highest priority. Even as the move is taking place, there will be as little down time as possible, and services to the membership will be maintained with little or no delays.

Judo embodies a spirit which I have embraced for many years now, and what it stands for is all that matters to me. I can assure you that the USJA will continue to flourish and operate on a level unparalleled to other Judo organizations.

What truly matters is the service to its membership and it is that duty that wills me to forge ahead and make the USJA the best possible organization and to assure every member that my commitment and loyalty will not waiver.

We are fortunate to have a cohesive Board of Directors that work together for one sole benefit and that is to address any shortcomings they may see in order to make Judo the most viable and fastest growing sport in the world. I am proud to say that they work tirelessly toward meeting that goal and I am sincerely proud to be a part of the process.

Please be assured that absolutely nothing will change in the dedication and loyalty to our membership simply because of a change in location. If anything, we will only improve! I look forward to serving you and maintaining my wonderful relationship with so many of you for yet another twenty years.

A sincere thank you goes out to our Board of Directors and our entire membership that has allowed me to serve them.

Sincerely,



## 2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships in Toledo, Ohio is only **1 month 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.**

**Judo Unlimited** is the official supplier of the tournament mats. Once the tournament is concluded, these six full sets of mats will be available to purchase at a good price. You will need to be able to transport them from the tournament site. Contact **Judo Unlimited** at [Razisyed@hotmail.com](mailto:Razisyed@hotmail.com) to make arrangements ahead of time.

## 2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS News

We are fast approaching the 2011 Junior Nationals in Toledo, Ohio. By this time everyone probably has their travel plans already made; if not check out our website:

([www.2011JudoJuniorNationals.com](http://www.2011JudoJuniorNationals.com)).

If you are like the parents in our club, you'll be making this tournament a part of your vacation time. You will be seeking different places to visit and to spend time at after the tournament. There are many places of interest in the Toledo area. If you like baseball, there are several Major League teams (Detroit Tigers or Cleveland Indians) within a few hours of Toledo. Toledo has a Minor League Team (Toledo Mud Hens) located in Downtown Toledo (see our web page for special deals). Toledo has a world-class museum, a highly rated zoo and a great science center (Imagination Station) which will have the Human Body on exhibit throughout the summer. There are also a couple of amusement parks, Kings Island and Cedar Point, within an easy driving range from Toledo. For the parents who like to play cards or other games of chance, Toledo is only 60 miles from Windsor, Canada (bring your passport).

Toledo also has great restaurants including Tony Packo's restaurant, which was made famous in the *MASH* TV Show.

*See you all in Toledo at the Junior Nationals!*

[www.2011judojuniornationals.com/area\\_attractions](http://www.2011judojuniornationals.com/area_attractions)

*Jody L. Reuter*

Judan Judo of Toledo, Inc.

Office Manager

419-726-8388

judanjudotoledo@bex.net

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### **United States Judo Association Meeting of the Board of Directors**

Held in conjunction with the 2011 USJA / USJF Junior National Championships

**Friday, July 1, 2011**

Holiday Inn French Quarter, 10630 Fremont Pike Route 20

Perrysburg, Ohio 43551 419-874-3111

- **Executive Session:** 3:00-4:30 p.m. Weston Meeting Room, 3rd Floor; Open to Directors and invited guests only.
- **Open Meeting of the Board & Committee Members:** Depot Ballroom, Main Floor; 6:30 PM to 8:00 p.m. Open to all members and guests.

[www.usja-judo.org/Meeting%20Notice.pdf](http://www.usja-judo.org/Meeting%20Notice.pdf)

## Referee Information for the 2011 USJA/USJF Jr. National Judo Championships

Referee passes will be provided to National Certified Referees ONLY. In order to expedite the registration process, referees should send in the Referee Form (link below) no later than **June 18, 2011**:

[http://www.2011judojunior nationals.com/yahoo\\_site\\_admin/assets/docs/Referee\\_Reg\\_Form.235121428.pdf](http://www.2011judojunior nationals.com/yahoo_site_admin/assets/docs/Referee_Reg_Form.235121428.pdf)

### The Junior Nationals will also be a National Referee testing site.

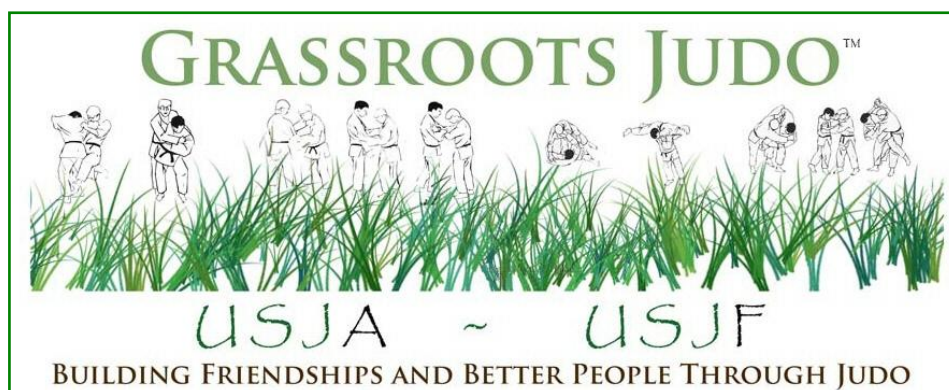
Those wishing to test for National referee must:

- ✓ be at least 18 years old
- ✓ hold the rank of Shodan or higher. Bring rank documentation: a copy of your promotion certificate (USJA, USJF or USA Judo) or USA Judo membership card with rank verified (V).
- ✓ have been a Regional-level Referee (through USJA, USJF or a state governing body of USA-Judo) for at least one year. Bring a copy of your Regional Referee certificate or a signed letter from the referee (National level or higher) who promoted you to that level, including the effective date.
- ✓ be a U.S. Citizen or Legal Resident Alien. Bring a copy of your passport, birth certificate or Green Card.
- ✓ be a member of USA Judo; bring your membership card.
- ✓ have a current (within 4 years) and clear background screening on file with USA Judo.
- ✓ wear an official referee uniform.

Successful candidates will also need to:

- ✓ provide a digital, passport-style photo (2-megapixel minimum), in coat and tie preferred.
- ✓ complete a National Referee Registration form that includes a three-year history of referee activities (events and clinics).

**Contact Dr. Martin Bregman, IJF International Referee, USJA Referee Committee:**  
**[MLBregman@aol.com](mailto:MLBregman@aol.com), 918-481-0102, for more information on the meeting/testing schedule, examination and registration fees and any other requirements.**



**Coaches Clinic** will be held at the Venue (Owens Community College) on Thursday, June 30th, 9:00 a.m. to 5:00 p.m. **Clinic fee \$50** (non-refundable) includes lunch. Participants must have a valid USJA, USJF, USA Judo or Foreign membership card. There is both mat and class time, so a gi is required.

**Registration Form:**

[www.2011judojunior nationals.com/yahoo\\_site\\_admin/assets/docs/Coaches\\_Clinic\\_Registration.6372608.pdf](http://www.2011judojunior nationals.com/yahoo_site_admin/assets/docs/Coaches_Clinic_Registration.6372608.pdf)

**Kata Clinic** (*Goshinjitsu--certification available*) will be held at the venue on Friday July 1st, 12:00-4:00 p.m., and is open to any participants who possess a valid USJA, USJF, USA Judo or Foreign membership card (proof of membership required). Clinic Fee is \$10 (non-refundable).

**Registration Form:**

[www.2011judojunior nationals.com/yahoo\\_site\\_admin/assets/docs/Kata\\_Clinic\\_Registration.6374439.pdf](http://www.2011judojunior nationals.com/yahoo_site_admin/assets/docs/Kata_Clinic_Registration.6374439.pdf)

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## USJA COACHING NEWS

Our Coaching Education Program is moving forward. The new USJA Coaching Guide will be finished in mid-June. Coaching certification courses are scheduled to be held at The Greatest Camp on Earth, Matthews, North Carolina (June 23-25), at the Junior Nationals in Toledo, Ohio (June 30th) and at the International Judo Camp in Huguenot New York (August 14-20). Whenever possible, please have your background check completed prior to taking the Certification Course. The forms and information you need can be found here: [www.usja-judo.org/forms/](http://www.usja-judo.org/forms/)

Kelly's Capers is off the ground. We have run seminars in California, New Jersey, Connecticut, Alaska, Michigan and New York. Clinics are scheduled in Maryland (June 11) and at the Greatest Camp on Earth (June 23-25). Future presentations will be in Missouri, Louisiana, Indiana, North Carolina and Wisconsin. For those of you who wish to host a Kelly's Capers clinic: please remember that you should give yourself ample time to advertise the event and confirm that at least four or five instructors from several other clubs will attend. Other teen/adult judoka at all levels (beginner, intermediate and advanced) are also encouraged to attend, since everyone in the dojo must be trained in the Capers method in order to implement it. However, for the Kelly's Capers clinics to have a significant impact, it is essential for several clubs to attend each clinic.

Just as a reminder, *Successful Coaching*, 3<sup>rd</sup> edition, by Ranier Martens is the academic text for our first two levels. Prior to taking a coaching course, you should purchase this book and familiarize yourself with it. It is an easy read and contains invaluable information.

In this issue of *Growing Judo*, there is an excellent article by Bill Myers on drilling training. I hope everyone will read it, and then include some of his ideas in their curricula. Coaching is about searching for and implementing strategies which will help our programs. I believe it is called **education!**

Respectfully,  
Bill Montgomery, Chair  
USJA Coach Education and Certification Committee  
[Wmontgomery2@aol.com](mailto:Wmontgomery2@aol.com)



## **From the Editor-- Settlement Agreement between USJA and USA Judo**

There have been a number of questions raised about the status of USJA coaching certifications, USJA sanctions, etc. in relation to USA Judo. In April 2010, the USJA and USA Judo came to an agreement on a number of these issues. Here are the key points that most affect our members:

- The Open Tournament Agreement between the USJA, USA-Judo and USJF has been reaffirmed.
- USJA coaching credentials (with background check and CPR) will be honored by USA Judo. USJA coaches may obtain USA Judo certification for national events for a reduced fee (i.e., half, plus the cost of the coaching badge.)
- USJA Referee certification will be recognized at USA Judo local/regional events.
- USJA ranks up to Yodan will be recognized by USA Judo. Ranks of Godan and above will be reviewed individually.
- It is recognized that the three national judo organizations need to work cooperatively for grassroots judo development.
- USA Judo will meet with USJA and USJF leaders on at least an annual basis.
- Participation in international events must be sanctioned by USA Judo. The distribution of information about such events must be approved by USA Judo.
- Finally, "*USA Judo and USJA agree to further explore, together with USJF, a joint membership program.*" In other words, a judo participant that has services such as insurance coverage and rank registration with one organization could join another for a reduced rate, since those services would not be needed from the second organization. Shortly after this agreement was reached in April 2010, both the USJA and the USJF put a joint membership option in place. We are hopeful that USA Judo will reciprocate soon. The USJA membership application can be found at: <http://www.usja-judo.org/forms/Docs2011/MembershipApp.pdf>.

To read the Settlement Agreement in its entirety, please go to: <http://www.usja-judo.org/announcements/USJA-USAJudoSettlement5-10.pdf>

Finally, if you have any questions or issues that you would like addressed in future issues of *Growing Judo*, please send your inquiry to me and I will do my best to get an answer for you!

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

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## ***USJA Treasurer's Report, March 2011***

The overall financial health of the organization after the first quarter of 2011 continues to remain good and stable. Current assets as of the end of March 2011 were \$69,769 which includes the endowment fund. Current liabilities were \$3,893. The current ratio is healthy at approximately 17 to 1.

Revenue in February was \$55,599 and as expected with the largest portion being generated from membership fees. Expenses were \$42,063 including cost of goods. The net profit for March was \$13,537. The year to date net income is \$12,927.

*--Paul Nogaki, Treasurer, United States Judo Association, May 17, 2011*

In an effort to continue to develop new and innovative marketing strategies, the Presidents of the three largest national judo organizations are requesting your help in identifying and nominating volunteer marketing professionals within our Judo community to serve on an ad hoc committee for the purpose of developing for all three boards a proposal and implementation plan for "organizational neutral" marketing materials. Specifically, they request that each of the three organizations provide two marketing professionals each to work as a team and assist them in defining a well-coordinated marketing strategy that will put more feet on more mats throughout the USA. The program is and shall remain organizational neutral and will be jointly owned by all three organizations judo organizations.

If you feel you can contribute to this effort and are interested in finding out more about this opportunity or want to request to serve on this committee please contact Gary Goltz at [g.goltz@verizon.net](mailto:g.goltz@verizon.net) by June 1st. Thank you!

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*There's still time . . .*

*. . . to get your copy of the newly released [Everything You Should Know About Seoinage](#) DVD!*

Simply make a donation to the USJA of \$100.00 or more, or sign up for a NEW LIFE MEMBERSHIP by July 1st, 2011.

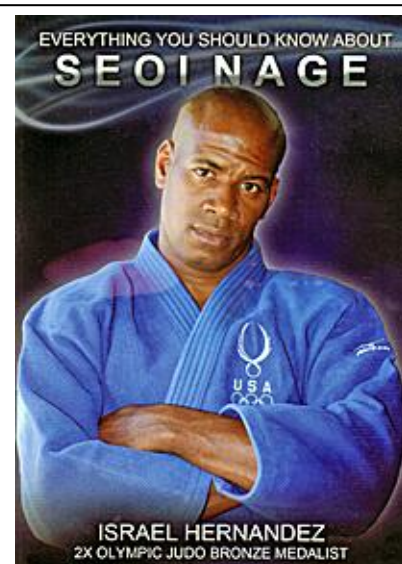
The USJA has many more services to offer and we can achieve our goals sooner with help from all of you. Our goal here at the National Office is to provide the best possible service to all of our members.

We are 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 DVD to improve your judo and add to your collection.

We want to thank all of you for supporting your USJA!

Sincerely,  
Katrina R. Davis  
USJA Executive Director

*Two-time Olympic Bronze Medalist Israel Hernandez and Olympian Valerie Lafon Gotay have teamed up to develop this exciting DVD that provides a comprehensive study and examination of seoinage using slow motion and various angles: grips, common mistakes, variations, defenses, counters, combinations, fusion techniques, and supplemental exercises.*



[Trailer for Israel Hernandez](#)

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### **Kododan Rank Information for our members:**

*The US Kodokan Committee (Yoshisada Yonezuka, Chairman) offers USJA dan holders the opportunity to apply for Kodokan rank recognition. The committee's goal is to screen applications to determine which have the greatest chance of being approved before applicants spend a great deal of money on fees and postage.*

*To learn more about the procedures and requirements please see:*  
[www.usja-judo.org/kdkranks/kdkindex.htm](http://www.usja-judo.org/kdkranks/kdkindex.htm)



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

Club Name: **Elsinore Judo Club**  
Head Instructor: **Jason Bruce**  
Email: [elsinorejudo@gmail.com](mailto:elsinorejudo@gmail.com)

Location: **Lake Elsinore, CA 92532**  
Phone: **951-775-9401**  
Website: <http://www.elsinorejudo.com>

Club Name: **Brazilian Jiu Jitsu/Judo (Class C Club)**  
Head Instructor: **Dr. Stan Seidner**  
Email: [msassets@aol.com](mailto:msassets@aol.com)

Location: **Austin, TX 78729**  
Phone: **512-918-8699**

Club Name: **Georgian Judo**  
Head Instructor: **Teimuraz Tabatadze**  
Email: [admin@kozmaibjj.com](mailto:admin@kozmaibjj.com)

Location: **Philadelphia, PA 19116**  
Phone: **267-250-3330**  
Website: <http://www.kozmaibjj.com>

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

- ★ Abel Omar Jacobo, Tsukuba Dojo San Diego, Lemon Grove, CA
- ★ Adam Weiner, Santa Clarita Valley Judo Club, Santa Clarita, CA
- ★ Laor Glukhovsky, Santa Clarita Valley Judo Club, Santa Clarita, CA
- ★ Richard L. Weiner, Santa Clarita Valley Judo Club, Santa Clarita, CA
- ★ Matt Weiner, Santa Clarita Valley Judo Club, Santa Clarita, CA
- ★ Jacob Weiner, Santa Clarita Valley Judo Club, Santa Clarita, CA

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

- ★ **John F. Fox, President Theodore Roosevelt Judo Club, Centerport, NY**
- ★ **Herbert Rodriguez, Tomodachi Judo Club, Boynton Beach, FL**
- ★ **Jerry Figgiani, East Coast Black Belt Academy, Middle Island, NY**
- ★ **Richard J. Hackman, Flowing Chi Judo Club, Saginaw, MI**
- ★ **Robert Parramore, Tar Heel Kodokan Judo Dojo, Jacksonville, NC**
- ★ **Donald Trussell, Leon County Judo Club, Tallahassee, FL**
- ★ **Jan Finkbeiner, Joseki Judo & Ju-Jitsu, Altoona, PA**
- ★ **Gary Goltz, Goltz Judo Club, Upland, CA**
- ★ **Jesse Jones, Unidos Judo and Karate Club**

## Special thanks to our newest Life Members for their commitment to the USJA

- ★ David Kaba, Yuma Judo Club, Yuma, AZ
- ★ Matthew Hill, Freedom Judo, Sugar Land, TX
- ★ Jennifer Hill, Freedom Judo, Sugar Land, TX

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## Judo News From Around the Country

### **New York, March 21**

Judoka young and old welcomed 8<sup>th</sup> Dan and world-renowned Judo instructor, coach, and trainer Sid Kelly at George Pasiuk's Biwako Judo Club in Manhattan. Sensei Kelly devoted an hour each to groundwork techniques and to upright attacks and counters.



After warming up with a solo-transitioning drill, Sensei Kelly applied the idea of graceful transitioning to a groundwork drill consisting of attacks and reversals in which uke and tori exchanged roles.

The tachi-waza segment began with an excerpt from Kano's memoirs, where he clearly defines how "flexibility" can be applied to randori. Flexibility, in terms of judo, refers to the practitioner's



awareness of his opponent movement, which aids his ability to anticipate. Sensei Kelly introduced several techniques for anticipating and avoiding an attack while standing. For example, he demonstrated how an approaching foot sweep could be detected by the very subtle, almost imperceptible, beginnings of the technique. His teaching integrated the versatility of a judoka's mind, body, and spirit in pursuit of flawless judo artistry. Flexibility addresses the judoka's willingness to learn from their practice, in order to refine a technique that suits their personal abilities. Sensei Sid Kelly's clinic emphasized the idea that great judo develops from a judoka's flexibility in practice and persistence in learning.

*--Sophia Eilbacher*



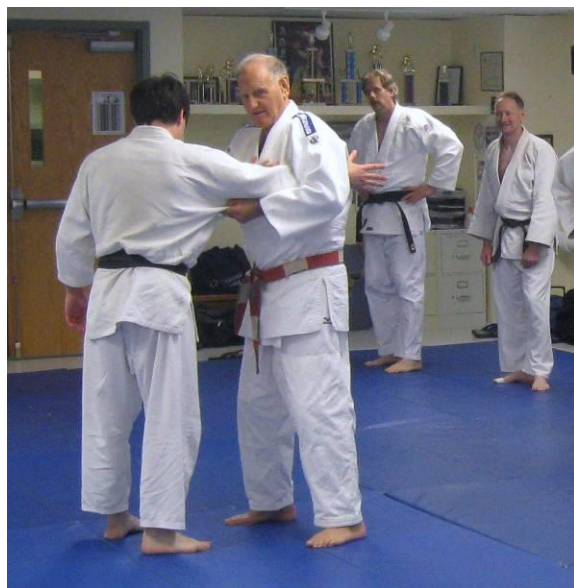
*Sensei Kelly's training reinforced what our past teachers have been saying for our entire martial arts career. Use less force or power and more Waza (technique). Effective Kuzushi (off balancing) can overcome brute force. Momentum or proper entry (Tsukuri) can double or triple our strength. Speed and quickness of execution (Kake) can give us the winning advantage.*

*The Judoka that is mindful of his opponent's Tai Sabaki can easily anticipate a foot sweep (De-ashi-harai), evade the attack by removing his foot and quickly take the opponent's balance and counter (Kaeshi Waza) him with a knee wheel (Hiza Guruma). The Judoka can also disrupt a te-waza or koshi-waza by quickly moving the attacker in an opposite direction (or forward) of the throwing action, taking away the attacker's balance and leverage.*

--Israel Gelpi

### Connecticut, April 30

Sid Kelly presents his "Kelly's Capers" at the Middletown Judo Club, Northern Middlesex YMCA, 99 Union Street.

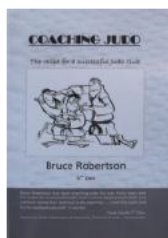


### **BEST WISHES and GOOD LUCK . . .**

. . . to Heiko Rommelmann (*USJA Kata Certification Committee chair*), Jeff Giunta, Michelle Holtze and Mindy Buehman. These USJA members will be traveling to Frankfurt, Germany to represent the United States in the 2011 World Kata Championships on June 14-15, 2011.

*Our heartfelt prayers go out to Bell's Judo in Joplin, MO, a long time USJA Club lead by chiropractor Dr. Bob Bell. They are in the center of the recent tornados that have claimed over 125 lives. Several of club members have volunteered as rescue workers.*





New Book on **COACHING JUDO**  
by Bruce Robertson 5<sup>th</sup> Dan, NCAS Level 2 Coach

*How to become a GREAT Coach of a THRIVING Judo Club.*



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**COACHING JUDO** is available in both  
**Softcover** and **E-Book** formats  
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[www.judo-sensei.com.au](http://www.judo-sensei.com.au)

Visit the website for more information and resources on Judo, including my new adventure of coaching and playing Judo in beautiful Bali with Indonesia's Japanese Sensei Mr **Tsuneo Sengoku 8<sup>th</sup> Dan** and check out my **FREE** list of **The 10 Most Frequent Mistakes I See Coaches Make**.  
*Happy Coaching! Bruce*

### **This is Not a Drill by Bill Myers**

In judo practice we often confuse terminology. We have a few things we can usually agree on, as follows:

**Uchikomi:** Fitting in. Repeating a throw's off-balancing (kuzushi) and entry (tsukuri). Done standing still.

**Moving uchikomi:** same as uchikomi, except done moving.

**Nagekomi:** Throwing practice. Essentially uchikomi, but throwing (kake) at the end.

**Sutegeiko:** Moving throwing practice. Tori throws uke, who provides an agreed upon level of resistance to tori. This is like a one-sided, light randori.

**Light randori:** relaxed practice of throwing techniques focusing on speed, timing, and technique. Defense against throws relies on body movement (tai sabaki) and counter throws.

**Hard randori:** strong, muscular practice focusing on power, speed, timing, and technique. Defense against throws relies on stiff arms, body movement (tai sabaki), and counter throws. This is close to competition (shiai), but without the adrenaline and referees.

**Drill:** Uhhhhh, yeah. Here's where the disagreement really begins.

Now, you may disagree with some of the finer points of the above definitions, but they would generally fit into what most people would give for a definition. Some people lump uchikomi and

moving uchikomi together. Some people always do nagekomi and call it uchikomi. That's not the important part. The interesting part gets to talking about what a drill is. If you look up drill in the dictionary, it says something along the lines of "instruct thoroughly by repetition in a skill". From that, you might think that uchikomi, moving uchikomi, or nagekomi would fit into the definition, but not so fast.

The word "thoroughly" sticks out to me (I didn't even catch it the first few times that I read it.) By thoroughly, we should think, "how do I have my students do something repetitive that they can use to perfect a skill?" Over the years, I've come to understand (thanks to some mentors) that if the skills learned in a drill aren't applicable to the situation in which it will be used, then it's not a complete or adequate drill. That's not to say that you can't build things up, it's just that you shouldn't think that static uchikomi is enough to get someone ready to apply it to randori. Why not? There's no movement, timing, reaction, or a host of other variables that exist in randori, not to mention shiai.

My searches on the internet for useful judo drills have been relatively fruitless as well. Many videos talk about a drill and show an uchikomi. So, what's a good drill? A good drill is something that teaches a usable skill in the practical application environment. Right away you can see that movement should be involved. So, should reaction and resistance. Unpredictability can come into play as well.

Now, throwing your beginning students into a drill that involves all of these things right off the bat will just overwhelm them. Your more advanced students may well suffer the same fate, so it's best to build up to them. Here's an example:

You want to teach a usable osotogari. Start with a basic hooking osotogari (technically osotogake, but there's a fine line sometimes in practice, so I'll just use osotogari). Move into osotogari with tori moving forward, backwards, sideways, and in clockwise and counter-clockwise circles. Be sure that your students are completing the throws and have them follow-up with a hold down now and then to keep transitions in mind. Have uke resist with body movements (tai sabaki) and adding some stiff arms (not too strong, but students need to learn to ignore the initial reactionary stiff arms they get from uke). Have tori counteract this by varying the direction of movement (they need to learn to control movement), adding hand snaps, hip fakes, and a setup or combination throw, like seoi nage, ouchi gari, or hiza guruma. Now have uke counter by using osoto gaeshi when tori makes a mistake (like leaning backward instead of forward). Have them switch grips and switch sides.

One extra thing that you can do to make sure that students are working hard and fast is to design races. Give your students a set of skills to practice and give them a certain number of repetitions to perform. Have them compete for speed against the other pairs in class. For example, have uke move in a certain direction (a different one each time) and have tori throw with a hooking osoto five times. Then have them do the same thing, but have uke counter with osoto gaeshi five times. Then have them switch jobs.

Races introduce an element of speed, which causes mistakes to show up that might not show up when done at a slower pace. This is a good thing, because your students need to know this in order to make sure that they're doing things properly.

This is not an exhaustive treatise on drilling, but I hope you've gotten some ideas for turning your uchikomis into applicable skills using drills.

## Benefits of Judo Kata by Ed Thibedeau

Many coaches who train players primarily for judo competition believe that kata does not relate to competition training, but kata is relevant to not only competition training but to all judo training.

**Scrimmage:** practice play or a minor battle.

**Drill:** to fix something in the mind or habit pattern by repetitive instruction (practice); a physical or mental exercise aimed at perfecting facility and skill, especially through regular practice.

**Kata:** a method for learning techniques. Kata are a series of techniques linked in logical manner and relevance. Each kata practitioner knows in advance the techniques for attack and defense. Most judoka view kata as only those approved by the Kodokan. In fact anyone can create a kata. All it takes is a series (two or more) of techniques executed sequentially.

There are several reasons for and benefits to learning and doing kata:

- to practice certain techniques that in a less controlled manner might be too dangerous to perform.
- to preserve techniques.
- to perform repetitions in a controlled manner in a non-competitive arena in order to develop gross and fine motor skills such as tai sabaki, maaai, ashi sabaki, kamae, kuzushi, tsukuri, kake, mushin, and zanshin.
- to learn techniques that otherwise might be limited due to competition rules.
- to allow an instructor to watch for elements of execution that degrade quality and effectiveness of the technique.
- to practice judo for those unable to partake in competition or randori due to injury, etc. (cross transference).
- as a warm-up exercise.
- as an easy way to teach left- and right-sided techniques, as is the case with nage no kata.
- for cross-training using a relevant and efficient method of judo.
- for appreciation of the aesthetic qualities of judo as exemplified in formal kata.

Most judoka learn and stumble through formalities of their first and only kata, usually nage no kata, as a requirement for shodan. Once they pass the test they no longer explore kata. This leads to the misconception that kata always must be performed formally as a demonstration or for judging. Kata proficiency has suffered in recent years as the emphasis on sport judo has increased.

The ultimate goal of kata is not for contest, formal demonstrations, or speed. Just as judoka easily cannot learn techniques in the heat of randori or shiai, they learn kata better in a relaxed and informal environment. It is not necessary to perform any kata in its entirety. Judoka can perform individual sets or techniques. There is no reason always to perform kata formally. Perform kata in the same manner as throws in regular practice or randori.

Explore kata for their bunkai (practical and varied application of technique). Once a judoka learns kata to an acceptable degree, break it into individual or series of techniques for practice purposes. Once the judoka understands techniques, he should experiment with situational drills to vary the techniques and observe the efficiency and effectiveness of results. This is no different from learning any judo or jujutsu technique: first you learn the technique in its technically perfect and correct form (drills and scrimmage/uchikomi and kata) and then execute the technique under practical situations of self-defense, demonstrations, or competition (randori, shiai).

While not all kata may be applicable to competition training, many are. Only by thoroughly studying a kata can one appreciate the relationship to real world situations of competitive sport or self-defense judo or jujutsu. Unfortunately most coaches look at kata from an esoteric rather than eclectic exoteric perspective. They don't appreciate what's within the kata, waiting to be discovered, and therefore don't appreciate underlying principles that would benefit their players. Kata are not meant to be learned simply as a string of movements or techniques.

While competitive judoka might use kata only as a warm up exercise, in the full spectrum of judo it plays a more significant role. Coaches must realize there are many more students of judo than competitors at any level. While specificity skill training may be more appropriate for elite level competition, most judoka are not competitors and deserve exposure to the wholeness of judo (randori, kata, and shiai). Too much emphasis on competition is a major contributing factor to the high turnover and short retention rate of judoka. More students seeing and practicing kata in an informal way could overcome this situation. Fortunately an increasing number of judo instructors once again are advocating study of kata. This will serve to expose more judoka to the realities and practicality of kata and thus increase the number of kata practitioners.

Most competitive judo coaches teach a limited set of throws and other techniques. They may have students learn a particular throw left- and right-sided, attacking from four major directions. As competitors gain experience they most likely will learn combination techniques. The game plan might go something like this: o uchi gari to ko uchi gari to harai goshi. A coach might have students practice this series as a drill, attempting to perform the first throw and transitioning smoothly and directly into subsequent throws as uke steps away. In fact this is a kata.

Practice kata, be it formal or improvised, as a skill development drill. In fact any skill development drill comprised of two or more techniques is a kata. So it seems that modern day coaches actually are doing kata whether they realize it or not.

The playbooks of football, basketball, etc. are really no more than formalized kata – predetermined paths of execution or movement. Each team has its own prearranged movements or kata that they hope will defeat the opposition. The playbook is kata; playing the game is shiai. While current sports physiology has developed an entirely new lexicon for purported proper training methods, a simple comparison of these modern terms finds an equivalent term defined years ago and readily apparent within old martial art principles.

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*Ed Thibedeau, Yodan, is a national referee, Regional Coordinator, national kata judge and instructor, and a USJA coach certification course instructor. His club website is <http://www.ArkansasGoshinkan.org>*



**Editor's note:** With the increased popularity of USJA's *Growing Judo* magazine, which reaches thousands of people, has come numerous requests to publicize events that are not sanctioned by the USJA. Please understand that this magazine is a huge undertaking by USJA volunteers and the national office staff, and that there are expenses associated with its production and distribution. Our policy henceforward will be:

- Free listings in the Upcoming Events section will still be 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 the "Upcoming Events" section (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](mailto: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.*

## **JUNE**

### **June 4**

**Corvallis Judo Invitational**, Oregon State University Judo Club, Corvallis, OR. Men/women, ages 18-up. Contact Yutaka Hagimoto, [judo@oregonstate.edu](mailto:judo@oregonstate.edu), 541-217-5937.

### **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**

**Kelly's Capers Clinic**, Budokan Judo Club, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD. 9:00 am to 4:00 pm. Presented by Pete Mantel, Kelly's Capers is an innovative approach for preparing the beginner to participate in and ENJOY standing randori. Open to ages 13-up; \$30 if preregistered by June 4; \$45 thereafter. Contact Marshall Coffman, [mrcoffman1@comcast.net](mailto:mrcoffman1@comcast.net) or 410-474-1088 (cell)/410-474-1088 (home).

### **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), [www.goltzjudo.com](http://www.goltzjudo.com) for more information.

### **June 11**

**Jr. National Training Clinic** with Lanny Clark, Berkeley Judo Club 1500 Ashby Ave. Berkeley. 10:00 a.m.-Noon. Cost \$5.00. Contact Henry Kaku, [hkaku@sbcglobal.net](mailto:hkaku@sbcglobal.net).



## June 25

**Jr. National Training Clinic** with Lorne Mayeda, Cal Kitaura & Henry Kaku at Silicon Valley Judo Club, 120 Stockton Ave. San Jose CA. 3:30-5:30 p.m. Cost \$5.00 for info. Contact Henry Kaku, [hkaku@sbcglobal.net](mailto:hkaku@sbcglobal.net).

## June 26 - July 14

**West Hempstead PAL, Summer Judo Day Camp**, 817 Hempstead Ave., West Hempstead, NY.  
Ages 4 - 17, 8:30-5:30. Contact Charles Schweizer, (516) 485-5076, [esg939603@yahoo.com](mailto:esg939603@yahoo.com).

## June 17-19

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

## June 23-25, 2011

**THE GREATEST CAMP ON EARTH**, Next Level Center, 4317 Stevens Mill Road, Matthews, NC.

More than 20 scheduled instructors and training sessions in contest Judo, kata, sambo, traditional jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, referee training, coach certification training, aikido, karate, kyudo (Japanese archery), yawara, police tactics, conditioning methods, randori and promotional examinations. This year's features include:

- Vitor "Shaolin" Ribeiro, four-time BJJ World Champion
- Ryan Reser, 2008 Olympian, 2 time World Team Member, 3-time World Cup Medalist, Pan-Am Games Champion
- Camp favorites Nick Lowe & Igor Yakimov
- "Gold Medal Training Course" by Sgt. Major Mayfield
- Kelly's Capers, a system to prepare the beginner for the exercise of standing randori, presented by Joan Love, USJA Vice-President.
- Kid's Corner: Along with our superstar regular instructors, Mark Hunter is returning to teach Judo games, drills and more!!!

**For full information, including lodging & registration forms see:**  
<http://www.greatestcamp.com/>



## June 27- July 1

**Camp Olympus** in San Diego California. Ages 7-14. Staff: Olympians Valerie Gotay and Israel Hernandez, Gerald Lafon. Registration packet: <http://judoamerica.com/sandiego/camps-and-clinics.shtml> For more information, call Gerald Lafon at 858 578-7748.

## 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).

### July 16

**Sunflower State Games**, Boys and Girls Club, 510 SE 27th St., Topeka KS. Juniors and Seniors.  
Contact Donald Hinchliff 913-8151-2851.

## July 18-22

**CAMP BUSHIDO, Judo & Jujitsu Training Camp**, Old Oak Ranch, Sonora, CA, offers a full program in both judo and jujitsu training with nationally and internationally-known featured guest instructors and a core group of regular instructors, plus swimming, and many other fun activities. **For full information and forms, please visit [www.campbushido.com](http://www.campbushido.com)**



## AUGUST

### August 1-5

Camp Olympus in San Diego California. Ages 7-14. Staff: Olympians Valerie Gotay and Israel Hernandez, Gerald Lafon. Registration packet: <http://judoamerica.com/sandiego/camps-and-clinics.shtml> For more information, call Gerald Lafon at 858 578-7748.

### August 13-14

**Fight Like a Girl Camp**, Southside Dojo, 8534 Portage Rd. Portage, Michigan. Open workout after camp on 8/14. \$30.00/both days; \$20.00/one day. Campers bring sleeping bag; meals Saturday night/Sunday day included. Contact: Deborah Fergus, [deffrgs6@att.net](mailto:deffrgs6@att.net) or 269-208-1068.

### August 14-20

**INTERNATIONAL JUDO CAMP, Huguenot, NY.** Featured instructors are **Clyde Worthen**, 6th dan (*Pan American Gold Medalist, 4-time US World team member, Head instructor at Tech Judo & new Camp Co-Director*) and **Leonardo Victoria** (*current national silver medalist, 6X Colombian National Champion, & Pan American Medalist*). This year's camp will offer many new features to enhance the experience for all, including a totally new mat setup comprised of Zebra tatami and Swain flexi-roll mats; more activities for young campers, including water activities, rock wall climbing, and horseback riding; and a new "cool zone" where teens can socialize and relax after evening randori. Of course, there will be great instruction in competitive judo, kata, refereeing, self defense, and coaching.



Information: [www.newyorkymcacamp.org/judo](http://www.newyorkymcacamp.org/judo);

brochure: <http://www.newyorkymcacamp.org/forms/judo/2011-Judo-Brochure-WEB.PDF>

For team discount rates see: <http://www.newyorkymcacamp.org/judo/datesandrates.php>

Financial aid: <http://www.newyorkymcacamp.org/forms/Financial%20Assistance%20Packet.pdf>

Please contact camp co-founder/co-Director George Pasiuk at [mr1judo@optonline.net](mailto:mr1judo@optonline.net) or 914-413-9944 if you have any questions

## SEPTEMBER

### September 10

**2011 America's Cup Judo Championship** at Pendleton Heights High School, One Arabian Dr, Pendleton, IN  
Kata, Juniors, Masters, Newaza, Grappling & Seniors. For more information and entry packet:  
<http://andersonymcajudo.datapitstop.com/> Hosted by Anderson YMCA Judo Club, John Branson, 5th dan-Head Instructor 765-621-3416.

### September 24-25

**7<sup>th</sup> All Women's Judo Championship**, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio.  
Registration, weigh-in, Kata, Coaches & Referee Certification Clinics 9/24 (evening); Kata and Shiai Competition on 9/25. Contact: Deborah Fergus, [deffrgs6@att.net](mailto:deffrgs6@att.net) or 269-208-1068.

## 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 7-8

**Jack Bradford Memorial Tournament & Clinic**, Deer Valley Middle School, 21100 N 27th Ave., Phoenix, AZ.  
Contact Steven Owen, 602-430-5361 or [cheri.mckeown@gmail.com](mailto:cheri.mckeown@gmail.com)

### October 15th, 2011

**2011 LA Open Judo Tournament**, Hebron Baptist Church Gym, 24063 Hwy 16, Denham Springs, LA.  
Annual event hosted by Wall to Wall Martial Arts. Divisions for Kata, Juniors, Masters, and Seniors. Individual medals and Team Awards. Contact James Wall [wallmartialarts@att.net](mailto:wallmartialarts@att.net).

### 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), [www.goltzjudo.com](http://www.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://Winter Nationals Website) or contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [www.goltzjudo.com](http://www.goltzjudo.com) for more information.



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