



# September 2013

## In this month's issue:

- How to build your club
- Ashley Interviews Brad Bolen
- Judo News From Around the Country, including "Goltz visit to Joplin"
- Coaching News, Upcoming Events, and more Regular Features





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# Editor's Message

September 1, 2013

Dear Friends:

I hope you enjoy this issue of Growing Judo. As you might be aware, this was the first edition that my staff and I put together. We had lofty aspirations but due to the release schedule, we had to put some of them on hold. The graphics and layout took much longer than we anticipated. However, I think we are off to a good start.

This issue would never have been released without the work of many people other than myself. Some of them helped directly and others helped to set the stage.

If you see these people, and like the magazine, thank them:

- |                     |                         |                        |
|---------------------|-------------------------|------------------------|
| ★ Alex Hall         | ★ Anthony Sangimino     | ★ Ashley Hall          |
| ★ Bernice Reyes     | ★ Brad Bolen            | ★ Connie Halporn       |
| ★ Doc Watson        | ★ Gary Goltz            | ★ Hannah Martin        |
| ★ Irimie Mircea     | ★ Jason and Teri Morris | ★ Joan Love            |
| ★ John Paccione     | ★ Katrina Davis         | ★ Kurt Walz            |
| ★ Louis Balestrieri | ★ Marc Cohen            | ★ Michael Goldsmith    |
| ★ Michael Lucadamo  | ★ Robin Ridley          | ★ Ronald Allan Charles |
| ★ Teresa Smith      | ★ Tom Gustin            | ★ Vincent Morea        |

And, everyone else who helped out.

This is your magazine and I hope you will become a part of it. My job as editor-in-chief is to compile your work and aid in the dissemination of it. Please send me stories, pictures and the like that you would like to see in future editions.

Respectfully,

A handwritten signature in black ink, appearing to read "Michael Hall", is written over a large, semi-transparent watermark of the Growing Judo USJA logo.

Michael Hall  
Editor-In-Chief  
Growing Judo  
michael@judopro.com



# Executive Director's Message

August 15, 2013

## USJA Board of Directors Nomination Results:

Pursuant to the USJA Bylaws, as Executive Director of the USJA, and after conferring with Corporate Counsel, I hereby certify the following individuals (listed alphabetically) are eligible to have their names placed on the ballot for election to the Board of Directors:

- 1. H.C. (Sparky) Bollinger Jr., TN** - Sparky is a 2nd dan (4th dan in jujitsu) and served 22 years in the USMC where he was highly involved in their Marine Martial Arts Program (MCMAP). He is a leader at Clarksville Judo a large USJA club.
- 2. Marc Cohen, NY** - Marc is a 6th dan and has been a USJA leader for a decade running a USJA club in Long Island, NY. He currently serves on the USJA Board as Treasurer and has an extensive business background.
- 3. Andrew Connelly, TX** - Andy runs one of the largest USJA clubs in Spring, TX, is a PJC referee, a retired Army Ranger, holds an 8th dan, and is a major donor to the organization. He currently serves on the USJA Board as Secretary.
- 4. Deborah Fergus, MI** - Deb is a 4th dan and is a USJA stalwart that has built the National Women's Championship into an institution. She has been dedicated to the USJA since the early 70's.
- 5. Gary Goltz, CA** - Gary is a 7th Dan who has served as USJA COO and as President for nearly 8 years. He runs one of the top USJA clubs and has a proven track record in business as a leader specializing sales and marketing.
- 6. Michelle Holtze, MN** - Michelle is a 7th dan. She is a former board member and national kata champion as well as a leader at North Star Martial Arts a long time USJA club.
- 7. John Paccione, FL** - John is a retired NYPD Detective who moved to Cape Coral, FL where he runs one of the top USJA dojos and continues to work as a detective for their local department. He is a 5th dan.

Nominations for the election of all nine Board of Directors began July 1 and ended July 31, 2013.

Election results will be announced on October 15, 2013 with the new Board being seated immediately.

Respectfully,

**Katrina R. Davis**

USJA Executive Director

## Update – August 20, 2013

### The current USJA Board of Directors today unanimously passed the following motion to amend the USJA Bylaws:

In the event of an "uncontested election" (defined for this purpose as an election of directors in which the number of qualified nominees for director is equal to or less than the number of directors to be elected), the Board of Directors shall declare the eligible candidates elected by acclamation. No voting of the membership will be conducted, the result will be immediately announced, and all of the qualified nominees will take office on October 15 of the election year.

After the new incoming Board of Directors takes office due to an uncontested election, they may fill any resulting vacancies by either a majority vote of the directors (as in Section F of this Article), declare a special election, or temporarily decrease the size of the Board (but not to less than a Board size of seven members).

In the event of a "contested election" (defined for this purpose as an election of directors in which the number of qualified nominees for director is greater than the number of directors to be elected), the following procedures apply.

The Nominees listed above are hereby declared to be the new USJA Board of Directors effective October 15, 2013



# Regional Coordinator's Message

## Mission Forward for the Regional Coordinators and the USJA



I would like to take the time to introduce myself to those of you in the USJA that do not know me. I am John Paccione and I have been studying Judo since the age of 14. I owned and Operated Staten Island Judo in New York for 17 years.

In 2006 I relocated to Cape Coral Florida. Opened Kodokan Judo and have been successful at producing several nationally ranked competitors including several ranked # 1 in the country.

I have been acting as a regional coordinator for the USJA in Florida for several years now and recently have been elevated to Chairman of the same committee.

As chairman of the committee I have reached out and explained the mission of the coordinators. What I am looking to do is move Judo forward on all levels for the USJA. When I say all

levels I mean growing Judo by one Grassroots, building new clubs, training people with the basics as well as our coordinators being in touch with local instructors to see what is needed to move clubs forward. This may include clinics for certification, local tournaments and inter dojo workouts.

The next phase of progression is cultivating high level players through our organization. I would like to high light those who have made it to the highest level competition through training in a USJA club and create resources for high level competitive clinics and competitions.

We would like to help Judoka and coaches understand what it takes to make it to high level competition. Starting with successful dojo training the moving to local regional competition to develop their skills.

When a student is ready coaching them through National level competition. A coach and student must be familiar with the National Points system USA Judo has in place. Some tournaments are 10 points for first place 6 for second and 4 for third. There are other National point tournaments that have fewer points accrued for each placement.

In the end those that accrue the most points and are 11 years of age or above will qualify for a National team. This year I was lucky enough to have both my daughter selected as they were both ranked # 1 in the country and will compete abroad.

Grassroots tournaments have points which are accrued for competitors provide discount cards for future events which include the USJA/JF Junior Nationals which is a National point tournament. This could help with some of the cost factor but I am going to push re establishing a competitor's fund to support USJA judoka that reach a level of competition where they are likely to represent our country as well as the USJA.

In the end it will take a team effort to be effective and that can only be done with the cooperation of Regional coordinators, coaches, and Judoka.

Respectfully,  
John Paccione  
E-mail: [sijudo1@aol.com](mailto:sijudo1@aol.com)



# Newly Certified USJA Coaches

## Congratulations to our Newly Certified USJA Coaches

- Gerard A. Brown, Samurai Judo Association, Goose Creek, SC
- Rick C. de Baca, Northern NM Judo Club, Santa Fe, NM
- Leonard Carter, Charleston Judo Club, Moncks Corner, SC
- Edward Glen Cheers, Samurai Judo Association, Goose Creek, SC
- Dahmahnic Mace-Nocera, Samurai Judo Association, Goose Creek, SC
- Sabra McGrew, North Raleigh Judo Club, Raleigh, NC
- Kyla Prindle-Cassidy, Shin Gi Tai Judo Club, Jamestown, NY
- Gregory D. West, Recreational Judo of Oklahoma, Oklahoma City, OK
- Matthew E. Wilkinson, Samurai Judo Association, Goose Creek, SC

## Our NEW USJA Clubs!



Ennis Black Belt Academy (Class C)

**Head Instructor:** Roger Cole  
**Email:** rogergcole@hotmail.com

**Location:** Ennis, TX  
**Phone:** 972-757-9111

Anthem Judo Club (Class Regular)

**Head Instructor:** David Carrington  
**Email:** dcarrington111@gmail.com

**Location:** Anthem, AZ  
**Phone:** 623-444-9540

Kohaku Judo Academy #2 (Class Regular) [kohakujudodojo.shutterfly.com](http://kohakujudodojo.shutterfly.com)

**Head Instructor:** Ana Hankins  
**Email:** anahnks@yahoo.com

**Location:** Murrieta, CA  
**Phone:** 951-454-9163



## New USJA Life Members



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

- ★ Bernard Alquire, FSHJJJ, Fort Sam Houston, TX
- ★ Ibra L. Brewton, Christ's Community Judo, Joplin, MO
- ★ Frank Caliguri, Nassau County PAL Judo Club, Great Neck, NY
- ★ Jose Diaz, Real Judo of Naples, Naples, FL
- ★ Alvin Linzy, Unattached IL
- ★ Demetrios Theodossakos, Tomodachi Judo Club, Boynton Beach, FL
- ★ Justin Weston, Christ's Community Judo, Joplin, MO

## USJA Donors



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

- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ George McManus, Unattached Texas
- ★ Floyd L. Reed, III, Golden Dragon Judo Club, Montoursville, PA
- ★ Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ Edward A. Shirey, Yongsan Garrison Judo Club, APO, AE



# Judo News From Around the Country

## Goltz visit to Joplin



Christ's Community Judo is the fastest growing Judo club in the US and just happens to be a proud USJA Bronze club. USJA President, Gary Goltz, heard about our "little" club and made the trip to see what it was all about. A little over a year ago, a small club was started with five members (4 were from a family) at Christ's Community Church in Joplin Mo. The goal was to start a club based on Christian values and to make it a true ministry of the church. No one had an idea what was about to happen. The teachings of The Club currently has nearly 120 students and is constantly growing as well as the waiting list to join. We were very nervous to have the President of USJA visit us. It was kind of a feeling of "I hope we are doing it all right". I have had spoken with Sensei Goltz a few times on the phone but wasn't sure what to expect. Family is important to us and this club is a BIG family. Upon walking through the door he immediately connected with the students and their families and

that set a great families and that set a great feeling to all of us. Judo and faith caused the club to explode to over one hundred members within a year. Practicing skills and laughing with all the kids, we had class the same way we always do. Our club consists of 90% kids so we kind of overwhelm visitors. Sensei Goltz joined in playing, practicing and laughing with the kids. I have a huge respect for anyone who travels across several states to get down and truly connect and play with kids without any hesitation. This was the first time all of our classes were on the mat at the same time. The other visitors were Sensei Gary Gucciano visiting from Ikikata Judo Club in Auburn Ks, Sensei Rob Jackson from Easy Way Judo in Monett Mo, and Clyde Kimura from Missouri State University. We enjoyed all the information Sensei Goltz passed on and all the students still talked about how fun it was. We also have a tradition at Christ's Community Judo that after every big event, clinic or tournament we always go out to eat at Applebee's. Several different USJA clubs and members enjoyed food, and many stories and laughter. Since Sensei Goltz's Birthday was the day before and he was far from home, a cake in the shape of a Gi was cut up and served to everyone and maybe some seconds and thirds too. We were truly blessed to have so much Judo experience all at the same place enjoying time on the mat and time off the mat together. We hope to see Sensei Goltz back soon! It was a great time for all!



Justin Weston is the founder and head instructor of the club



# Judo News From Around the Country

## Judo Dojo Yukidaruma



Members of Judo Dojo Yukidaruma Sayville, NY and Arigatai Dojo, Eastport/Southmanor, NY got together for a fun evening of Judo on the beach. No mats were needed to be assembled just some shells and seaweeds were moved. As the sun was setting and the gentle breeze of the bay was blowing we all had a great time practicing the Gentle Way. At first some of the students were apprehensive; several of our students were only at their second class. After the first throw they were all very happy to try their favorite waza. Both the Young and OLD had fun. There was even some "Water Waza" in the bay. One note to other judoka Kata Guruma in the sand IS very hard! Second note to laundry of Gi NEVER bring a sandy Gi home to wash. Everybody should try this, I first did judo on the beach back in 1968 and it was a highlight for me, I do hope last night was a highlight for some of our judoka.

**Joe Schneemann Judo Dojo Yukidaruma**





# Judo News From Around the Country

## Camp Bushido West



Camp Bushido is a summer program designed to offer both judo and jujitsu practitioners an opportunity to train in multiple classes daily.

Every year we have special "Special Featured Guest Instructors" who are known nationally or internationally, such as Olympic and World Games medalists, and / or who have gained high rank and notoriety. Many of these Special Featured Guest Instructors often return year-after-year once they have discovered the magical nature of Camp Bushido. Their added presence weaves an incredible experience for every level of training. We also have our core of top level regular instructors.

Currently located at Camp Rancheria in the coastal mountains of Northern California and the stunning Anderson Valley, Mendocino County near Boonville, California. This is the world renowned beginning of the giant redwoods, a short drive to the magnificent Mendocino coast, the historic Village of Mendocino, the town of Fort Bragg, and is an area of incredible diversity and beauty. It is a phenomenal location for learning and relaxation; a place to restore yourself.

The camp offers opportunities for belt rank promotions and recommendations, along with kata and coaching certifications, long supervised by Professor Charlie Robinson, Camp Director and Founder, along with other highly qualified instructors.



CEM Judo in Nipomo, CA lead by Pastor Bob Rush



# Opening of the Riverside

Opening of the Riverside, California PAL Judo Club  
founded by Detective Brian Money





## USJA Club Photos



Andor- P-Jobb's, Hun Judo Club at Clarion State College

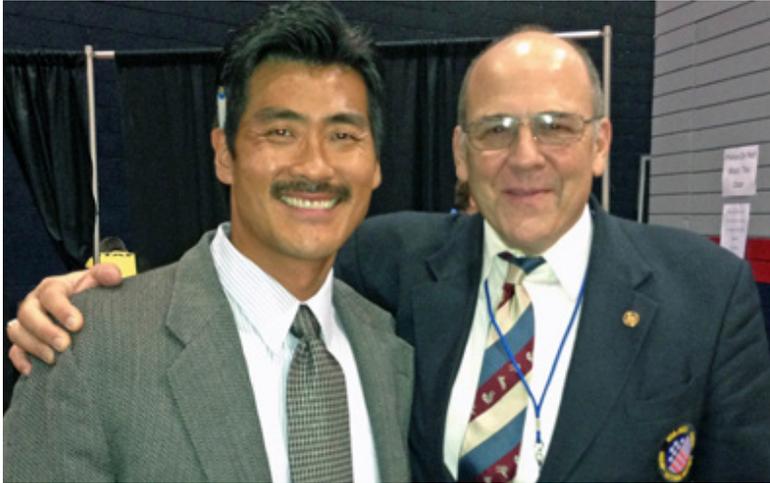


Trafford Judo with Paul & Mike Bova  
(both of these clubs are outside of Pittsburgh where the joint Junior Nationals were held)



# Junior Nationals

USJA/USJF Junior Nationals hosted by Eugene Kim, 500+ attended  
(next year's event is in Hawaii with Seniors / Masters added for the first time)



USJA/USJF Junior Nationals hosted by Eugene Kim, 500+ attended  
(next year's event is in Hawaii with Seniors / Masters added for the first time)





# Next Level Judo Club

Promotion of Joe Sapp to sandan at his dojo (Next Level Judo) in Sebastopol, CA (Joe is the bald guy in the center under the JA logo. He was originally a student of Terry Kelly's)



# USJA



# Upcoming Events

## Nihon International Games

Awards: First, Second and Third Place for all Divisions. Method of elimination on divisions having 5 or less competitors, whereby, will be run as a Round Robin. True double elimination in divisions having 6 or more competitors.

**Event Type:** Tournament  
**Start Time:** 09/08/2013 9:00 AM  
**End Time:** 09/08/2013 6:00 PM  
**Competition:** Junior, Senior  
**Level D Local:** Regional  
**Sanction(s):** 13-065

**Club Name:** Kino Judo Dojo  
**Contact:** Guillermo Figueroa  
**Location:** Eastlake High School  
**Address:** 1120 Eastlake Parkway  
**City:** Chula Vista  
**State:** CA  
**Zip:** 91915  
**Phone:** 619-885-1583

## 2013 America's Cup

This event features some of our very best Tournament Directors, Coaches, Referee's and competitors. Awards: Trophies, Medals and Team Trophies will be awarded. Come and join to learn, compete and improve your skills.

**Event Type:** Tournament  
**Start Time:** 09/08/2013 8:00 AM  
**End Time:** 09/08/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-052

**Club Name:** Anderson YMCA Judo Club  
**Contact:** John Branson  
**Location:** Pendleton Heights High School  
**Address:** One Arabian Drive  
**City:** Pendleton  
**State:** IN  
**Zip:** 46064  
**Phone:** 765-624-3416

## WOFA Judo Club - 1st Annual Judo Tournament

Come and enjoy the competition while improving your skills and learning new techniques.

**Event Type:** Tournament  
**Start Time:** 09/14/2013 8:00 AM  
**End Time:** 09/14/2013 6:00 PM  
**Competition:** Junior, Senior  
**Level D Local:** Local  
**Sanction(s):** 13-056

**Club Name:** AWOFA Judo Club  
**Contact:** Daniel Kallai  
**Location:** North Valley High School  
**Address:** 6741 Monument Drive  
**City:** Grants Pass  
**State:** OR  
**Zip:** 97526  
**Phone:** 541-660-9661



# Upcoming Events

## 9th All Women's Judo Championship

This Event is sponsored by DeLeon Judo Club. Medals will be awarded to 1st, 2nd & 3rd Place. Additional awards (Medals) will be presented to all competitors. Come join us.

**Event Type:** Tournament  
**Start Time:** 09/20/2013 5:00 PM  
**End Time:** 09/22/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** National  
**Sanction(s):** 13-055

**Club Name:** Southside Dojo LTD  
**Contact:** Deborah Fergus  
**Location:** Cloverleaf Recreation Center  
**Address:** 8525 Friendsville Road  
**City:** Lodi  
**State:** OH  
**Zip:** 44254  
**Phone:** 269-208-1068  
**Website:** <http://ohiojudo.org>

## 21st Ippon Judo Open

Your Club is invited to participate in the Ippon Judo Team Open Judo Tournament. Open to all male and female competitors 5 years and up. Come join us to compete and improve your judo skills.

**Event Type:** Tournament  
**Start Time:** 09/28/2013 10:00 AM  
**End Time:** 09/28/2013 7:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Regional  
**Sanction(s):** 13-067

**Club Name:** Ippon Judo and Jujitsu  
**Contact:** David Wojcik  
**Location:** Kedron Field House  
**Address:** 202 Kedron Drive  
**City:** Peachtree City  
**State:** GA  
**Zip:** 30269  
**Phone:** 770-632-2669  
**E-mail:** [Ipponjudo@numail.com](mailto:Ipponjudo@numail.com)

## Mahopac Judo Invitational

Round Robin in all divisions. Awards: 1st, 2nd, & 3rd Place Awards. Come join us to compete, learn and improve your Judo skills.

**Event Type:** Tournament  
**Start Time:** 09/29/2013 9:00 AM  
**End Time:** 09/29/2013 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** State  
**Sanction(s):** 13-049

**Club Name:** Mahopac Ju-Jutsu and Judo Club  
**Contact:** Jose Martinez  
**Location:** American Legion Hall  
**Address:** 333 Bulks Hollow Rd  
**City:** Mahopac  
**State:** NY  
**Zip:** 10541  
**Phone:** 917-821-3857



# Upcoming Events

## 2013 Jack Bradford Memorial Judo Tournament

Come and join this great Tournament sponsored by Tucson Dojo and Desert Judo. Thanks to those of you that come out and volunteer your time to run Arizona Judo Tournaments! Come to learn, compete and improve your judo skills.

**Event Type:** Tournament  
**Start Time:** 10/04/2013 6:00 PM  
**End Time:** 10/05/2013 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Regional  
**Sanction(s):** 13-027

**Club Name:** Tucson Dojos  
**Contact:** Steven Owen  
**Location:** Highland Lakes School  
**Address:** 19000 N 63rd Avenue  
**City:** Glendale  
**State:** AZ  
**Zip:** 85308  
**Phone:** 602-430-5361  
**E-mail:** cheri.mcKeown@gmail.com

## 3rd Annual Gateway Invitational Judo Tournament

Brief referee & Coaches meeting in the VIP room Saturday 11:00 AM. Awards will be medals. Weight classes will depend upon number of entries.

**Event Type:** Tournament  
**Start Time:** 10/05/2013 8:00 AM  
**End Time:** 10/05/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 12-108

**Club Name:** White Dragon Judo  
**Contact:** Derick Ulysses Wellman  
**Location:** Overland Community Center  
**Address:** 9225 Lackland Road  
**City:** Saint Louis  
**State:** MO  
**Zip:** 63114  
**Phone:** 314-223-9398

## 13th Annual Dr. Z Memorial Club Tournament

Come join us to honor the memory of Dr. Z and learn and improve your skills as you do so.

**Event Type:** Tournament  
**Start Time:** 10/12/2013 8:00 AM  
**End Time:** 10/12/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-014

**Club Name:** Goltz Judo  
**Contact:** Gary Goltz  
**Location:** Alexander Hughes Community Center  
**Address:** 1700 Danbury Road  
**City:** Claremont  
**State:** CA  
**Zip:** 91711  
**Phone:** 909-399-5490  
**E-mail:** gary@garygoltz.com



# Upcoming Events

## First Annual Jersey Shore Judo Open

Come learn, compete and improve your judo skills at our first ever Annual Jersey Shore Judo Open.

**Event Type:** Tournament  
**Start Time:** 10/19/2013 9:00 AM  
**End Time:** 10/19/2013 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Regional  
**Sanction(s):** 13-059

**Club Name:** Pure Performance Judo and BJJ  
**Contact:** Steven Matias  
**Location:** Central regional High School  
**Address:** 509 Forest Hills Parkway  
**City:** Bayville  
**State:** NJ  
**Zip:** 08721  
**Phone:** 862-220-7507

## 11th Annual Red, White, and Blue Classic

Opening ceremonies will begin at 11:30 AM with Master and Junior competition to follow. Come and participate in this classic event!

**Event Type:** Tournament  
**Start Time:** 11/09/2013 9:00 AM  
**End Time:** 11/09/2013 7:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-063

**Club Name:** Marion Pal Club Judo  
**Contact:** Bruce Bender  
**Location:** St. Paul Parish School  
**Address:** 1009 Kem Road  
**City:** Marion  
**State:** IN  
**Zip:** 46952  
**Phone:** 765-603-0354

## UT Martial Arts Club Annual Tournament

Awards: 1st, 2nd & 3rd Place Medals in each weight division. Save time and register online. Come and compete, learn and improve your skills.

**Event Type:** Tournament  
**Start Time:** 11/16/2013 9:30 AM  
**End Time:** 11/16/2013 6:00 PM  
**Competition:** Junior, Senior, Master  
**Level D Local:** Local  
**Sanction(s):** 13-061

**Club Name:** U Of TN Judo Club  
**Contact:** Michael Takata  
**Location:** Health, Physical Education, & Rec Blding  
**Address:** 1914 Andy Holt Avenue  
**City:** Knoxville  
**State:** TN  
**Zip:** 37996  
**Phone:** 865-300-6453  
**Website:** <http://web.utk.edu/~utmaclub/register2013>



# Upcoming Events

## USJA/USJF Winter Nationals

This premier event occurs the first weekend of December each year. It is sponsored by the USJA/USJF Grassroots Judo partnership and hosted by Goltz Judo. It is increasingly one of the most attended and outstanding events in the Country!

**Event Type:** Tournament  
**Start Time:** 12/07/2013 8:00 AM  
**End Time:** 12/07/2013 6:00 PM  
**Competition:** Junior, Senior, master, Kata  
**Level D Local:** National  
**Sanction(s):** 13-015

**Club Name:** Goltz Judo  
**Contact:** Gary Goltz  
**Location:** APU Felix Event Center  
**Address:** 701 East Foothill Boulevard  
**City:** Azusa  
**State:** CA  
**Zip:** 91702  
**Phone:** 909-399-5490  
**E-mail:** gary@garygoltz.com

All USJA Sanctioned Events get a listing and encourage all club leaders to sanction their events for liability coverage.

Michael Lucadamo

# USJA



# How to build your club

Want to double your club size overnight? Who doesn't? It's easy, theoretically. Simply tell each student to bring a friend to the next class. Or triple your membership by having each collar two friends!

Recruiting and retaining members is crucial to every club's survival. Repeatedly ask students to bring their eligible friends. It's in everyone's interest when a club can match up students by skills, size, age, or gender. If your club is for juniors, have them recruit kids. My club on the Joint Base Charleston, SC, Naval Weapons Station welcomes only military and Department of Defense. I refer civilians and youngsters to other clubs.

Some clubs offer discounts to those bringing in new students. One in my area awards cash to students who attract others.

When a person values something, whether it's a new computer game, barbecue restaurant, or religion, there's a desire to share that with friends. I tell students, "If you like what you're doing here, tell your friends. If you don't like what you're doing here, tell people whom you dislike. We'll treat them differently." I'm jesting, of course, but repeatedly I ask students, individually and collectively, to bring bodies to the mat.

We display page-sized colorful posters wherever we can. Each person who enters our dojo -- whether regular or the simply curious -- becomes an ambassador for our club, because we ask him to post two of the flyers in two places where he hasn't seen one.

When we are setting up mats, I raise the blinds so passersby can see what we are doing. Exposure helps. Sometimes, weather and daylight permitting, we warm up or do uchi-komi on the grass. Passersby may wonder what people wearing blue or white pajamas are up to. If they come within grabbing range, we nag, snag, and bag them.

I assign someone to cover the door to inform visitors about our activities. We twist arms to get them to join up right away. If they scurry, they can get their uniform and USJA membership, receive our safety briefing, learn the relationship between judo and jujitsu, see demonstrations of how judo works (especially the principle of giving way), learn to fall, and learn to throw someone, in the first class.

We accomplish all this in our ninety-minute intensive and productive class. My assistants and I work frantically to achieve these goals.

If a first-timer brings a procrastinating friend or someone without money, that person receives the safety briefing and observes his or her friend's initial class. If the procrastinator returns, he or she is ahead of the game. We can begin teaching falls and a throw, allowing more time for practice. If the person has money sufficient for either membership or judogi, I collect for membership. That protects us all.

I tell folks that if I can touch them, I can keep them. It's all about active recruitment. In my case, because of high turnover with military students, I have to recruit like crazy. My high energy level and enthusiasm are contagious.

Some of my assistants arrange demonstrations for their units, churches, or social groups, thereby exposing others to our judo and jujitsu program. This doesn't draw many into our revolving-door dojo, but we consider this a public service opportunity to educate and show off, plus earn promotion points and sometimes even a free feed!

We maintain a high profile by wearing judo T-shirts to class or sometimes judogi from parking lot to dojo. We send articles to local media whenever someone earns a promotion or recognition through certifications or tournament wins. Our club Propaganda Minister coordinates publicity.

Using these ideas, I have over time managed to bring my Samurai Judo Association club to the top of the Fifty Largest Clubs list with well over 500 members, about half of whom are active. The rest are retired Life Members.

Follow my suggestions to build your club. Let NOTHING slow your drive to bring feet to your tatami. There's no reason why EVERY club can't be the biggest club in the USJA.

## Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., began judo in 1961 and studied under the late Kotani Sensei at the Kodokan Judo Institute in Japan, earning his Black Belt in 1969. Kotani Sensei, 10th dan (degree) black belt, had studied under the founder of judo, Dr. Jigoro Kano. That makes Charles Sensei the "grand-student" of Dr. Kano. Charles Sensei's students are Dr. Kano's "great-grand-students"!



# Ashley Interviews Brad Bolen



Brad Bolen

## **How many times per week do you do judo? For how many hours?**

It depends if I am preparing for competition or on down time. During competition I will train in judo practice anywhere from 18-20+ hours of judo a week, twice a day on weekends and one practice on Saturday, with 4-5 hours of weight lifting and running mixed in throughout the week as well. In down times, judo practice is closer to around 12-14 hours a week.

## **Tell me about your diet**

I usually don't eat anything in the morning when I wake up, only drinking water and having my first.

## **What did you have to give up to get where you are now?**

I get to see my family maybe twice a year, for a few weeks at a time. If it weren't for them I wouldn't be able to do this and I'd have to say not being able to see them is the biggest sacrifice.

## **Do you do other sports? If so, which?**

Before practice we usually warm up with a game of football or dodgeball, but other than that I don't do many other sports, unless you count weight lifting.

## **What is your exercise schedule? (weight lifting, running, etc.)**

I don't usually specifically plan my exercises, depending on how I feel changes how I work out. If I am feeling really sore and I still have judo practice that day, I'll do mostly stretching and light weight rehab exercises to just pump blood into my muscles. I'll just try to fit in running 2-3 times a week without a complete 'plan' so to speak. Training as a fasted workout. I usually try to hold off on my carbs until the last meal of the day (Carb Back Loading).

## **What would you do differently if you could start over now?**

Move to New York to train with Jason Morris earlier in my career, really just get heavier into judo earlier in my life in general.

## **What is your favorite gi brand?**

I've worn Mizuno's pretty much all my life.

## **What are your goals as a judoka?**

Obtain as many medals as I can in large tournaments such as world cups, world championships, and the Olympics. Then I'd like to give back to the judo community, have my own club, and help further the progression of judo in the United States.

## **What is something funny that happened during one of your matches?**

One time I was competing in a match and I was in overtime. I was exhausted and after I got off an attack that was momentarily scored as a yuko, I quickly celebrated. The score was immediately waved off and I fell to my knees dramatically (Thinking I was for sure going to lose). With this mindset that I would not win the draw, I attempted a poor attack, got countered, and lost the match.

The referee later informed me I would have won the decision if I hadn't gotten thrown. I didn't find that part too funny.

## **What is your proudest and most disappointing moment in judo?**

Proudest moment was when I won the Pan-am Championships in 2010, which a week or so later led to my most disappointing moment when I then lost at the nationals to a junior competitor who I've literally had never heard of before. I shrugged it off but it was still a very poor performance.



# Ashley Interviews Brad Bolen



## How do you prepare for a tournament?

I pretty much live my life thinking about judo every day. When I go to sleep I dream about judo, before and after practice I think about judo, when I eat I think "how is this going to make me feel at practice?" My life is geared towards trying to do my best, for tournaments I have to get my weight down, and my coach tells me what I need to work on and improve upon for competitions.

## I am a 13 year old girl, who is a blue belt. What advice would you give me to improve my judo?

You can't just show up to practice and expect to get better. Dedicating yourself to learning the moves you are taught, and pushing yourself every day is a must. For girls it is really important to develop a competitive spirit and have the aggression needed to win in a contact sport.

Sometimes a match can be won by just being tougher than the other person, this is especially true for girls.

Focus on your technique, be tough and don't shy away if you get hit in the head a few times during randori. And don't be above being a little rough on your teammates. Everyone can go back to being friends after you step off the mat, no reason to take it personally.

## If someone wanted to get in touch with you (autographs, pictures, posters, etc.) how can they do that?

Any time you see me at a tournament or if you ever come to the Jason Morris Judo Center when we're training. Or at a clinic... any time you come across me in the judo world really!



## Ashley Hall's Bio



My name is Ashley Hall. I am a 13 year old blue belt, and have been doing Judo since I was 8. Before that I did kickboxing. I am in 9th grade. My goal is to be a national champion and teach Judo on the side.



# An Interview with Gary Goltz

## An Interview with Gary Goltz, USJA President, August 2013



**GJ - Gary you been a volunteer and board member in one capacity or another for the past eight or more years, what motivated you to do that?**

GG - As head of a large JA club I felt I had some real skin in the organization. With my background in business, sales and marketing, I wanted to make a positive difference. So rather than being a Monday morning quarterback, I decided to throw my hat in the ring. I was also encouraged by my judo mentors who include Dr. Z, Jim Bregman, Karl Geis, and many others over the years.

**GJ - You've traveled our country for years meeting USJA clubs leaders and judo leaders from every organization, what do you hear from them as to what they want?**

GG - They want good and fast customer service to support their efforts running their clubs in terms promotions, certifications, insurance, sanctions, etc. When I came on board as the (volunteer) COO eight years ago we had a very antiquated database and website. It was my first focus task and we set our goals very high on getting the best system in place for the long haul. As a result the USJA has a coach's portal second to none. Back then I remember telling the developer to make sure it could be accessed on my iPhone. At that time not a lot of people weren't thinking that far ahead and boy am I glad I insisted. I can't tell you how many times it is come in handy tournaments verifying student's expiration dates and membership numbers! Going forward the USJA needs to gain more solid financial support from corporate donors, product sponsorships, and partnerships. In the last eight years I have tried to get these kinds

of relationships off the ground. A few like the one with Black Belt magazine have really blossomed but we need many more of them.

**GJ - The USJA has the best relationship with the USJF and USA Judo than it's ever had before, how do you see that progressing?**

GG - Continuing to get stronger and even more relevant. We are an industry and like automobiles or healthcare or hotels we have common issues. What hurts or helps one of us hurts or helps all of us. Each of the organizations has its own set of strengths and weaknesses. The JF are traditionalists and have a very sound financial base. USA Judo is authorized to represent our sport at the Olympics including players, coaches, and referees at the elite level. We at the JA have always been entrepreneurial with an innovative spirit. Together (as I've said often in my talks) the three organizations all add up to one super organization, the sum of the parts is greater than the whole!

**GJ - Judo is going through some tremendous changes now because of the new rules, how do you see that impacting the study of judo?**

GG - I have mixed feelings about this. Overall as a national referee I will say the quality of matches has become a lot more traditional in terms of emphasizing big throws. These require years of training to develop the skill sets necessary to pull off uchimata, seionage, and especially our footsweeps. On the other hand judo is the best system of self-defense and in real fight there are no rules and a person needs to be trained and



# An Interview with Gary Goltz

## An Interview with Gary Goltz, USJA President, August 2013

prepared for every kind of attack. Some of throws like morote gari are easy for people to learn and become overly dependent on. Other throws like te guruma are among the most skillful techniques and most beautiful to see when executed correctly in tournaments. Bottom-line is contest judo as featured in the Olympics is defined by the IJF and that's what needs to be adhered to for sanctioned events in terms of mitigating liability for the host.

Another one the concerns I hear in the field is the mat size requirements. Many venues that used to hold four, five, even six mat areas have been reduced to two or three. This makes for a much longer day, can increase the costs, and tax volunteers, referees, players, coaches, and parents. However, with implementation of Dynamic Judo having an adequate out of bounds area has become a crucial safety factor especially when it comes to hot issues like concussions. A joint commission has been formed that includes A referees, lawyers and insurance representatives of all three organizations to look into this matter and make some logical recommendations to the Presidents. We are considering what we can do to continue supporting for small events such as club tournaments where mat size is obviously going to limited due the building itself.

**GJ - America has the smallest number of judoka of any major country in the world. Bearing in mind that wrestling may be out of the Olympics for 2020 and the rise in MMA, how would you propose to increase the number of judoka in the United States?**

GG - The wrestling issue certainly was a wakeup call to judo. Judo needed to differentiate itself significantly from wrestling and the new rules have helped. In a recent poll, judo moved up from the 45th ranked sport to the 8th rank sport in the Olympics. So it looks like we're safe for now. But this is only competitive judo at the international level.

To answer the question on how to grow judo in the US we need a much more broad based appeal to compete with tae kwon do, Brazilian jujitsu, and for that matter all leisure time activities. Getting judo in high schools was always something talked about. However, before that, I'd like to first see judo offered in every martial arts studio throughout the country. If they have mats then they should have judo! We also need to create a viable career path for those who want to teach judo for a living. I'm hoping to see the USJA hold a large National Convention for Club Leaders focused on a wide range of technical and business related subjects with multiple certification tracks.

**GJ - What are your plans going forward with the new USJA board over next four years?**

GG - Continue to focus on improving services to the clubs. Re-build our certification programs (coach, rank examiner, referee, and kata). Again, I like to see the USJA hold a national club leader convention to provide training modules on marketing, technical certifications, club management, and recognize our top people in terms of growth, innovation, and excellence. I also want to put in place a smooth succession plan so that when I'm termed out in four years the initiatives that have been started will continue to move forward. We need to groom many more talented volunteers that are willing to step up and assume the responsibility of leadership to keep the USJA vital in the future.



# Judo for Jake



Mark "Stan" Staniszewski's passion for martial arts began over 3 decades ago as a young boy growing up on Long Island, NY. Years later, Stan discovered Judo and Brazilian Jiu Jitsu. Stan excelled in both, and has dedicated his life to studying, competing, and teaching the two disciplines.

Stan, a 4th degree black belt in Judo, and a BJJ black belt under Joe Moreira, is the first dual black belt on Long Island in both Judo and BJJ. He has medaled in multiple state, national and world competitions and was deservedly inducted into the Martial Arts Hall of Fame in 2010. Stan's accolades in Judo and BJJ seem endless; however, his greatest accomplishments are his two sons, Luke and Jake.

A month ago, Stan's youngest son, Jake, was diagnosed with a rare form of pediatric cancer. Jake was diagnosed with advanced stage 4 Alveolar Rhabdomyosarcoma at only 15 months old. Rhabdomyosarcoma is a type of cancer that develops in the connective tissue, skeletal muscle or bone. The news shocked and devastated the Staniszewski family, but Jake is a fighter, just like his father. Members of the family quickly set up a donation page to help defray the steep costs of Jake's treatment. In addition, Stan's extended family, those in the Judo and BJJ community, set into action to support their friend in his time of need.

On April 6th, 2013, members of Americomp Judo and Team USA Judo did a seminar to with 100% of the proceeds benefiting baby Jake.



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# Technique of the Month



## De Ashi Harai



One of the most commonly used Ashi Waza (leg techniques) in Judo is De Ashi Harai. Often mis-named and misunderstood, it has always been one of my favorite techniques either as a primary or set up attack.

One of the mysteries of the technique is that it is often called De Ashi Barai instead of De Ashi Harai. After conferring with high ranking Isei or Nisei, the only explanation I have ever gotten is that one refers to the Uke moving forward or away at the moment of attack.

Interestingly, when translated from Japanese to English, the name is not "advancing foot sweep". Judopedia ([www.judopedia.com](http://www.judopedia.com)), states the correct meaning as:

*"De-ashi-harai" does NOT mean "advanced foot sweep". I know that is what it says in some Western books, but it is incorrect. The word 'deru' has a number of meanings, and really suggests that something is ... "leaving/moving away from where it was before". Thus De-ashi-harai actually means that the feet are being swept as it has come to leave where it was standing before. Nothing in that name says or suggests that that foot must be coming forward"*

I have always thought that the name of the throw as the side scooping throw because the movement is to have the sole of your foot scoop the opponent's side of the foot and ankle instead of swiping at it. Often times, beginners look as if they are kicking the opponent's ankle and I know of at least one instance where the incorrect use of the technique caused an injury (sever bone bruise) to the Uke.

I'm almost hesitant to talk about De Ashi Harai or Barai out of the context of other Ashi Waza because they are so similar. As an example, Ko Soto Gari is often mistaken for De Ashi Harai at the moment of Kake because of the relative movement of the two players that looks so similar.

If I were going to take it out of content, I would say that there are two main attacks for De Ashi Harai. The first is to sweep your opponents forward moving foot as he or she walks towards you. At the moment that they place one or the other feet on the mat, scoop the extended foot with your own near foot (same side) by turning your ankle inward and using the bottom (sole) of your foot to exert force. At the same time, bend your body at the hip in the direction of the throw and pull your opponent with both hands in the same direction.

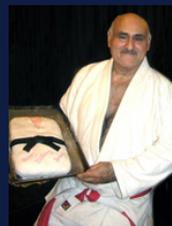
When your opponent is retreating backward, attack the foot that remains forward of his or her body in same manner as above.

In both cases, it is important to commit to the throw instead of simply kicking or swiping at the extended leg (advancing or retreating). Total commitment and hanging on to your opponent can cause the throw to be a Yoko Sutemi Waza (side sacrifice technique).

Very often, I would use De Ashi Harai as a set up throw. I would attack with De Ashi Harai and time my opponent's reaction. If he pulled his advancing back backwards to defend, I would then continue the angle of my attack and go into a Tai Otoshi since he would be off balanced and unsettled in his retreat; I could also transition into O Soto Gari or switch to a left side De Ashi Harai.

The thing that I love about Judo is the endless possibilities of attack, counters and combinations. The only way to learn De Ashi Harai (or any other technique) is practice it in moving Uchi Komi. Practice the technique(s) endlessly, over and over again until they are second nature and simply learned responses.

### Marc Cohen's Bio



Marc Cohen has been competing and teaching Judo for over 50 years in New York City and Long Island. He holds a 6th degree black in Judo and heads up the Go Rin Dojo in Long Beach, NY.



# Alex learns about Combat Judo and BJJ

Team Combat Judo & Brazilian Jiu Jitsu  
Address: 1127 N Broadway, N Massapequa, 11758

Phone Number: 516-586-8844  
Email: TeamcombatMMA@gmail.com



## 1) What type of person would benefit from training at your school?

Any person of any age would benefit from training, from young children to retirees. Judo is great fun, great exercise, and excellent for self-defense. You don't have to be a body builder to play Judo. Men and women of all ages, shapes, and sizes can play Judo and enjoy it just as much as the next person.

## 2) Are you a competitive club?

We do compete in local and bigger-than-local tournaments, but we do also have fun in the dojo. When members are training to ready themselves for competition we will all pitch in to help them train to their hardest, pushing them to be better than they were before, but if someone wants to play light and just move around we accommodate them as well.

## 3) What hours is your school open for during the week?

Monday through Thursday there are several different classes from 5:30PM until 9:30PM, Friday there are classes from 6PM until 9:30PM, Saturday there are classes from 9:30AM until 2PM, and Sunday there are no official classes but there is an "open mats" session from 10AM-12PM.

## 4) Do you offer other classes besides Judo?

Aside from Kids and Adult Judo classes we also offer Kids and Adult Brazilian Jiu Jitsu, an Adult Seizon Ryu Combat Jiu Jitsu, and a Strength & Conditioning class. The Combat Jiu Jitsu class is a traditional Japanese Jiu Jitsu class that focuses not only on throws, chokes, and joint locks, but striking as well. There is also a "street self-defense" portion to that class. The Strength & Conditioning class is something like a "cardio-Crossfit" incorporating both weight training and high intensity interval training for a great work-out to lose weight and gain strength.

## 5) What does your school specialize in?

Kodokan Judo and Brazilian Jiu Jitsu.

## 6) What would it cost for someone to come to your school for a class?

For someone who has never played Judo or BJJ before that was interested in trying it out they would be allowed a free trial class. For individuals from another dojo, there is a mat fee of \$20 per class.

## 7) Do your students socialize outside of the school?

Yes absolutely! The members have used Judo to create life-long friendships and they hang out frequently.

## 8) What is your club culture?

We at Team Combat respect tradition and use Japanese terminology, but at the same time we are laid back and like to have fun. We bow to begin and end class, and to begin and end randori.



## Alex Hall's Bio



My name is Alex Hall. I am 15 years old blue belt. I am in 10th grade. My goal is to make the 2024 Olympic team. I started judo 6 years ago at the age of 9. After my dreams of becoming an Olympian I would like to be a veterinarian and go to West Point or the Naval Academy.



# Hayward Nishioka

## Two-time Judo Hall of Famer

Six members of the Stevens Point Judo Club had the opportunity to meet an Icon in US Judo. Sensei Hayward Nishioka, 8th Degree Black Belt in Judo was in Madison, WI for the weekend. This event was hosted by Osmil Millin of Judo Gym Middleton in Middleton, WI.

Hayward Nishioka started Judo when he was 13 years old. He won four Senior National Championships, Gold medal in the Pan-American Games and Masters. He is an International Class "A" Referee and Coach. He has authored several books about Judo and is on the United States Judo Association Promotion Board. Currently he is a Professor of Education at City College of Los Angeles.

Sensei Nishioka lectured about the evolution of the sport. Early man was territorial and fought to maintain security and territorial assets. As we advanced, our physical and mental capabilities to stay fit advanced. The Olympic Games developed to test our skills against others with similar interest and reduced injuring opponents. Jujitsu came on the scene followed then by Judo. This was a big change in the sport and reduction of injuries. Change is important. Coaches and Instructors must also change with the times. You cannot continue to teach something the way it was done 30-40 years ago, implantation is important.

The Stevens Point students were introduced to some new techniques geared to assist youth and adults to learn techniques. Rather than using strength to hold an opponent down, a little physics was applied and you floated on your opponent to maintain control. This was followed with learning to recognize split second changes in your opponent's movement to attack with a throw for the win. Zombie drills were introduced to the 47 students participating. Uki (student taking the throw) walked like Zombies. Once off balanced, tori (thrower) would tap uki's instep. This was done both left and right. The next round tori would throw uki. This drill made learning new skills easier and kids definitely know how zombies walk.

Members of the Stevens Point Judo Club that participated in this clinic were Jim Weidner, Ken Camlek, Will Chapin, Tom Gustin, Betsy Koth, and Josh Mooney.

Tom Gustin





# A gift of a hand carved flute



Stevens Point Judo Club's coach, Tom Gustin challenges his student to achieve the rank of Shodan or higher. Any student that reaches that goal will be gifted a hand carved flute by Coach Gustin.

Going one step beyond that challenge he invites a guest clinician each semester to the University of Wisconsin Stevens Point to teach a clinic for the students. At the end of the clinic he presents the guest coach with a hand carved flute as a way of saying thank you for teaching. If a Wisconsin Judo club is hosting a guest clinician and Gustin is in attendance he asks permission to give that clinician a flute. The flute is a gift from all judokas in attendance and something the guest coach will remember about Wisconsin judokas.

Each flute is signed, numbered and dated. The name of the guest coach is also on the flute. Each flute has a small bag of real tobacco attached to the tie and keeps the flute and owner in harmony.

The last flute he gifted was to Hayward Nishioka Sensei on August 3, 2013 in Middleton, Wisconsin. On the flute was a quote from Bruce Lee. It said, "Walk on".

Since he started this tradition he has gifted over 20 flutes. On January 19, 2013, Kayla Harrison was presented a flute at the "Wisconsin's Judo Hall of Fame". Such a gift brings tears to the eyes of a judoka it makes you feel proud and happy.

Tom Gustin





## Edie Connelly



Justice of the Peace serves as mentor to area youth

Since 1986, Edie Connelly has served The Woodlands as the Precinct 3 Justice of the Peace, an elected position nearly as old and legendary as Texas itself. In her role as Justice of the Peace, Connelly shoulders a variety of roles, including meting out justice for Class C misdemeanors, handling truancy cases for youth, determining causes of death and marrying Montgomery County couples.

After majoring in social work in college, Connelly began her career working for the Jacksonville, N.C. Police Department as an undercover vice and narcotics officer. In 1977, Connelly and her husband, Andrew, were among the first families to move to The Woodlands when she took a job with the Montgomery County Sheriff's Office.

Having never been to Texas, Connelly was a bit skeptical about moving to a new state.

"It wasn't until I started seeing trees on the drive here that I started feeling comfortable," she said. "Honestly, it just seemed like home."

While with the Sheriff's Office, Connelly worked in investigations and served as the staff's only woman, thereby being the only one able to work with female victims of sexual abuse.

"I was just becoming a little bit overwhelmed with the number and the persistence of working sex crimes," Connelly said.

Then in 1986, the position for the Precinct 3 Justice of the Peace became open, and Connelly decided to run.

"I decided this was something I could do," she said. "I've always wanted to make a difference, kind of save the world. I couldn't save the world in social work or law enforcement."

For the past 26 years, Connelly worked to bring financial integrity to the office, a problem that she said was rampant with the previous administration. She also has brought a reputation of being fair to those who come through her court.

"I wanted to make sure we had absolute financial integrity," she said. "I wanted to make sure decisions I made were made fairly. I really wanted the image of this office to be one of integrity and professionalism."

Of all her roles as Justice of the Peace, Connelly said often the most difficult for her are the truancy cases.

"So many kids who are not going to school have so many other problems," she said. "I spend a lot of time with juvenile offenders. Although those kinds of cases are the most concerning to me, those are the most rewarding."

When she is not guiding misguided youth, or marrying couples in her courtroom, Connelly works with her husband at the couple's Judo studio on I-45. A black belt in Judo, Connelly has two daughters, one son, and "lots and lots of grandchildren," she said.

Connelly said her job as Justice of the Peace has given her the opportunity to fulfill her goal of affecting lives in a positive way.

"People don't realize the impact they can have on someone else's life," she said. "What may be a casual encounter to you may make an absolute difference in someone else's life."

Brian Walzel



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- |                            |                     |                      |                         |
|----------------------------|---------------------|----------------------|-------------------------|
| ★ Andrew D. Barker         | ★ Dan Braun         | ★ Damani K. Ingram   | ★ Chris D. Talent       |
| ★ Stephanie M. Benes       | ★ Carlos M. DelRios | ★ Matthew Koprowski  | ★ Jose M. Varela        |
| ★ Erik Berda               | ★ Gary Gucciano     | ★ Joshua Love        | ★ Fredrik Magnus Virgin |
| ★ Lorraine Bondi-Goldsmith | ★ Thomas P. Hayes   | ★ William G. Preston | ★ Scott White           |

### Nidan

- |                    |                     |
|--------------------|---------------------|
| ★ Eli Fletcher     | ★ Justin Sperringer |
| ★ Andrew Muender   | ★ Jean P. Trouillot |
| ★ Derek Richardson | ★ Matt Wilkinson    |
| ★ Tanya Sanabria   |                     |

### Sandan

- |                       |                        |
|-----------------------|------------------------|
| ★ William S. Anderson | ★ Edward A. Richardson |
| ★ Joseph J. Frost     | ★ Mark T. Roomberg     |
| ★ Lester Martel       | ★ Clifford Travis      |

### Yodan

- ★ Richard D. Riehle
- ★ Glenn D. Wakelin



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Godan

- ★ Daniel C. Brown

### Rokudan

- ★ Joseph A. Bufagna
- ★ Clinton Scott Main

### Schichidan

- ★ Thomas R. Gustin
- ★ George Weers
- ★ Neil Ohlenkamp

### Hachidan

- ★ James R. Webb

## JUJITSU

### Shodan

- ★ Lisa A Capriotti
- ★ Robert L. Gouthro

### Nidan

- ★ Matthew E. Wilkinson



Neil Ohlenkamp (USJA board member leader of the Encino Judo Club) and Juergen Wahl



# Memorial | our deepest condolences to the families and friends of:

## Sensei William Kent Carson (1921-2013)



It is with great sadness that we announce the passing of Sensei Carson of Rendokan Dojo. He had been actively teaching until he fell ill last December. He celebrated his 92nd birthday March 10 with his Rendokan family.

Sensei Carson was one of the foremost pioneers of Judo in Arizona. He was the first to bring Judo to Tucson, starting the original Rendokan Dojo in 1946. He taught continuously since then, having instructed countless students, some of whom have gone on to head their own dojo. In 1951, he was instrumental in starting the Judo club at the Downtown Y.M.C.A. In 1953, he helped start the first Judo club in Phoenix, at the Central Y.M.C.A. Sensei Carson's students founded the original University of Arizona Judo Club and Pima Community College Judo Club. He formally registered Rendokan Dojo with the Kodokan in Japan in 1958. He was the Technical Advisor for the first Southern Arizona Judo Association Meeting in 1969. He was a member of the USJA since its inception and a Trustee Life Member. He was a head referee and kata judge for many years and a USJA Master Judo Rank Examiner.

Sensei Carson grew up as a working ranch cowboy and traveled the rodeo circuit as a competitor, including bull rider. For years he was a Hollywood stuntman (a charter member of the Hollywood Stuntmen's Hall of Fame), working with such notables as John Wayne, Roy Rogers, Gene Autry, Clark Gable, and Ronald Reagan. He also worked with and was a good friend of stuntman and Judo champion "Judo" Gene LeBell. He and Gene LeBell performed seminars together for the stuntmen, introducing them to the martial arts. Sensei Carson was also a U.S. Marshal. He was married to Christine Carson for 57 years. She became his Judo student in 1956, helped found the present Rendokan Dojo, and is herself a Judo and Karate Master.

Sensei Carson started Judo in 1942 at Seinan Dojo in Los Angeles, under renowned Sensei Kenneth Kuniyuki. He got his black belt at another dojo but returned to Seinan as a white belt, because he did not respect his rank and wanted to earn his black belt from Kuniyuki Sensei. Sensei Carson visited and trained Judo with the Japanese inside the Manzanar Internment Camp, while working in California during World War II. He competed all over the country as captain of the Seinan Judo team. Even after moving to Tucson to work for the Southern Pacific Railroad (from which he retired at age 72), he continued to travel back to Seinan every weekend for the next five years. He and Mrs. Carson traveled the country and studied with many masters, including Sumiyuki Kotani and Takahiko Ishikawa.

Sensei Carson also taught Shotokan Karate for many years, Rendokan being one of the few dojo that offers both Kodokan Judo and Shotokan Karate, taught by the same Master. He was a student of Japanese Shotokan Master Hidetaka Nishiyama and acted as a trusted liaison for Master Nishiyama, to help him get established in California. He received the rank of Shotokan Karate Rokudan in 1995, recognized by the International Society of Japanese/Okinawan Karate-Do and the World Federation of Karate-Do Organizations. He was a certified Karate instructor, and was certified as a Karate Coach by Master Nishiyama, Chairman of the International Traditional Karate Federation at the National Karate Institute. He was well-respected and given authority to promote in Karate in the Dojo. For many years, Sensei Carson's only "vacations" were to attend Karate camps in San Diego.

Sensei Carson was also skilled in Jujutsu, Aikido, and Kendo. He was certified as a Senior Instructor by the American Teachers Association of the Martial Arts. He was also certified and registered as a Police Tactics Instructor by the Police Tactics Instructors of America, and he trained the Tucson Police SWAT team. He participated in and helped organize and run countless Judo and martial arts events and demonstrations over the years and was awarded many accolades, such as the Robert E. West Outstanding Contribution to Judo. Rendokan Dojo is one of the original



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(and longest running) sponsors for the Tucson Japanese Speech Contest and was recently presented an award for contribution to the community and exchange of Japanese culture. He and Mrs. Carson dedicated their lives to providing a place to help troubled youth learn discipline, respect, and integrity.

Kuniyuki Sensei, a long-time head of Nanka Judo Yudanshakai and subsequently the Pacific West Judo Yudanshakai, presented Sensei Carson with his Rokudan from the USJF in 1992. Sensei Carson received his Shichidan from the USJA in 1995 and his Hachidan in 2010. Kuniyuki Sensei had headed Seinan since the 1930s and was the Judo referee for the famous Kaminaga/Geesink championship match at the 1964 Olympics in Tokyo. Kuniyuki Sensei had a large, hand-scribed kanji plaque ("honesty/integrity in the heart") which had been presented to him by a high-ranking Judoka from Japan. Over the years, Kuniyuki Sensei had reserved it for the one student he considered most deserving. It hangs on the wall at Rendokan Dojo.

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### Michael William Turner (1985-2013)

One of Us...



On a hot summer evening in 2012, I met one of the most spectacular people that I ever had the pleasure of meeting. It was like any typical Judo night for me. At the time, it was my normal routine to show up half an hour early before the kids' class to practice kata with my partner. As I walked in the door to the center, I noticed a tall, lanky guy sitting on one of the chairs. He appeared to be waiting, not in a rush to be anywhere, or had anything better to do. Not thinking twice, I walked into the dojo, turned on all the lights and got into my gi to do my stretch while my partner got ready. The man walked in behind us and took a seat in the corner of the dojo. He put his bag on the folding table that we used for tournaments, and proceeded to watch me go through all the sets of the Nage no Kata. When I took a break to catch my breath and wipe the sweat away from my forehead, he kindly asked, "Is Sensei Gary here?", to which I replied "No, but he will be here shortly". Thinking to myself that

he was one of those guys about to enroll in the class, I mentally sized him up and wondered how long he was going to last. The man strikes me as a little peculiar. He was taller than most of us in the class with a lanky gait, walked like what some of us would call a "swagger", while wearing dress pants and a dress shirt, but topped off the outfit with basketball shoes. All he had with him was a backpack, packed full with God knows what, while at the same time leaned back in the chair like he was at his own house. "Well, this dude isn't going to last very long here with an attitude like that", was my last thought as class started.

At the end of class, Sensei called me into his closet and said to me "This is Michael. Please give him a ride home. He lives up the street from you". "Yes, Sensei", I responded. As I packed up my gi and headed out to my car, Michael walked right next to me, shook my hand and said "Hey, I'm Mike. Thanks for giving me a ride home". And thus a friendship began.

I learned that Mike was recently released after a long 9 years in prison, and was trying to get his life together the best that he can. His past didn't bother me at all, and he made up for the detour on the way home with jokes that we used to tell each other. He kept me company when we sat in traffic, and soon it became a routine for both of us. He would haul his overly large backpack into my trunk, lean my seat all the way back because he was so tall, and watch me smoke a cigarette while telling me about his family, all the things he had been through while in prison,



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and all the plans he had for the future. He even held my new puppy on the way home one night, and I don't think that dog has ever slept so well since then.

A couple more months had passed. Sensei Gary had moved Mike into a new place, and I was too busy with work to come to judo. And then the unthinkable happened. I received a text from Sensei, informing us that Mike was shot and killed the night before. I couldn't believe it. His brother who grew up with Sensei Gary's boys had been shot and killed last year, and now him. It was almost unbearable to think about. I was at a loss for words. I didn't know what to say, who to say it to, and all there was is just....silence. There were so numerous posts on facebook of condolences, but I couldn't find anything in me to speak up. Until now, sitting here at work staring into the busy streets of the city, I suddenly realized what Mike meant to me. What he meant to all of us. You see, Mike was a hero. He made a decision to get away from his old life. He took up judo, something that he held dearly to his heart. He rode the bus for more than two hours two days a week to get to the dojo, because he saw judo as a way of bettering himself. Mike didn't let his past deter the betterment of himself. Instead, he used it to remind himself of what he didn't want in his life, and replaced it with the gentle way. We never thought of him as someone who just got out of prison, we saw him as a friend. In the book "The Second Life of Judo", Alan Rafkind referred to the Judo mat as the great equalizer, where the lawyer and the garbage-man become equals. Mike became one of us. He graced us with his smile, his comical demeanor, complimented by his intensity during tournaments, but in the end, no matter what the outcome, he always smiled and said that he had a great day hanging out with all of us. Indeed, he was a textbook example of "Fall down 7 times get up 8". He reminded us that no matter how hard we fall, as long as we get back up on our feet, we can learn to better our judo and our lives. It is a lesson that I learned from Mike, and it is in his remembrance that I will embrace the saying "As in the Dojo, so in life".

*Nick Nguyen*

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### Robert L. Dickey (1940-2013)



We would like to express our deep sympathy to the family and friends of one of USJA's 6th degree black belt in judo and an 8th degree black belt in ketsugo jujitsu, Robert L. Dickey. Shihan Dickey was very active in USJA judo years ago. He was someone very familiar to military Judo, Phil Porter and others. He passed away last July 10, 2013 in South Boston, MA.

# USJA



# World Championships Junior USA Team

October 24 – 27, in Ljubljana, Slovenia

## Female

Category	Name	Club	Coach
44kg	Alex Hyatt	Cahills Judo Academy	Billy Worthington
48kg	Syria Rhodes	San Jose State	Mike Swain
48kg	Ashlyn White	Somerset Academy-Panther Judo Club	Gerineldo Navarro, Jr.
52kg	Maria Dhami	BJC	Bill Stevens
57kg	Teshya Alo	PCHJC	Vince Sokugawa
63kg	Alisha Galles	Mojica Judo	Tony Mojica
63kg	Lauren Baez	Ki-Iitsu-Sai National Training Center	Jhonny Prado
70kg	Sophia Swain	San Jose State	Mike Swain
78kg	Jaclyn Beed	USA Stars	Pat Burris
78kg	Mackenzie Williams	Becerra Judo	Bert Becerra

## Male

Category	Name	Club	Coach
55kg	Adonis Diaz	Budokan	Yoladis Abrev
60kg	George Truong	OTC	Eddie Liddie / Brett Wolf
66kg	Tyler Yonemori	Pedro's Judo / Team Force	Jimmy Pedro
66 kg	Inserra William	Sport Judo	G Maurice Allan
73kg	Everet Desilets	Mayo Quenchi	Serge Bouyssou
81kg	Steve Perez	Budokan	Evelio
81kg	Jack Hatton	Jason Morris Judo Center	Jason Morris
90kg	David Gilkarov	Spartak	Arkadiy Aronov
100kg	L.A. Smith III	San Jose State	Mike Swain
100kg	Akbarzhan Iminov	Spartak	Arkadiy Aronov
Open	Akbarzhan Iminov	Spartak	Arkadiy Aronov



# World Championships Cadet USA Team

August 8-11, in Miami, FL

## Female

Category	Name	Club	Coach
44kg	Alex Hyatt	Cahills Judo Academy	Billy Worthington
46kg	Summer Truong	OTC	Ed Liddie / Brett Wolf
48kg	Ashlyn White	Somerset Academy-Panther Judo Club	Gerinerto Navarro, Jr.
52kg	Mercedes Faust	Mayo Quanchi	Serge Bouyssov
57kg	Teshya Alo	PCHJC	Vince Sokugawa
63kg	Nefeli Papadakis	Arena Training Center	Steve Papadakis
70kg	Seraiah Martin	School of Hard Knocks Judo	Andrew Connelly
70kg	Williams Mackenzie	Becerra Judo & Jujitsu Club	Humberto Becerra
70kg/78kg	Nadine Fiege	Judo Jax	John Fiege /Hiram Cruz

## Male

Category	Name	Club	Coach
50kg	Brian Abreu	Budokan	Yoladis Abrev
55kg	Adonis Diaz	Budokan	Yoladis Abrev
60kg	Cole Chandler	Hawaii Tenri Judo	Greg Chow
66kg	Caleb Wesley	Okuri Judo	Kim Mesa
66kg	Devin Sobay	Texoma Judo and Jujitsu	Roy Hash
73kg	Leonardo Subiza	Tech Judo	Clyde Worthen
81kg	Gianni Hallak	Kokushikai Judo Academy	Jack Hallak
90kg	Nicholas Irabli	Shore Thing Judo & Cranford JKC	Andy Ruggiero / Yoshisada Yonezuka
90kg	Jordan Donnelson	US Military Judo	
90kg	Brandon Worthen	Tech Judo	Clyde Worthen



# World Championships Senior USA Team

August 26 – September 1, 2013, in Rio

## Female

Category	Name	Club
48 kg	Alexa Liddie	USA Judo Training Site, Olympic Training Center, Colorado Springs, CO
52 kg	Angelica Delgado	USA Judo Training Site, Ki-Itsui-Sai, Coconut Creek, FL
57 kg	Hana Carmichael	USA Judo Training Site, Pedro's Judo Center/NYAC, Wakefield, MA
57 kg	Marti Malloy	USA Judo Training Site, San Jose State University Judo/NYAC, San Jose, CA
63 kg	Hannah Martin	Jason Morris Judo/NYAC, Genville, NY
70 kg	Kathleen Sell	USA Judo Training Site, Olympic Training Center, Colorado Springs, CO
78 kg	Samantha Bleier	USA Judo Training Site, Olympic Training Center, Colorado Springs, CO

## Male

Category	Name	Club
60 kg	Nicholas Kossor	Jason Morris Judo/NYAC, Genville, NY
66 kg	Bradford Bolen,	Jason Morris Judo/NYAC, Genville, NY
73 kg	Nicholas Delpopolo	Budokan Judo Club, Miami, FL
81 kg	Jonathan Fernandez	Baragua Judo Kai, Miami, FL
81 kg	Travis Stevens	USA Judo Training Site, Pedro's Judo Center/NYAC, Wakefield, MA
90 kg	Colton Brown	USA Judo Training Site, San Jose State University Judo, San Jose, CA
90 kg	Jacob Larsen	USA Judo Training Site, BJTC/OTC, Colorado Springs, CO
100 kg	Myles Porter	USA Judo Training Site, Olympic Training Center/NYAC, Colorado Springs, CO



# 8th ANNUAL USJA/USJF WINTER NATIONALS



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NEW IMPROVED LOCATION  
1-DAY EVENT ON 6 MAT AREAS  
EVERYONE MUST PRE-REGISTER!  
BRING YOUR OWN WHITE & BLUE BELTS OR GIS

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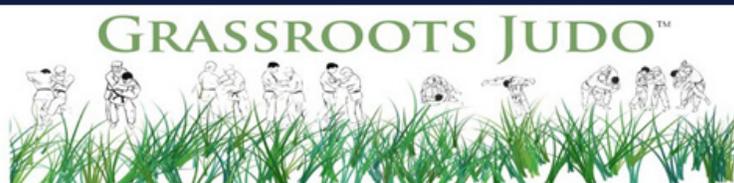
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COACH CLINIC

FRIDAY DECEMBER 6th 2013

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