



July 2014

In this month's issue:

- Alex learns about Goltz Judo
- Ashley Interviews Nick Kossor
- Judo News from Around the Country
- Upcoming Events





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Leadership Forum

What does it take to make Judo successful in the United States? Trick question: people. In order for Judo to survive and thrive here, we need people, or as it's sometimes put: feet on the mat. It sounds easy, but what does it take?

Judo has been waning since the golden age in the late 1950s, and the 1960s.. I remember when Judo was the only martial art and then slowly, Ed Parker introduced Karate, quickly followed by David Caradine and Bruce Lee with Kung Fu.

I know a long standing Dojo in my part of the country that changed its sign with each of the passing fads, it began as a Judo Dojo, then became Karate school, followed in succession by Kung Fu, Nin-Jitsu and now it is a an MMA, BJJ Academy.

Judo is hard; you have to sweat, get thrown, arm barred and choked in order to advance. Karate and Kung Fu are styles of a larger system that stress form, so we can logically think that the body doesn't take as much of a pounding and that seems as if it might appeal to a large audience.

How does that explain why UFC, BJJ and MMA are seriously eclipsing our art and that begs the question of why. How could something that is as difficult as Judo draw so many students to make new "Academies" pop up like weeds on every corner? Some people say that it's press and good marketing and the perception of high value. Whatever the reason, I think that we have to do something similar for Judo to stay relevant and active. So my challenge for our members is to go and visit your friendly neighborhood "Academy" and takes notes about how people come in and become entranced watching the class and sign up for the free intro lesson. Keep your eyes and mind open and let me know what you think by writing to me at feedback@usja-judo.org. I'll make certain that your appropriate ideas and comments are published.

Marc Cohen

Vice President

USJA Associate Editor of Growing Judo



The Office Corner

The United States Judo Association is your organization. In case you didn't know, the Board of Directors and Committee members are volunteers who pay their own way to go to meetings and do their jobs for the Association. I've heard people who thought that the Board got to take free trips to cool places and hang out with like minded people for a few days. When prospective Board members hear that it is all self funded, they suddenly realize that being a Board Member or Committee Member doesn't look quite so attractive.

Our professional office staff lead by our incredible and long term Executive Director, Katrina Davis does miracles in customer service. Time and again we get compliments from our members and those from other organizations about how we are the best at reacting to our member's needs.

In order to stay on top of things and continue to maintain our cutting edge advantage, we are looking into upgrading our computer system and specifically our e-commerce presence. In a perfect word, our members could do most routine matters with mouse clicks.

It's likely a long ways off, but we are hoping to see how far we can go on with a limited budget and the generosity of our loyal members. Some of our largest donors in the past have helped us to make advances and I would ask that every member look for ways to help that effort. Consider giving an extra \$25.00 along with your sustaining life membership payment or just an out and out donation.

We love to help the members of the USJA and would like you to consider helping us help you.

Katrina R. Davis, Executive Director

Michael Lucadamo, (Marra) Office Manager

Robin Ridley, Membership Services

Teresa Smith, Membership Services



Regional Coordinator's Message

With this issue of Growing Judo, I am asking each of our Regional Coordinators to visit the Karate, Jujitsu, MMA, UFC and UFC schools in their area and engage the owner / instructors in a conversation about the martial arts and their school and style in particular. Share your knowledge of Judo with them and ask them if they would be interested in obtaining a national charter (with the stipulations that they do not use edged weapons or engage in Kickboxing) and the best liability and excess medical insurance in the country for as low as \$275.00 a year; that's the cost of 5 members and the \$25.00 charter fee for clubs of 5 or more, but less than 10. No one out there can beat that price and our Jujitsu Division is the perfect home for many of these schools. Bring the information packet with you and let them compare our liability insurance with the one that they are probably paying thousands for every year. Let's let the secret out of the box and sign up members.

Yours in Judo,
John Paccione





Our NEW USJA Clubs!



Rendoryu Judo

(Class Regular)

www.martialartsoftucson.com

Head Instructor: William Ivy

Email: andrewivy@igc.org

Location: Tucson, AZ

Phone: 520-419-5575

Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ **Timothy Davis**, First Baptist Harrah Judo Team, Harrah, OK
- ★ **Michel Hunter**, Arkansas Goshinkan, Little Rock, AR
- ★ **Justin Winn**, B.A.F. Judo Club, Columbia, SC

New USJA Life Members

- ★ **Christopher Bradford**, Shinbukan, Campbell, CA
- ★ **Jamie Gambetta**, Trafford Judo Club LLC, Trafford, PA



USJA Donors



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

- ★ Ronald Chapman, Chikarakogeki, Gainesville, FL
- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Jeffrey Reynolds, University of Montana Judo Club, Missoula, MT
- ★ Richard Sanders, Ki Toh Kan Dojo, Novi, MI
- ★ Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX



Judo News from Around the Country



Standing, left to right: Francisco Bartolome, 1st kyu judo; Joseph Vranich, 2nd dan jujitsu; Deron Ellington, 3rd kyu judo; John Merwin, 3rd dan jujitsu; kneeling, left to right: John Letki, 3rd dan judo; Ronald Allan Charles, 8th dan judo; Eli Fletcher, 2nd dan judo and jujitsu



Left to right: Francisco Bartolome, 1st kyu judo; Don Ort, 6th kyu judo; Joseph Vranich, 2nd dan jujitsu; John Letki, 3rd dan judo; Deron Ellington, 3rd kyu judo; Eli Fletcher, 2nd dan judo and jujitsu; John Merwin, 3rd dan jujitsu.



Judo News from Around the Country

On Wednesday, June 11th, Excel Judo Club of Las Vegas held a promotion ceremony. 15 beginner and experienced judoka were involved. Promotions were from white to yellow, from yellow to orange and from orange to green belt.

Sensei Lee Koehler(2nd Dan) and Anthony Potter(1st Dan) invited Master Rank Examiner, John Weiner(6th Dan) to present the promotions.





Judo News from Around the Country

Randi Morris practices her ouchi on Dani Morris with mommy Teri giving a helping hand at the Jason Morris Judo Center in Glenville, New York.





Judo News from Around the Country

USJA Coach Committee member. The future of Judo.

Burnt Hills Athletes Featured In JMJC Event

GLENVILLE — Over 75 athletes from all over the northeast as well, as a large contingency from Taifu Judo Club in Ontario, Canada attended the 15th JMJC Open developmental event hosted by the Jason Morris Judo Center in Glenville on June 14.

The event is geared toward developing athletes by getting them more matches in a relaxed fun environment.

This edition featured some of JMJC's top local athletes including Burnt Hills High graduate, Jack Hatton, Burnt Hills High seniors, Haley Meara and Eric Skylar, along with Burnt Hills

Junior, Nick Irabli and freshman Quentin Cook, who all won their respective divisions.

Haley and Irabli were promoted to their Black Belts in a short ceremony held in the middle of the competition.

The event included competition for kids as young as 4 years old to those in their 20s.

Four-year-old Dani Morris (left) makes an attack against her twin sister, Randi, in their first competition. Dani and Randi are the daughters of four-time Olympian Jason Morris.
Photo by LouDiGesare/realjudo.net





Judo News from Around the Country



Shadi Ebrahimi, brown belt from Goltz Judo, an affiliate of Claremont Human Services with State Senator Norma Torres with recognition certificate for her bronze medal at the National Judo Championships held last month in Reno, NV.



A Few Words on the New Rules



The other day, a Sensei that I very much respect approached me and complimented me on my judo photography. I've been photographing judo for nearly a decade. He said my latest is some of the best. I thanked him and added, "It's easier when the judo is better."

I went on to explain that part of the reason the images look better is because the judo looks better. The recent rule changes have improved the sport from my perspective...and perhaps for the casual viewer as well.

By removing the ability to simply grab a leg, it has forced people to improve their techniques and work on more dynamic throws. Things like morote gari rarely looked good, and almost never photographed well. Most of the time it just looked sloppy and more like a schoolboy prank than a martial art. I'm speaking strictly visually here, not to its effectiveness.

The prohibition of double-knee drop seoinage for kids under 12 has done the same. It rarely worked and more often than not simply ended with one falling on top of the other. Visually speaking, not much going on there. The result has been kids working on other techniques, often with great results.

So while some may not like the recent rule changes, as a photographer, I think they're great. I can imagine that it may also attract the attention of more casual viewers as well. Go to any tournament and the "Oohs & Aahs" intensify when the judo is dynamic and the throws are big. Ask the average person not immersed in the sport about judo and invariably they'll end up describing something along the lines of harai goshi and the like. In other words, big throws and not simply pulling a leg out from under someone. And the photographs that I sell the most, and the ones that get published..? Throws. Big throws are exciting, even to people outside the sport. Leg grabs? Not so much. Ok, not at all. They might be effective but they can certainly be boring to look at.

I look forward to photographing judo for a long time...and getting the kind of images that make people stop and say, "Wow."

Gary Wagstaff
Photographer
www.judophotosonline.com





The Cripple



For years my back and right hip have pained me, though when I play judo the soreness diminishes. Still, remaining mobile requires me to use a cane. Of course I invested in a Combat Cane and learned how to use it.

I decided to compete in the National Police Olympics because it was held in nearby Arlington, at a university where I had attended police in-service classes. From the parking lot to the tournament venue was a long walk, consequently my hip ached when I got there. With my graying hair, bushy mustache, and cane, I cut a less-than-imposing figure. My judogi was in a shoulder bag, so only the local referees knew that I was a competitor.

In the changing room a young man was wearing a really neat brass U.S. Treasury Department belt buckle. I'd never seen one.



"Sir!" I addressed him. "Would you like to sell or trade that belt buckle?"

"You don't have anything I'd want to trade for."

"Well," I offered, "I do have this Dallas Police Department buckle that I bet none of your buddies have seen. I'd trade you that."

"No sir," he said, glaring. "Now I'd appreciate it if you'd leave me alone to concentrate on the competition."

Undeterred, I asked, "Are you in the 170-pound division?"

"Yes, I am. And so what?"

"I am too, so how about we fight for that belt buckle of yours?"

"What do I get if I win?" he asked.

I leaned a little harder on my cane and replied, "You get the DPD buckle and I go home holding up my pants."

For the first time he grinned and then reached out his hand. "Deal!" he said. "Now will you let me concentrate?"

I moved my judogi bag around the lockers so he couldn't see me take out my worn, almost gray, black belt when I dressed out. Using the cane, I hobbled to the mat when came time for our match. I bowed on the mat, dropped my cane, and limped to my starting place.

My opponent was wearing a brand new brown belt that stood straight out from the knot! His eyes widened when he saw my frayed belt, and he tensed in anticipation.



The Cripple

He attacked with osoto-gari. I countered with osoto-gaeshi and slid into my patented bone-crushing kesa-gatame. I was awarded wazari for the throw, and he gave up as soon as I locked in the pin. We were on the mat about 30 seconds. I would have given him time to enjoy the match if my hip hadn't hurt so much.

I had four other matches to win, so he was dressed for the street when I finished. I grinned and extended my hand to shake. He put the belt buckle that I had admired into my hand while hitching up his pants with the other.

"Are you really crippled?" he asked.

"Yup, afraid so. Back and hip are bad with arthritis. Just a minute," I said, digging into my judogi bag and retrieving the DPD belt buckle. "Here, take this so your pants don't fall down," I teased.

"Okay, I will. I learned a good lesson here. Folks aren't always what they seem to be."

"That, and gather all the evidence," I added. We shook hands and went our separate ways.

About eight years later I was testifying in Federal Court when a very confidant, well-dressed man approached me in the hall, stuck out his hand, and said, "All things aren't what they seem to be. And gathering all the evidence helps."

We chatted a while, and when the court finally released me, had lunch, hashing over old times. He'd learned to become a cautious investigator and recently had been promoted by the Treasury Department and was en route to a new assignment in Washington, D.C.

He still played judo and had run into one of my students in the FBI. Of course, they'd shared Sensei stories.

And, being an investigator myself, ever gathering evidence, I couldn't keep my eyes from straying to his belt buckle.

Ed E. Carol's Bio



E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds godan judo and sandan jiu-jitsu ranks.

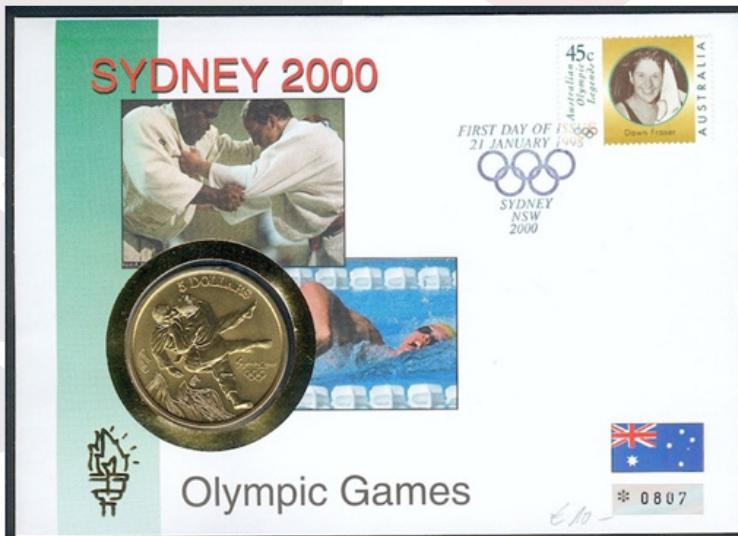


First Day Covers with Judo Coins

One area of stamp collecting involves envelopes celebrating events. These are called First Day Covers. A First Day Cover about the Olympics, for example, may sport a judo image on the envelope, maybe even with a judo stamp. A few First Day Covers have coins attached. Only an idiot would mail such an envelope, which is why we never see these items except at stamp shows or on the Internet.

Australia issued a First Day Cover with a judo image and coin. The \$5 coin is legal tender issued by the country's mint, not a token or medal that any entrepreneur can manufacture and sell. This envelope commemorates the first day of the Sydney Olympics, though it doesn't feature a judo stamp. Images in this article are not actual size.

A collector at a place of issue, such as a post office or outlet at the event, could purchase this, then affix a judo stamp if one were available. Of course a collector wouldn't use a judo stamp from Russia or Mongolia on an Australian First Day Cover. A First Day Cover with a judo stamp and attached judo coin would be an exciting addition to any collection. And if there were a postmaster nearby with a judo cancellation device, this would be icing on the cake. There are many judo cancellations. View them at www.judostamps.org.





First Day Covers with Judo Coins

Russia issued a First Day Cover for the 1980 Moscow Olympics, though the image on the envelope isn't of judo. This envelope includes a token rather than a spendable coin. The token features the same image as the stamp. That's no coincidence. Those who design these items appeal to what collectors want, to make money.

Equatorial Guinea issued a coin with a Japanese judo stamp image. Though not a creative design on the part of the Equatorial Guinea mint, it does result in a collectible for judo coin and/or stamp lovers.

This same coin was put on a German First Day Cover for the Tokyo Olympics that celebrates the centenary of the Olympics.

Visit the world's largest virtual collection of these items, including those for 33 other martial arts, at www.judostamps.org.



Ronald Allan Charles' Bio



Ronald Allan Charles, Ph.D., noted authority on judo coins, stamps, and phonecards, is a Coach of the Year and ranked 8th dan judo and 6th dan jujitsu. Dr. Charles operates the USJA's largest club, the Samurai Judo Association, headquartered in beautiful, romantic Goose Creek, South Carolina.

Club website: www.judostamps.org/samuraijudoassociation.

Video: <http://www.youtube.com/watch?v=Kbvs37lv0hQ>.



Celita Schutz East Coast Championship



1st Annual CSECC Rocks Staten Island!

Special Thanks To the 2014 CSECC Sponsors:

- Big Nose Kates
- Ki International
- Sottile Security
- Manfredi Auto
- Victory Bank
- DiFazio Industries
- Amber Lite Electric
- Mikes Diner
- Da Noi
- Shaun Roberts
- Dog Groomer
- Defontes
- Liberty Travel
- Exclusive Leasing
- Applebee's
- Kinji San
- Bee Line
- Pickleworks
- Complete Restoration

Nearly 200 judoka converged on Monsignor Farrell High School on Staten Island for the 1st annual Celita Schutz East Coast Championships held on June 8. From 5 years old to over 50, these athletes came to test themselves – some in preparation for larger contests, such as the USA Judo Junior Olympics, some for the love of the sport and pure competition.

The tournament was co-hosted by 3X Olympian Celita Schutz of Kokushikai Judo Academy of Fair Lawn, NJ, and Dave Goodwin of Bushido Dojo of Staten Island. Technical Advisor to the tournament was 8th Dan, Yoichiro Matsumura. Commenting on the tournament, Celita Schutz said, "Feedback from competitors and fans has been overwhelmingly positive. Dave and I agree we'll be back again next year."

Athletes representing 20 judo clubs from Massachusetts, Connecticut, New York, New Jersey, Maryland, Virginia and as far away as Florida and Tennessee were there competing for the Overall Club Trophies. First place went to Kokushikai Judo Academy (KJA) in Fair Lawn, NJ. The trophy will be engraved and stay with KJA until next year's CSECC Championships. Second place trophy went to Bushido Dojo of Staten Island, and the third place trophy was awarded to the Judo Sambo Center of Staten Island with West Hempstead PAL of Long Island, NY close behind in fourth place.

Co-directors Goodwin and Schutz extend their sincere thanks to everyone who gave the day their all for the love of Judo: volunteers, competitors and their families; officials, including Head Referee, Charles Schweizer and his entire team of referees; Technical Official's Advisor Mindy Buehman; and USJA President, Gary Goltz.





Celita Schutz East Coast Championship

Dave Goodwin says, "Competitors and Clubs, mark your calendars now – June 14, 2015 – for the 2nd annual *Celita Schutz East Coast Championships*. The challenge for team trophy is on!"

A sampling of tournament photos taken by James Sengul are below. Complete tournament photos may be viewed by following the link below.

<http://www.kokushikai.com/CSECCimages>

See you next year!



Tamara "Tammy" Hemingway's Bio



Tammy has been playing judo since 2005 and received her Shodan in 2012. She became interested in the sport watching her daughters play. Late to the game, she stuck with it thanks to the encouragement of her instructors and judo buddies, and what began as a great way to stay fit and make friends has blossomed into a sincere passion for the sport and the tradition of judo.



Judo Kumikata



The worldwide extreme focus on kumikata has forced the IJF to adjust the contest rules to force players to do their judo rather than play a game of nonjudo. This nonjudo forces referees to hand out shidos quickly in order to encourage action. At the Nationals in Reno, Nevada, two weeks ago I saw many hansukumakes correctly handed out to players for total defensiveness. Why come to fight in the Nationals if you are only going to defend?

As an example... One highly anticipated Open Division contest was the match between two time All-Japan Champion and Olympic Gold medalist Ishii and Tenri's Takahashi. This was to be a rematch of last year's match which ended quickly with Ishii receiving hansukumake for a leg

grab. It might be helpful if the athletes of this caliber would read the rules. This year Ishii did not grab Takahashi's leg but he was completely defensive with his kumikata. Ishii never attacked once during the match and received four shidos for defensiveness and then Hansokumake. A rather ugly match from the international champion. Ishii did not return to fight when called for his second match. To all observers it was very disappointing.



Travis Stevens (USA) Vs Ole Bischof (GER) at the 2012 Olympics in London

This focus on kumikata stems from instructors teaching beginners how to stop the other player before they can even do any judo. Defensive kumikata should not be taught until players have completed at least one year of Judo where they understand ukemi and can execute some throws and are comfortable in randori. The spirit of Judo is tied to the Ippon. The focus of Judo waza is the Ippon not how well you stop your opponent.

Randori is where one learns how to attack and throw and be thrown. If one only learns only how to defend then one will never be adroit in Judo.

Mel Appelbaum's Bio



Mel Appelbaum, PhD, IJF-A, 8th Dan, is a member of the NYAC Judo Club, Tournament Director of the New York Open Judo Championship, Former Chairman of the USAJudo Referee Commission, Former Chairman of the USAJudo Standards Commission, '92 Olympic Referee, and '96 ParaOlympic Referee.



Alex learns about Goltz Judo



1. What is the name of your dojo?

Goltz Judo

2. What's is your dojos address, phone number and contact email address?

Address: Alexander Hughes Community Center - 1700 Danbury Ave., Claremont, CA 91711

Phone Number: (909) 399-5490 Center or (909) 702-3250 Gary Goltz

Email: Gary@goltzJudo.com

Website: www.GoltzJudo.com

3. What kind of person would benefit from training at your dojo?

Anyone from age three through adult.

4. Are you a competitive club?

We have several national champions in the Junior and masters age groups. However, we consider ourselves a well-rounded and recreational judo club.

3) How many hours a week do you have class?

Classes are held Monday Wednesdays and Saturdays for teenagers, adults and children.

Tiny Tot classes at home are on Thursdays and Fridays.

5. Do you have another class besides judo?

We do seminars on women's self-defense and safety measures for kids.

6. What do you specialize in?

Judo as developed by Jigoro Kano.

7. If someone wanted to come and visit your club how much would the matfee be?

The mat fee is \$5.

8. Do the members socialize outside the dojo?

Yes, we have interclub tournaments, beach days visit professional sports(baseball, basketball, hockey) and many other activities.

9. Does your Club have a team image?

Our logo is the Kodokan symbol inside an octagon symbolizing the eight positions of off-balance.

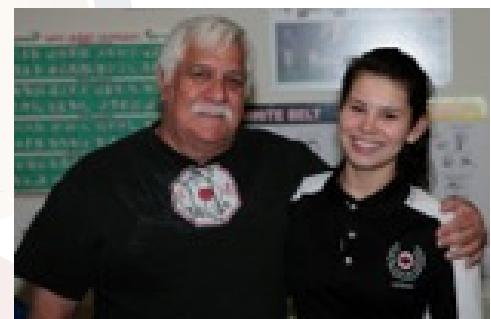
10. Tell me about your club culture.

It is very friendly, open and inclusionary.



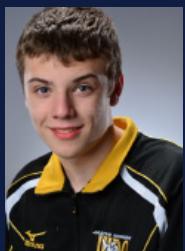


Alex learns about Goltz Judo



USJA

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.



Ashley Interviews Nick Kossor



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

I'll typically do at least 8 judo practices a week. Each session lasts between 1 1/2 - 2 hours long.

Tell me about your diet:

Cutting weight is about as fun as sticking your face into a hill of fire ants. The strain it puts on your body and mind is a bummer but the juice is worth the squeeze. Cutting consumes every aspect of my life. My diet, sleep patterns, my social life, relationships etc. For me personally, my diet consists of water, chicken, beef, greek yogurt, peanut butter, and wheat bread.

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

Anyone who wants to excel at something has to sacrifice. Personally, I moved to NY from PA when I was 16. Leaving friends and family wasn't fun but I wanted this judo career so much. Doing full time judo makes it hard to formulate new relationships with people and maintain old relationships. While most of everyone is at Trivia Tuesdays or whatever we're at practice or cutting weight. Fortunately, I've surrounded myself with a group of people who understand and support what we do. Like my band for instance: we book our shows around my competition schedule. The guys have been extremely supportive.

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

I like to lift about 2-3 times a week. Mostly lighter weight to keep my joints from falling apart haha. I've had 2 knee surgeries and a shoulder surgery so I don't go too heavy anymore. Running I try to do 2 times a week, more so when I'm cutting. The main bulk of my workouts are judo based. I also do a bit of boxing from time to time to mix things up.

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

If I could start my judo career over now I would've moved to NY a lot sooner than 16 and avoided all three of the major surgery requiring injuries I've sustained. But you know what, life isn't perfect and there's things we can't control. So to be completely honest, I wouldn't change a thing. My career has taught me so much more than just judo and I know I'm a better person having gone through everything.

What is your favorite gi brand?

I love wearing Kusakura because they feel great to move in.

What are your goals as a judoka?

I'd like to make an Olympic Team. That's all I've cared about since I was a kid.

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

I remember one time I came in for a technique, I slipped, face planted HARD and clearly remember looking up at my coach (Jason Morris) and sharing a laugh about it mid match. It was at a smaller event so there wasn't as much pressure.

What is your proudest and most disappointing moment in judo?

I have many proud moments in judo as I'm sure every judoka does. To name a few, taking a bronze at the Pan-Ams, winning my first national title, fighting in the 3rd round of the Paris Grand Slam, and winning the NY Open in front of a home crowd. Every fighter has disappointments too haha. I'm not a fan of losing matches where I am not firing on all cylinders, and am tentative. Gotta work on that.





Ashley Interviews Nick Kossor



How do you prepare for a tournament?

I like doing intense rounds in the week before a competition. When I arrive at a competition, it's all about relaxation and comfort.

I am a 14 year old girl, who is a blue belt. What advice would you give me to improve my judo? (Don't just say "train hard")

Find an instructor who has accomplished what you're goals are in the sport, and who can be a FULL TIME coach. Individuals who can get the job done by themselves are few and far found and come around only a few times every generation. The rest of us (myself included) need full time PROFESSIONAL guidance and teaching. I had to re-learn judo to get to where I am today and will still have to keep learning to get to where I want to be.

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

I'm easily approachable in person :)
nkossor@yahoo.com
facebook
twitter @nkossor
@thehardsoul

How was judo changed over the years?

Competitively there have been various "can & can't do" rule changes but for the most part it's all about tachiwaza and newaza. Simple.

Do you prefer the new judo rules or the older rules?

I don't care what the rules are, I'd just prefer them to stay the same for a change haha. The switching and amending is a pain to adjust to.

What advice would you give to a person just starting out in the sport?

Have fun, learn, and don't worry about what weight class you fight in until you're at a very competitive level.

Tell me about your judo experience:

Like any athlete, my judo experience has been filled with ups and downs. Overall, I respect the dedication and sacrifice that goes into achieving high level goals. It teaches you about control, priorities, respect, discipline, and how to be a better human being. Those lessons I've learned through judo (and are still learning) are invaluable.

What is your most fond memory of judo?

The fond memories are still coming in! All in all I'm fondest of the body of work I put into getting where I am today. Whenever my career is over, I'll still be fondest of the body of work I put into trying to be the best I could be at a sport.

What is your favorite throw?

I like any technique that gets me a win haha. I specifically like uchi-mata.

If you could have changed one thing about your past judo career what would you have changed?

I would have liked to not have gotten injured as much as I did. 2 ACL's, rotator cuff & labrum. 5-6 months recovery for each.

Who do you think the best judoka of all times is?

There's so many out there that I can't pick one. Individuals have various strengths and weaknesses on and off the mat.

Ashley Hall's Bio



My name is Ashley Hall. I am a 14 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.



2014 Grad Party



On Wednesday, June 11th, 2014, the Riverside Youth Judo Club held its first annual graduation party for two of its college-bound high school seniors, Anthony Carrillo and Jenny Chu.

The event was held at Zacatecas Restaurant banquet room in historical downtown Riverside. Over 120 people attended, including dignitaries such as Riverside Mayor Rusty Bailey, Senator Richard Roth's office, Congressman Mark Takano's office, State Assemblyman Jose Medina's office, Riverside Police Chief Sergio Diaz, and USJA President Gary Goltz.

The Riverside Youth Judo Club is a charitable non-profit organization with 110 students under the age of 18. The club is, currently, ranked as the 5th largest chartered USJA club in the nation after only two years in existence. About 40 percent of the clubs' students are members of the "Village Program" for at-risk and economically disadvantaged youth (named after the African proverb that "it takes a village to raise a child"). The honoree students, Jenny Chu and Anthony Carrillo were two of the very first "Village Students" brought into the judo club. In addition to the at-risk students, approximately 10 percent of the clubs' students are special developing with disabilities such as deafness, autism, cognitive delay, and cerebral palsy.

During the event, the Club was able to present, both Anthony and Jenny with the \$2,500.00 "*Tadashi Hiraoka Scholarship*". The scholarship is named after the club's revered mentor and advisor, Schichidan Tadashi Hiraoka of Riverside, CA. The students were also presented with proclamations from the State Senator and Assembly member's Office. The money for the scholarships was raised by the club with various fundraisers as well as generous donations from the public.



The Tadashi Hiraoka Scholarship for \$2,500.00 presented to Jenny and Anthony.
From left to right (Tadashi Hiraoka, Jenny Chu, Anthony Carrillo, Det. Brian Money).



2014 Grad Party

Jenny Chu and her family emigrated from China. Jenny had to learn English quickly as she started high school. She entered the Riverside Youth Judo Club in July 2012 as a shy, quiet and reserved young lady. Jenny's mother left an abusive relationship which led to her going back to school to start a career of her own in real estate. The family struggled with finances but Jenny persevered. Through her judo training and personal drive, Jenny became an avid judo competitor and school leader. Jenny maintained a 3.6 GPA while being a member of the high school Key Club, RISE Club, the ASL (American Sign Language) Club, and Lunch Buddies Program. Jenny is also a founding member of the All Riverside High School Judo Club. Jenny is an outstanding artist and was accepted to the Vancouver Art School and O.T.I.S School of Art and Design. Unfortunately, each of these schools carried an overly burdensome tuition, so Jenny has decided to attend California State University, San Bernardino. She will study Art while she also works on her teaching credentials. Jenny has always helped work with the club's special developing students and learned that she loves teaching.

Anthony Carrillo attended school in Compton, CA where there were very few extra-curricular programs to participate in. In 2011, Anthony transferred to Ramona High School in Riverside, CA after both his parents decided to go their own ways. Anthony was left to fend for himself and began living in his older step-brothers' garage. His brothers were in and out of jail and Anthony was, often, left to care for the brothers' young children. Most days went by with Anthony only eating one meal and with only one outfit to wear at school. Anthony also joined the Riverside Youth Judo Club Village Program in July 2012 where he flourished. The club sponsored his clothing, school, and food needs. Anthony performed exceedingly well in school and was a member of the high school JROTC program, wrestling team, cross-country team, and track and field team. Anthony graduated with an overall 3.95 GPA and was recognized as one of Riverside's Most Remarkable Teens. He won the Prestigious National ROTC Scholarship and the Ryan Bonaminio Scholarship. Congressman Mark Takano recommended Anthony for the Army's West Point Academy and the Navy's Annapolis Academy. Anthony was accepted to both institutions and accepted his appointment to the US Naval Academy --- a full four year scholarship!



Anthony being sworn into the Naval Reserves
before shipping off to the Naval Academy

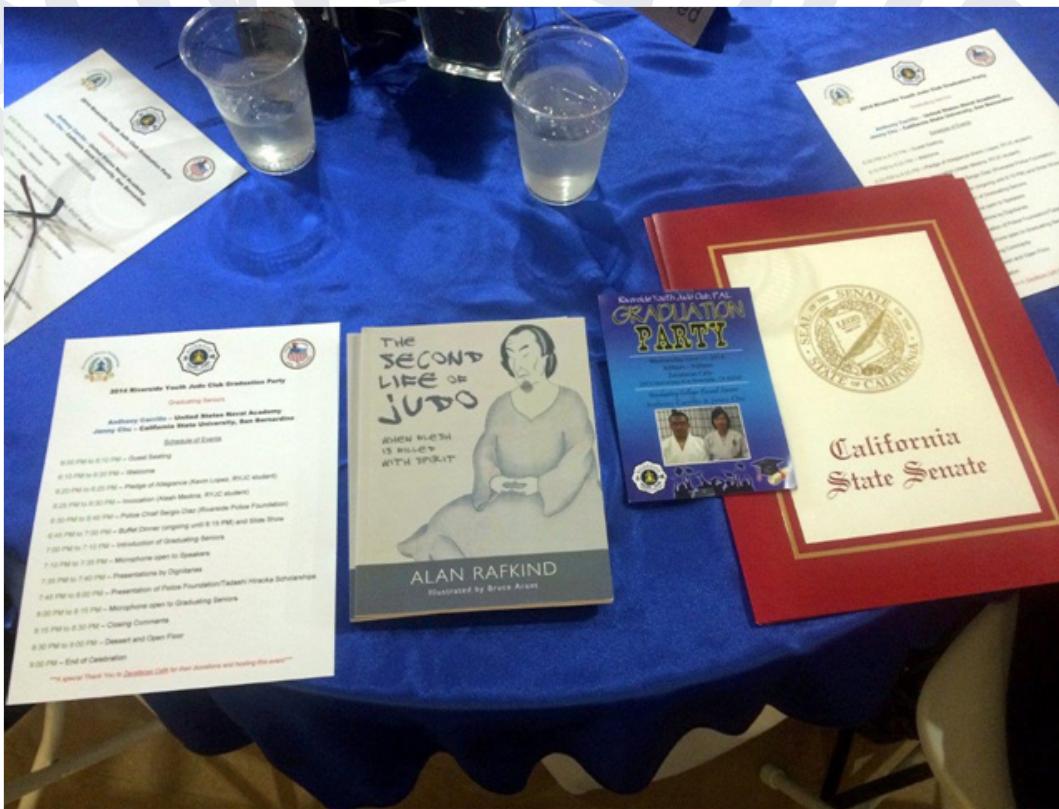


Anthony being sworn into the Naval Reserves
before shipping off to the Naval Academy



2014 Grad Party

The Riverside Youth Judo Club continues to flourish with new students joining each week. The tremendous support from the City of Riverside, Riverside Police Department, Riverside Police Foundation, United States Judo Association, National Police Activities League, local and national politicians, local businesses, and the public has built a strong and successful youth judo program. The club continues to welcome "all kids" despite their physical abilities and/or economic situation and looks forward to helping many more kids like Anthony and Jenny as the future unwinds!



Brian Money's Bio



Brian Money has been practicing judo for over 35 years, five of which has been with Sensei Hiraoka. He has had the opportunity to study Judo in Italy and Holland. Brian is currently employed as a Police Detective with the Riverside Police Department where he has been for the past 16 years. He has discovered the tremendous diversity of Judo while employing it as a self defense in his job as well as realizing the health and aesthetic benefits of the sport and art.



**AMERICAN JUDO AND
JIU-JITSU ACADEMY**

501-844-1888
3200 MILL ST.
SUMMERTOWN, SC 29483
www.summervillemartialarts.com

Randori Night is Back!

Every Thursday night in July we will open our doors for a free open mat class. We will practice under tournament conditions.

Attend to prepare for upcoming tournament season. Must be member of a National Judo organization. USJA membership available on site.

Must bring Judo Gi.



6 - 7 pm
Junior randori
7 - 9 pm
Adult randori





Upcoming Events

Camp Bushido 2014

Camp Bushido West has been holding this event for many years with a great deal of Featured Guest Instructors. Come and join this event and have fun, learn and improve your skills.

Event Type: Tournament
Start Time: 08/03/2014 8:00 AM
End Time: 08/09/2014 4:00 PM
Competition: -
Level D Local: National
Sanction(s): 14-023

Club Name: Seika Ryu Martial Arts
Contact: Joa Schwinn
Location: Westminster Woods Camp
Address: 6510 Bohemian Highway
City: Occidental
State: CA
Zip: 95465
Phone: 707-523-3200
Web: <http://www.campbushido.com>

State Games of Oregon Judo 2014

Come and join us at this Tournament to have fun, compete and learn from some of the very best.

Event Type: Tournament
Start Time: 08/09/2014 8:00 AM
End Time: 08/09/2014 5:00 PM
Competition: Junior, Senior, Master
Level D Local: State
Sanction(s): 14-044

Club Name: River City Martial Arts/Grants Pass
Contact: Daniel Dawson
Location: North Valley High School
Address: 6741 Monument Drive
City: Grants Pass
State: OR
Zip: 97526
Phone: 541-761-8081

Fight Like a Girl Camp

This very popular Camp has been an annual treat for all that attend. Come and join us to compete, have fun, and improve your skills while learning from some of the very best.

Event Type: Camp
Start Time: 08/09/2014 12:30 PM
End Time: 08/10/2014 1:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: National
Sanction(s): 14-058

Club Name: Southside Dojo LTD
Contact: Deborah Fergus
Location: Southside Dojo
Address: 8534 Portage Rd
City: Portage
State: MI
Zip: 49002
Phone: 269-208-1068
E-mail: defrgs6@att.net



Upcoming Events

2014 America's Cup

This Event is Hosted by Anderson YMCA Judo Club. It is open to Junior, Senior, Master & Kata. Come and compete, learn and have fun while improving your skills.

Event Type: Tournament
Start Time: 09/06/2014 8:00 AM
End Time: 09/06/2014 6:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: Local
Sanction(s): 14-051

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: 765-621-3416

14th Annual Dr. Z Memorial

This Annual Event speaks to the memory of a great man and his devotion to the sport of Judo. Be sure to join us for this Annual Celebration of Dr. Z.

Event Type: Camp/Competition
Start Time: 10/11/2014 8:00 AM
End Time: 10/11/2014 5:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-004

Club Name: Goltz Judo
Contact: Gary Goltz
Location: Alexander Hughes Community Center
Address: 1700 Danbury Rd.
City: Claremont
State: CA
Zip: 91711
Phone: 909-702-3250
E-mail: gary@goltzjudo.com

4th Annual Gateway Invitational Judo

This event is for all to come and celebrate the 4th Annual Gateway Invitational Judo Tournament. Come and join us to have fun, learn and improve your skills.

Event Type: Tournament
Start Time: 10/11/2014 8:00 AM
End Time: 10/11/2014 5:00 PM
Competition: Junior, Senior, Master, Kata
Level D Local: Regional
Sanction(s): 14-042

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



Upcoming Events

2014 LA Open Judo Tournament

Come join us at this Open Judo Tournament. Learn from some of the best and compete while you improve your skills at the same time. Awards: 1st, 2nd & 3rd Place Medals for individuals in all divisions.

Event Type: Tournament

Start Time: 10/25/2014 **8:00 AM**

End Time: 10/25/2014 **6:00 PM**

Competition: Junior, Senior, Master, Kata

Level D Local: Regional

Sanction(s): 14-053

Club Name: Wall to Wall Martial Arts

Contact: James Wall

Location: Hebron Baptist Church Gymnasium

Address: 24063 Hwy, 16

City: Denham Springs

State: LA

Zip: 70726

Phone: 225-612-0934

Web: <http://wallmartialarts.com>

UT Martial Arts Club Annual Judo Tournament

Current IJF Rules. Additional rule modifications may be made at the discretion of the Tournament Director with consultation from the Chief Referee.

Event Type: Tournament

Start Time: 11/08/2014 **9:30 AM**

End Time: 11/08/2014 **6:00 PM**

Competition: Junior, Senior, Master

Level D Local: Local

Sanction(s): 14-052

Club Name: U Of TN Judo Club

Contact: Michael Takata

Location: Health, Physical Education & Rec Blc

Address: 1914 Andy Holt Blvd

City: Knoxville

State: TN

Zip: 37996

Phone: 865-300-6453

E-mail: mtakata@mindspring.com

Mojica Judo Scrimmage Tournament

Matches will be conducted using current IJF rules with modifications. Referees and Coaches meeting at 8:00 AM

Event Type: Tournament

Start Time: 11/09/2014 **9:00 AM**

End Time: 11/09/2014 **6:00 PM**

Competition: Junior, Senior, Master

Level D Local: Local

Sanction(s): 14-049

Club Name: Mojica Judo Club / PAL

Contact: Tony Mojica

Location: Esther Snyder Comm. Center

Address: 4100 Baldwin Park Blvd.

City: Baldwin Park

State: CA

Zip: 91706

Phone: 626-806-6884



From our friends at

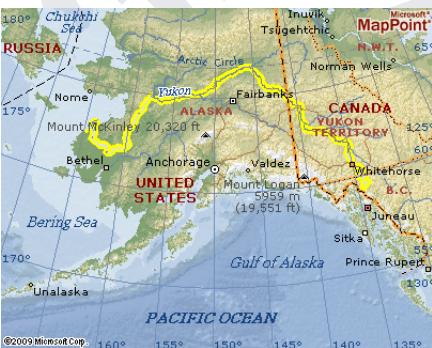


NBC Filming California Family Preparing to Bicycle from Prudhoe Bay to SF Bay While Other Family Members Kayak Alaska's Yukon River Benefiting The Blind Judo Foundation



Summary:

NBC is interviewing and filming two Kabai brothers who will bicycle from Prudhoe Bay, Alaska to San Francisco Bay while their father and another brother will kayak the Yukon River out to the Bering Sea, starting in Whitehorse, Canada to raise \$10,000 for 10 worthy blind and visually impaired Judo athletes of the Blind Judo Foundation to attend Judo camps, tournaments and travel expenses to compete.



The Kabai Family members are no strangers in bringing awareness of Judo for the blind and visually impaired especially of the Blind Judo Foundation. The Family continues to challenge themselves with accomplishments others might not even consider.

The summer of 2014 two Kabai brothers, Peter and Janos will be flying with their bicycles up above the Arctic Circle to Prudhoe Bay, Alaska where they will start their trek back to the San Francisco Bay Area. In 2012 NBC captured a similar trip when they flew with their bicycles to NYC and rode them back to the San Francisco Bay Area.

They will have GoPro Cameras so they can share their adventures. Their goal is to raise funds to help worthy blind and visually impaired individuals with introductions to Judo, training camps, tournament fees and travel for life enhancing experiences.



At the start date, their father and another brother will kayak the Yukon River starting in the Yukon Territory of Canada through Alaska out to the Bering Sea. Obviously this is not your everyday occurrence. All family members will be camping along the way as they sojourn on paths less traveled.

From prehistoric times until the late 1950's when all weather roads were first built and air travel become common, the Yukon River was the region's highway for settlement and development. They too will be sending back GoPro Images and filming for those interested in tracking their progress. Both events can be seen at <http://gojudoka.com>



Donations to help blind and visually impaired individuals to attend Judo camps, tournaments and travel expenses for worthy athletes can be made here.

The Blind Judo Foundation is a nonprofit 501(c) (3) organization whose mission is to empower the blind and visually impaired using the tools and tenets of Judo. The Funding of blind and visually impaired athletes to train, travel domestically and internationally is through tax exempt donations, their financial life-line. To learn more about the Foundation, check out blindjudofoundation.org and at Facebook or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 1-425-444-8256



From our friends at



Come and enjoy the experience

Kevin Asano writes

, “The GrassRoots Judo movement regards the USJF/USJA Nationals as the premier event on the calendar for all judoka to get together to learn and compete. I would recommend everyone to come.”

Visit

<http://www.50statejudo.com/2014-USJF-Junior-Nationals/upcoming-event.html>
for entry forms and details.



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- ★ Sarah D. Arnold
- ★ Ehtan Beauman
- ★ Linda-Lee Beauman

- ★ Timothy L. Checkett
- ★ Blade Ducote
- ★ Matthew S. Mays

- ★ Steven Y. Nozaki
- ★ David B. Reeder
- ★ Thomas Trantham

Nidan

- ★ Joseph Cannizzo

- ★ Robert T. Matrisciana

Sandan

- ★ Joseph W. Martine

- ★ Jessica M. Silva

Rokudan

- ★ Bruce A. Bender

JUJITSU

Shodan

- ★ Ed Kimes

Nidan

- ★ Joseph Cannizzo

Current USJA Membership Statistics:

Active Annuals: **6,588**

Active LM's: **1,364**

Total Active USJA Members: **7,952**



JMJC Open Developmental Events



Glenville, NY - Over 80 athletes from all over the northeast as well as a large contingent from the Taifu Judo Club in Ontario, Canada attended the 15th JMJC Open developmental event hosted by the Jason Morris Judo Center in Glenville, NY. This event is geared toward developing athletes by getting them more matches in a relaxed fun environment inexpensively. Their were competitors from ages four to their thirties. This also featured the debut of 4x Olympian, Jason Morris and Teri Takemori's twin girls as Dani & Randi Morris got out there and had a blast.

Photos by: Lou DiGesare/realjudo.net



Randi Morris (blue) attacks with osoto



Dani Morris (bottom) attempts seionage





JMJC Open Developmental Events



USJA



10th Fight Like A Girl Camp



USJA Sanction:
Date: Aug. 9-10, 2014

Where: Southside Dojo, 8534 Portage Rd. Portage, Mi. 49002

Registration at the door starts Saturday, August 9, 2014 at 12:30pm. Please be on the mat by 1:30pm.
If you will be joining us for the Sunday Clinic only please register by 8:30am on Sunday as the on mat session starts at 9am.

Clinicians: Francis Glaze, Louise Ullman and others TBA

Saturday or Sunday only session: Pre register \$25.00, on site \$30.00
Saturday and Sunday: Pre Register \$40.00, on site \$50.00

Campers bring your sleeping bag, towel, and any personal item you will want for the stay.
Included for the campers, will be cookout Saturday night, breakfast and a snack lunch Sunday

Contact: Deborah Fergus, defrgs6@att.net. Please fill in the last sheet/back side of this Flier and postmark by July 31, 2014 to: Deborah L. Fergus, 2006 Wickwire Rd. Benton Harbor, MI. 49002. Pre-registration is appreciated in order to plan the events and meals for the campers.

FLAG Camp 2014

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association Inc., FLAG Camp personnel/clinicians and the Southside Dojo Ltd, I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowl-



10th Fight Like A Girl Camp

acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.

5. Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., FLAG Camp personnel/clinicians and the Southside Dojo Ltd., together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant/Parent
(please print name)

Date

Participant's Signature/Parent

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ E-mail: _____

Club: _____ Rank (NOT COLOR): _____

Camper____ \$40/2 day one day____ \$25.00/day Checks payable to Deborah L. Fergus
Walk in____ \$50/2 day one day____ \$30.00/day

Pre Registration is appreciated: Please fill in this page and send to:

Deborah L. Fergus,
2006 Wickwire Rd.
Benton Harbor, Mi. 49022
269 208 1068

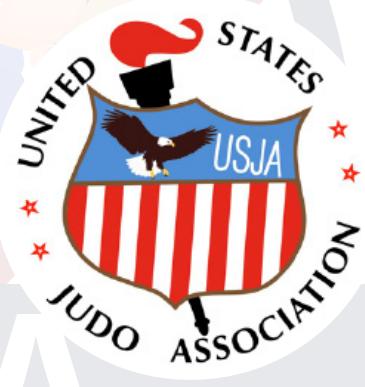
Or e-mail to: defrgs6@att.net



Disclaimer

Please note that all material contained on this magazine is provided for informational purposes only. Martial Arts training is a potentially dangerous activity. Before beginning any Martial Arts training or exercise program, you should consult your physician. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury from time to time. in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, and torn ligaments, though not all students encounter such serious injuries. As with any physical activity, there also exists the remote possibility of crippling or death.

You should always be aware that if you engage in any Martial Arts course you are doing so entirely at your own risk (as described in the Doctrine of Assumed Risk and Liability), including any present and/or future physical or psychological pain or injury that you may incur. The United States Judo Association (hereafter called the USJA), the editor of Growing Judo magazine, the article writers and contributors contained therein cannot assume any responsibility or liability for any injuries or losses that you may incur as a result of acting upon any information provided by this magazine or any links to sites found herein. Nor can the USJA, the editor of Growing Judo magazine, the article writers and contributors assume any third party liability arising out of any legal actions you may be involved in as a result of the training you received by engaging in a study of any Martial Art as presented by this magazine or any other source cited herein either directly, or through the use of hyperlinks. Although there may be a number of instructors, dojo, other organizations, seminars and other activities listed in this magazine, the USJA, its officers, the editor of Growing Judo magazine, the article writers and contributors cannot be responsible for their claims, instructional strategies, materials, facilities, or consequences that may arise by studying any Martial Art under their supervision and can make no recommendations or inferences as to the quality or effectiveness of their instructional programs.



United States Judo Association Automatic Donation Plan

When I was a teenager, judo helped keep me out of trouble. As an adult, judo allows me to pass on my experiences so that other kids have the ability to stay out of trouble. I love judo because I can get on the mat, rumble around and feel good about life. Since 1993, I've been a thousand dollar a year donor to the USJA. I am not a rich man but I make sure my budget includes my annual donation to the USJA.

Instead of one annual contribution to the United States Judo Association, I make an automatic monthly donation. Every month, one hundred dollars is charged to my credit card and sent to the USJA. It's automatic, so I won't have to think about it and the USJA can count on it being there.

Please join me in making a monthly contribution to the USJA. I challenge every black belt to give one hundred dollars a month; brown belts to give fifty to seventy five dollars a month; green, orange, yellow and white belts to give twenty five dollars a month. If you can give more, great; if you cannot afford the challenge please give what you can, thanks.

Andrew Connelly, USJA Coach of the Year 2010, School of Hard Knocks (TX-019), Spring, Texas

> IF DONATING BY BANK DRAFT, please complete printing and include a voided blank check:

Bank Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Name on Account: _____ Bank Account #: _____

Bank Routing Code: _____

> IF DONATING BY CREDIT CARD, please complete by printing:

Credit Card (circle one): MasterCard Visa Discover

Card Holder: _____
(print name as it appears on credit card)

Card Number: _____ Expires: _____

I authorize the United States Judo Association to initiate a monthly activity authorizing the bank to debit, or credit card company to charge, the above listed account. This authorization shall remain in effect until the United States Judo Association has received, in writing, notice from me revoking this authorization.

Monthly donation: \$ _____ - _____
(figure amount) (print amount)

Signature: _____ Date: _____
(Your donation cannot be processed without your signature)

Print your name: _____

Date of Birth: _____ USJA Member Number: _____
(must be 18 or older)

Mail or Fax completed form to USJA:
P.O. Box 1880
Tarpon Springs, FL 34688-1880
Phone: (877) 411-3409 Fax: (888) 276-3432