

Growing Judo

May 2012



Monthly publication of the
Club Support Services Committee of the USJA

United States Judo Association
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In this month's issue:

- * Letter from the President
- * **COACHING EDUCATION NEWS:** May Is a Good Time To Reassess
- * **GOOD JUDO MAKES GOOD JUDOKA:** Training for Competition and Beyond
- * **COACHING JUNIORS AT COMPETITION:** What can you do on match day?
- * *Lots of Judo News From Around the Country*
- * Regular Features: Upcoming Events, New Clubs, Promotions, & more!
- * USJA Ring offer



Table of Contents

Letter from the President	3
New USJA Chartered clubs, Treasurer's Report, Update from the USA Judo Senior Nationals	5
COACHING EDUCATION NEWS: <i>May Is a Good Time To Reassess</i> by Bill Montgomery	6
GOOD JUDO MAKES GOOD JUDOKA: <i>Training for Competition and Beyond</i> by Mark Lonsdale	7
COACHING JUNIORS AT COMPETITION: <i>What can you do on match day?</i> by Mark Lonsdale	8
Newly Certified Coaches, New USJA Life Members & USJA Donors	10
Judo News From Around the Country	11
Upcoming Events.	17
USJA Promotions	21
USJA Ring Offer	22

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

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

Thanks for your support!

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

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

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

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

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by May 24th or earlier if possible.*

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

Letter from the President
Gary S. Goltz, May 1, 2012
(909) 702-3250; gary@usja-judo.org



Towards the end of *Visit Another Dojo Month* after touring USJA clubs on the east coast and in the south east, I decided to go to several clubs within a few miles of my house. The first one was none other than [Discover Judo](#) which was founded by John Moe, Danny Martinez, and Romero Real along with the help of Denise D'Antico, 1st dan. This group was once part of my club and decided 12 years ago to form their dojo.

At that time, a younger version of me was a bit miffed at first, but after a while I got over it. I also noticed that they were able to grow a sizable and very positive judo dojo while my own club continued to grow. Today as your president I would say the valuable lesson learned from this experience was that there are enough opportunities to grow judo out there that we should always encourage our assistants to take the plunge and open their own dojos. In this manner judo will flourish in our country.

Discover Judo is affiliated with the City of Rancho Cucamonga Parks Department. Sensei John Moe started judo as a child on a base in Guam and later took it up in college in Arizona before moving to California. Discover Judo emphasizes the full syllabus of judo: randori, shiai, and kata with programs for all ages including a tiny tots class. In addition they are proponents of Hal Sharp's [Grassroots Judo™ Advanced Judo Study Program](#).



Gary Goltz, John Moe, Bree & Robert Wellendorf

The club was well attended for a Tuesday night and my unannounced drop-in. Sensei John was assisted that night by fellow Senseis Helge Helgesen, 2nd dan, as well as Robert and his daughter Bree Wellendorf, both 1st dans. They had just started their Spring session and had at least 5 beginners. The class that night included standing and groundwork drills and randori.



John Moe is also a very talented computer wizard who works at the Claremont College Consortium and has served as the USJA volunteer IT Director for the past 6 years. During this time he helped oversee the development of our new database including our state of

the art [Coaches Portal](#) as well as our website. John is also the developer of the [Judo Scoreboard](#) which can be downloaded by any USJA club for free. This is designed to be used with a laptop computer which makes it easy to update and project on large monitors. We have used this program at successfully at all 6 of the [USJA/USJF Winter Nationals](#).

The next night, I visited Red Dragon Karate in Etiwanda, CA, which is part of a large franchise. This location is operated by Sensei Ned Reber a 6th dan in karate who recruited my son [Nathan Goltz](#), 4th dan, to run his judo program. Here I found over 30 karate students who have all signed up for the USJA, doing judo twice week and competing in local tournaments. The night I stopped by they were working on the Nage-no-Kata for an upcoming black belt martial arts show. It is amazing to me how quickly these karate students were able to perform some pretty advanced throws.

We are now well into heart of judo season with tournaments and camps coming up everywhere! I hope to see many of you at the 3rd Annual [USJA/USJF Grassroots Judo™ Junior Nationals](#) on July 6-8 in Spokane, WA. I also encourage everyone to become a USJA Life Member or add to your existing life membership and get your free [USJA Ring](#) to show your pride in our organization!

Yours in Judo,

Larry



A WARM WELCOME to Our NEW USJA Clubs!



April, 2012

Club Name: **CCUMC Judo**
Head Instructor: **Justin L. Weston**
Email: just-rescue@cablone.net

Location: **Joplin, MO**
Phone: **417-659-9009**

Club Name: **Full Circle Martial Arts & Self Defense**
Head Instructor: **Ty Wilson**
Email: fcmasd@yahoo.com

Location: **Wendell, NC**
Phone: **919-610-3377**

Club Name: **Pensacola Judo and Jujitsu**
Head Instructor: **Jeremy Gray**
Email: redline1094@aol.com

Location: **Pensacola, FL**
Phone: **850-582-4299**

Treasurer's Report, February 2012

The overall financial health of the organization after the first two months of 2012 continues to remain good and stable. Current assets as of the end of February 2012 were \$37,064. Current liabilities were \$1,401. The current ratio is a healthy over-25 to 1.

Revenue in February was \$46,121; as expected, the largest portion was generated from membership fees. This is up \$9,000 from last year. Expenses were \$41,519 including cost of goods. The net profit for was February \$4,602. The YTD net profit is \$8,713.

--Paul Nogaki, Treasurer, USJA April 25, 2012

Update from the USA Judo Senior Nationals

With the Olympics less than 100 days away, this year's Senior Nationals saw an increase in participation. Kayla Harrison, who has already made the London Team, was on-hand to meet and greet people. She is a fine example of the positive attitude and character that judo is really about.

At the USJF's Board meeting, outgoing President Neil Simon was congratulated for doing an exemplary job. He has been instrumental in fostering the positive relationship between our two organizations through our [Grassroots Judo™](#) partnership. Neil will continue working with the USJA and USA Judo as the USJF's official liaison. Congratulations to 1988 Olympic Silver Medalist, Kevin Asano, who was installed as the new USJF President.

I attended USA Judo's Board meeting at the invitation of Lance Nading. There, a presentation was made by the International Amateur Sombo Federation (FIAS). Also present was Devin Cohen, the USJF/USJA candidate to be the new Class A representative to USA Judo's Board.

Many other USJA leaders were present at this event including Gene Fodor, Gary Monto, Mike Szejter, Ed Carol, Michelle Holtze, Charles Schweizer, and Andrew and Edie Connelly.

--Gary Goltz

COACHING EDUCATION NEWS: May Is a Good Time to Reassess



Summer vacation time is almost here, but May is a good time to reassess your program. Are your charges accomplishing or moving toward goals that have been set for them or ones that they are trying to achieve. Is the overall technical level of your dojo improving, staying static or declining? These are the kinds of questions that should be asked on a regular basis. Poll your instructional staff for feedback, good or bad. By doing these little things you can ensure a sound program and continued success.

The USJA Coaching Education program continues to evolve. We will be offering two courses for National Coach this summer. One will be in California (at Goltz Judo on three Saturdays: June 2, July 14 and August 4) and the other at the YMCA camp in New York, August 12-18. These programs will be the kick-offs for this coaching level. Both will be intense and will require a real commitment by the participants. Our

overall goal is to offer an advanced level of coach education that will improve everyone's knowledge and teaching skills. If you are interested, please read the "Coaching Guide" that is available for download on the USJA website. This will give you a good idea of what we are trying to accomplish and the candidate requirements.

In an effort to offer a program that will encourage teenagers to stay with our discipline we will soon be instituting a program of special mini-camps for teens, 13-18, to be held two to three times per year. At these camps, there will be skill, fitness and overall evaluations of the participants which will be given to the teens and their respective coaches. We will divide the country into 12-14 regions. Each region will host their own mini-camps. It is hoped that the location(s) will rotate within a region. There will be one coach designated as the facilitator for each area. If there are coaches out there who would like to participate in this kind of a program please contact me. We are looking for coaches who wish to be actively involved in this kind of long-term project.

To date, the online coaching test that we had hoped to implement is just not working out. I have recently heard that the USJF is also having problems with their online test. We will continue to look into this, but will have "paper and pen" tests up and running in the meantime.

In an attempt to make our program more workable, we may be increasing the number of Coaching Certification Levels. We will be doing this to enable a person to take advantage of a continuing process and not have to plan for a full week. Numerous people have stated that they simply cannot do this. This is in the early planning stages and I will hopefully know more by June.

I want to thank James Wall and Loren Bentley for hosting "Kelly's Capers" (KC) clinics last month. They also offered coach certification during the same weekend. KC presenters Joan Love and Bill Myers were also instructors in the certification courses.

Happy Coaching and Talk to You Soon,

Bill Montgomery, Chair
USJA Coach Education and Certification Committee
WMontgomery2@aol.com

GOOD JUDO MAKES GOOD JUDOKA: Training for Competition and Beyond

by Mark Lonsdale

The first question – what is Good Judo?

Good Judo is *Ippon* judo where throws are big, clean, and nicely executed. To be scored an *Ippon* in *randori* or *shiai*, a throw must have four components: control, force, speed, and the opponent lands largely on the back. If any one of these is missing it may be scored a *Waza-ari*.

Good Judo in competition is when the player is constantly attacking and going for the big terminal *Ippon*. When the player is successful, *Uke* soars through the air, crashes to the tatami, and the referee shoots his hand up to signal the *Ippon*. Good *Ippons* are easy to score and everyone remembers them.

Therefore, Negative Judo is when a player is non-combative or continually plays for the smallest of points, attempts to make his opponent draw *shido*, and spends too much time fighting over grips. A negative judo player will make a minor attack every 25-30 seconds to avoid being awarded a *shido*, and will drop to all-fours ("flop and drop") after an attack to avoid being countered. This is also known as making "low risk attacks," but it is ugly judo and not at all interesting to watch. Referees are also instructed to penalize players for negative judo.

So the problem for young competitors is that if they focus only on competition tactics, and adopt a low-risk style of fighting, they will never grow as judoka. Now don't get me wrong, I love competition judo as much as anyone. In fact I devoted a good part of my life to being a competitor, but I appreciate Good Judo even more, and I am not alone in this.

From an article in a 2005 *California Judo Magazine*, I read how former All Japan Champion, Yasuhiro Yamashita, valued good judo. The article described how Yamashita admitted to practicing kata on a regular basis. He felt that when he was having problems with technical aspects of his competition performance, that kata helped improve his techniques and made his throws more precise.

This is a radical concept for a competition fighter – voluntarily practicing kata, and not just for grading points. Here is a World Champion who regularly returns to good judo, in the form of kata, to hone his techniques for competition.

My story is one of being selected by Isao Inakuma, the Japanese National Coach at the time, to train with Nobuyuki Sato at the French National Sports Institute. For those of you not old enough to remember Sato, he too was one of Japan's great champions, so I knew I was in for a pounding. But Inakuma Sensei assured me that, "Sato would only use one technique, *tai-otoshi*."

This did not alleviate my concerns as *tai-otoshi* is a very fast, powerful body-drop, and I had seen how fast and how hard Sato had thrown other members of the French training squad. But since he was restricted to one technique, I felt confident I could come up with a suitable block, if not a counter. How wrong I was!!

Even though Sato only used one technique, he was able to enter this throw from eight different directions and with an equal number of feints. The result was that in a five minute *randori*, I was picking myself up off the mat for four of those minutes. But with pain comes gain, and I learned an important lesson that day.

A good judoka can select a favorite technique (*tokui-waza*) and then build a family of entries and combinations around that technique. Sato would use *tai-otoshi* in combination with *deashi-barai*,

sasae-tsurikomi-ashi, *ouchi-gari*, and even *uchi-mata*. Each of these was just a set-up to off-balance his opponent so that he could finish them with the body-drop – every throw a bone-jarring *Ippon*.

So for the club judoka who is aspiring to be a judo champion, it is important not to neglect practicing Good Judo. My personal training program called for doing good judo with lots of big attacks in club *randori* three nights a week. And then at national squad training, once or twice a week, I would work on competition tactics and grip fighting. I also taught juniors twice a week, which greatly helped in polishing my techniques, since each demonstration for the class had to be technically perfect. In addition, doing light *randori* with the juniors allowed me to work on my timing and footwork, while using absolutely no strength.

So, for the young judoka (and some not so young) who are reading this, don't be afraid to try for those big *Ippons* in club *randori*, even if you get countered. It is more important to develop confidence, technique, and timing than to worry about winning or losing in *randori*. In time, that focus on doing Good Judo will emerge in competition with beautiful and memorable wins by **IPPON**.

COACHING JUNIORS AT COMPETITION: What can you do on match day?

by Mark Lonsdale

Coaching juniors can be far more rewarding than coaching elite athletes, since there are none of the big egos and bad attitudes; just a lot of fun with the odd tears of disappointment (hopefully theirs not yours). But coaching mat-side at a tournament is very different to coaching in the dojo. In the safety and relative serenity of the dojo, the coach can talk directly to his or her judoka, making suggestions and subtle modifications to techniques and tactics. Club training is where the coach can work with a competitor, or team, on their techniques, competition tactics, and even review video of other competitors. The coach also has the ability to video the team doing *randori* for additional player analysis.

At the novice and junior levels, this training should focus on doing good judo with lots of commitment to big attacks; not the scrappy tactics, competition grip fighting, and negative judo often seen at the senior levels.

However, at a tournament, those same players who were calm and collected in the dojo may become nervous and distracted. For the coach, this makes effective communication under the stresses of *shiai* extremely difficult. Competitors will be focused on their next fight, their opponents and, in all likelihood, will not hear anything the coach says from the sidelines. This can be attributed to stress-induced tunnel vision and auditory exclusion.

Changes in IJF rules have also restricted mat-side coaching at international tournaments, except when the referee has called *matte*, creating a break in the action. This is to restrict those out of control, red-faced coaches who insist on bouncing out of their chairs and yelling incessantly at their players. But USA Judo (USJI) has not adopted this rule at the local or national levels.

So what can a coach do at a tournament that hasn't already been covered in training?

Barring any nagging injuries, if the athlete has followed the coach's training program religiously, then he or she should be going into the competition at their physical, technical, tactical and psychological peak. That may be a lot to expect of novices and juniors, but they should still be

drawing confidence from the coach's advice, preparations, and presence. They should be arriving at the *shiai* organized and eager to fight, not nervous and apprehensive.

There is no arguing that match performance is directly influenced by pre-tournament training and preparation. Nothing prepares the athlete more, mentally or physically, than knowing that they have done everything humanly possible to prepare for the competition. But be assured, the competitor is still looking to the coach for moral support and guidance on the big day.

Suggestions for coaching novices and juniors on match day:

1. Have a game plan built on a solid approach to competition and based on past experience. Peak your athletes early so that they can taper the week prior to competition. This will help with muscle recovery and prevent injuries.
2. Sweat all the details long before match day; ensure paperwork is in order; and know the current competition rules. Don't forget your coaching credentials and be sure to attend the pre-match referee & coach briefing.
3. Nervousness is contagious, so by being organized and confident your players will also feel calm and confident. You are the professional that they look to for guidance.
4. Establish a routine for your player or team that begins with selecting their judogi and packing their gear bags the night before the competition. Then arrive early; don't be late for registration and weigh-ins; ensure players re-hydrate after weigh-in; and allow time for taping, warm-ups and stretching.
5. Motivate & energize your players during warm-up time. Again, reassure your player that he or she has done everything necessary to prepare for this competition.
6. Treat each player as an individual. Different players have different needs and personalities. If your player needs to talk, then talk to them. If they prefer to quietly focus or listen to music, then give them that time and space.
7. Know what you are trying to achieve. Emotions are powerful forces, so try to channel the athlete's emotions accordingly. Select your words of advice and encouragement carefully, using positive affirmations in the form of **Do's** not **Don'ts**.
8. Keep advice simple and focus only on what is effective. Match day is too late to introduce new ideas or techniques. (At the last *shiai* I attended I saw a father in the parking lot trying to teach his six-year old *soto-maki-komi*, a technique the kid had not learned in the club.)
9. Study the draw and encourage your players to study their opponents. Time doing reconnaissance is never wasted. Ask questions such as, "What do you think about your next opponent?" "Have you noticed any weaknesses?" "Do you have a plan?"
10. Make small adjustments for each opponent. You don't have time to make major changes to how your player fights, but you can remind them of the strengths and weaknesses of their next opponent.
11. Just be there for your player (mat-side). If the player is well trained and well prepared, then the coach is only needed for moral support. Be a supportive face in an emotionally-charged setting.
12. The coach can make notes on his or her player's performance for review back at the dojo. For example, if the player continually loses to *osaekomi-waza*, then there may be a need to work on *newaza* avoidance or escapes. If a player is accumulating *shidos* for non-combativity or false attacks, then that too can be addressed in training.
13. Never belittle a player's performance on the mat. It probably took a lot of courage just to step up to the line.
14. Save the critiques for back at the dojo, and know how to turn a loss into a positive learning experience. "Listen, your attacks were strong in matches 1 & 2, but what could you could

have done better in the semi-finals?” or “You didn’t seem comfortable when your opponent took a left-handed grip. Would you like to work on that this evening?”

A final word on competence and professionalism....

Competence comes from studying judo, teaching, coaching, and athlete development. Professionalism is how you go about applying that experience and knowledge. If you aspire to coach at the nationals, or internationally, then get into the habit of dressing and acting like a professional, even at the local junior *shiai* level. Shorts, flip-flops, t-shirts and ball-caps are out. Slacks and a golf shirt with the dojo or team logo would be ideal; clean jeans are acceptable, as are team track suits (sweats). A coach should also set an example for his players by being polite and respectful with the officials and referees, and by following the appropriate mat etiquette.

Mark Lonsdale is a USJA, USJF & USA JUDO certified National Judo Coach. He can be contacted at judo93561@aol.com.

Note: The author retains all rights and copyrights on these articles.



Congratulations to our Newly Certified USJA Coaches

- ★ Ian Gerrard, School of Hard Knocks Judo Club, Spring, TX
- ★ Matthew Libertini, Ark Judo, Springdale, AR
- ★ Shintaro Taniguchi, Judo Team at the University of Hawaii, Honolulu, HI



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

- ★ James S. Callaghan Jr., Golden Dragon Judo Club, Montoursville, PA
- ★ Changa Clinton Ingram, Unattached MD, Columbia, MD

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**
- ★ **George McManus, Unattached TX, San Antonio, TX**
- ★ **Jory Shypkowski, Rough Rider Judo Club, Dickinson, ND**

Judo News From Around the Country

Montana , March 24-25

A "Fight Like A Girl" Judo Camp was hosted by the Martial Arts Academy of Billings and directed by Deborah Fergus. It was a great success, with over 30 girls and women from Montana, North Dakota, and Wyoming attending. Olympian Dr. Marisa Pedulla, Deborah Fergus, Marlene Baker, and MAAB Instructors Eve and Dave Allen led two days of Judo exercises, Ne Waza and Tachi Waza techniques and escapes, Kata and games. The Camp provided 24 hours on the mat for the ladies to have fun, network, and get to know each other. Campers were given notebooks and pencils to take notes and gather e-mails. Hopefully, the Camp served as springboard for more female judo competitors in the region.

More pictures are posted at: (<http://www.maabtkd.com/home-1/fight-like-a-girl-judo-camp>). If you are interested in hosting a FLAG Camp, contact Deborah Fergus at degrgs6@att.net/269-208-1068.



California, March 25

As a result of very successful *Mother-Daughter Self-Defense* programs at Stallion Springs Judo, Mark Lonsdale was invited to run a similar class for the local Bear Valley Girl Scouts Troop 008. *Girl Scouts of USA* has a merit badge for self defense, but more importantly, the troop leader and parents could see the value in raising the girls' awareness on this topic.

Self defense requires four elements: a fundamental knowledge of basic defensive techniques; the physical ability to apply them effectively; the presence of mind to handle a stressful situation; and a fierce determination to win. With these in mind, the first training module focuses more on situational awareness and mental toughness than techniques for fighting.

The class began with a discussion of the importance of being aware of their surroundings; not allowing strangers to talk to them; not allowing anyone to touch them; not getting into cars with strangers; avoiding bad neighborhoods and situations; staying in a group; and when all else fails,

kick, scratch, scream & run. The next step was to turn kittens into tigers. The girls were taught to take a fighting stance and yell “NO!” much like a *kiai*. This is designed to send a clear message to the other person that what they are doing is unacceptable. It also alerts other adults to what is happening and raises the girls’ energy levels. The fighting stance puts them on balance and prepares them to flee or fight.



After the girls had attacked this exercise with ear-shattering enthusiasm, next on the agenda was grip avoidance and grip breaking using simplified judo and aikido techniques. Kicks and strikes were taught as a means of distracting an attacker so they could break contact and run away. Since a pre-teen or teen does not have the strength or power to deliver an effective punch, the class focused on attacks to the eyes, palm-heel strikes to the base of the nose, and stamping kicks.

By the end of the first class the troop leaders and parents were able to see the change in their little tigers and the value in this type of training. But more importantly, the girls felt empowered by their new skills and their understanding of how to react if approached by a stranger. If they remembered nothing else from the class, they knew to take a fighting stance and yell “NO!” in a loud, assertive voice, and then be prepared to flee or fight.



As well as being a judo coach, Mark Lonsdale is a military training consultant, CQB and unarmed combat instructor, law enforcement defensive tactics instructor, and published author on these subjects.

Photo credit: Darlene Williams, Troop Leader



Florida, March 9-11

Kodokan Judo of Cape Coral, owned by John Paccione hosted four major events in three days that attracted people from all over Florida, and from as far as California, New York and New Jersey.

The weekend began Local/Regional Referee certification clinic, led by Pan American Referee Mindy Buehman. After a two-hour classroom session, 12 participants took a written test; the practical evaluation was held at the shiai the next day. Following this, two Judoka from New York were graded for black belt before 8 high-ranking instructors, including Yoichiro Matsumura, 8th Dan and 3-time Olympian Celita Schutz.

On Saturday, the Yoichiro Matsumura Championships were held at Oasis High School in Cape Coral. Over 175 competitors aged 4 to 65, including several National ranked Judoka, tested their skills. About 600 spectators came to see competition in the Olympic Sport and Martial Art of Judo.

USJA President Gary Goltz presented National Awards to Ed Szrejter (Lifetime Achievement), Mindy Buehman, the granddaughter of Mr. Szrejter (Kata) and John Paccione, owner of Kodokan Judo of Cape Coral and the event organizer (Coach of the Year). *Editor's Note: See cover photograph of April 2012 issue of Growing Judo.*

The weekend concluded with a competitor's clinic on Sunday at Kodokan Judo by Yoichiro Matsumura and Celita Schutz. Matsumura taught many ground-fighting techniques as well as throwing. At age 73, he still moves with speed and accuracy.



Maryland, March 22

2012 marks the third consecutive year of mutual exchanges between Budokan Judo Club, Huio Judo Club and Southern Maryland Jujitsu Academy in honor of the United States Judo Association's "Visit Another Dojo Month."



On March 20th, Kevin Tamai and Mark Smith of Huio Judo Club in Beltsville, Maryland welcomed Marshall Coffman as guest instructor. Sensei Coffman concentrated on Ashi-waza - De Ashi Barai and Okuri Ashi Barai. Then on March 23rd, Huio visited the Budokan Judo Club in Chesapeake Beach, Maryland with Sensei Mark Smith and Sensei Brad Mason offering instruction in their favorite techniques. Huio Judo Club (USJF) was founded by the late Sensei Ken Tamai in 1968 and is a longtime friend to Budokan Judo Club.

On March 22nd members of the Budokan Judo Club in Chesapeake Beach Maryland visited Southern Maryland Jujitsu Academy in White Plains to help Sensei Marshall Coffman teach Judo tachi-waza to Sean McBroom's Jujitsu students. Sensei Coffman demonstrated kuzushi for a variety of throws including ashi waza, koshi waza and sutemi waza techniques. In addition he showed several entries to juji gatame. After the classes were over, many of the jujitsu students and their parents commented at how effortlessly Sensei Coffman executed his Tachi Waza. More than one young jujitsu student said "I hope I can move like that when I get older!"





Finally, Southern Maryland Jujitsu Academy reciprocated by bringing 10 members to visit Budokan on March 30th. The Jujitsu students helped Sean McBroom teach atemi waza techniques. "During Jujitsu practice, striking is our first type of kuzushi," explained sensei McBroom. The jujitsu club brought a variety of gloves and pads to help the Budokan members develop power and accuracy in their strikes. Everyone from both clubs had a great time and both Sensei Coffman and Sensei McBroom plan to continue their unofficial partnership.

--Sean McBroom & Rev. Dr. Marshall Coffman

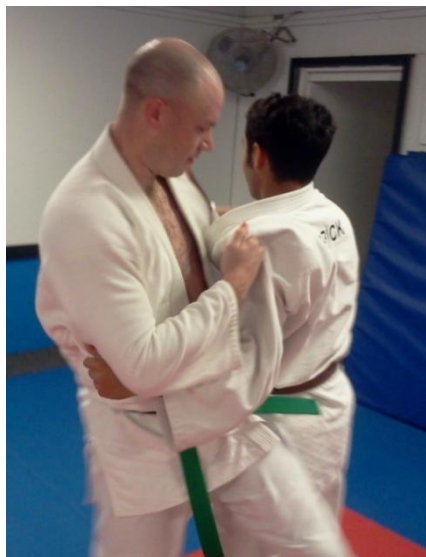


Connecticut, March 28

Bill Montgomery, Joan Love and their students at Norwich Judo Dojo welcomed Master Charlie McShane and some of his Brazilian Ju-jitsu and Muay Thai students for an evening of Judo. Our guests learned a few tachi-waza techniques and participated in moving combination drills and crash pad work. We hope to have more exchanges in the future!



Louisiana, April 13-14



It was a busy weekend of Judo in southern Louisiana! Wall to Wall Martial Arts hosted a combined Kelly's Capers and USJA Coach Certification Clinic for several martial arts schools in the Gulf area.

USJA Vice-President Joan Love made the long journey all the way from Connecticut to lead the Kelly's Capers clinic on Friday evening. The three-hour session started at 6:00p.m.

Approximately 25 Judoka representing 6 different clubs took part, including folks from Black Belt School of Judo, Gulf Coast Judo, Ark Judo, Acadian Martial Arts, DiBenedetto's Karate and Jujitsu, and of course the hosting club, Wall to Wall Martial Arts. Joan did an excellent job of leading the group through the various stages of Kelly's Capers, known as the "Road to Randori." This system is specifically designed to help improve the retention of new Judo students by enabling them to follow a slow and safe yet

fun approach to developing standing randori skills. It was a very informative session and everyone had very positive feedback afterwards. Each participant received a comprehensive outline of the Kelly's Capers approach, and each attending club received a DVD.



Things didn't slow down a bit on Saturday when the USJA Coach Certification class was in full swing. The day started at 9:00 a.m. with a brief classroom session. We quickly moved to the mat for work on warm-up and ukemi drills. Throughout the day we alternated sessions on the mat and in the classroom. Some of the topics covered on the mat were Tachi Waza and Ne Waza drills, Ne Waza Games, and Basic Gripping. In the classroom we had sessions on Legal Considerations, Lesson Plan and Curriculum use, and a terrific medical session led by Dr. Eric Lucas from Gulf Coast Judo.

We were very fortunate to have so many talented and experienced Judoka on the mat. Joan Love led several sessions along with myself, but we also had great contributions from Jeff Miller of Acadian Martial Arts and Jim Hunt from Gulf Coast Judo. All in all it was a very tiring but incredibly fun and productive weekend with some great judo people.

--James Wall.
Wall to Wall Martial Arts



Free listings in the **Upcoming Events** section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

Upcoming Events

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your information, in the format below, to Joan Love at: judolady210@aol.com*

Month & date of event

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

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

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

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

MAY

May 5-6

Shingitai Jujitsu Spring Training Camp, Perrysville, OH. Contact John Saylor SJAHQ@aol.com or visit www.johnsaylorja.com for more information.

May 5

2012 Wisconsin State Sr & Jr Judo Championships hosted by West Bend Judo Club at University of Washington Washington County, 400 University Dr., West Bend, WI. Jon Sanfilippo, 262-644-8211

May 5

The Wright Challenge, Wright State University, 3640 Colonel Glenn Highway, Fairborn, OH. Contact Lowell Slaven, 765-891-0130, lslaven1512@comcast.net

May 18-19

Judo Clinic and Technical Seminar by Japanese National Team Member Kazunari Akashi, Amerikan Judo Club, Findlay Family YMCA - East, 1400 Manorhill Rd., Findlay, OH. 7:00-9:00 p.m. on 5/18 and 9:00 a.m.-1:00 p.m. on 5/19. Cost \$25. **All Proceeds to be sent to the Japanese Red Cross for Tsunami relief Effort and Support.** Contact Daisuke (John) Hirata, 419-448-1029 or 419-618-2567; jhirata@afsus.com

May 19

River City Martial Arts/Grants Pass Judo 18th Annual Judo Tournament, North Valley High School, 6741 Monument Dr., Grants Pass, OR. Contact Daniel Dawson, 541-761-8081, dawsondaniel@hotmail.com

May 19

Rattler Round Up XVIII, Atlantic Community High School, 2455 West Atlantic Ave., Boynton Beach, FL. Contact Michael Szejter, 561-496-7000, mikesz@bellsouth.net

May 20

FREE Scrimmage at Long Beach Friedberg JCC, 310 National Blvd. Long Beach, N.Y. Kids under 12: 11:00 a.m.-12:30p.m. Kids over 12: 1:00-3:00p.m. Contact: Dave Passoff 516-650-8987 or Marc Cohen 516-650-8731.

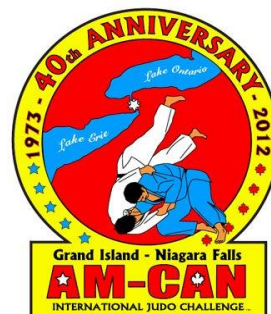
May 26

Ryoku Judo Club Invitational, Dula Gymnasium, 441 E. Bonanza Rd., Las Vegas NV. 9:00 a.m. start. Contact Sergio Sanchez cftspn@aol.com, (702) 234-1165

May 26-27

40th Annual AM-CAN International Judo Challenge, Grand Island High School, 1100 Ransom Rd., Grand Island, NY. Visit www.amcanjudo.org for entry forms and complete information. Additional events include:

- Reception honoring Mel Ginter, the Founder of the Am-CAN Judo Challenge, on Friday May 25th, 8:00 p.m. at the host hotel: the Grand Island Holiday Inn and Resort, 100 Whitehaven Road, Grand Island NY, 716-773-1111. No charge for attending; cash bar available.
- The 2nd Annual AM-CAN Competitor Clinic, with guest clinician Jason Morris (5-time Olympian and 1988 Olympic Silver medalist); the clinic is FREE and open to all.



JUNE

June 2 plus July 14 & August 4

3-day USJA National Coach Certification clinic at Goltz Judo, Claremont, CA. 8:00 a.m.-2:00 p.m. each day. Contact Mark Lonsdale at Judo93561@aol.com for full details on eligibility, requirements forms and fees.

June 9

Asian Martial Arts Festival, YMCA Hagerstown, 1100 Eastern Blvd N, Hagerstown, MD. Contact Vernon Medeiros, 301-739-3990.

June 9

Mahopac Judo Invitational, American Legion Hall, 333 Bulks Hollow Rd., Mahopac, NY. Ages 5-16; must register by June 1st. Contact Jose Martinez, 917-821-3857; mahopacjudo@aol.com.

June 16

USJA Coach Certification Course, Norwich Judo Dojo, 43 N. Main St., Norwich. 8:30 a.m. to 5:30 p.m. Club Coach (Sankyu-Ikkyu) and Coach (Shodan and up) initial certification and continuing education will be offered. Given by Bill Montgomery, Chair of the USJA Coach Education and Certification Committee, with assistance from Joan Love, National Coach and certified presenter for Kelly's Capers. Lunch will be provided for the candidates. The fee for the course is \$50. For further information contact Bill Montgomery, WMontgomery2@aol.com (860) 917-6318.

June 21-23

Greatest Camp On Earth, Next Level Center, 4317 Stevens Mill Rd., Stallings (Matthews), NC. This marks the 21st year of North America's largest martial arts training camp. Typically we have over 300 campers, with about half Juniors. Choose from dozens of sessions on various aspects of contest Judo, referee training, coach certification, kata, Sambo, traditional Jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, Aikido; karate, kyudo (Japanese archery), yawara, and police tactics. Promotional examinations are also offered. Instructors include Olympians and other champions and national/international coaches. This year, Kodokan Cup champion Shinjiro Sasaki (right) and our most requested instructor Nick Lowe will be our featured Judo instructors. World Masters champion Igor Yakimov, is returning to teach Sambo for his eighth consecutive year. Please see feature on pages 12-13 of the March issue of *Growing Judo*, visit www.greatestcamp.com or email greatestcamp@greatestcamp.com.



June 23

Goltz Judo Sensei Gary Birthday Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

JULY

July 6-8

USJF/USJA Junior Nationals, Spokane, WA. <http://www.usjf.com/2011/12/2012-junior-nationals/>

July 15-20

CAMP BUSHIDO WEST Judo & Jujitsu Training Camp, Old Oak Ranch, Sonora, California.



Camp Bushido offers judo and jujitsu practitioners an opportunity to train in multiple classes daily with a core of top level regular instructors, "Featured Guest Instructors" who are known national or international competitors and/or high ranking judoka or jujitsuka who have studied in Japan, and of course Professor Charlie Robinson. Rank promotion tests and kata and coaching certifications are also offered. Please see feature on pages 14 of the March

issue of *Growing Judo*, contact Joa Schwinn 707-523-3200 or Hans Ingebretsen 408-377-1787, visit www.campbushido.com or contact us via email: info@campbushido.com

July 26-29

Rise of the Phoenix Martial Arts Training Camp, Bluffton University, Founders Hall/Marbeck Center, 1 University Drive, Bluffton, Ohio.

A revival of the "Spirit of the Eagle," camp, the "Rise of the Phoenix" will use a format similar to the "Greatest Camp on Earth" with over 20 great instructors and courses in wrestling, boxing, Ju Jitsu, Sambo, Kenjutsu, Kano Ju Jitsu, MMA, BJJ, self-defense, Aikido, Tae Kwon Do, Karate and of course Judo! The camp fee of only \$275.00 includes lodging, meals, and up to 10 hours of training each day. Please see feature on page 15 of the March issue of *Growing Judo*, contact Mark Hunter, 419-722-3476, markjudo@aol.com and visit our Camp Web Site at www.macamp.org



AUGUST

August 4-5

Fight Like A Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, MI. Advance registration is appreciated. Registration at the door starts Saturday, August 4, 2012 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. Saturday or Sunday only session \$25.00, Saturday and Sunday, \$40.00

Campers should bring a sleeping bag and all personal items. Cookout Saturday night, breakfast and a snack lunch on Sunday are included. Contact Deborah Fergus deffrgs6@att.net www.southsidedojo.com

August 12-18

INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, Tai Chi, self-defense, refereeing and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats (over 7,500 sq. ft.); activities for young campers, including water activities, rock wall climbing, and horseback riding; and a "Kool Zone" where teens can socialize and relax after evening randori. Sessions are offered to meet the needs of judo players or all ages and levels. **Clyde Worthen**, 6th dan (*National Champion and Pan American Gold Medalist*) will serve as camp Co-Director for the 2nd year and this year's guest instructor is **Liliko Ogasawara**, 5th dan (*two-time World Medalist, British Open Gold Medalist and 7-time National Champion*). Last year's very popular featured instructor, **Leonardo Victoria**, (*6-time Colombian National Champion and Pan American Medalist*) will also be returning. A **USJA National Coach Certification Course** will be offered this year as well; contact **Bill Montgomery** (WMontgomery2@aol.com) for more information. Financial Aid and team discount rates are available. Please see feature on pages 16-17 of the March issue of *Growing Judo*, visit www.newyorkymcacamp.org/judo and contact George Pasiuk at mr1judo@optonline.net or 914-413-9944 if you have any questions.



August 12

North Bay Developmental Shiai, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd South, Petaluma, CA. Contact Henry Kaku, 707-778-8895; www.deleonjudoclub.com

SEPTEMBER

Sept 21-23

All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio: a female-only tournament that affords competitors many matches. Coaching, Referee, Kata and Technical Clinics (TBD) are open to all (male & female); all referees are welcome. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net.

Sept 22

2012 Jack Bradford Memorial Tournament, Highland Lakes School, 19000 N 63rd Ave., Glendale, AZ. Contact Cheri McKeown, 602-430-5361; cheri.mckeown@gmail.com

OCTOBER

October 13

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

NOVEMBER/DECEMBER

November 30

Coach Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals. Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. and facilitated by Bill Montgomery, Chair of the USJA Coaching Education Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

November 30

Kata Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA and led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.



December 1-2

USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals, hosted by Goltz Judo at Damien High School's gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012). Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

USJA Promotions: April, 2012

Congratulations to the following individuals on their achievements:



Judo

★ Shodan

★ Ibra L. Brewton

★ David Brienza

★ Christopher J. Curran

★ April M. Dai

★ Victor Davi

★ Cody Edwards

★ Matthew P. Neely

★ Yoshi Nishio

★ Julio S. Ramirez

★ Khristopher Rench

★ Kevin Serafini

★ Justin L. Weston

Nidan

★ Desmond Wong

Sandan

★ Tom Han

Yodan

★ Wilfredo Torres

Godan

★ Josef Roubal

★ Ronald R. Suggs

Jujitsu

Shodan

★ Rafael Jovet-Ramos

Nidan

★ David A. Swider

USJA Ring FREE

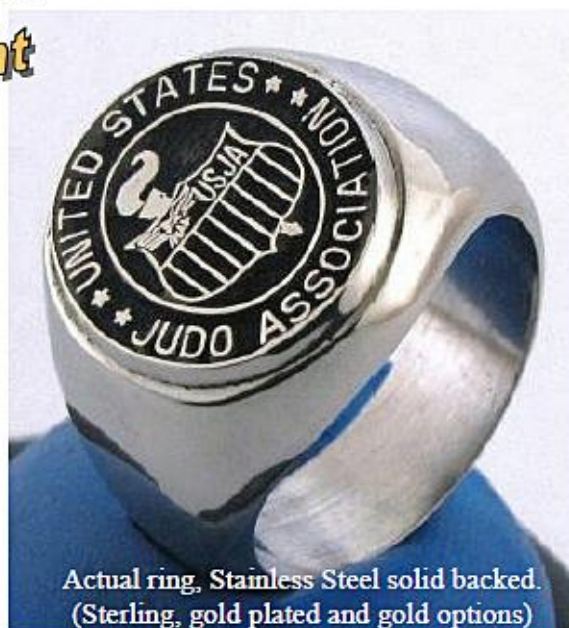
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New or Upgraded Life Membership...
or Buy it Outright**

FREE with New LM or LM
Upgrade of \$200 or more.

**To get your LM Special
email**

Teresa at Teresa@usja-judo.org or call (877) 411-3409

To buy a ring outright, go to [USJA Rings](#).



USJA President Gary Goltz upgraded his LM to get the very first ring.

**Now you can wear your USJA
judo pride everywhere.**