



# Growing Judo

## October 2012



Monthly publication of the  
Club Support Services Committee of the USJA

United States Judo Association  
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Upcoming Events, and more Regular Features

### DELUSIONS OF NORMALSY

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**Editor's Note:** Del Conkright is a member of the School of Hard Knocks Judo Club in Spring, TX.

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

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

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
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**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.

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*The next issue of USJA's Growing Judo will be the November/December 2012 issue. If you have any news and/or any planned events, please submit your information PROMPTLY: by October 25th or earlier if possible. Please understand that it may not be possible to include information submitted after that date.*

## **USJA COACHING NEWS: It Was a Very Busy Summer** *and the Fall/Winter Should Prove Equally Exciting*

The summer saw two courses given for National Coach level. One was conducted in California, at the Goltz Judo Club, by Mark Lonsdale. The other was conducted in New York, at the YMCA International Judo Camp, by Bill Montgomery and George Weers. These were the first of an ongoing evolution of the coaching program.

In this regard a presentation will be made at the Winter Nationals of the new template for the Club Coach and Coach levels. Mark Lonsdale will be the primary presenter with input from myself and Joan Love. I am extremely pleased with the approach that Mark has been developing. I hope many of you will plan to attend, if not for certification then for continuing education credits. It will be a day well spent. Remember, simply because you have already been certified, does not mean that learning suddenly ceases . . . it is an ongoing quest.

The entire coaching program is being expanded so that we offer a truly broad based approach. Not only are we covering teaching techniques, but mat side and athletic preparation are being given more attention. Our primary focus is still on improving each coach's teaching skills, but the above mentioned areas deserve more attention.

A base for our coaching page is under way and it is hoped to be on the web site by the Winter Nationals. Recently we have been made aware of an on-line course that is being offered through the USOC. This is an excellent program and appears to be something that every coach/sensei should take. The cases of child abuse that seem to be turning up more frequently on television indicate that we need to take more proactive action to stop this sort of crime.

Hope to see many of you in Ontario, CA at the Winter Nationals.

Talk to you soon,  
Bill Montgomery, Chair  
USJA Coach Education and Certification Committee  
[WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)

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## **USOC SafeSport Online Training Program & Certification**

*by Mark Lonsdale*

As some may have read in this month's USA Judo electronic newsletter, USA Judo is now requiring all coaches who register a club with USA Judo for 2013 and beyond, to complete the new USOC SafeSport on line program (<http://www.safesport.org/>)

SafeSport is the Olympic community's initiative to recognize, reduce and respond to misconduct in sport. This is an online course that, after satisfactory completion, an individual will be able to print a certificate. SafeSport provides an online training course to educate coaches about the nature of misconduct in sport and give actionable information to better protect athletes.

After registration (\$12.00), the course consists of 16 lessons divided into 3 lesson blocks and takes about two hours to complete. Each lesson has been assigned a minimum viewing time which matches the length of the lesson's video. To successfully complete the course, users will be required to pass 4 multiple choice tests consisting of a total of 50 questions. You do not need to complete the training in one block of time. You can start and stop the course as needed, picking up where you left off upon return. Once you have viewed all training materials and passed each test,

SafeSport will maintain an electronic record of your participation and a numbered certificate is printable.

As an example of the various modules, Section 1 consists of an introduction and 4 lessons: the coach-athlete relationship; bullying & harassment; bullying & harassment case study; and hazing. Section 2 consists of 8 lessons covering emotional misconduct; physical misconduct; sexual misconduct; sexual abuse; grooming; minimizing high-risk opportunities; local travel and overnight travel.

After personally completing the course, I recommend taking it in one session to keep all the information fresh in your mind, but you can stop and start at will since the program tracks your progress. You can also shuttle back to review previous modules and download support files. In short, this is probably one of the best online training programs I have looked at; and it is relevant to judo since several segments include judo training at the Olympic Training Center (OTC) and interviews with former Olympian and High Performance Coach Ed Liddie.

If it were my decision (which it is not) I would make this mandatory for all USJA Coaches and Head Sensei, just as USA JUDO is now implementing for 2013. At a minimum it should be highly recommended and those who complete the program should receive promotion points for completing the course. Upon successful completion of the program a coach can print a numbered certificate and their training record with GPA scores. These are also maintained in the USOC SafeSport database for future reference.

The SafeSport on line program can be accessed at <http://www.safesport.org/>

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

- ★ Lance L. Adams, Samurai Judo Association, Goose Creek, SC
- ★ Troy S. Barry, Santa Clarita Valley Judo Club, Santa Clarita, CA
- ★ Darren A. Buneo, Bushido Dojo of Staten Island, Staten Island, NY
- ★ Bradley R. Karmann, Goltz Judo, Upland, CA
- ★ Eric Loring, Yama Hogosha Dojo, Morgantown, WV
- ★ Dylan More, Kodokan Judo of Cape Coral, Cape Coral, FL
- ★ Joseph T. More, Jr., Kodokan Judo of Cape Coral, Cape Coral, FL
- ★ Caitlin Wall, Wall to Wall Martial Arts, Denham Springs, LA



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

- ★ Whitney Sjostrom, Rafael Family Mix Martial Arts Academy, North Kaia, Afghanistan

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

- ★ **Alan L. Best, Best Martial Arts Institute, Eugene, OR**
- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Dr. James M. Lally, Goltz Judo, Upland, CA**



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## **Effective Coaching Attitudes**

*By Rev. Dr. Marshall R. Coffman*

At the YMCA International Judo Camp in Huguenot, NY (a great camp!) while preparing a sermon for the following Sunday back home, I pondered the text from Philippians 4:1-9. Out of this emerged an outline for effective coaching, based on three attitudes:

### **Adopt an Attitude of Praise**

Perhaps another title for coach should be “cheerleader.” Win or lose each student/competitor should be able to walk off the mat to a coach with a smiling face and outstretched arms. A hug or pat on the back with words like “you did good” or “I am proud of you” go a long way in building the confidence in our judoka.

One aspect of jita kyoei (mutual welfare and benefit) that often get set aside rests in the fact that one learns through both winning and losing. This remains difficult to get across to anxious parents wanting their child to win and coping when losses occur. Unfortunately, many coaches have dismissed this aspect of jita kyoei. I witness yelling, scolding coaches at nearly every shiai (tournament). A student leaving the mat after a loss already feels bad about losing, why compound that by yelling and/or scolding? I cannot tell you how many students my club has acquired from other martial arts clubs because of yelling, scolding coaches.

USJA Code of Ethics states; “To be in compliance with the USJA Code of Ethics all members are to contribute to a positive and rewarding experience for all participants in Judo. This includes the following responsibilities: ... Respect ... Orderly Behavior ... Proper use of Influence of Position.” Yelling, scolding coaches violate respect, orderly behavior and proper use of influence of position. The resolution to this remains very simple, “Adopt an Attitude of Praise.”

### **Abandon Pessimism**

Again, at nearly every shiai, I witness too much negative criticism directed towards officials, other coaches and other players. I recall a time when a coach pulled me aside to tell all the things that my student did wrong in contest. I knew what my student had done wrong and had taken notes to use in coaching. His mistakes amount to my mistakes as an instructor. The notes were just as much for me as they were for him. However, I refuse to dwell on the negative. My notes also included what he had done right.

### **Accentuate the Positive**

Effective coaches recognize that progress is not measured by wins and losses. Instead, they look for improvement in the many aspects of Judo, for progressive skill development. At every shiai, I give each student an assignment of what I am looking for such as: grip & go, number of strong attacks, etc. I never give a win assignment; everyone knows that is the ultimate goal. When a student walks off the mat with a loss, instead of digressing to the wrong, accentuate the positive. Try this, “You did well. I am proud of you. You know what I liked about your match? In the last tournament your attacks were weak and timid but today your attacks were strong and confident. That is what I asked you to do and you did it. Good job! Now would you like to know how to beat that guy the next time?” You can correctly guess the response.

I have been teaching and coaching kids since 1966. My own sensei's example was one of never scolding but instead always positive reinforcement and instruction. I have purposed to never yell at or scold a student for losing but instead to be a cheerleader. I have “Adopted an Attitude of Praise, Abandoned Pessimism and Accentuated the Positive” and will continue to do so. *Join me!*

## WHAT IS A JUDO TECHNICIAN?

by Mark Lonsdale

No, it is not someone who fixes broken judoka, that's the job of the professionals at Falcon Physical Therapy. A judo technician is a judoka who explores judo techniques in depth and beyond the superficial pictures seen in most books. Apart from being recognized as a competent instructor, every judoka above the rank of brown belt should aspire to be a good technician.

A judo technician should:

- Know all the techniques required for his or her rank
- Be able to demonstrate those techniques in a smooth, balanced, and proficient manner
- Understand and be able to explain the bio-mechanics of each technique
- Be able to build a family of techniques around any given technique (standing or on the ground)
- Be able to demonstrate the logical transitions from standing techniques (*tachi-waza*) into ground techniques (*newaza, osaekomi-waza, shime-waza, or kansetsu-waza*)

For those readers unfamiliar with the term "family of techniques," it is the process of developing a number of techniques to set up a particular throw, and the combinations (*renraku-waza*) that can flow on from the primary attack if or when it fails.

A setup is essentially a feint, or false attack, used to move an opponent in a particular direction, or elicit a specific response, so as to off balance Uke sufficiently for the intended attack to work. An example would be a minimally applied *ashi-waza* (leg or ankle attack) such as *sasae-tsuru-komi-ashi*, used to transition immediately into a major throw such as *tai-otoshi* (body drop). Similarly, any perceived attack to the rear will invariably setup an opponent for a throw to the front, and vice-a-versa.

A combination, on the other hand, is a series of attacks where each individual technique is applied with full force and the intention of throwing Uke; when one fails, Tori flows immediately into the next committed attack. Common examples would be *ouchi-gari to uchi-mata; osoto-gari to harai-goshi;* and *ippon-seoi-nage to kouchi-maki-komi*. The key difference between a setup and a combination is that each attack in a combination is a committed attack.

A good judo technician will have a dozen setups and combinations built around any single primary technique, plus several counters (*kaeshi-waza*) using that technique or against that technique. To complete the family, a technician will also know all the transitions from a standing technique or counter into *newaza* or ground attacks. For example, hip throws transition nicely into *kuzure-kesa-gatame* or *yoko-shiho-gatame*; a full shoulder throw will land Uke in a position that invites *kami-shiho-gatame*; and *tomoe-nage* transitions easily into *tate-shiho-gatame* (with Tori doing a backward roll).

To conclude, a judo technician should be a serious student of all aspects of traditional judo and one who thrives on teaching what he or she has learned. Judo technicians are the gate-keepers of good judo, responsible for maintaining the traditions and standards of JUDO – recreation, sport, self defense, philosophy, and lifestyle.

For additional reading on this subject, see JUDO UNLEASHED by Neil Ohlenkamp; and TRAINING FOR COMPETITION JUDO by Hayward Nishioka. Both detail numerous combinations built around the most common techniques.

Mark Lonsdale is a member of the USJA Coach Education & Certification Committee; he can be contacted at: [Judo93561@aol.com](mailto:Judo93561@aol.com).

## Bipolar 7-Year-Old Benefits from Judo

My bipolar son used to be a very angry little boy. Judo has played an important role in his behavior modification helping him to gain confidence, developing his social skills, and teaching him how to control and appropriately release his aggression. Judo is most certainly good for my special kid.

Bipolar disorder is a condition which may manifest itself as depression or mania in adults. This condition often looks different in children. Bipolar children can be silly to the extreme. Rather than becoming listless and depressed, bipolar children may turn extreme sadness into anger. My son's youthful efforts to contain his anger created such tension inside of him, that he seemed always ready to explode – and frequently did. We enrolled him in judo 12 months ago in hopes that judo would help. It certainly has. The first help came from the pride my son felt after facing opponents in competition.

Depressed children often have low self-esteem and little self-confidence. Judo builds self-confidence. When my son fought, lost three times and got up to fight again, eventually placing in that first tournament, he was so proud. I think he called every relative and showed that 3<sup>rd</sup> place trophy to every neighbor, the mail carrier and the entire population of Stater Brothers that very afternoon! The trophy frequently accompanied him to school as a reminder of a job well done. Because Judo competitions match kids by ability, age and size, there are frequently just a handful of equally matched children competing against each other in any given division. This greatly ups the odds of successful throws and escapes, while it significantly decreases the potential anxiety. (How many times have your kids anxiously participated in a team sport in which the opponent's age may be the same, but their skill level and body mass was double or triple that of your player? Judo is challenging but far less intimidating!) Dojo buddies shout encouragements and applaud good moves during competition, so every kid feels the success of their efforts. This self-esteem earned through Judo competitions is powerful. The camaraderie within the dojo is another powerful force that helps my son.

Understandably, bipolar children sometimes have trouble making friends because of their mood swings. Judo levels the field. In Judo class everybody is your partner at one time or another and you change partners often. No one is allowed to exclude. All are taught to assist in each other's learning. (One young green belt even volunteered to meet my son before class a couple of times to help him feel comfortable about leading warm-up exercises for his class.) As you advance in rank, you are given more responsibilities to teach and to lead, which contributes to that feeling of being an important part of the group. My son feels safe, accepted and purposeful in his dojo. He enjoys coming to class because he has friends to spar with.

The most marvelous improvement brought about by judo has been the release of tension in my son through randori. My little boy, the one who used to yank doors off their hinges and cry inconsolably after deliberately breaking his favorite toy in a rage, would giggle with delight as he wrestled on the mat. With the skills learned over this year, he has engaged in more intense battles, but amazingly my little guy still smiles. He has also learned to relax! Judo has been significant in my son learning to manage his bipolar disorder. Judo will continue being an important part of his coping strategy.

Mr. Lonsdale, I whole heartedly agree with your article last month - judo is great for kids! Along with consistent parenting and a lot of love, judo will continue to help my special guy become a better person for life.

*By: A grateful mother (Name withheld to protect the privacy of my bipolar child in cyberspace).*

## Three Seasons a Year

*by Shawn Greene*

Judo in America has challenges. It is challenged on two levels: The first is that it is a sport that originated in Nihon and is one that originally got its form and instruction from that place. Because of this old connection and because Nihon culture is only superficially understood by most Americans, there has been little change in its organization by Americans over the past thirty years.

The second level of the problem is that other American sports have changed greatly in the past thirty years and ultimately judo, as a sport, is in competition with other sports (as well as martial arts) for student attention, such as baseball, soccer, basketball, football, etc. Many children leave the sport between sixth and eighth grade because their participation in other sports is required if they want a chance at playing those sports in high school and college. For example, the idea of “little league football” existed before 1980 but since that time, a high school varsity coach learned that if a junior football program was built for sixth, seventh, and eighth grade students at their schools in the district, and if all of the coaches taught the varsity coach’s system of football, the students that arrived at the high school as freshmen were already three years ahead in playing football for him. This has not increased the numbers playing the sport, where it may have even decreased, but the talent in the sport has increased exponentially.

Most sports played in America and around the world organized in the mid to late nineteenth century, just like judo. The notion that judo is older is actually false and its resistance to change is more attributable to the culture from which it originated than its age. In a brilliant move four years ago, USA Judo decided to go outside of itself to build world dominant judoka. This is not to say that instructors were brought to America to train judoka or that American training was bad, but that American judoka were sent to Europe to experience and learn the sport from a different perspective, gain experience with it and against it, and ultimately beat it. This exposure gave much needed international experience to the American athletes and it was significant in garnering America its best results for judo in the 2012 Olympics.

However, there are two more important steps to take to build the best judo system in the world – garnering vast participation and adopting “select” system formats to better train young, promising judoka.

Currently, judo is run as a twelve-month sport. There are no breaks for young judoka, and there is no established method for young judoka to leave and reenter the sport. In elementary soccer, boys and girls might play the sport throughout the year, but they do so within three clearly defined seasons – autumn, (indoor) winter, and summer. Some athletes, good ones at that, might only play one season of soccer – but they are good enough athletes to play the sport for one season a year and be a significant factor in the success of that team’s season. Judo should also adopt this system of seasons and organize events within them so that everyone gets something for the duration that they participate in the sport. What this does is allow football and boy soccer athletes to do those sports during the autumn but then join a judo club or team for the winter or summer seasons. Dividing judo into three seasons – winter (January-April), summer (May-July), and autumn (August-December), allows talented athletes to practice judo in a sports calendar that can accommodate them – and is designed to coincide with an already long established scholastic year. It also facilitates retention in the sport because there is a predictable method to return to it – and it will not rely on athletes thinking on their own to join a sport “already in progress.”

Likewise, judo events should begin to be structured seasonally. A seemingly new type of tournament in the St. Louis, Missouri area, called a “club tournament” is being organized for junior

and senior judoka alike. A club tournament is when three to four judo clubs agree to meet together as a sanctioned event at a club (charging each competitor only \$5 to participate – the cost for medals and sanctioning) and creates matches between anyone of similar skill, regardless of gender, rank, and age. At the local level, these tournaments give judoka (in a friendly, semi-formal environment) competition against those they may never see in a formal tournament. It also gives juniors and seniors an inexpensive means to practice competitive judo against those that are coached judo in a different style to which they are unaccustomed – mimicking USA Judo’s efforts to prepare Americans for the Olympics. For young children, it helps them immensely (and inexpensively) to be comfortable competing against strangers in a competitive environment.

In St. Louis, the White Dragon Judo Club has begun recruiting new students based on this seasonal model and has garnered consistently 10-20 new students every four months with 75% retention of past students. The cost for getting this many students is approximately \$100 per 10 new students. During the summer, which in all previous years had club attendance drop between 1-5 students, the “summer session” consistently held class sizes between 12-18 students per night.

Finally, a “select” judo league, tentatively named the American Judo League, will conduct a test season in 2013. The league has been approved by the USJA and will seek approval of the USJF and USA Judo. The purpose of the league is to further retain and increase the skill of the sport’s best athletes. The league will be a team judo league and will initially focus on metropolitan teams – the athletes coming from all clubs in a metropolitan area. Athletes will be expected to continue training at their regular dojo and they will get special team training at least once a week from the metro team coach – having a special practice with the best judoka of their metropolitan area. Team coaches may serve more than one year but are not allowed to serve as team coach in two consecutive years – causing those that stay on the team to gain experience and training from different coaches.

Judo is in need of change but that has little to do with how it is taught. Organizational changes at the club and metropolitan level can greatly change judo in the United States and further define the sport as one that is American. Adopting a tripartite seasonal system will also better align judo to the academic calendar of those who are the future of the sport in America and a select system will not only allow athletes to be better tracked by USA Judo, but it also provides a system that can serve better athletes on a longer and broader basis in competitive judo.

*Shawn Buchanan Greene is a sports writer based in St. Louis, Missouri, who is best known for his book series regarding famous sports rivalries. He lived two years in Yamagata City, Nihon (Japan) from 2002-2003. He started learning judo in 2010 when his daughter began the sport and they both are members of the White Dragon Judo Club. For more information, Shawn Greene may be contacted at [ShawnBGreene@Yahoo.com](mailto:ShawnBGreene@Yahoo.com).*

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**Welcome and Thank You to the following new Regional Coordinators:**

- ★ **Dave Goodwin**, Bushido Dojo of Staten Island, NY; [sensei@bushidodojosi.com](mailto:sensei@bushidodojosi.com)
- ★ **Justin L. Weston**, Christ's Community Judo (CCUMC) in Joplin, MO; [judosensei@cablone.net](mailto:judosensei@cablone.net)

*For more information about Regional Coordinators, please visit:*  
<http://www.usja-judo.org/regional-coordinators/>

## Judo News From Around the Country

### California, September 8

*Mark – First, thank you very much for the classes..., I am truly very impressed with what you have done in preparation of the course and the way you delivered the material to the class. Many do not realize how much time is needed to prepare course like yours. After the time spent with you I can only congratulate your Coaches for teaching you proper and good Judo. – ZB, Godan (former Polish national coach)*

The third and final day of the USJA National Coach Certification clinic drew three additional participants, but having missed the first two days they were not eligible for certification. However, anyone attending, auditing or participating in any of these coaching development programs is always welcomed and receives credit, in the form of training hours, towards their next certification.

On hand to audit the program were the esteemed Hayward Nishioka, 8<sup>th</sup> dan, and Hal Sharp, 9<sup>th</sup> dan. Participants included Brad Karmann, 6<sup>th</sup> dan, Zbigniew “ZB” Piec, 5<sup>th</sup> dan and graduate of the Polish national program, Glen Waipa, 3<sup>rd</sup> dan, Allen Wrench, Joe Sapp, and Justin Brezhnev, 2<sup>nd</sup> dan, Loren Bentley, Mike O’Neill, Daniel Lee, and Matt Vander Horck, all shodan, plus Boris Brezhnev, Aram Ghukasyan, 4<sup>th</sup> dan, and one of his students from Kenam Judo.

Day 3 of the National Coach Certification program began with a review of the key learning points covered on Day 2, then moved directly into use of video as a training tool. To this end, the coach candidates were required to analyze and critique videos of each other demonstrating combinations, shot during the previous clinic. This was followed by a detailed review of the pre-competition and competition roles & responsibilities of a National Judo Coach participating in a USA Judo Nationals. Supported with interactive PowerPoints, the class was walked through the administrative and logistical process of registering for and attending US National Championships, to include draw meetings, coach briefs, rules, weigh-ins, draw sheets, and mat-side coaching protocols.

The final mat session reinforced the difference between dojo judo instruction and competition judo training. Special attention was given to the multiple variations of each competition technique, along with the skills required to teach and execute these techniques dynamically.

To round out the day, national referee George Membrila gave an informative brief on coaching from the referees’ perspective. Then, to leave the newly minted National Coaches with something to think about, Gary Goltz gave a 15-minute presentation on what it means to be a coach and leader in the US judo community, and how to best support the ideals of Grassroots Judo. He also made it clear that the graduates of this class had a lot to be proud of, having weathered the first 3-day program plus all the required homework.



*Note: We have begun taking sign-ups for the next Coach and National Coach Certification courses, and there will be a Coach level clinic at Goltz Judo on November 30<sup>th</sup>, prior to the Winter Nationals. Dates for the next National level certification have not yet been determined, but a course will be scheduled as soon as we have eight individuals signed up or any club offers to host one of these programs. Email Mark Lonsdale to get your name on the coaching email list or next class roster: [Judo93561@aol.com](mailto:Judo93561@aol.com)*



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

**Month & date of event**

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

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price; Contact person with phone number & email; url for forms if available.

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

## **OCTOBER**

### **October 6**

**2012 Louisiana Open Judo Tournament**, Hebron Baptist Church Gymnasium, 24063 Hwy 16, Denham Spring, LA. Shiai (Juniors, Seniors, Masters) and Kata. Contact James Wall, (225) 573-1664/(225) 612-0934; [wallmartialarts@att.net](mailto:wallmartialarts@att.net)

### **October 6**

**2nd Annual Gateway Invitational Judo Tournament**, Overland Community Center, 9225 Lackland Ave., Overland, MO. Contact Derick Ulysses Wellman, 314-223-9398; [www.whitedragonjudo.org](http://www.whitedragonjudo.org).

## 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](mailto:gary@goltzjudo.com) or go to [goltzjudo.com](http://goltzjudo.com) for more information.

## Saturday October 20

**Coach Certification Clinic with Gerald Lafon**, hosted by Ryoku Judo Club, 4050 Vanessa Drive, Las Vegas NV. 9:00 a.m. -5:00 p.m. Fee: \$35 (lunch is included). Contact Sergio Sanchez, (702) 234-1165, [www.RyokuJudo.com](http://www.RyokuJudo.com)

## NOVEMBER/DECEMBER

Events held in conjunction with the USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals, hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).



### November 30

**Coach/Club Coach Certification Clinic**, with Mark Lonsdale and additional presenters. Fee: \$50.

### November 30

**Kata Certification Clinic**, led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.

### November 30

**Referee Clinic & Regional Certification**, led by Dan Takata, Head Referee for the Winter Nationals and Alain Wilkinson, VP of Referees for Nanka. Fee: \$50.

## December 1-2

**USJA/USJF Grassroots Judo™ 7<sup>th</sup> 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](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).

## December 8, 2012

**Kelly's Capers Clinic with Sid Kelly, Clinic** hosted by Goltz Judo at the Alexander Hughes Community Center 1700 Danbury Rd. Entry fee: \$20.00. Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com) or go to [goltzjudo.com](http://goltzjudo.com) for more information.

## AUGUST 2013

### August 11-17, 2013

**INTERNATIONAL JUDO CAMP**, 300 Big Pond Rd., Huguenot, NY.

### Current USJA Membership Statistics:

**Active Annuals: 6,620**

**Active LM's: 1,232**

**Total Active USJA Members: 7,852**

## USJA Promotions: September, 2012



Congratulations to the following individuals on their achievements:

### *Judo*

#### Shodan

- ★ Zachary Judy
- ★ Hannah Kinsel
- ★ Eric Scott Loring
- ★ Anthony Irl Potter
- ★ Thomas A. Yoshida

#### Nidan

- ★ Howard Alexander
- ★ Troy S. Barry
- ★ Karyn Draper
- ★ Bryan M. McCrea

#### Sandan

- ★ Loren B. Bentley
- ★ Christina M. O'Brien

### *Jujitsu*

#### Shodan

- ★ Frank DiBenedetto
- ★ Benjamin W. Rothrock

#### Nidan

- ★ Lauren Latoya Loftley

#### Sandan

- ★ Lance Adams
- ★ John D. Merwin

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**Congratulations to our 2012 Judo Paralympians, and THANK YOU for representing the United States so well!**

### Men

- ★ Ron Hawthorne, finished 7th, 60kg
- ★ **Dartanyon Crockett, Bronze medal, 90kg**
- ★ **Myles Porter, Silver medal, 100kg**

### Women

- ★ Cristella Garcia (70kg) advanced to quarterfinals
- ★ Katie Davis (70+ kg) advanced to quarterfinals

# 2013 USJA/USJF Junior National Judo Championships



**Coming to Pittsburgh, PA -- *the City of Champions***

**Mark Your Calendars!  
July 5th, 6th and 7th  
Robert Morris University**

**Bantam through IJF Junior,  
Novice and Open, Kata Competition**

