



October 2013

In this month's issue:

- Ashley interviews Marti Malloy
- Judo news from around the country
- Alex learns about High Impact Martial Arts
- News from our friends



Photo by: Lou DiGesare/realjudo.net



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# President's Message

## The President's Thoughts - October 2013



It's been a busy summer and shaping up to be an equally busy fall. The Joint Junior Nationals in Pittsburgh were successfully held, a new board of directors will be seated on October 15th, and the 8th Winter Nationals is scheduled for December 7th.

We continue to see growth of the All American Membership program which started in January. It is on track to exceed 250 by the end of this year. This is the first time in history the United States Judo Association, the United States Judo Federation, and USA Judo have ever offered a true way to belong to all 3 organizations for one fee. It is a significant milestone as it symbolizes a commitment to become goal congruent and true partners for the future growth of American Judo.

Along these lines, just in case you missed our recent President's letter, you can find it on page 1 in this edition of Growing Judo in its entirety. As the letter states we all want our events to run both safely and smoothly.

To this end, at a recent tournament George Putnam a referee who is a Shodan with the Unidos Judo, a USJA Club in San Diego, shared with me his experience as a long time a high school wrestling coach. George said that at every one their tournaments during the Check-In/Weigh-Ins the officials do a pre-check of all contestants. He suggested we adopt a similar approach and proposed the following:

### Body:

- Check fingernails (yes that includes girls too)
- Check Hair (looking for unsafe/unacceptable hair styles)
- Check skin for (Staph, MRSA, Impetigo or any other communicable disease that can be transmitted by body contact)

### Equipment:

- Check gi length (We shouldn't slow the tournament at match time to check gis)
- Do a blue and white belt check (If they don't have a blue and white belt, have concession where they can be purchased)
- Check for unacceptable patches or tears in gis, etc.

### Coaches/Senseis:

- Have a brief meeting with them to discuss rules, acceptable behaviors, etiquette, etc.

In some regions of the country they are already doing these kinds of proactive measures. If you're in a region that doesn't, I urge you to encourage these suggestions be adopted.

In regards to the revised IJF rules and tournament sanctions, I'm sure after reading the through the lines of our president's letter, you could see we left a modicum of wiggle room particularly in the area we now call "scrimmages." In fact we just discussed this on our regular monthly call with the USJF leadership. On that call Robert Fukuda the USJF Executive Director who also serves as the head of USA Judo's Referee



# President's Message

## The President's Thoughts - October 2013



Commission underscored the revised IJF rules eliminating leg grabs had nothing to do with safety.

In my dojo we teach the entirety of judo including all throws, even kani basami. To me, making pick-ups illegal is ridiculous as they are among the most beautiful techniques in judo. I also never understood why we call matte when a player rolls on their stomach to avoid engaging in newaza. If you were to do that in a real fight it would be suicidal!

The bottom-line is remember whatever your personal opinion is please bear in mind deviating from the current IJF rules will increase everyone's exposure in our litigious society.

Yours in judo,

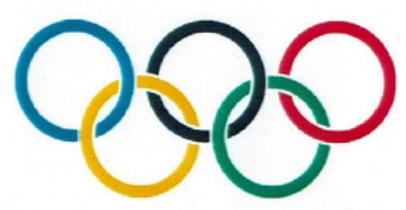



**Gary Goltz**  
is a member in good standing through  
5/13/2014

**Club:** Goltz Judo Club  
**Rank:** Shichidan V  
USA JUDO 5247  
USJA: 17799  
USJF: 6891  
**All American Membership**




**State:** CA  
**DOB:** 6/26/1953  
Nanka Judo Yudanshakai





## Editor's Message

October 1, 2013

Dear Friends:

I hope you enjoy this issue of Growing Judo. It is starting to come together. There is still great room for improvement and I hope that each issue continues to improve.

In this issue, our friends from several other organization contributed pictures and content. I strongly encourage you to do the same.

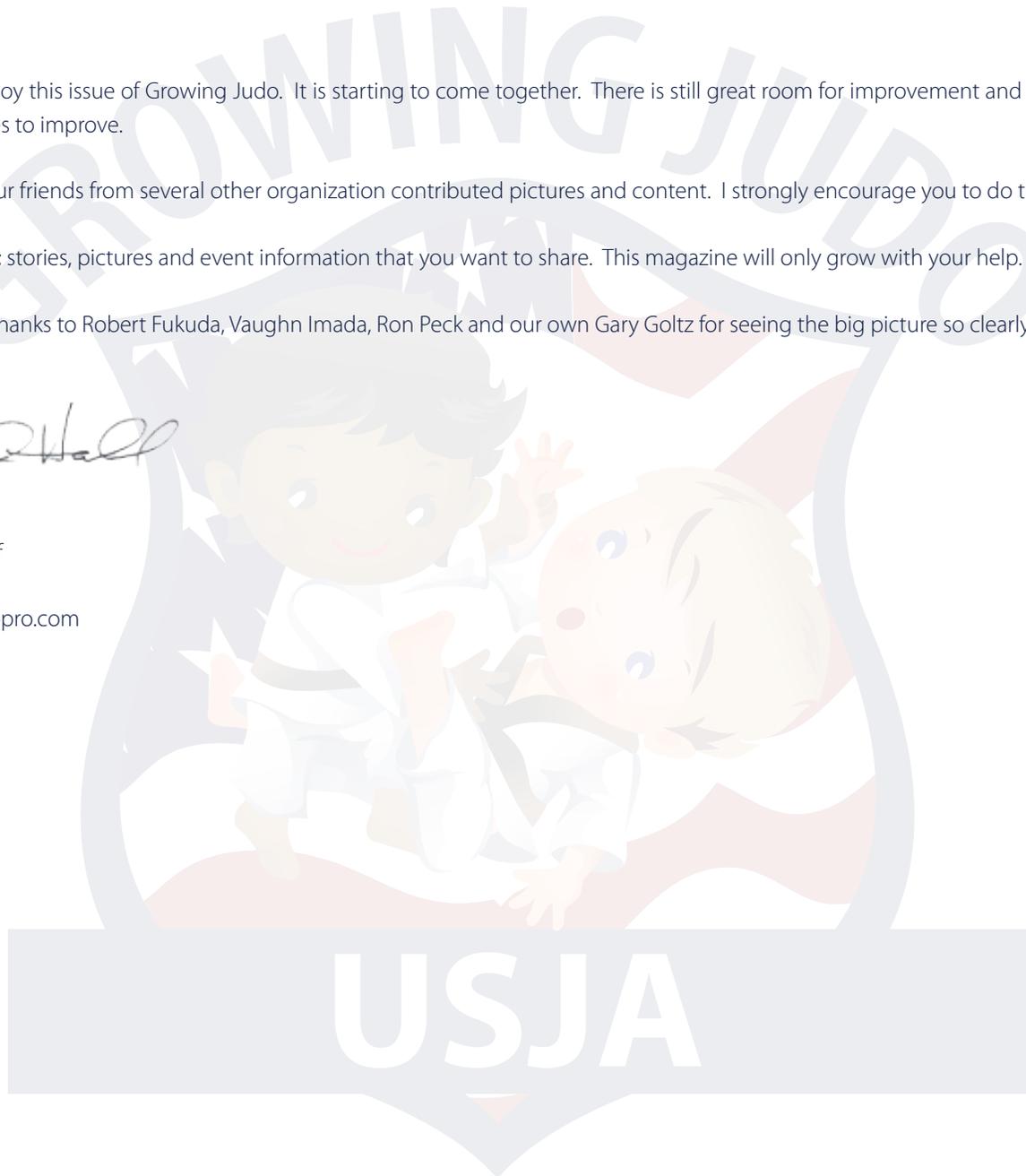
Please send in; stories, pictures and event information that you want to share. This magazine will only grow with your help.

A big special thanks to Robert Fukuda, Vaughn Imada, Ron Peck and our own Gary Goltz for seeing the big picture so clearly.

Respectfully,

A handwritten signature in black ink, appearing to read "Michael Hall".

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





# Regional Coordinator's Message

## Regional Coordination Is Working To Better Judo

Regional coordinators have been working hard and building Judo all over the country. Sensei Dave Goodwin of Bushido Dojo and Three time Olympian Sensei Celita Schutz of Kukushukai dojo are planning a large tournament in the New York area next June. They have already secured Monsignor Farrell High School on Staten Island for their event. It should be great and I will make it a point to fly up there with some students to support them.

Sensei Ruperto Arteaga one of our new appointees to the regional coordinator position here in South West Florida has been coordinating interdojo workouts and is now planning a Tournament in Naples Florida in January. I will be actively involved in supporting Sensei Ruperto and I am sure it will be a great event.

Many of the Regional coordinators have been sending me notifications of activities planned in their area. When I receive these events I send them out to all the regional coordinators nation wide.

On September 28th Doug Clark of Orlando Judo Kai hosted a great camp in his dojo which is a 4 mat area facility in Winter Park Florida. There were over 100 Judoka that took part. Sensei Haraguchi from Tokai University was the main instructor, Brian Germaine from Summerlin Judo, Sensei Feige from Jacksonville and myself also helped with some competitive instruction. There was a lot of Newaza as well as standing randori benefiting all that attended.

This was a great example of all three organizations getting together for the benefit of Judo. On October 19th we will be traveling to Miami to support Jimmy Perez's Iron Fighter Dojo. One of Iron fighter Judo's students is competing abroad and we will be there to train with them and raise some money for his benefit.



USJA



## Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ Robyn Culley, Marion PAL Club Judo, Marion, IN
- ★ Edward M. Moran, Tsukuba Dojo San Diego, Lemon Grove, CA
- ★ William Lee Myers, Cornell Judo Club, Ithaca, NY
- ★ Harold A. Pritchett, Sr., Wakaishu Judo Club, Louisville, KY
- ★ Kevin L. Scott, Charleston Judo Club, Moncks Corner, SC

## New USJA Life Members



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

- ★ Dylan Lojac, Dynamo Sports Club, Beverly Hills, CO
- ★ Benjamin Swarts, North Star Martial Arts, North Pole, AK

## USJA Donors



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

- ★ Allen Antoniewicz, Team A2Z Judo, Las Vegas, NV
- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX
- ★ Justin Weston, Christ's Community Judo, Joplin, MO



## Our NEW USJA Clubs



Eagle Rock Jiu-Jitsu Club

(Class Regular)

[www.idahofallsjiujitsu.com](http://www.idahofallsjiujitsu.com)

**Head Instructor:** Drew Brandel  
**Email:** kimuraman@live.com

**Location:** Idaho Falls, ID  
**Phone:** 208-542-6369

Tornado Sport Club

(Class C)

[www.dynamoclub.com](http://www.dynamoclub.com)

**Head Instructor:** Boris Brezhnev  
**Email:** dynamosclub@aol.com

**Location:** Pleasanton, CA  
**Phone:** 310-630-9345

The Judokai

(Class Regular)

[www.judokai.net](http://www.judokai.net)

**Head Instructor:** Vincente D'Ingianni  
**Email:** Vincente@judokai.net

**Location:** Richardson, TX  
**Phone:** 214-394-4274

Far Eastern Arts Academy

(Class C)

**Head Instructor:** Bernard Gilbert

**Location:** Chicago, IL  
**Phone:** 410-531-3085

Lee's Martial Arts Academy Tigers (Class C)

**Head Instructor:** Shane E. Lee  
**Email:** eliteabclass@gmail.com

**Location:** APO, AE

Pendleton Jujitsu and Judo

(Class Regular)

**Head Instructor:** Lowell Slaven  
**Email:** lslaven1512@comcast.net

**Location:** Pendleton, IN  
**Phone:** 765-891-0130

Gateway Martial Arts

(Class Regular)

[www.gateway-martialarts.com](http://www.gateway-martialarts.com)

**Head Instructor:** Henry Chaplin  
**Email:** theasylum469@mindspring.com

**Location:** Austell, GA  
**Phone:** 770-948-1400



# Judo News from Around the Country

Nokido Ju-Jitsu, Judo & BJJ located in North Port, Florida



Kierstin earning her Shodan



Judo clinic in Cape Coral



Adult class from our club



# Judo News from Around the Country



BOWLING GREEN, KY (March 23, 2013) -- The Bowling Green Kentucky Judo Club hosted the 2013 O J Helvey Kentucky State Judo Championship. Eleven Judo clubs with over 100 Judo players from across Kentucky came to Bowling Green and competed in the state Judo tournament on Saturday, March 23, 2013.



Group picture- 2013; O J Helvey Kentucky State Tournament - BGKY Judo wins Team Trophy and hosted the tournament; BG KY Judo Instructors L-R Donny Wallace, Sankyu Charmaine Alsager, Sandan Jeremy Kien, Nidan Clint Brizendine, Sandan Bobby McDaniel, Shodan Elio Pajares, Shodan Vehab Cuturic, Sankyu



# Judo News from Around the Country



Goltz Judo Club 25th Anniversary Celebration



# Judo News from Around the Country



Edgar Espinosa from C.E.M. Judo takes third in the Black Belt division at the EBJI Invitational in El Cerrito CA. Held on 9/22. Edgar gave up a lot of weight but applied good judo to make up the difference.



## Uke... "The Silent Warrior"

In most Martial Art training, that involves the movement of falling, attacking, joint locking, throwing, striking, kicking etc., we practice technique in a carefully married arrangement of two persons. One person, the defender, who is applying his technique is known as the Tori. Tori literally translated means "thrower or grabber." The second person applying the attack is known as the Uke. Uke literally translated means "receiving body." The action of the Uke is called Ukemi. Ukemi literally translated means, "body falling." Ukemi can be interpreted as an art in itself. If one studies Nage Waza and learns to throw, he must understand how to fall in that throw. If one studies Shime Waza, and learns to choke, one must endure the feeling of having their airway or blood flow shut down by that choke. If one seeks to learn Atemi Waza to kick or strike, one must learn to block and counter that kick or strike. All of these actions must involve careful practice between an Uke and a Tori. There are very few Martial Arts that does not involve such practice, because the idea of combat exists between two or more persons. The practice of Kata is an example of such training. The Kata is performed by one Tori defending against numerous imaginary opponents attacking at different times and different angles. Some of our Chinese Martial Art Systems practice on a stationary wooden dummy to be utilized as an attacking Uke.

When an Uke bows to his Tori, a silent unspoken agreement takes place between each other. The eyes commit that the Uke will attack with defined intensity never to injure the Tori, and offer his body to be defended against. The Tori will intensely defend such attack, and never injure the Uke as well. This is the marriage of attack and defense. The Yin and the Yang. The Uke attacks in a ferocious and rigid manner that will allow the Tori to properly execute his defense and be confident if drawn upon in true battle, the defensive technique will work. To be a great Tori one must study and understand how to be a great Uke. To be a great Uke, one must study the technique of the Tori.

The marriage of Uke and Tori has endured the elements of time. It is the foundation of all Martial Art training. When the job of Uke and Tori ceases, the battle will forever be at peace.

Osu!

### Louis A. Balestrieri's Bio



LOUIS A. BALESTRIERI from Brooklyn, New York was a retired police detective from the New York City Police Department and a member of the NYPD Honor Legion, decorated (23) times for acts involving grave personal risk while in the line of duty. He is a Black Belt in Judo and ranked in Tang Soo Do / Moo Duk Kwan Tae Kwon Do. He is the founder of Ultimate Warrior Training System and Montgomery Judo Academy, Montgomery Alabama.



# Building a Successful Club

For years my assistant badgered me to hold staff meetings. Finally I tapped out to him, announcing on the mat and via email to our brown and black belts that we were going to assemble at a table for part of our next Saturday's session, assigning someone to keep the class constructively occupied.

I called for and compiled agenda items. As the meeting approached, the list of topics grew. We hardly had time to cover everything that first meeting.

We explored methods to attract and retain members and brainstormed how better to publicize classes. We'd present demonstrations and, on nice days, warm up on the grass, attracting passersby. We discussed safety and specific exercises for injury prevention.

We decided to include regular kata sessions. We discussed division of labor, accordingly dividing teaching assignments and designating backups.

Though we require few materials, we itemized tape to secure mats, powder to prevent feet sticking to the mat, a chalkboard for names of techniques, a receipt book, and copies of flyers.

I compiled instructor names and contact information of who would be in charge, who'd be backup, and who'd back up the backup. To respect one another's teaching assignments, we agreed not to intrude unless there was a safety issue.

We usually assign lower ranked students to warm up the class or lead ukemi, preparing them for leadership roles. Often we divide teaching segments within each class. For example, one assistant leads warmups and another, ukemi. One instructor reviews techniques from the previous class. Then I introduce a new throw. After practice I may ask another teacher to demonstrate it as part of a combination, followed by someone dynamically demonstrating the throw. Thus we involve several instructors under the leadership and lesson plan of the one responsible. We are designing a template for lesson plans.

At staff meetings we discuss mentoring students. Because perceived instructor indifference is the top reason for attrition, each instructor should select a student and take professional interest in that student's development. We'd each sponsor someone for rank testing.

Addressing course content, we decided to focus on standing techniques for both judo and jujitsu. Because our USJA jujitsu is based on practical street defense, things begin while standing. Likewise, judo matches. We'd have beginners work more on throws than groundwork. Once they became comfortable and proficient with throws, we'd delve into mat work.

We identified tasks and solicited volunteers. One instructor would take charge of publicity, writing news releases when someone earned a promotion or credential or excelled at a tournament. A medically skilled individual would serve as club medic. Another would handle recruitment. Someone would announce tournaments and organize carpools. Someone else would function as dojo door greeter, enticing new members, then explaining what we do, helping with paperwork, giving safety briefings, and outfitting them in judogi.

We discuss promotion requirements, coordinate travel to tournaments, and plan visits to other clubs, building judo in our region. I'd send the agenda and meeting results to instructors unable to attend, keeping them apprised.

After a few staff meetings we became much more organized. Now we hold them every two or three months. I bring pizza or submarine sandwiches and ask attendees to bring drinks. We chow and chat.

I strongly recommend such staff sessions. If your club consists of yourself and a brown belt, you still benefit from such meetings. You are planning for success!

Meetings can be flexible, but airing concerns and sharing ideas will help your club. It has mine. And I am grateful to my assistant who harried me until I saw the light.

## Ronald Allan Charles' Bio



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



# Upcoming Events

## 2013 Jack Bradford Memorial Judo Tournament

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

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

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

## SOHK Junior Judo Tournament

Come and join us to compete, have fun, and learn how to improve your judo skills.

**Event Type:** Tournament  
**Start Time:** 10/05/2013 10:00 AM  
**End Time:** 10/05/2013 6:00 PM  
**Competition:** Junior  
**Level D Local:** Local  
**Sanction(s):** 10-068

**Club Name:** School of Hard Knocks Judo Club  
**Contact:** Andrew Connelly  
**Location:** Black Belt Martial Arts Academy  
**Address:** 11503 FM 1488 STE B  
**City:** Magnolia  
**State:** TX  
**Zip:** 77354  
**Phone:** 281-292-1882

## 3rd Annual Gateway Invitational Judo Tournament

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

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

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



# Upcoming Events

## 13th Annual Dr. Z Memorial Club Tournament

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

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

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

## First Annual Jersey Shore Judo Open

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

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

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

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

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

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

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



# Upcoming Events

## The First Annual Ippon Judo Championships

Awards: Three Foot Trophies for First Place and cash awards for Grand Champions

**Event Type:** Championship  
**Start Time:** 11/10/2013 7:30 AM  
**End Time:** 11/10/2013 6:00 PM  
**Competition:** Junior, Senior, Master, Kata  
**Level D Local:** Regional  
**Sanction(s):** 13-069

**Club Name:** BMA Judo Club  
**Contact:** Reginald Sutton  
**Location:** Hamden Middle School  
**Address:** 2623 Dixwell Ave  
**City:** Hamden  
**State:** CT  
**Zip:** 06514  
**Phone:** 203-676-4335

## UT Martial Arts Club Annual Tournament

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

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

**Club Name:** U Of TN Judo Club  
**Contact:** Michael Takata  
**Location:** Health, Physical Education, & Rec Bldg  
**Address:** 1914 Andy Holt Avenue  
**City:** Knoxville  
**State:** TN  
**Zip:** 37996  
**Phone:** 865-300-6453

## USJA/USJF Winter Nationals

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

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

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



# Ways to Learn Kata

There are many ways to skin a cat. And there are plenty of methods to learn kata! Er, kata! I will refrain from making a pun about cata-guruma.

Some clubs are blessed with sensei skilled at teaching kata. In others, judoka who crave kata must attend clinics or camps. And to get the most from these sessions, the wise kataka prepares. Preparation includes learning the techniques in sequence; watching videos of the kata courtesy of YouTube; and studying fine points from books and national organizations' website-posted kata guidelines. Judo: Formal Techniques, by Tadao Otaki and Donn F. Draeger, is the bible for many kata.

Once you've learned the moves, visualize the kata. I have found it beneficial to do this from different perspectives. I imagine the kata, move by move, from the viewpoint of the judging table. Then I put myself in the shoes, er, bare feet, of tori, the thrower. After walking through the entire kata in my mind, I bow out and resume the kata as uke, the attacker who receives the throws.

This is a resourceful method for killing time en route to a tournament. Simply close your eyes and do the kata. Unless, of course, you are driving, in which case you'd better keep your eyes open, or you could kill more than time.

An isolated student once mailed a video for my review to determine whether he was worthy of an upgrade from Kata Instructor Level C to Level B. He began by bowing to the camera and thanking me for evaluating his kata. To my bewilderment, he was alone. He apologized on behalf of his partner, who had let him down by missing the session, and offered to demonstrate unaccompanied.

As tori, he threw his imaginary partner with skill and ease. After bowing out, he reversed his position and performed as uke. He took falls, rolling to his feet when appropriate and remaining prone on other falls.

What a splendid performance! Certainly he rated an A for creativity. And he earned his B rating. I didn't upgrade his partner.

Practicing with an imaginary partner requires little space and no judogi or mat. One of my students practices kata with his invisible partner before class. He is dedicated. So is his partner. And their kata improves.

Occasionally we practice what I call speed kata, performing the entire kata at the fastest possible speed. For example, we run through nage-no-kata, which usually takes seven minutes, in one minute. We race through throws, making all the hand changes and noting any errors, without throwing or wasting a heartbeat. This fun exercise really works up a sweat. Repetition leads to perfection.

When first learning kata at the Kodokan during my stay from 1968 to 1969, I practiced often each week for five months with my shodan partner, a sergeant in the Burmese Army. Whenever either of us made a mistake -- and there were many -- we'd start all over. So if we made a misstep or if the attacking leg weren't perfectly placed for uchi-mata, we'd begin with the opening bow followed by uki-otoshi. We became expert, as a result of this regimen, with uki-otoshi. In retrospect, this self-inflicted punishment was a pretty stupid idea -- my idea -- because it resulted in our proficiency with beginning throws and, because we didn't practice subsequent throws nearly as much, weakness with those last techniques.

From this foolish endeavor I have learned to give equal weight to each segment of the kata. Back then, I didn't have a guiding sensei. Kata instructors for judo camp sessions and clinics allot time to each kata segment, pacing participants so they don't dwell on any part.

Kata, a mainstay of judo, ranks alongside randori and shiai. Some enjoy practicing kata in the dojo. Others take their show on the road and compete, possibly also entering in shiai at the same tournament. It's in every tournament director's interest to offer kata competition. Because kata involves a prescribed routine, there are no surprises or injuries. Scheduling kata at the beginning of a tournament allows tournament organizers time to arrange shiai pools while those competitors observe the precision of techniques in kata form.

I confess to being a kata hound. It's a pleasurable part of judo that I didn't discover until I went to Japan. Kata is not reserved for worn out, broken, or old judoka. Many competitive judo champions credit their success to kata training.

I encourage each club to make kata part of regular training. There will be resurgence of interest now that kata is required for those seeking brown belt rank. Send students to tournaments to demonstrate their expertise. Attend clinics and camps to improve.



# Ways to Learn Kata

Walking through a kata is a great way to warm up, too. And if you try that speed kata, your juices will be running in no time!

As kataka become proficient, they should become judges, who are in demand at tournaments. Tournament directors usually feed table workers, referees, and kata judges. Carry a sign saying, "WILL JUDGE KATA FOR FOOD!"



**KODOKAN JUDO KATA INTERNATIONAL TOURNAMENT 2008**  
Organized by Kodokan Judo Institute and All Japan Judo Federation



**Ronald Allan Charles' Bio**



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

# Ashley Interviews Marti Malloy



Photo: Marti Malloy goes to newaza against C. Caprioriu (ROU) in London

Photo by: Lou DiGesare/realjudo.net

Photos sponsored by the Jason Morris Judo Center



Photo: Marti Malloy squares off against Telma Monteiro (POR) in London

Photo by: Lou DiGesare/realjudo.net

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

I do Judo every day, except Sunday for about 2 hours.

## Tell me about your diet:

I eat as healthy as I can during training periods. This includes eating 5-6 small meals every couple hours, even in the middle of the night. I like candies, sweets and desserts a lot, but I TRY to eat them sparingly. Instead I eat a lot of fruits and vegetables and whole grain carbs before training.

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

I wouldn't say I gave up anything in particular. I did not have a normal high school life as I was always on the road traveling to train and compete so I actually did one year of high school online. I missed things like homecoming every year, or birthday parties and sleepovers, but it never bothered me because instead I was traveling the world doing the sport I love.

## Which felt better getting 2nd in the world or 3rd in the Olympics?

They felt equally good because they were both accomplishments I always dreamed of having. But winning the Olympic bronze was a little sweeter because a lot of my family and friends were there to witness it and because I ended the day on a win after an upsetting semifinal. At the worlds on the other hand, I ended the day by losing and that never feels good even if you take a medal.

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

I run about 5 times a week and it fluctuates between long distance running and sprint training. I also lift weights 3 times a week.

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

Nothing, because I wouldn't be the same person I am today.

## What is your favorite gi brand?

Kusakura judo gis are my favorite. I have been wearing them for more than 10 years and they are the most comfortable and best fitting in my opinion.

## What are your goals as a judoka?

To always try my best to be the best player I can be.  
To win a gold medal at the Olympics and World Championships.

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

Lately nothing funny has happened to me during a match. But when I was a kid I fought a girl who wouldn't stop talking to me the whole fight. While I was throwing her and then pinned her she kept telling me: "Wow, you're strong, nice throw, I got to get out of this pin, and you're really strong!" I thought it was really cute actually, I wish I remembered who she was.

# Ashley Interviews Marti Malloy



Photo: Marti Malloy celebrates after throwing Yadinys Amaris (COL) with seionage in the round of 16 at the Olympics

Photo by: Lou DiGesare/realjudo.net

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

My proudest moment is the most obvious one, winning an Olympic bronze medal by ippon against the Olympic champion from the previous Olympics. My most disappointing was a little over a month ago when I lost early in the final of the world championships.

## I am a 13 year old girl, who is a blue belt. What advice would you give me to improve my judo? (Don't just say "train hard")

I think it's difficult to say what a person needs to do to improve their judo without actually seeing how they do judo. But I do think that the true test of your judo ability is tournament. Under stress and pressure your strengths AND your weaknesses become very obvious. So competing a lot and identifying those weaknesses is the best way to change and improve your judo.

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

They can go to my website [martimalloy.com](http://martimalloy.com) where you can contact me and send autograph requests. Or find me on Facebook here:

<https://www.facebook.com/MartiMalloyJUDO>



Photo: Marti Malloy on the 57kg Olympic Podium

Photo by: Lou DiGesare/realjudo.net

## Ashley Hall's Bio



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



# McNitt Balances Life of Judo

## McNitt Balances Life of Judo, Correctional Office



VALLEJO — A brown belt was better than most black ones.

Entering the World Police and Fire Games last month in Belfast, Northern Ireland, John McNitt was just one of four brown belts on the planet to enter the judo competition, battling all the way to a silver medal in the over 100 kilograms (220 pounds) category, the super heavyweight division.

McNitt's only defeat came at the hands of Chinese Taipei's Chia-Jung Chang, a third-degree black belt.

"I would have been a lot happier with gold," said McNitt, who attended elementary school and junior high in Vallejo before returning to graduate from the now closed Hogan High in the same city. "But for the first time

fighting in a tournament this big – I've only fought in local tournaments here in the Bay Area – getting to go over to Northern Ireland and compete was a great experience.

"Even with all the athletes there, they were very friendly. The guy that beat me (in the finals), afterwards we exchanged some stuff. We traded our national flags. He gave me some jewelry, a tie bar and some patches. It was pretty friendly."

To say McNitt, a student at Solano Community College who was awarded his black belt Wednesday, fit into the super heavyweight category would be an understatement.

Standing 6-foot-8 and tipping the scales at 340 pounds, there isn't another category that McNitt could even be considered for.

He didn't hesitate to point a finger at who was behind his success.

"Dr. Tanaka, his teaching," McNitt said of Dr. Jimmy Tanaka, his instructor of nine years at Solano. "I've done all my training with Mr. Tanaka. It was just hard work. You can't go in there fighting on the world stage like that and just expect to just walk in (and do well). You have to prepare.

"I think it is his teaching style. You can go to some martial arts dojo and it can be very intense, lots of yelling and very intense. With him it's a very laid back class. There's joking and laughing. He communicates with us a little more than being demanding. His teaching style makes it easy to learn judo. It makes it fun to learn judo. That's why I've stayed with him so long."

Tanaka chimed in on why McNitt is as good as he is.

"He works very hard to attain an objective," Tanaka said. "He is well-coordinated and powerful. He follows instructions to the letter. John has 'Konjo,' a Japanese term for fighting spirit, an innate natural quality."

Tanaka was also proud of McNitt, who basically did the planning for the trip.

"The fact that he did this pretty much on his own – he raised his own travel funds and expenses – he went alone without a coach, family or supporters to fight in a strange country," Tanaka said. "He did his very best and most importantly he did not get injured fighting on the international stage against more seasoned and experienced judokas (judo experts).

"I applaud his courage, dedication, discipline, loyalty and humility. The fact that he garnered a silver medal is secondary."

Judo wasn't even on McNitt's mind after he graduated high school. He kind of just stumbled on it.

"When I came here to Solano College, I needed P.E. credits and I saw the self-defense class," McNitt said. "I thought, 'Oh, that's an easy A. I'll walk through this class and be done with it.'"



# McNitt Balances Life of Judo

## McNitt Balances Life of Judo, Correctional Office

"(Tanaka) wouldn't let me. I showed up and he said 'What are you doing here? You're 6-8, 340 pounds, you don't need self defense.' He asked if I've ever done judo and I had no clue what judo was. He said 'Drop this class and come back in an hour. You're going to do some judo.' And that was it. I've been with him ever since."

Being the big man that he is, McNitt is still humble and thoroughly enjoyed his recent trip to Northern Ireland, especially all the nice people. "Even without the fight and competing in the tournament, it was an awesome trip," he said. "I would go back in a heartbeat. The people in Northern Ireland were incredibly friendly, very helpful, a very kind people. There was one time when I was walking the city of Belfast with absolutely nowhere to be, just kind of wandering around and I got myself lost.

"I just kind of standing there looking around and a random women came up and said 'Hey, are you OK? Do you need some help? Do you know where you're at?' Being 6-8 and 340 pounds, people usually don't come ask me if I'm OK or if I need help a whole lot of help. It was just nice to meet somebody that was willing to help like that. It was like that everywhere that I went."

When McNitt isn't commuting to Solano on Wednesday nights to attend Dr. Tanaka's class, he's keeping prisoners in line at Mule Creek State Prison in Lone, where he was recently promoted to sergeant after working at Folsom State Prison.

The job was another thing McNitt kind of stumbled on, though his father had also been a correctional officer.

"When I started coming to Solano College, I was like most kids, fresh out of high school having no idea what they wanted to do," he said. "I didn't know what I wanted for a career. I thought about being a teacher, thought about being a nurse. I really had no idea. So I just started taking random classes.

"One of the classes was the Intro to Criminal Justice. That was taught by Mike Goodwin, who is a retired sergeant from the Concord Police Department. He was an excellent teacher, so I started taking every class that he offered. Pretty soon, I was almost done with a criminal justice degree. I didn't have much desire to become a street police officer, so going into the prison system was a good alternative.

"I got hired with the state of California in 2007," McNitt said. "I had to go through a four-month training academy. That was in Galt. It was para-military style, living in dorms, up at 5 or 6 in the morning. My father was in the department also. He did 28 years, somewhere around there."

Dealing with issues inside a prison took McNitt a little getting used to. But being a man of his size, it didn't take long.

"It's not normal to kind of deal with that stuff, the gang politics that goes on inside of a prison," McNitt said. "You just kind of have to get used to it. You don't really have a choice. . . . There is violence inside of prisons. You don't have a choice. You either get used to it (and deal with it), or you find another job. You have to learn to adapt to it."

Even with all the potential problems that can arise, McNitt hasn't had to deal with too much so far in his career.

"Only one time I would say I've really had to be hands-on with an inmate," he said. "I had an individual who had his hands on the wall doing a search, patting him down. I went to place him in restraints and he kind of came off the wall and pushed away and spun toward me. I had to redirect his body a little bit and get him on the ground so he couldn't try to fight us."

He also believes his judo training is nothing but a benefit when it comes to his job.

"Police officers and correctional officers, we do get some very basic self-defense kind of stuff," he said, "but if we had some sort of introduction to something like judo, I think it would make all of us a lot safer in our jobs, to have that confidence that you know how to protect yourself so if someone attacks you, you're going to know how to respond, rather than standing there and being a victim. Nobody wants to be a victim.



# McNitt Balances Life of Judo

## McNitt Balances Life of Judo, Correctional Office



"The state gives us all these tools to help us (baton, handcuffs, etc.), but sometimes that doesn't always work. If you're just three feet away from each other and someone decides they want to assault you, you're not going to have time to pull one of the tools out. It's going to be a hands-on confrontation. The better I am prepared to respond to the situation, the safer I'm going to be."

Even though he's now a sergeant, McNitt doesn't want to stop there. That's why he's still in school.

"I don't have my bachelor's degree yet," he said. "It's something I want to get. I can only get so far (in the prison) without having it."

"I can make lieutenant, which is one more rank above where I'm at now."

But if I want to make captain or go any higher, I need that bachelor's. That's the plan, to go up the chain of command as high as I can."

As for his judo career, McNitt has his sights set even higher.

"I would like to keep going as high as I can with this," he said. "I'm young, I've got a lot of time. Sensei Tanaka is almost 80 years old and he's an eighth-degree black belt. It takes about that long to get there."

"The higher the degree, the longer you have to wait (to get promoted). It's definitely my goal to keep going. . . . In most martial arts, you're always considered a student until you at least hit a fourth-degree black belt. I would like to at least get to that level!"

Big goals for a big man.

### Brian Arnold's Bio



1992 graduate of San Francisco State University with a Bachelor's Degree in Journalism.



# Training with the Girls



On August 3rd and 4th Southside Dojo in Portage, Michigan hosted its 9th annual "Fight Like A Girl" Camp. Ages of the campers ranged from 8 year old Katara to wives and mothers Anne Strauss and Leslie Hutchins. Although some campers call Southside their home dojo, some athletes traveled from as far as Madison, Wisconsin!

The two day event consisted of teaching from some of the strongest influences in women's judo. Sensei Deborah Fergus offered instruction and counsel on what it's like to be a woman in a man's sport since the early 1970's. She recalls, "I had periods in my life where I had to take time away from judo, but that doesn't mean I wasn't doing Uchi komi in my head every single day." Sensei Francis Glaze gave wonderful instruction on the techniques of Katame no Kata. She also gave extra instruction to some

students getting ready to test for their black belt promotions. Dakota Kilborne, a young lady athlete who has been to the camp every year, she has been involved in judo, still participated to her best ability despite a shoulder injury. Sensei Louise Ullman gave great Randori instruction to the younger students.

A coach of some of the young athletes reports, "I can definitely see improvement in my girls and a new sense of confidence." This writer found the camp to be extremely educative and memorable. It is an experience every lady fighter should attend.

One of the most fun parts of the camp was talking and networking over a delicious dinner, along with a sleepover where bonding built friendships. This writer and her teammates are definitely looking forward to attending the 10th camp next year.

I am speaking for all the camp attendees, "thank you so much to sensei's Glaze, Fergus, and Ullman for your great instruction and inspiration!"



## Lindsey Thurlow's Bio



Miss Lindsey Thurlow is a graduate of Saginaw Valley State University with a Bachelor's Degree in Athletic Training. She is a judoka of 5 years and has attended 4 women's championships. As well as beginning an athletic training career this fall, she is excited to reach out to the Academy's students. Her goal is to help them become more spirited in making their health a life priority and to encourage them to make their bodies the best temple for God that it can be.

# Technique of the Month



O Soto Gari



O Soto Otoshi

To borrow liberally from Dickens'; it was the best of techniques and the worst of techniques. I am referring to O Soto Gari, one of the best techniques in Go Kyu and one of the most misused.

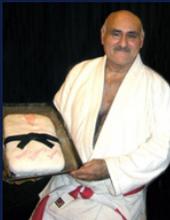
In its simplest form, you trip your Uke on the back of his leg while pushing forward with your hands, but this is very imperfect description. As anybody that has ever seen kids in either Rondori or Shiai will tell you, it's two little kids locking their legs together and hopping around the mat, and that goes for some seniors as well.

O Soto Gari (major or large outside reaping throw) is done mostly with Kazushi. The Tori enters the technique leading his hip and outstretched leg while at the same time using his hands to push up and backwards against Uke's chest and arm. Kake comes when Tori reaps his leg backwards, ducks his head and torso towards the ground in front of him and completes the pushing with his hands towards Uke's rear. The throwing leg arcs in a straight line beginning at about 45 degrees in front of the Uke to roughly the same degree to the rear to finish the throw. This is absolutely not O Soto Otoshi where the leading leg in the entry is put on the mat behind Uke's foot and Tori twists Uke's upper body outward and Uke falls backwards in a drop. Unfortunately, lack of proper training and technique make so many attempts to do O Soto Gari turn into a pushing contest or with legs locked or O Soto Otoshi altogether.

I've always found that O Soto Gari works best when Uke is circling to his rear leaving the forward leg vulnerable and the circling causes less than perfect balance.

Given the new IJF rules, O Soto Gari has become a very popular throw again because it's effective and leaves no doubt that Tori is in control. The past World Championships saw a large increase in the number of winning ippons from the use of O Soto Gari. The throw is quick, solid and effective if you train properly to this throw.

**Marc Cohen's Bio**



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



# What's in your Wallet?

## All American Membership



We are proud to announce that the leaderships of the United States Judo Association (USJA), the United States Judo Federation (USJF) and USA Judo, are now delivering on our promise of furthering the working relationship of our organizations by announcing an unprecedented membership program, The All American Membership.

“The All American Membership program, is a significant milestone as it symbolizes a commitment by the three major organizations to become goal congruent and true partners for the future growth of Judo in the United States.”, commented Gary Goltz, President of the USJA. USJF President and Olympic Silver Medalist, Kevin Asano further noted, “This will lead to even greater success for our athletes.”

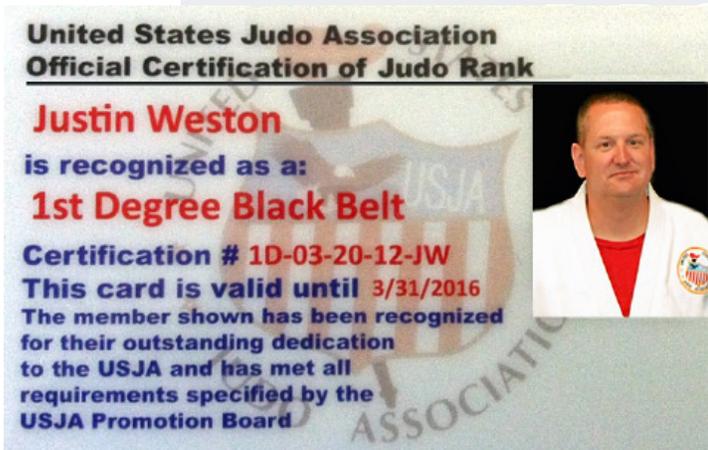
We want this to be a truly ‘New Year’ and a truly ‘New Olympic Quadrennial!’ “As we head into Rio 2016, we will be asking much again of our athletes and coaches. We all agreed that we needed to go further in our cooperation with the USJF and the USJA, and all three Boards of Directors are to be commended for continuing to think out of the box for the good of Judo in our nation,” commented Lance Nading, President of USA Judo.

Here are the quick facts on how the program works:

- You decide which of the 3 organizations will be the principal for your membership – that organization will be the one which will provide your insurance coverage.

- You may register as an All American Member with any of the three organizations by following the selected principal organization’s procedure for membership registration.
- Soon after registering, you will be issued an All American Membership card, featuring the name and logo of your principal insurance-issuing organization accompanied by logos and recognition of the other two organizations. That will be your official membership card that you will present for participation in all USA Judo, USJA and USJF events.
- The All American Membership fee will be \$100.00 and it will be distributed among the three organizations as follows: \$40.00 to the principal organization issuing the insurance and \$30.00 to each of the other two organizations.

The All American Membership is indeed a step forward for judo in our country. You can sign-up for this by going to our Website Store or by simply contacting the USJA Office via phone, email, or fax.



Show your pride in your USJA Rank with our Black Belt Judo Rank Card!  
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 Eligibility:  
 1. Must be a current active USJA Black Belt rank member  
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 Phone: 877-411-3409 Fax: 888-276-3432



# 2013 AWJC Results

Sincere Thank you to all from the Tournament Directors, Deborah Fergus, Julee Cope and Louise Ullman

Division	First place	Second place	Third place
JR 9-10 Middle	Elena de Rosas		
JR9-10 Heavy	Katrina Liberman		
6-12 JR Open Heavy	Molly Sauter	Katrina Liberman	Gabbie Newton
13-16 JR Open Middle	Sheridan Sebastian	Emma Riedi	Shealyn Dennis
Masters Light	Kathy Hubble	Jani Palmer	
JR 11-12 Heavy	Kathrina Liberman	Molly Sauter	Gabbie Newton
JR 8&under Heavy	Gabrielle Mallory	Lauren Nesbella	Ellena Baghdasaryan
6-12 JR Open Middle/Heavy	Gabbie Williams	Elena de Rosas	
JR 8& Under Light	Sophia Sprunger	Raylah Newton	
JR 11-12 Middle	Gabby Williams	Elena de Rosas	
JR 13-14 Heavy	Sheridan Sebastian	Emma Riedi	
SR Light Middle	Jaycie Malesky	Emma Riedi	Ana Jurcak
SR White/Green Light	Stephanie Shively	Ana Jurcak	Brenda Sorto
SR White/Green Heavy	Emily Allen	Rebecca Tutino	
SR Brn Blk Mid Heavy	Anna Feygina	Lindsey Thurlow	
JR 8&under Middle	Jessica Dwyer	Arianna Walker	
6-12 JR Open Middle	Olivia Crimaldi	Gabrielle Mallory	Lauren Nesbella
6-12 JR Open Light Middle	Jessica Dwyer	Anne Bartish	Haley Salvatore
6-12 JR Open Light	Arianna Walker	Margarette Rommelmman	Raylah Newton
JR 13-14 Light	Andrea Schlabach	Grace Hossler	Jamie Diffin
Extra Light SR	Amanda Barone	Andrea Schlabach	
13-16 JR Open Light	Andrea Schlabach	Grace Hossler	Molly Sauter
13-16 OpenLight A	Andrea Schlabach	Grace Hossler	Jamie Diffin
SR Open Light Middle	Barb Cajas Gonzalez	Jaycie Malesky	Stephanie Shively
Open Alpha	Barb Cajas Gonzalez	Shealyn Dennis	Sheridan Sebastian
SR Brn/Blk Heavy	Christina Salmond	Wendy King	
Open	Christina Salmond	Wendy King	Miracle Wilcoxson
SR Open Mid Heavy	Anna Feygina	Lindsey Thurlow	Stephanie Ortel
JR 11-12 Light	Olivia Crimaldi	Anne Bartish	Haley Salvatore
JR 9-10 Light	Margarete Rommelmman	Jessica Dwyer	Anne Bartish
SR Open Heavy	Christina Salmond	Wendy King	Rebecca Tutino
Masters Middle	Barb Cajas Gonzalez	Stephanie Ortel	
SR Brn/Blk Middle	Barb Cajas Gonzalez	Jaycie Malesky	
SR Open Light	Kathy Hubble	Amanda Barone	Brenda Sorto
Open 2	Emily Allen	Miracle Wilcoxson	
SR Masters Open	Kathy Hubble	Lindsey Thurlow	
SR Brn/Blk Light	Kathy Hubble	Amanda Barone	
Ju No Kata	Grace Hossler/Molly Sauter	Christina Yoka/Bernadette Mcfadden	
Katame No Kata	Grace Hossler/Molly Sauter		

**Chief Referee** Pamela Russell, PA National

Russ Scherer, OH IJF A

Tony Grisanti, NY PJC

Bob Gugino, NY PJC

Neil Simon, MI PJC

Randy Pierce, MO National

Tony Roscoe, PA National

John Sebastian, D.C. Regional

Derick Wellman, MO Regional

Ryan O'Connor, OH Local

## Kata Judges

**Chief Kata Judge** Frances Glaze, OH A Level

Karen DuPage, MI A Level

Al Panakia, MI A Level

Ryan O'Connor, OH A Level



# The 9th All Women's Championships

Kathy Hubble is just back from The All Women's Championships in Lodi, Ohio Sept. 21st winning all 12 matches by Ippon, finishing with 4 Golds in 4 different divisions and taking the "Outstanding Technique" Award. Here is what she had to say about the tournament -



"This is a tournament I will never forget. The wonderful generosity of the women (lending me belts – who knew you had to have a white and a blue belt to differentiate white/blue sides in most US competitions nowadays...), the hospitality of the organizers, the amazing ambience of the tournament (we all got roses, and for a \$30 entry fee, we could enter as many divisions as we wanted!), the incredible women judoka (from 13 to 49, and green belt to Sandan, in my divisions), and the beautiful display of sportsmanship of all women involved (I even saw a 14 yr. old girl purposely lose by Ippon to a little 6 yr. old girl in the Team Competition so it would make her feel good about her judo!) This was an amazing All Women's tournament for women, run by women, and for its 9th year, Deborah Fergus and her team has been the guts behind it, tirelessly running the show, and making a lot of women feel good about women's judo. I admire Deb's dedication and respect her immensely for striving to better the state of women's judo throughout North America. It's tough for us to find competitors these days and often our whole tournament is 1 or 2 matches... This is one of the reasons I chose to go over there, to get a few different matches in before Masters World's in November in Abu Dhabi. The women I fought were all different shapes and sizes and ages and ranks, 12 fights in total – the most I've ever fought in ANY tournament, even when I did judo as a youth 25 years ago. All in all, a wonderful experience, and I highly recommend all women judoka to attend next year's tournament – the 10th annual All

Women's Championships, striving to be even better than the 9th! I'll be urging the female judoka in my club to attend, for sure! It is so well worth it! They will make you feel inspired and it'll be an experience you'll never forget!"



## Kathy Hubble's Bio



Kathy Hubble is from Kelowna, British Columbia, Canada. She was 5-time Canadian National Judo champion in her teen years, traveling to many countries, placing bronze at Pan-Am Games, and 7th at World Championships. Kathy is an instructor at Kelowna Judo Club in Kelowna, BC Canada.



# Alex learns about High Impact Martial Arts

High Impact Martial Arts  
421 54th St West New York, NJ 07093

Phone Number: 201-320-4305  
Email: [highimpactma@gmail.com](mailto:highimpactma@gmail.com)  
Website: [www.highimpactma.com](http://www.highimpactma.com)



## 1) What kind of person would benefit from training at your dojo?

Everyone can benefit from training at High Impact Martial Arts. No matter if you're interested in just getting in shape, learning self-defense, becoming a competitive athlete, or even if you're a competitive/ professional athlete. There is something here for everyone making us a one stop shop for all your training needs.



## 2) Are you a competitive club?

Yes we are a competitive club, but we do not force anyone to compete. We here a High Impact Martial Arts believe that the option to compete is in the hands of the student. Even then it is up to our coaching staff to evaluate your class performance to give you what we call the "Green light" to compete.

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

We are open six days a week from Monday to Saturday, and starting in November we will be open on Sundays for an open mat.



## 4) Do you have another class besides judo?

We offer quality instruction in Kickboxing, Submission grappling, and Mixed Martial Arts

## 5) What do you specialize in?

To be honest I can't say we specialize in just one art. Our Programs are taught with great attention to detail and with you in mind, thus making every art just as good as the other. Our Judo program along with everything else we teach is topnotch.



## 6) If someone wanted to come and visit your club how much would the mat fee be?

Regularly it's \$40, for affiliated programs its \$20 and for Special guest there is no charge.

## 7) Do the members socialize outside the dojo?

Yes, we believe that it's not just a team it's a family. We have a team barbeque every summer. We often get together in a restaurant after competitions or to watch sporting events like the UFC or boxing. It helps build strong relationships and team mentality.

## 8) Does your Club have a team image?

Yes, a family image! Strong, united and above all else supportive. In good or bad, victory or defeat we will always be by each other's side.

## 9) Tell me about your club culture.

Our club culture is a great blend of traditional and modern aspects. We are very traditional on how we carry ourselves but our training and approach is very modern. Giving us in what my opinion is a great atmosphere for training and growing.



## 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.



From our friends at



## Coach Willy Cahill, Legendary Judo Coach And Co-Founder Of The Blind Judo Foundation To Speak With 400,000 Listeners Of Blind Matters Radio Show Audience August 31, 2013

First syndicated radio show of its kind in the US catering to the visually impaired and blind will interview on-air Blind Judo Foundation CEO & Co-Founder Coach Willy Cahill about the positive effect the empowering sport of Judo has upon his blind and visually impaired students of all ages and how the sport enhances independence and confidence.

Blind Matters Radio Show, Host Michael Golder who is legally blind and his Co-Host wife Lynne Golder will interview live-time on Saturday, August 31, 2013 the legendary and former US Olympic Judo and US Paralympic Judo Coach, Willy Cahill and the positive effect his introductions and training in the sport of blind Judo has upon his students.

Cahill has been involved with Judo for over 64 years and has created over 1200 national and international champions and is recognized as an icon in Judo around the world.

Cahill is "a giant icon in the Judo world" according to Ron Peck, Co-Founder of the Blind Judo Foundation. Cahill is a 10th Degree Black Belt in Jujitsu and 8th Degree Black Belt in Judo; former US Olympic and US Paralympic Judo Coach; former head Judo Coach at Stanford University, SF State University and Foothill College just to mention some of his lifetime credentials.

His credential don't stop there: He was inducted into the Black Belt Hall of Fame; Black Belt Coaches Hall of Fame; numerous recognitions by the White House (Presidents Carter, Reagan, and Clinton) and most recently by USA Judo being honored with a Lifetime Achievement Award at a Night-of-Champions event on July 19, 2013.

At the event, US Congresswoman Jackie Speier had the US Congress record Coach Cahill into the Congressional Records for his years of dedication and commitment to the sport of Judo along with commitment and dedication to teaching the blind and visually impaired the sport of Judo.

The vision of the Foundation is to reach all blind and visually impaired for personal introductions and training in Judo for its life enhancing and enrichment powers. Being able to speak before the Blind Matters Radio Show audience is quite an honor for his mentoring of the sighted and blind alike in the sport of Judo and the positive effects it has on their lives. Some of Cahill's elite athletes represent the USA as members of the US Paralympic Judo Team.

Michael Golder, Host of the Radio Show advised that their listening audience of 400,000 continues to increase. He and his co-host wife, Lynne Golder are working to reach 1,000,000 listeners by this time next year. It appears they will meet their goal.

Blind Matters Radio Show has four affiliate stations in Florida, one in Georgia, and one in Pennsylvania. They are also heard on iHeart Radio and Tune-in Radio. That number will more than double by this time next year. Michael said "that over 90% of the listening audience" listen to the whole three hour program and not all listeners are necessarily blind or visually impaired.

One can hear Coach Cahill on Saturday, August 31, 2013 by tuning into 1520am WBZW at 1:00 p.m. PT on The Biz – Orlando, FL or listen live directly from the stations home page after clicking on the live-stream button. You will be linked to 1520am.

The Blind Judo Foundation is a 501(c) (3) nonprofit organization that was created in 2003 for the express purpose of empowering the lives of blind or visually impaired children, young adults and our blind and visually impaired military men and women using Judo as the tool for success in all areas of ones life. More about the Foundation can be found at [www.blindjudofoundation.org](http://www.blindjudofoundation.org) or by calling Ron C. Peck at [roncpeck@blindjudofoundation.org](mailto:roncpeck@blindjudofoundation.org) and 425-444-8256.



From our friends at



**AMERICOMP JUDO**

3 day competitive judo training camps and JMJC Open  
hosted at the Jason Morris Judo Center  
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**All ages and skill levels welcome**  
**BJJ/Wrestlers/Sambo athletes welcome**

Veteran's Day Weekend – (November 8-11, 2013)  
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Martin Luther King Day Weekend (January 17-20, 2014)

**Saturday and Sunday - Morning and Evening Practices**  
**Monday – JMJC Open (Refereed Tournament Style Practice)**

\$229.00 includes all fees, room and board, all meals  
Scholarships available  
\$25.00 for JMJC Open Only  
Friday night practice, dinner and room available for an extra \$50.00

On-line registration available at <http://register.americompjudo.com>



From our friends at



The *vision* of USJF is to have JUDO in every American community and school.



Our *mission* is to serve and support our members in the American judo community while upholding the principles of mutual welfare and benefit.

visit [www.usjf.com](http://www.usjf.com)



# My Trip to the Kodokan



As a judo player for many years, I have long dreamed of visiting Japan and the Kodokan. I had plans to go in March of 2011 but had to cancel because of the earthquake and tsunami. I was able to put a trip together for this year (2013) and went from April 1st through May 4th.

I would absolutely recommend anyone at any judo level to go there for the experience. Japan in itself was a very positive experience. The people were so friendly! I surely was not in New York anymore. I would get out of the subway and ask where something was. Instead of telling me, many of the Japanese would walk up to 5 blocks away to show me. The feeling of safety was obvious all throughout the city and subway system. The city was very different in each area I would visit. The food was great and I found it to be quite inexpensive as long as I was not eating American. They sure do love the Chinese noodles. There were lots of attractions to see throughout the city and I had enough time to see quite a lot of them. I took the Shinkansen (Bullet train) to Kyoto for a few days. You will definitely want to see Kyoto. Old fashioned, lots of temples, geisha and great restaurants. I had a great view of Mt. Fuji on my way there.

As far as the Kodokan goes, I stayed in the dormitory. It's inexpensive and fine for my stay there. They have washing machines but no dryers. You need to dry your clothes on the roof. I simply made a laundry line in my room. They have a curfew between midnight and 5:00 AM. The judo practice was a mix of Japanese regulars, international students such as myself, and on Wednesday night they had the University students there to train as well. Sometimes they would have the children practice on one side of the mat. I was extremely impressed with their work ethic. They trained harder than many adults. I was a little disappointed in that the training was all "Open Mat" style. There was no line up, bow in, warm up, instruction or anything very formal. You are basically on your own. The routine was simple, bow on the mat, warm up and stretch on your own, grab a partner for uchi komi and randori.

I found that the international players were more aggressive and competitive (after all, it's the Kodokan. We all want to look good. lol). The Japanese played very technical and like gentleman. I was there to learn so I would watch people and randori with them and ask them to share knowledge with me. Most people, international or Japanese were happy to. There are a few Sensei's on the mat. Their English is very good. Most of the other Japanese had limited English as I had limited Japanese.

My son, James, came to visit me for 12 days while I was there. He is a brown belt. He is 23 but has not played judo since he was 17 due to 2 shoulder surgeries. I got him on the mat twice and worked with him. A few older Japanese came over and helped us out. My son really appreciated the instruction. The only thing was my son has tattoos and they asked him to wear a T-shirt under his gi. They are not too keen on tattoos.

I would recommend anyone to go individually or as a judo team. Some people would go for just one day, a week or however long they could manage. Over all, a great experience. I will definitely be going back in the future.

<http://www.kodokan.org>

## James Delise's Bio



James played judo from 9 years old to 14 years old and obtained a blue belt. He then wrestled 2 years and obtained a black belt in go ju ryu karate. He returned to judo 18 years ago and started over as white belt. He is currently a Nidan



# Life Lessons from Judo

When I first took up Judo almost 3 years ago, I felt that I show up to the dojo to learn the techniques, to execute them, and then to perfect them. After all, that's what being a martial arts student is all about. You learn, you progress, and then your efforts pay off. That is what Judo has taught me thus far, up until last night, when I took my Sankyū test.

Having been a green belt for a little more than 7 months with a couple of months taken off due to a knee injury, I felt competent enough to test for my brown belt. The United States Judo Association was kind enough to put together a very concise manual for all the ranks, walking the judoka through all the knowledge that he/she is responsible for that rank. After studying the materials and feeling that I had adequate knowledge to complete the techniques required, I decided to test. Surprisingly though, I failed, and instead of walking away with a brown belt last night after class, I walked away with some important life lessons.

First and foremost, go back to the basics. No matter what age, rank, or accomplishments you have, we all started somewhere, and that is square 1. Breakfalls seemed very mundane to me, but from overlooking the basics, I formed bad habits over the years, such as crossing my legs when doing a forward roll, or as my sensei likes to call it, the "tiger roll". These bad forms in judo form over the years, and since it is something so small, we tend to overlook these, and over time, they become bad habits.

Another important lesson that I learned is how to take criticism from those around you. We might think that we are doing something right, but in reality, our own confidence clouds our perspective on what is right and what is wrong. Take for example, I believe that I can do a beautiful sode tsurikomi goshi, but a lot of times I forget to pop my hips out and straighten my legs. Only my senseis can see the technical mistakes that I make. In my mind, the technique was beautifully executed, but still contained mistakes nonetheless. After failing my test, I realized that it is not only your perspective that counts, but the point of view of others that also matter.

So, you might ask, what do all these judo lessons have to do with life? If you haven't made the connection, then here they are. Going back to the basics ensure that you have all the building blocks to succeed, whether in your job, or in Judo. You might be an extraordinary architect, but without having a stable foundation to build upon, that masterpiece that you just created will lean to one side, or at worst, crumble into pieces. Only when we realize these basic mistakes, that we can go back and fix them, no matter how far along we are. The second life lesson that I learned, is to take criticism as a growing process. Sure, I could sit around and mope about how I failed the test I was so sure on passing, but instead, I decided to embrace my shortcomings as a chance to better myself. The senseis were there to see where I fell short, and instead of positive reinforcements, I received a helping hand and constructive criticisms. These are the important things that I took away with me, and as obvious as they might seem, we all make these mistakes at some point in our lives. When and only when we can take a step back and realize what we did wrong and where we fell short, then and only then can we move forward in Judo, and also in life.

## Nick Nguyen's Bio



BIO TEXT



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUDO

### Shodan

- ★ Anibal Bruno
- ★ David Colon
- ★ Jason West Cromar
- ★ Kierstin F. Delvalle
- ★ Timothy S. Stuteville
- ★ David F. Galando
- ★ Ryan J. Griffin
- ★ David Hurtubise
- ★ Wendy M. Koslicki
- ★ Ian R. Lavelle
- ★ Erik Marcelo
- ★ Serarah Ruth Martin
- ★ Robert McDaniel
- ★ John Patrick McNitt
- ★ Glenn Olsen
- ★ Elio Cesar Pajares
- ★ Sylburn Peterkin

### Nidan

- ★ Delbert L. Conkright, III
- ★ Jeremy Kien
- ★ Rebecca L. King
- ★ Jacobo Nunez
- ★ Ian J. Rowland
- ★ Don-Felix Ryzek
- ★ Adam J. Schmaltz
- ★ Lawrence Lee Wentz
- ★ Justin L. Weston

### Sandan

- ★ Michael T. Dobbs
- ★ Alvin C. Linzy
- ★ Gregory P. Makuch
- ★ Christopher A. Schmitt
- ★ Alexander Velazquez

### Yodan

- ★ Darren M. Craig



# USJA Promotions



Congratulations to the following individuals on their achievements:

## JUJITSU

### Shodan

- ★ Fred G. Barnett
- ★ Adam Cristopher Erickson
- ★ Ibra L. Brewton
- ★ Robert Matrisciani
- ★ Kierstin F. Delvalle
- ★ Justin L. Weston

### Nidan

- ★ Chris I. Ritchie

### Yodan

- ★ Brian C. Mills

### Godan

- ★ John J. Miller

### Current USJA Membership Statistics:

Active Annuals:	6,509
Active LM's:	1,469
Total Active USJA Members:	7,978



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

## Dennis "Doc" McGuire (2013)



Colorado Judo League has received the notice below from Northglenn Judo Club of the passing of Dennis "Doc" McGuire today, 9 September. Our sincere sympathy goes out to the Doc's family and friends. The judo community has lost a pioneer who will be terribly missed by all.

It is with profound sadness that we announce that Dr. Dennis "Doc" McGuire has lost his battle with cancer and the West Nile virus. The Northglenn Judo Club family has lost a leader and a friend. Doc was always positive, sharing his optimism and wisdom without hesitation. He will be missed by everyone at our club, the judo community, and many others whose lives he touched. Announcements regarding services will be forthcoming.

by Grace Jividen-Truesdale, President, CJL





# Triad Sanction Announcement



## A Message from the Presidents of the USJF, USJA, and USA Judo Mr. Kevin Asano, Mr. Gary Goltz, and Mr. Lance Nading

September 12, 2013

Since the beginning of this year we have been diligently accessing and reviewing the changes in the IJF rules governing judo tournaments and how that has affected our joint sanctioning process.

To this end joint commission was formed consisting of representatives of our organizations from the executive, legal, referee, and insurance perspectives with the goal of making recommendations to the Presidents:

	USA Judo	USJA	USJF
Representative	David Smith, J.D.	Michael Goldsmith, J.D.	Richard Muller, J.D.
Selection Criteria	A level referee and member of the current USA Judo referee committee with a solid legal background	Standards Committee Chair and USJA general council	National Referee and general counsel of USJF, member of all three organizations standards committee.
		Steve Clemens USJA Insurance Committee Char	
	Neil Simon, Tournament director (multiple tournaments from local to national). PJC referee, former USJF president and advisor to the Tri-party presidents.		

Here is their report:

There are three judo Organizations in the United States: USA Judo, United States Judo Federation and United States Judo Association. The purpose of the three judo Organizations is to bring the international sport of Judo to the American public and to send competitors to participate in world-wide competition. Each Organization has a role in that task.

- USA Judo is the National Governing Body for the sport. It is recognized in that role by the United States Olympic Committee (USOC), as authorized by an Act of Congress (Olympic and Amateur Sports Act of 1978). It interacts with the U.S. Olympic Committee as well as international judo organizations. USA Judo endeavors to grow, develop and promote the sport of judo at all levels from the initial core development of athletes through Olympic competition. In addition, USA Judo establishes national goals for the sport, serves as a coordinating body for the sport within the USA, conducts competitions, provides coaching and training opportunities for judo athletes, and selects and fields competitors to represent the USA in international competitions.
- The United States Judo Federation and the United States Judo Association are Grassroots Judo™ organizations that work, at the local, regional and national level, to develop and promote all aspects of judo, provide education, training and coaching for judo athletes of all skill



# Triad Sanction Announcement

levels, provide various opportunities for individuals to participate in multiple aspects of Judo, and, each works with USA Judo to identify, train and develop judo athletes. Each organization also serves their membership and communities by working to bring the benefits of judo to as many Americans as possible.

## General Explanation of Rules Changes

### IJF

The IJF is responsible for creating and maintaining rules for conducting competitions at the international level (i.e., Olympic and World Championship level events) and those tournaments leading to the qualifications for those events. Current practices for the IJF include rules reviews at the end of every Olympic quadrennial (post - Olympics), testing of those rules, and basic stabilization and dissemination of those rules. The IJF creates new rules and rule changes based on the following:

1. Safety
2. Ensure fairness of competition
3. Maintaining judo's status as an Olympic Sport
4. Promote sportsmanship and good will through regulated competition
5. Increasing the marketability and audience/spectator appeal of our sport

### USA Judo

USA Judo is the National Governing Body for judo in the United States. Their Referee Commission is charged with reviewing the IJF rules and making recommendations for USA Judo sanctioned events (national, regional, & local). These recommendations are then reviewed by the USA Judo Board of Directors and, when adopted, become the USA Judo Standard. Tournament sanctioning is based on compliance with the adopted rules and standard business practices of USA Judo. The sport of judo has a keen focus on competitor safety and endorsing standards and practices that lead to safer judo.

### USA Judo rules and standards are based on:

1. IJF rules
2. Safety
3. Ensuring fairness of competition
4. Promotion of sportsmanship and good will through regulated competition
5. Increasing the appeal of judo to the general public
6. Attracting and retaining leaders and members

### USJF and USJA

These Grassroots Judo™ organizations are significant members (Group A Level) of USA Judo. Both organizations generally adopt the USA Judo rule modifications and rule recommendations. Insurance carriers for each organization allow for modifications in methods of dojo level education, training, tournament administration, and competition. Members submit their membership paperwork and applications for sanctions to their national office for review. The national office then reviews the paperwork and issues a sanction, if the paperwork is in order and reflects safe practices, policies and procedures. The sanctioning body insurance carrier maintains coverage so long as the tournament officials adhere to all the required standards (expressly stated and implied) upon which the sanction was issued.



# Triad Sanction Announcement

Grassroots Judo™ organizational practices are based on:

1. USA Judo rules and procedures
2. Insurance company recommendation
3. Safety
4. Ensure fairness of competition
5. Creating and promoting developmental opportunities and activities
6. Promotion of sportsmanship and good will through regulated competition
7. Increasing the appeal of judo to the general public
8. Attracting and retaining leaders and members

Judo leaders at the local level (instructors, organization leaders (including Yudanshakai and/or regional leaders), coaches, referees, tournament official, volunteers, etc.) are responsible for knowing and following the standard practices and procedures. Failing to follow required practices and standard procedures, they jeopardize the insurance coverage relationship, which could cause those participating individuals to personally assume risk and liability that is not covered by the insurance carrier.

It is recommended that all judo leaders participate in training, continuing education, and receive advice and direction from their national bodies in regard to class and tournament policies, procedures, and standard practices.

## Role and Benefits of the National Organization

Membership with insurance in any of the three organizations provides:

- Access to liability protection
- Access to participant accident medical insurance
- Dissemination of safety information, medical and legal information, and rule changes that occur at the international and national level
- A forum for dispute resolution for their members
- Set standards for the teaching and practice of the sport
- Act as advocates for the sport
- Sanctions for judo tournaments that provide minimal safety, technical and legal guidelines
- The establishment and publication of standards of proficiency and ethical conduct
- The coordination of judo activities and the standardization of administrative, coaching and ranking procedures
- Cooperation with each other as far as reasonably possible in matters pertaining to judo

The United States Judo Federation and The United States Judo Association serve their membership and constituencies within the United States, and each provides various services and benefits at the “grass roots” level.

International Judo Federation (IJF) rules are designed for the highest level of competition and may not be suitable for every local event. If there is to be modification of the IJF rules at the grassroots level, then the modifications must be based upon stated safety protocols which have been approved by the grassroots organizations, or by the National Governing Body, and set forth in the tournament announcements so all participants, coaches and referees, tournament officials, and volunteers are advised.

Modification of the IJF rules regarding choking, arm bars and certain throws deemed unsuitable for small children or less skilled competitors, may



# Triad Sanction Announcement

be adopted. All modifications must be within the generally accepted standards for our sport and scope of the sanction.

Modifications that compromise safety, or create less safe conditions, are not acceptable and jeopardize the participants and tournament insurance coverage(s). This could cause those participating individuals to personally assume risk and be exposed to liability that is not covered by the insurance carrier.

Non-tournament events such as joint practices or practice competition are covered under our insurance policies, provided that the rules and applicable restrictions set forth regarding the supervision and conduct of these events are observed. It is important that these rules are followed. A member or individual operating outside of organizational guidelines will void the liability insurance for such activity creating potential personal financial risk and liability exposure to individuals and organizations involved.

Based on this report we the presidents of the USJF, USJA, and USA Judo have concluded:

1. 'Contest Judo' as featured in the Olympics is defined by the IJF and needs to be adhered to for sanctioned events in terms of mitigating liability for the host.
2. Since implementation of the 'Dynamic Edge' having an adequate out of bounds area has become a crucial safety factor especially when it comes to hot issues like concussions. The sanction requirement as stated in terms of 4 meters between adjoining tatamis with a 3 meter boundary must be adhered to.
3. 'Scrimmages' are practice or exhibition tournaments held in dojos. In these instances a national referee is not necessary and the IJF 4 meters between adjoining tatamis with a 3 meter boundary does not have to be adhered to. Instead the use of a red warning/safety zone must be utilized to prevent accidents due to lack of space necessary to implement the 'Dynamic Edge'.

We hope this will clarify our joint sanction policy going forward.

In addition as your presidents we feel it is our responsibility to address some other issues that have arisen over the past six months regarding competitions.

In terms of code of conduct it is important to remember that we are all involved in judo for the purpose of improving ourselves and to give back to society. Towards this end safety and proper etiquette need to always be a priority.

Players, parents, and coaches should strive to show the respect to other players, coaches, and officials. Officials need to remember that these events evoke passions and emotions and should show respect to all players, coaches, parents and especially to volunteers such as table workers.

Behavioral outbursts can result in being banned from competitions and suspensions, even being expelled from our organizations.

We've also heard of the delays at many events due to players not having the proper gis, blue and white belts, etc. We suggest tournament hosts institute a pre-inspection of all players prior to the start of the event so that these delays do not elongate the work of their officials and volunteers.

With everyone's cooperation together we can continue to make judo a safe and fun sport for everyone, thanks.



# 8th ANNUAL USJA/USJF WINTER NATIONALS



## JUNIORS - SENIORS - MASTERS

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

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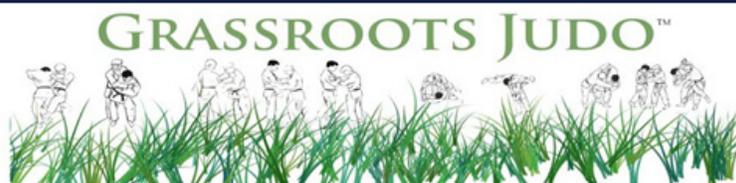
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FRIDAY DECEMBER 6th 2013

Goltz Judo Claremont, CA

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USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO