



April 2014

In this month's issue:

- Judo News from Around the Country
- Ashley Interviews Nick Delpopolo
- Karl Geis Memorialized
- Upcoming Events



1933 - 2014

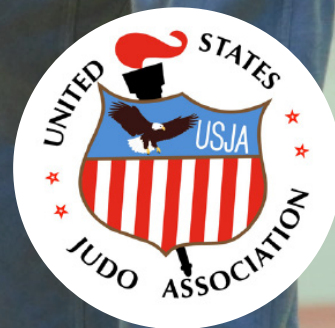


Photo by: Lou DiGesare/realjudo.net



Table of Contents

Leadership Forum	1
Editor's Message	8
Regional Coordinator's Message	9
Our NEW USJA Clubs!	11
Newly Certified USJA Coaches	11
New Life Members	12
USJA Donors	12
BoD Meeting Annoucement	13
Judo News from Around the Country	14
Winter Olympics	19
Working at Winning	20
Short Sad Tail of Samurai Sully	21
Hollywood Judo Competitors	22
Coach Certification Clinic	25
Wearing Blue	26
Stevens Point Guest Judo Coach	27
Ashley Interviews Nick Delpopolo	29
Neil Adams Clinic	31
Announcements	33
Dan Takata Appointed Chair of USJA Referee Committee	34
Upcoming Events	35
From our friends at Blind Judo	37
From our friends at Americomp Judo	38
From our friends at USJF	39
From our friends at NCJA Judo	40
USJA Promotions	45
Memorial	46
Coaching Education and Certification Committee Update	52



Leadership Forum

On the Road with the President

I got to travel to Florida last month for John Paccione's Annual Matsumara Judo Championships in Cape Coral. John is a detective there having retired from the NYPD. He's runs the USJA's 10th largest club and also is a member of the board / treasurer.

At this well-attended event I got to present former Olympian, Celita Schulz who runs the Kokushikai Judo Academy, the USJA's 12th largest Club, 2 awards. Celita accepted the first USJA development fund distribution for another one of her students, Isaac Oksman. She also accepted the USJA's 2013 Masters Male Competitor of the Year Award for her student, Jeff Wolf.



4year old competitor Fabian Galarza's 'judo' haircut. With my good friend Edgardo Rodriguez.



Leadership Forum

On the Road with the President

Many USJA leaders were on hand including Earl DelValle, Ruperto Arteaga, Nick Tietmeier who runs the new USJA club from Tallahassee Community College, and of course Mike Szrejter, and his daughter Mindy Buehman who is a PJC referee and was in charge of all officials that day.

I also got to spend a full day at the USJA's headquarters in Tarpon Springs. It's always good to see our Executive Director, Katrina Davis and her team Michael, Teresa, Robin, and of course the office dog, Cody!



My next stop was Miami for a lunch with Luis Guardia, 9th Dan who runs Kolychkin Judo Foundation with my Cuban compadre OJ Soler, who has helps run my club in California.



Leadership Forum

On the Road with the President

Prior to going to Florida, I dropped by my hometown of Pittsburgh to visit my old judo chums and see how Mr. Kim my sensei was doing.



Paul Bova with his wife Sandy, Arnell Newsome, and Eddie Adelson reharsing the past in the Southside of the old "Burg". Mr. Kim and his Grandson Tyler at the Pitt Judo Club practice.



The University of Pittsburgh Judo Class with Mr. Kim. I founded this program in 1972.



Leadership Forum

On the Road with the President

Following my stops in Florida, I then went to Gulf Coast Judo in Ocean Springs, Mississippi to visit the USJA's 40th largest club headed by Jim Hunt with his assistant, Ken Altman. Mark Barlow drove over from Alabama to attend that night.



A stop to see the USS Alabama where a B 52 is on display



Jim Hunt is to my right and Ken Altman is on the far left.
Mark Barlow is 4th on left.

Next was a visit to James Wall at the USJA's 35th largest club, Wall to Wall Martial Arts and its newest location in Denham Springs.



Standing at the doorway of the dojo with James Wall with his family and OJ.

Leadership Forum

On the Road with the President



Dave Shorey and Brian Trahan from Acadian Judo. As well as Chris Holmes from Epic Martial Arts drove over to join us.



Everyone who was in attendance posing for a group photo following an excellent practice.

Next, we drove to Houston, Texas where we met up with USJA leader and fellow board member / Secretary Andy Connelly along with his wife, Edie who is an elected judge in Spring, a suburb.

Andy runs the USJA's 4th largest club, The School of Hard Knocks. Per Andy's recommendation the USJA's board and promotion committee had decided on the promotion of Karl Geis to Judan (10th degree black belt).



Leadership Forum

On the Road with the President



Karl was a founder and very instrumental in the creation of the USJA back at the meeting in St. Louis in 1968. The promotion was presented as a surprise arranged by Andy and Karl's top students who were all in attendance for this ceremony and great honor.

Following the presentation in Houston, OJ and I drove to Dallas. We stopped there to visit the site of President Kennedy's assassination which just celebrated its 50th anniversary. Baby Boomers remember this well as it happened during the height of the Cold War at a time many feel we're regressing back to once again. Let's hope President Putin will use his judo knowledge to work towards the mutual welfare and benefit of the world community.



Enough political commentary, and back to the conclusion of my trip. After visiting the memorial site, OJ and I headed over to have dinner with Bert Becerra at yet another Cuban restaurant. There we joined by former USJA long time board member and former president, Jim Webb.



Leadership Forum

On the Road with the President



Yours in Judo,
Gary Goltz
USJA President

USJA



Editor's Message

April 1, 2014

Friends:

First of all, I want to extend my apologies to Chris Maurer of Ridgewood YWMC judo. She corrected me, in regards to last month's article, saying "My club is part of the yWca, not the yMca. It sounds minor, but it's kind of a big deal... both organizations are co-ed, and both are housed in the same building, but they're two completely different groups. It's kind of like Coke and Pepsi. Again, thanks so much for the really nice inclusion in Growing Judo!" They can be contacted through their website at <http://ridgewoodjudo.com>

We are looking for submission for future issues. Please accompany your submissions with a brief bio and a photo.

We try to have as much varied content available in each issue as possible, so the sky is the limit when it comes to topics you could cover. Remember that we're a USJA publication, and we like to hear our members' opinions and voice come through in their work. If you're not sure about an article idea, run it past us first!

Respectfully,

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

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

A large, light gray watermark of the USJA logo is centered in the background of the page. It features the words "GROWING JUDO" in a curved banner at the top, a shield emblem in the middle, and the letters "USJA" in a banner at the bottom.

USJA



Regional Coordinator's Message

The Yoichiro Matsumura Judo Championship Weekend a Great Success



On the 7th through the 9th of March 2014, competitors and spectators descended upon Cape Coral, Florida for the 4th annual Yoichiro Matsumura Championship hosted by Kodokan Judo of Cape Coral. It started on March 7, 2014 with Mindy Buehman instructing a referee clinic. Approximately 8 referees were certified after the practical on the day of the tournament. Four of the people attending the clinic who received certification came down from The USF Tallahassee. This supplied the tournament with more than enough referees for the tournament.



On March 8, 2014, Oasis High School opened their doors and competitors and spectators entered for the event. Over 150 competitors in 68 divisions which included Newaza only divisions "helping Judo to stay ahead in its ground work" were ready to start.

Gary Goltz, the President of the USJA along with executive Board member and tournament director John Paccione started the opening ceremony by giving out the Development first cash award of \$250.00 to Isaac Oksman to be used at the Scholastics National Point Tournament in Dallas, Texas. Goltz then gave out The National Master's Competitor Award to Jeff Wolff both are students of 3X Olympian Celita Schutz dojo Kokushi kai dojo of Fair Lawn New Jersey.



The tournament went on without a hitch and we had over 10 Newaza divisions which is double what we had two years ago when we first started them. Sensei Brian Germain of Summerlin Judo received the Master player of the year award Senior Male outstanding Competitor was Sensei Harguchi who is on a student visa and belongs to Doug Clark's dojo Orlando Judokai, Erica Paccione of Kodokan Judo of Cape Coral the female Junior award, Kristin Devalle of Nokido senior female and Jason Rodrigez of Real Judo Male Junior award. Sensei Yoichiro Matsumura handed out all the outstanding player awards himself.



On March 9, 2014, Sensei Yoichiro Matsumura and Sensei Celita Schutz held a clinic at Kodokan Judo of Cape Coral attended by 25 Judoka.. The clinic ended at 2PM and we barely got Sensei Celita Schutz and Matsumura to the airport on time.

Right after the competitor's clinic, Sensei John Paccione gave a Coaching clinic for E and D level to 4 Judoka from Tallahassee certifying 2 to E level and 2 to D level.



Regional Coordinator's Message

The Yoichiro Matsumura Judo Championship Weekend a Great Success



Yours in Judo,
John Paccione

USJA



Our NEW USJA Clubs!



GTFL Judo/Ju-Jitsu

(Class C)

Head Instructor: Craig Freeland

Email: gulfcoastjudoju-jitsu@comcast.net

Location: Venice, FL

Phone: 941-485-7050

Newly Certified USJA Coaches

Congratulations to our Newly Certified USJA Coaches

- ★ **James L. Gegenheimer**, Tallahassee Community Judo Club, Tallahassee, FL
- ★ **Jeffery N. Jones**, Twin City Judo Club, Bloomington, IL
- ★ **Katie Landrum**, Marian PAL Judo, Marion, IN
- ★ **Alex Lee**, Unattached California
- ★ **Miguel Leon**, Ryoku Judo Club, Las Vegas, NV
- ★ **Trace K. Nishiyama**, Venice Judo Club, Culver City, CA
- ★ **Nicholas Piepmeier**, Tallahassee Community Judo Club, Tallahassee, FL
- ★ **Nicholas Troyer**, Tallahassee Community Judo Club, Tallahassee, FL
- ★ **Marvin Jovany Varela**, Ogden Judo Club, Bellflower, CA



New USJA Life Members

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

- ★ Eben Max Zerba, Goltz Judo, Upland, CA

USJA Donors



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

- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Allen E. Johnson, Emerald City Judo, Redmond, WA
- ★ William Thorndike, Jr, Goltz Judo, Upland, CA
- ★ James Warner, Unattached, WV

USJA



BoD Meeting Annoucement

Bi-Annual Board of Directors Meeting
United States Judo Association
Friday, 2 May 2014

Location: Grand Sierra Resort and Casino
2500 East Second Street
Reno, Nevada 89595

2:00pm to 3:30pm - Executive Session Meeting
4:00pm to 5:30pm - General Board of Directors Meeting

Committee Chairs:

If you are not going to be present at the Board of Directors meeting to present your Committee Report, please forward your report to Secretary Andrew Connelly by no later than Monday, 21 April 2014.

Andrew Connelly
Secretary, USJA BOD



USJA



Judo News from Around the Country

Sensei Gary Goltz and Sensei OJ Visits Gulf Coast Judo Club

On March 10, 2014, the president of the United States Judo Association (USJA), Gary Goltz, stopped in Ocean Springs, MS to meet the members of Gulf Coast Judo (see photo 1 - Sensei Goltz standing on the far left). Sensei Goltz, a 7th degree black belt, provided a two hour clinic and provided some insight to new competition rules being implemented by the International Judo Federation. Then, on March 15, 2014, two members of the GCJ Competition Team travelled to Lafayette, Louisiana, to compete in the 2014 Louisiana State Championships. Katherine Evans won gold in the 7-8 year old female division, while Gabriel Evans won gold in 11-12 year old medium weight division. Katherine and Gabriel were coached by Sensei Ken Altman (see photo 2).



Sensei Goltz



GCJ Sensei Ken Altman, Sensei Gary Goltz, GCJ Sensei Jim Hunt, Sensei OJ and Sensei Mark Barlow



Judo News from Around the Country

Sensei Gary Goltz and Sensei OJ Visits Gulf Coast Judo Club



Sensei OJ



Sensei Goltz with Gabe and Katie



Judo News from Around the Country

CHP Scrimmage 3-14



photos by Gary Wagstaff, Judo Photographer



Judo News from Around the Country



Samurai Judo Association members donned green obi to commemorate their class workout on St. Patrick's Day!

USJA

Judo News from Around the Country



Mehdi and Shandra with USJA plaque.



Winter Olympics

The Herald Scotland (and other news outlets) reported this week that Thomas Bach, recently appointed President of the IOC is seeking a review of the entire Olympic program. In an extraordinary session to be held in Monaco in 2020, the IOC will take up the question of whether all combat sports and some other indoor sports should become winter Olympic events. According to the report, Bach indicated last summer that if his presidential campaign was successful, he would like to rethink the sports program. He actually described the games as a jigsaw puzzle.

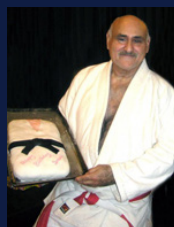
The implication is that judo, wrestling, boxing and TKD, which are contested indoors along with cycling and other indoor sports could be better served in the winter program. Certainly, the number of athletes currently competing in the summer Olympics is nearly five times the number of the summer venues and that would make the attendance and participation more equal. He pointed out that Sochi, where the last Winter Games was held is a tropical summer location and the blending has already taken place. In 2016, the summer games will be held in Brazil, which is winter in South America.

You have to ask yourself if this wouldn't be a good thing for Judo. Would we get more television coverage as a winter sport because for many clubs, Judo is seasonal? The majority of local tournaments are between September and June and people are more engaged during that period.

Clearly, this is not a question that will be answered soon, but given the changing character, economics, goals and aspirations of the IJF that this might not be a good thing for all Judoka. I can't think of any downside for a change like this, but I am certain that there are positions and perspectives that could be debated for both lines of thought.

We've all witnessed how Judo has transitioned from a strict interpretation of the Kano's first iteration of Judo has changed in content and subject from a way of popular martial art study to a full blown out sport. Another change that doesn't take content into consideration is likely just another forward step in the I Ching of Judo.

Marc Cohen's Bio



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



Working at Winning

The competitors faced each other, bowed, and stepped forward anticipating the referee's signal. "Hajime!" commanded the ref in a soft, barely audible voice. But the judoka heard it and lunged at each other fighting for grips. They settled on the standard two-handed grip and tugged hard attempting to off-balance each other.

This Lone Star Classic was Hope's first tournament. I expected her to do well because she was talented at off-balancing opponents. This time that didn't happen.

Hope dropped for seoi-otoshi, but her opponent stepped over and tried to shove her onto her back. They fought for control without either gaining advantage, so the referee stood them and started them again. They got their grips, and Hope once more dropped into seoi-otoshi. This time it worked.

When the referee called "Waza-ari!", Hope stood. She'd forgotten to pursue the pin! The referee started them yet again. Hope circled her opponent to position her for another throw, but the girl stood still, let Hope walk behind her, and then promptly threw Hope with ippon seoi-nage for ippon. They bowed, the referee awarded the match, and they backed off the mat. As Hope passed by I saw tears running down her face.

I said not unkindly, "Losing hurts, doesn't it?"

Hope nodded. I let her mull that while I coached other students, who all seemed to get on the mat at the same time.

Hope returned for her next match. You couldn't tell anyone's rank because players wore only blue or white belts. Hope bowed on the mat and looked at me.

I asked quietly, "You want to win this one?"

She nodded.

"Attack with your throw again, again, and again until she falls. Understand?"

I really didn't need Hope's nod to know that she'd heard and would comply. She hardened her face like a professional card player's.

The referee called "Hajime!" with force this time, and Hope charged her opponent, the same girl she'd just lost to, who tried to turn for a throw. Hope stopped her turn and dropped into seoi-otoshi, then again and yet again! And once more until her opponent rolled over for wazari. The girls fought to their feet, and Hope attacked several more times with seoi-otoshi.

The referee stopped the match and penalized Hope's adversary for stalling. The second he restarted them, Hope launched into seoi-otoshi repeatedly. She finally nailed the throw, and the referee called "Ippon!"

Hope didn't even smile as she nodded. You could tell she already was thinking about her next match. This nine-year old placed second in her very first tournament. Her mother later told me that Hope had expected everyone to fall down for her because she knew that she could do it. Hope hadn't envisioned she'd have to work to win. She's not the only one who's fallen prey to that major error.



Ed Carol's Bio



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



Short Sad Tail of Samurai Sully

One night Gabrielle Cheers showed up for Judo practice with Sullivan, her newest family member, in tow. She was towing him on a leash, as it turned out, though occasionally he tried to reverse their roles. Sully, as she decided to call her English mastiff, was fresh from the hound pound and had a lot to learn. He decided to call her Gabby.

Apparently, Sully was a quick study. A few weeks after Gabby introduced him to our Samurai Judo Association club, I left for a clinic tour of Europe. During my adventures, Gabby sent me the photos below. She'd been teaching Sully Judo at home, letting that cat out of the bag.

Regrettably, I never again saw Sully. Soon after my return a month later, Gabby returned Sully to the pound. He never made Show-Dog rank or got back to our Dojo. In his competitive bid to prove his Alpha male status, he'd turned on Gabby's two smaller doggies, which had come from different pounds, hence were not in Sully's pound-class. So Gabby protected her faithful smaller protectors by returning Sully to the animal shelter.

Poor Sully learned the hard way that getting along with others is important and that pushing his weight and rank around is a no-no. Bad dog! Consequently somewhere waiting for adoption is a cute drooling dog with some special skills that will surprise his new coach, er, owner.



Gabby, pictured on the left, with her hound beast. Sully goes for his grip, Kumi-Kata.



Sully, pictured on the left, stands on toes and applies Kuzushi to break Gabby's balance to her right rear, preparing to launch into O-Soto-Gabby, his variation of O-Soto-Gari, to down bring his opponent so he can collar her on the mat. Observe how he uses his tail to maintain his balance while at the same time pointing it in the direction of his throw. It's the end of Sully's tail that makes the difference

And that's the end of this tale. Please note that no animals were harmed in the writing of this article.

Ronald Allan Charles's Bio



Ronald Allan Charles, Ph.D., heads the Samurai Judo Association, the largest USJA club, in beautiful, romantic Goose Creek, South Carolina.



Hollywood Judo Composium

Preparing for a competition is Physically and Psychologically complex. Every competitor has his own strengths and weaknesses, and you need to understand your own. Here are some guidelines that I found through online research, combined with my own thoughts and personal experiences....

Many young athletes often ask the question "How do you become a Champion?" Let's try to find the answer. We can divide this answer into 3 chapters.

1. PREPARATION

The desire to win is worth very little without the Daily commitment to do what it takes to Prepare to win. This means that you have to train hard and that you have to train smart. Training is a large part of your Lifestyle, the way you do anything is the way you do everything...

You cannot perform less in Practice, and expect to produce a winning effort at competition. Successful athletes have an attitude to make things happen during training. They apply the same focus and intensity in training as they do in competition.

As a result, at Competition day, they can relax, feel confident, and let things happen. Train as you would compete.

You learn a technique first slowly, then you speed it up, and finally add force and momentum. Always aim towards perfection.

Judo is a Combat Art. We don't just play, we fight. Your Judo training on the tatami always comes first, it is the most important of all. And there's no substitute for it. Judo also requires enormous physical effort on a top competitive level. Therefore, the priority in supplemental training for judo lays in Strength and Conditioning. The more fit you are, the more confident you are. You can then concentrate on your Judo Tactics and not be worried about 'running out of gas"! There's a reason why the top Judokas are amongst the fit athletes in the world.

Short and long term planning; Life is full of surprises.

Because of the extreme intensity of Judo, injuries are common and they can set you back from time to time. Short time planning with adjustments along the way is preferable. Instead of thinking of medal achievement, I want you to set the following goals for yourselves;

1. Perfection of your Judo techniques.
2. Aim at beating certain opponents.
3. Improve your physical ability.
4. Improve your psychological strength.
5. Always have the attitude to do the best within your current circumstances.

Then the rest will follow. As your coach, I can help you with a plan and a schedule moving forward. This plan should be changed frequently according to your strengths and weaknesses, and according to your progress. To get stuck and refuse to adapt only causes regression.

2. TALENT

TALENT is very relevant for mostly everything that you attempt in life. You must have a way of picking up and absorbing what is taught to you. Remember that the learning process is long. You must be patient. There are some 100 techniques in Judo plus variations and combinations. You will not master all of them. But you should know all of them, know about them. Even if you don't end up using some, they can



Hollywood Judo Composium

nations. You will not master all of them. But you should know all of them, know about them. Even if you don't end up using some, they can be used against you.

In the first couple of years of training, students often ask me about which their favorite technique should be. The way the process works, you should try to learn them all in the beginning. What happens is that a few of these techniques will come very naturally to you. Those are the ones that become your best weapon. All you have to do is to keep training and the Favorite technique will find you, not the other way around. It's like going to a dog adoption. That puppy will come running towards you. He chooses you...

So does that mean that the judoka with the most talent win?

Far from always. The variables are endless: A super technical judoka who is physically unfit may lose to a lesser judoka who is physically superior. With two Judokas that seem equal, maybe the one less nervous wins, or the one who gets lucky? You can also make a mistake. Or have a bad referee. There's a lot that can happen. All you can do is to prepare the best that you possibly can. Then put your mind at rest.

3. OPPORTUNITY

OPPORTUNITY is in its own a complex word.

It can mean getting the chance and, be able to afford to travel to certain competitions. It means being free from injuries when you need to compete. Opportunity also means that you missed that fragment of a second when you should have countered your opponent's clumsy UchiMata attempt.

When you are standing on the competition mat, all your preparation efforts have to pay off, and the level of stress is high. Therefore it is equally important to prepare our mind set before and during a competition.

Many athletes suffer from nerves at the day of competition. 90% of stress comes from not doing things when they were supposed to be done. Maybe you didn't prepare like you should have. Maybe you fear your opponent. Maybe this, maybe that...

Managing stress is not eliminating stress. Some degree of stress is necessary for optimal performance. Adrenaline causes healthy stress, up to a point. If your stress turns into anger, you risk making a mistake. If it turns into fear, you will doubt your capacity.

In order to cope with your stress, you need to address the issue long before a competition. The day of the tournament, we have very limited control. As your coach, I can advise you on strategy, but deeper issues have to be solved before and after competing.

You can either confront the issue that is stressing you, or choose to avoid it. You can seek outside help, or you can practice self-control.

Deep breathing as a form of meditation can be of help, like we do at the end of each judo class. Also in the middle of a class, between Randoris, you can train to breathe and get your heart rate down. Deep breathing clears your mind.

The day and evening before you compete it is best to distract yourself, clearing your mind of all Judo. Try not to lay awake thinking about tomorrow. You need to be rested!

The morning of the competition you must warm up. This is a Key Factor for your performance throughout the day. As your heart rate goes



Hollywood Judo Composium

up in an intense morning warm up, you already basically have done your first match (the most nervous one).

This is a very important stress elimination, making your first tournament match a more prepared one. The morning warm up should therefore be almost as intense as a match, with intense NeWaza and explosive Uchikomi, some jogging and stretching.

Then dress warm. Even if your first match is hours away, this will have prepared you.

All athletes are different in their behavior at a tournament while waiting to compete. Some stay in a corner by themselves, others are asleep in a car outside, or listen to music, chatting with team members... Through competing often, you will find what works best for you. Let your coach know what you do and where you are in case that he needs to find you.

Remember that in order to be a successful competitor you have to be motivated to Win and motivated Not to Loose. You need to practice Emotion Regulation, so that you can think clearly about what is in front of you. So that you can rise to the occasion, and have all your preparations pay off. You need to be able to exhibit your talent.

You are representing yourself. And you are representing our Hollywood Judo Dojo. Always be cordial and respectful to other senseis, referees and competitors. A one-time bad behavior has negative consequences for our Dojo. We don't want that. Also be clear that your opponent is NOT your friend before or during the match. He is an Obstacle that need to be Defeated.

After the competition is over, you can be as friendly as you want to. And remember that after each competition, no matter how important, no matter the outcome, you always reset the clock to zero and start over again...

Philippe Morotti's Bio

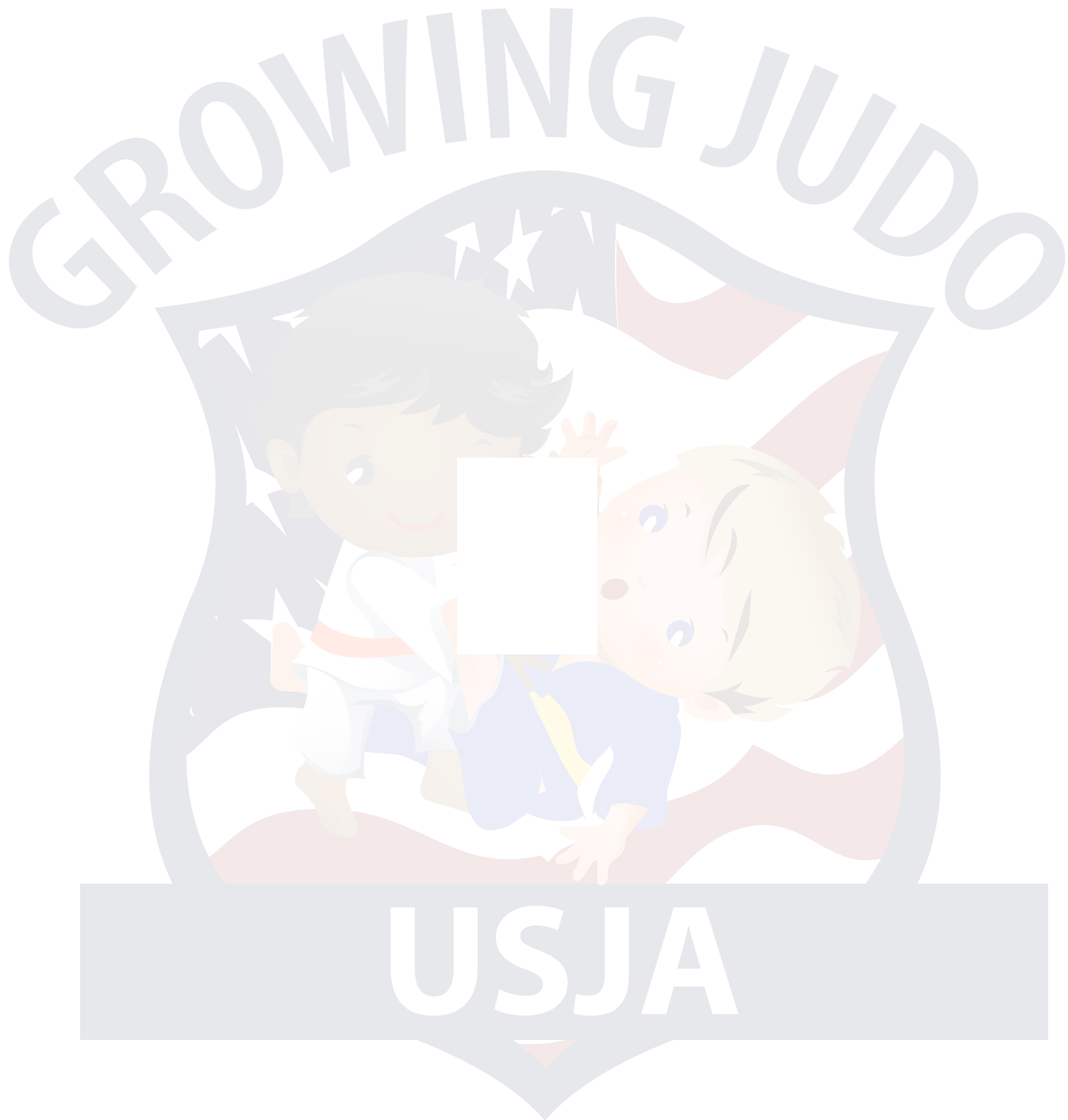


He is the Head Coach and Sensei at Hollywood Judo Dojo in Los Angeles since 2011. Last year, Hollywood Judo dojo took over 50 medals in tournaments, which is the most in the club's 82 year history.



Coach Certification Clinic

Future Coach Certification Clinics will be posted here





Wearing Blue

Blue judogi are required only at certain national and international events. Wearing one at a regional event is purely player preference, although some events encourage it. Under current rules, each player is supposed to have two judogi. Players desiring to wear blue should have two blue and two white judogi to fully comply with the rules. That gets expensive, not to mention the extra baggage to lug around.

It's truly baffling to see a player with only a single judogi and it's blue. This is not acceptable within the rules. If a player has but one judogi, it should be white. Why do people pay big bucks for a blue judogi when all they require is a \$5.00 blue belt? Why will they run around at a tournament trying to obtain a blue belt that fits, or even worse, wear one too long? It's simpler and less costly to carry a blue belt than to buy and lug a second blue judogi. While some tournaments provide blue belts for competitors, more often players must supply their own.

It's amazing how often we see kids with belts too long. Don't they realize the extra length can be used to secure keylocks against them? The rules of judo require the belt to be a minimum and maximum length.¹ Wrap a belt that is too long around the waist from the back first. Wrap a belt that is too short around the waist only once – not twice. The solution is to have your own blue belt that fits you correctly. Some tournaments provide sashes instead of belts. Players have taken to tucking these in the back of the belt. Sashes tied around the waist are hard to see and almost impossible to see if tucked in the belt, which is why players should have their own blue belt. Sometimes the referee or technical officials, unable to identify the correct player, award scores incorrectly.

An MMA competitor at a recent tournament wore a blue judogi with his white belt judo rank.² During his first match he was on the blue side. That was okay, since he wore a blue judogi, although the white belt was somewhat confusing. For his second match he was on the white side, still wearing a blue judogi and white belt. Technically he was in compliance, since he had on a white belt. However, the blue judogi was even more confusing than the white belt had been before. I asked him if he had a white judogi. He did. So time was wasted while he changed. Apparently this player knew the rules, as he had both white and blue uniforms. Since he had both judogi colors, why didn't he wear the appropriate color? Laziness, I guess.

Some tournament directors allow a player with only a blue judogi to switch to the blue side if called to the white side. This causes more work for the scorekeepers to swap players and runs the risk of the wrong player getting scores. It is becoming more common to not allow players to switch sides. Some computer pooling systems do not accept such swapping. A person with only a blue judogi risks losing a match without even fighting.

Many times it is difficult to determine who gets a score for a throw. It is even more difficult to make a quick decision when the player's belt color is not readily visible. Players and coaches should ensure each competitor's belt color is readily discernable. It could impact the match outcome.

One solution is to have a blue and white judogi as shown below. Such a judogi requires no changing. Players at their starting marks would always present to the referee the correct color judogi. This truly solves the problem.



1. Belt length from knot to end should be 20-30 cm. (8"-12").
2. If the blue player is wearing a blue gi it is common practice that both players should then wear their rank belt. The only exception would be if the blue player is a white belt or the white player is a blue belt. Too confusing then. This is not a "rule" simply a courtesy. The match should not be delayed to have someone change to a rank belt. What's important is for the officials to be able to "easily" identify who is blue and who is white.

Ed Thibedeau's Bio



Ed Thibedeau, chief instructor at Arkansas Goshinkan, holds 5th dan judo, 4th dan jujitsu, and 1st dan karate ranks. He also is a national referee, Regional Coordinator, national kata judge and instructor, and a USJA coach education course instructor and committee vice-chairman. His club website is <http://www.ArkansasGoshinkan.org>



Stevens Point Guest Judo Coach



The Stevens Point Judo Club's "Guest Coach" program continues to be a highlight each semester at the University of Wisconsin Stevens Point, (UWSP). The UWSP Judo Club and community Judokas (judo participants) host judo Sensei's (coaches) from different clubs within Wisconsin. Students have the opportunity to listen to different styles of Judo instruction.

Judo clinics featuring a guest coach are sanctioned by the United States Judo Association. Waivers are prepared for the event and notices are sent to all local members and to State Judo clubs. For the UWSP Judo Club, this is one of its two main fund raisers. Clinics are held on a Tuesday evening from 6:00 pm to 8:00 pm on a regular practice night.

This semester's guest coach was Sensei Marc Barbaccia who began Judo when he was 15 years old. Sensei Marc is a Shodan or first degree black belt. His coach was Sensei Rick Olstad of the Edgerton Judo Club in Edgerton, WI. Sensei Marc has trained and competed with many different clubs in the country.

Mr. Barbaccia was the founder of the Reedsburg Judo Club in Reedsburg, WI. That club has since split into two clubs. One club is in Lake Dalton, WI, where Sensei Jeff Boyer is head coach and the other club is in Mauston, WI where Sensei Marc is the lead instructor at Paragon Martial Arts and Fitness Center.

Sensei Marc's style of teaching and coaching is to help students develop a style for themselves. They learn to work on their strengths and weakness by making Judo fun. He believes "adversity introduces us to ourselves." Sensei Marc said, "I don't teach Judo, I build character." He is currently working on his national referee certification and coaching certification. He is a veteran of the United States Air Force and has trained law enforcement agencies, educators and community members.

On Tuesday evening March 11, 2014 there were 43 participants interested in learning Yoko Shiho Gatame techniques from Sensei Marc. He used the analogy of a table to break uki down by removing at least two of the table's legs. Once uki was down and on his back, Sensei Marc explained that maximum efficiency was to go directly into Yoko shiho gatame because it was right there in front of you. Students were educated in the meaning of "removing space" from uki to prevent escaping. Once in the hold Sensei Marc demonstrated a drill he learned years ago moving clockwise into modified yoko-shiho-gatame, ushiro-kesa-gatame, to ura-yoko-shiho-gatame, to kesa-gatame.



Stevens Point Guest Judo Coach

Students were given plenty of time to try the drill. Nine Black Belts were on hand to assist students duplicating the maneuvers around uki as the instructor had demonstrated. Sensei Marc emphasized split second movement and removal of space to maintain control of uki.

Sensei Marc Barbaccia concluded the clinic with three important words, "Practice, practice, practice."



Tom Gustin's Bio



Tom Gustin is a Rokyudan who started judo in 1963. He received his black belt in 1979. He currently teaches at the Stevens Point Judo Club. More information is available at <http://www.stevenspointjudo.com>

Ashley Interviews Nick Delpopolo



How many times per week do you do judo and for how many hours?

I practice judo 6 times a week for an hour and a half each day making that a total of 9 hours of mat time a week.

Tell me about your diet:

My diet is something I'm actually revamping at the moment. My team and I are planning on a high protein low carb diet. Foods such as chicken, fish, vegetables, yogurts, egg whites, etc. will all be incorporated in this new diet. I will be cutting out things such as breads, rice, and all fast food in general, as well as snack foods. Plus, I will give up drinking soda and sugar drinks, such as Gatorade, to cut out unnecessary calories. This for me will be the biggest challenge with this new diet. Finally, I will eat 6-8 small meals a day instead of standard 3-4. I will never be too hungry or too full and my body's metabolism will always be active.

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

I basically had to give up the "normal" life of a teenager in order to get where I am. Didn't have much of a social life, didn't have a girlfriend until late into high school, I didn't take part in the standard school sports. In other words, I gave up a lot of the high school and college experience in order to get where I am.

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

I lift Monday, Wednesday, Friday and I run sprints on Tuesday, Thursday and long distance run on Saturday. Sunday is a total rest day in order to recover for the next week of training.

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

If I could start over and do one thing differently, it would be to focus more on the mental aspect of the sport rather than the physical. I believe the mental side of the game is much more important than the physical because it's what makes the good players great and the great players excellent. This is something that I work on everyday.

What is your favorite gi brand?

My favorite gi brand is Fighting Films.

What are your goals as a judoka?

My ultimate goal as judoka is to be an Olympic medalist, preferably gold.

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

About 8 years ago, I was fighting a friend of mine in a highly contested match and during a newaza scramble where he was on top he whispered "You're kinda cute" in my ear. It totally threw my focus off but I recovered and figured out a way to win the match.

What is your proudest and most disappointing moment in judo?

The proudest moment I had in my judo career to date was becoming a 2012 Olympian. The most disappointing moment to date was losing to Frenchman Ugo Legrand to get to the World Championship Quarter Final. It was a match I was physically prepared to win but I lost focus late in the match and lost the match not off of ability, rather mental fortitude which was a hard memory to let go of.

Ashley Interviews Nick Delpopolo



How do you prepare for a tournament?

I prepare for a tournament using a peak like approach. High volume, low intensity training which gets more intense as the tournament approaches.

I am a 14 year old girl, who is a blue belt. What advice would you give me to improve my judo?

The advice I would give anyone trying to improve in judo is quite simple in theory but hard to master. You must learn from your losses more than your victories, don't allow yourself to get too down when things aren't going right, fall 7 times and get up 8. Always look for a way to improve and that will help get you over the valleys and tough times.



If someone wanted to get in touch with you. How can they do that?

There are numerous ways to get in touch with me, all of which I welcome to the fullest. That's through my Facebook, Facebook fan page, Twitter (@Nickforgold) and Instagram (@Nickforgold) or visit my website at www.nickdelpopolo.com

to the match I came in for a throw and felt a pop in my ankle. Tried to stand on it but couldn't so I had to hop around for the last 4:45 of the match and I threw my Canadian opponent for Ippon with 2 seconds left. I found out the next day my ankle was broken. Haha!

What is your proudest and most disappointing moment in judo?

Proudest moment I would say is winning the Senior US Open when I was 17 years old in front of my hometown at the time in Miami, FL. Most disappointing would have to be the 2008 Olympic trials. I was a bit of a longshot to win the trials but I had very high hopes as I had won the Senior Nationals that same year beating the guy (Chuck Jefferson) in the finals who I lost to at the trials.



Ashley Hall's Bio



My name is Ashley Hall. I am a 14 year old blue belt, and have been doing Judo since I was 8. Before that I did kickboxing. I am in 9th grade. My goal is to be a national champion and teach Judo on the side.



Neil Adams Clinic

Club Bushido Proudly Presents!

Sanctioned by USJA

NEIL ADAMS

Sat, April 12th, 2014



Times:

10am-12pm & 1pm-3pm

Prices:

Pre-Registration - \$75

On the day - \$100

Contact:

Jimmy Braye

To Register, please call:

1-812-867-6466 (Office)

1-812-205-0131 (Cell)

Club Address:

Club Bushido
1230 Heinlein Road
Evansville, IN
47725



World Champion & 2 x Silver Olympic Medallist





Neil Adams Clinic

NEIL ADAMS CLINIC

April 12, 2014

**CLUB BUSHIDO
EVANSVILLE, IN**



I hope everyone shares in my enthusiasm and excitement! Having Mr. Adams share his knowledge about a sport we are all very passionate about, is not an everyday opportunity.

Please pre-register before March 28th, the clinic will be limited to 80 participants to assure safety and enjoyment. It is possible that we may need to turn participants away if you wait until the day of the clinic. We take MasterCard or Visa for pre-registration or you can send a check to the club before March 28th. Mr. Adams will be at the club so there will be no refunds.

I have worked out a special rate for anyone needing to book a hotel Friday or Saturday for the event. Let them know you are attending the Neil Adams Clinic (code NAC) for the special rate.

Holiday Inn Convention Ctr - 812-867-7999
7101 US Hwy 41N, Evansville, IN 47725

Safe travels and hope to see you soon. Please call me if you have any questions.

Best Regards,
jb

Jimmy Braye/Owner and Instructor/ Club Bushido/812-205-0131/ jimmy@club-bushido.com



Announcements

Don't Call Me Sir!

The movie's website is now up at www.supportdontcallmesir.com

Jr, Youtube: JA now has a YouTube Channel!

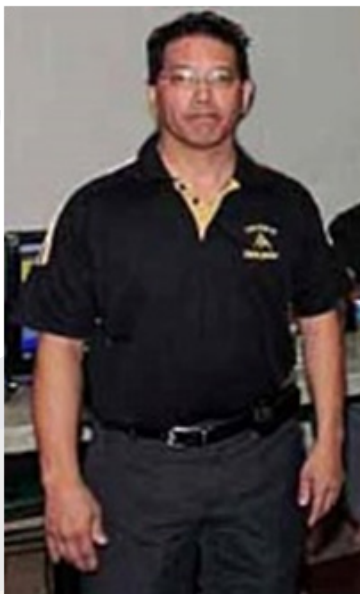
http://www.youtube.com/channel/UC6EA_Cxr8B3HcQwDCvDJ7bQ

There are 26 videos which is about 4.7 hours of viewing time that's stock full of the Legendary Hal Sharp's archives and instructional videos initially aim at juniors.





Dan Takata Appointed Chair of USJA Referee Committee



Martin Bregman, International A Referee from Tulsa who chaired the USJA's Referee Committee for many years has decided to retire and step down from this vital role in our organization. The USJA and all 3 American Judo Organizations wish to thank Martin for his many years of service. His replacement is Dan Takata, a 5th dan and also an International A Referee from Los Angeles. Dan is the head referee at most Nanka Yudanshikai events and the Head Sensei for the Nishi Dojo one of the oldest in the US that was once visited by Jigoro Kano in person!



Dan and the rest of his committee which includes Rick Celotto and Hayward Nishioka both International A, as well as Andy Connelly, Alain Wilkinson, and Charles Schweitzer, all Pan American C level referees will be working hard to revitalize the USJA Referee Certification Program. Please note, Charles Schweitzer also serves as Vice Chair of the USJA's Referee Committee. Among their first initiatives will be to push regional certifications which is the stepping stone towards becoming a national referee. Dan also plans to implement the very innovative and successful Nanka Junior Referee Program on a nationwide basis. Robert Fukuda, Chair of USA Judo's Referee Commission was very supportive and pleased with Dan's appointment saying "Dan is a real asset to the growth of American Judo."



Upcoming Events

2014 USJA WI State Sr. & Jr. Championship

This event is open to all Wisconsin Judoka. Awards: 1st, 2nd, & 3rd Place Trophies. Come join us to have fun, compete and improve your skills.

Event Type: Championship
Start Time: 05/03/2014 9:00 AM
End Time: 05/03/2014 6:00 PM
Competition: Junior, Senior, Master
Level D Local: Regional
Sanction(s): 13-092

Club Name: West Bend Judo Club
Contact: Jon Sanfilippo
Location: U.W. Washington County
Address: 400 University Drive
City: West Bend
State: WI
Zip: 53095
Phone: 262-644-8211

Spring Inter Club Scrimmage

Everyone is encouraged to enter. There will be no classes on this date. Come join us and learn from some of the very best.

Event Type: Camp/Competition
Start Time: 05/10/2014 9:00 AM
End Time: 05/10/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-002

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

Sensei Gary's Annual Birthday Scrimmage

This Annual event is a great deal of fun while also learning to improve your skills. Come and join us for a great time and learning experience.

Event Type: Camp/Competition
Start Time: 06/14/2014 8:00 AM
End Time: 06/14/2014 6:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-003

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



Upcoming Events

Camp/Clinic

If you are looking for the Competitive Edge come join us at The Greatest Camp on Earth. This annual event helps you learn and improve your skills from a variety of Instructors.

Event Type: Camp/Clinic
Start Time: 06/19/2014 9:00 AM
End Time: 06/21/2014 8:00 PM
Competition: -
Level D Local: Regional
Sanction(s): 13-078

Club Name: Carolinas American Judo Assoc
Contact: Patrick Szejter
Location: Socrates Academy
Address: 3909 Weddington Road
City: Matthews
State: NC
Zip: 28105
Phone: 704-458-1222
Web: <http://www.greatestcamp.com>

14th Annual Dr. Z Memorial

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

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

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

Fall Inter Club Scrimmage

Everyone is encouraged to enter this event. There will be no classes on this date. Come and participate and compete, learn and have fun.

Event Type: Camp/Competition
Start Time: 11/08/2014 9:00 AM
End Time: 11/08/2014 2:00 PM
Competition: Junior, Senior
Level D Local: Regional
Sanction(s): 14-005

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



From our friends at



Determination, Dedication and Drive Pays Off for Deaf-Blind Judoka Michael Larsen Winning the Bronze Medal at the International German Judo Championships for the Blind and Visually Impaired in Heidelberg, Germany



Michael, if you might remember was stricken with rare eye disease at six months of age leaving him blind. Due to further complications Michael experienced many ear infections like most children growing up but his continued to the point of having several surgeries to try and correct this chronic condition.

Other children of what Michael thought were his fellow playmates would harass, tease, punch, spit and bully him to the point of breaking his sunglasses and inflicting several bloody noses. Michael didn't get much sympathy and support at home but he knew he didn't want to continue with being ridiculed, bloody noses and broken glasses.

You can almost imagine the verbal, physical and psychological stress he was under just trying to fit in at school and concentrate on his school work. Having endured enough abuse which seemed like a regular occurrence, it was time to do something different. Mike learned early that insanity is "trying to do the same thing over and over again and expecting a different result" was not working.

Some of us have tried to learn this way and wondering why nothing changes. Therefore at the age of eight Michael signed up for Jujitsu to develop his self-worth and to learn how to cope with the negative affect of bullying. It worked even though Michael didn't need to employ his new found skills too often.

It's a long ways from being a young grade school student starting out in Jujitsu to competing at the age of 34 in the International German Judo Championships for the Blind and Visually Impaired. But Michael knows that Determination, Dedication and Drive pay off and headed to Germany.

Congratulations Michael! You are an inspiration to not only the sighted but to the blind and visually impaired around the world.



Photo Courtesy Alex King

The Blind Judo Foundation is a nonprofit 501(c) (3) organization whose mission is to empower the blind and visually impaired using the tools and tenets of Judo. These include but not limited to building confidence, character development, how-to make commitments and follow through, humility, respect and responsibility. All members of the Foundation are volunteers. Funding of blind and visually impaired athletes to train, travel locally, nationally and internationally are through tax exempt donations, the financial life-line. To learn more about the Foundation, check out www.blindjudofoundation.org and our Facebook page at www.Facebook.com/BlindJudoFoundation or contact Ron C. Peck at roncpeck@blindjudofoundation.org or 1-425-444-8256.



From our friends at



Context, Commitment, and Awareness

In any industry, professionals are looked up to because they've achieved something that others have not. This is how the star culture exists. People look up to leaders in their field yearning for wisdom and know-how. This creates a soap-box for the professionals to use, if they choose to do so. Information, products, networking, all of these are now available for them to manage to their followers. This article will focus on the information aspect that professionals sell or put out and why people fail when trying to follow typical advice - in any field.

The first problem people have when trying to follow advice is context, or lack thereof. What worked or works for one, may or may not work for others, these are the options available. When determining what to listen to, you should always be aware of your own situation and also be able to see other's situations accurately. What works for a professional in their field, most likely will not work for a beginner or intermediate. This is why subjects like training and business don't have linear programs to follow for success. There is a whole other element.

Commitment is another issue for people trying to make changes in their lives. Once again, the most common issue here is not having enough. Most people fail to follow advice or make resounding changes because they think they're committed, when really they're only involved. Commitment is a self-fulfilling promise, while involvement is a soft acceptance. Commitment drives you to action, reflection, and planning. Involvement means you'll show up. Famous strength coach Buddy Morris said "You look at a plate of ham and eggs. The chicken was involved, the pig was committed."

Assuming you want to get on that plate, which for logical reasons we'll call the "Plate of Success" as opposed to "how to end up as food"; you're going to need more context and more commitment. The best place to start to acquire both of these is with awareness. Think more. Think about what you're doing, how you're spending your time. Think about how to get better results by simplifying the things in your life. Learn how to assess your own needs and build on that foundation to create a filter for yourself when listening to advice - even this advice.



USJA



From our friends at



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



Judo is the way of the highest or most efficient use of both physical and mental energy. Through training in the attack and defence techniques of judo, the practitioner nurtures their physical and mental strength, and gradually embodies the essence of the Way of Judo. Thus, the ultimate objective of Judo discipline is to be utilized as a means to self-perfection, and thenceforth to make a positive contribution to society.

visit www.usjf.com



From our friends at



2014 National Collegiate Judo Association Championships

Saturday, March 8, 2014 College Station, Texas

Contact: Dan Gomez

Cell Phone: 832-545-4522

Email: tamujudo@gmail.com

Results from the 2014 NCJA National Collegiate Judo Championships

175 athletes from 28 colleges and 15 states competed at the 2014 National Collegiate Judo Championships hosted by Texas A&M University. Individuals competed to become the National Collegiate Champion as well as a spot to represent the United States in the 2015 World University Games. Team awards were contested in 4 categories: Novice Male and Female, and Elite Male and Female.

The novice female team national champions are the United States Military Academy at WestPoint with a total of 31 points. National team runner up is the University of California Davis with 8 points. 3rd place is Iowa State University with 5 points.

The novice male team national champions are the United States military Academy at WestPoint with 32 points. National team runner up is Texas A&M with 8 points. 3rd place is a tie with 3 points between Texas Tech University and Stanford University.

The elite female team national champions are the United States Military Academy at WestPoint with 23 Points just edging out San Jose State University with 20 points. The University of California Berkley finished 3rd with 5 points.

The elite male team national champions are San Jose State University with 30 points. National team runner up is the United States Military Academy at WestPoint. 3rd place was shared between Southeast Missouri State University and Texas Tech University.

2014 NCJA special awards

NCJA Outstanding Male – William Inserra (San Jose State University)

NCJA Outstanding Female – Anne Suzuki (UC Berkeley)

Jeremy Glick Sportsmanship award – Titus Kwan Wei Ting (UC Berkeley)

Coach of the Year – Bob Perez (Texas A&M University)

The 2015 NCJA National Championships will be hosted by the United States Military Academy at WestPoint.

Kata Results

Katame no Kata

1. Rebecca Vannorstand/Caleigh Mormann Iowa State University
2. Adam Vang/Terrell Jackson Ball State University

Nage no Kata

- | | |
|---------------------------------------|------------------------------|
| 1. Gabriel Tellez/Andres Tellez | University of Houston |
| 2. Matthew Pettersen/Thomas Pettersen | St. John's University |
| 3. Peter Hoang/Brandon Craig | University of Texas – Austin |



From our friends at



Shiai Results

Elite Female

48 kg

1. Anne Suzuki
2. Jenna Schurr
3. Juliet Talavera

University of California Berkeley
University of California Davis
United States Military Academy

52 kg

1. Elaine Ramos-Tandjung
2. Sara Goodman

San Jose State University
United States Military Academy

57 kg

1. Alisha Galles
2. Rachel Oliver
3. Pearl Brooks

San Jose State University
United States Military Academy
United States Military Academy

63 kg

1. Caroline Patton
2. Miranda Imamura
3. Paula Sitek

United States Military Academy
Fresno State University
Penn State University

70 kg

1. Sophia Swain
2. Molly Murtha
3. Sara Roberts

San Jose State University
Iowa State University
United States Military Academy

78 KG

1. Elizabeth Posey
2. Ciara Gerald
3. Anna Marie Tamayo

United States Military Academy
United States Military Academy
Fresno Community College

Elite Female

78+kg

1. Ronny Elor San Jose State University
2. Tiara Hansen United States Military Academy

60 kg

1. Brent Yasukochi
2. Nathan Kearney
3. Peter Stanley

San Jose State University
University of Texas Arlington
United States Military Academy



From our friends at



66 kg

1. Carson Giammaria
2. Tyler King
3. Ko Tabata

United States Military Academy
Southeast Missouri State University
Southeast Missouri State University

73 kg

1. William Inserra
2. Kyle Underwood
3. David Oshima

San Jose State University
United States Military Academy
University of Massachusetts

81 kg

1. Matthew Ogata
2. Bobby Merriman
3. Austin Bowman

San Jose State University
Texas Tech University
United States Military Academy

90 kg

- 1st Colton Brown
- 2nd Christian Robertson
- 3rd Stephen Patton

San Jose State University
Century College
United States Military Academy

100 kg

1. L.A. Smith
2. Alexander Kairis
3. Patrick Diehl

San Jose State University
University of Washington
United States Military Academy

100+kg

1. Sidhartha Raj
2. Richard Mendoza
3. Mike Berry

San Jose State University
United States Military Academy
Texas A&M University

Novice Female

48 kg

1. Shervon Dixon
2. Bobbie Jo Ridenhour
3. Srijana Regmi

United States Military Academy
Southeast Missouri State University
Texas Tech University

52 kg

1. Sarah Goodman
2. Shannon Wilder

United States Military Academy
Texas State University

57 kg

1. Pearl Brooks
2. Laura Olson

United States Military Academy
United States Air Force Academy



From our friends at



63 kg

1. Alys Berry
2. Charlene Coutteau
3. Lauren Coffman

University of California Davis
United States Military Academy
University of Texas Arlington

70 kg

1. Sara Roberts
2. Leticia Magana
3. Melissa Vargas

United States Military Academy
University of California Davis
United States Military Academy

78 kg

1. Kendra Kehrli
2. Ciara Gerald
3. Gabriela Wolf Gonzales

Iowa State University
United States Military Academy
Texas A&M University

78+kg

1. Tiara Hansen

United States Military Academy

Novice Male

60 kg

1. Peter Stanley
2. Anthony Serino
3. Loren Hall

United States Military Academy
University of Texas Austin
United States Military Academy

66 kg

1. Dylan Jankovich
2. Pagiwa Tsoeu
3. Chase Snow States

United States Military Academy
United States Military Academy
United States Military Academy

Novice Male

73 kg

1. Kyle Underwood
2. Ryan Roth
3. Bryan Albarran

United States Military Academy
United States Military Academy
University of California Davis

81 kg

1. Sung Yoon
2. Sean Parry
3. Nelson Ting

University of Texas Austin
Texas A&M University
United States Military Academy

90 kg

1. John Santos
2. Ben Mittelberger
3. Eugene Lefebvre

United States Military Academy
Stanford University
United States Air Force Academy



From our friends at



100 kg

- | | |
|---------------------|-------------------------------------|
| 1. John Norman | United States Military Academy |
| 2. Christian Garcia | Texas Tech University |
| 3. Justin Archambo | Southeast Missouri State University |

100+kg

- | | |
|-----------------------|--------------------------------|
| 1. Bradley Mikinski | United States Military Academy |
| 2. Mike Berry | Texas A&M University |
| 3. Zachary Rahnavardi | Iowa State University |

Final Team Standing

Elite Women

1. United States Military Academy
2. San Jose State University
3. University of California Berkeley
4. University of California Davis
5. Iowa State University
5. Fresno State University

Elite Men

1. San Jose State University
2. United States Military Academy
3. Texas Tech University
3. Southeast Missouri State University
4. Texas A&M University

Novice Female

1. United States Military Academy
2. University of California Davis
3. Iowa State University
4. United States Air Force Academy
4. Southeast Missouri State University
5. Texas A&M University
5. Texas Tech University

Novice Men

1. United States Military Academy
2. Texas A&M University
3. Texas Tech University
3. Stanford University
4. University of California Davis
4. Southeast Missouri State University
4. Iowa State University
4. United States Air Force Academy

2014 National Collegiate Judo Association Special Awards

Outstanding Male - William Inserra – San Jose State University

Outstanding Female – Anne Suzuki - University of California Berkeley

Jeremy Glick Sportsmanship - Titus Kwan Wei Ting – University of California Berkeley

Coach of the Year – Bob Perez – Texas A&M University



USJA Promotions



Congratulations to the following individuals on their achievements:

JUDO

Shodan

- | | | |
|----------------------|-----------------------|------------------------|
| ★ Elizabeth Arevalo | ★ Rafael Jovet-Ramos | ★ Jonas Robledo |
| ★ Frank DiBenedetto | ★ Katie Landrum | ★ Marvin Jovany Varela |
| ★ Brien Connolly | ★ Esteban A. Miralles | ★ Joe Vissering |
| ★ Eugene G. Hamilton | ★ Chris Pickering | ★ Clayton R. Walker |

Nidan

- | | | |
|-------------------|----------------------|-------------------|
| ★ Greg Aprahamian | ★ Thomas R. Marval | ★ Thomas M. Payne |
| ★ Joshua Heebner | ★ David O'Callaghan | ★ Brian Trahan |
| ★ Marek T. Lech | ★ Mohsen S. Orodpour | ★ Andrew Wilson |

Sandan

- ★ Matthew McDaniel

Yodan

- ★ Richard J. Hackman

Honorary Godan

- ★ Greg Aprahamian

Judan

- ★ Karl Geis

Current USJA Membership Statistics:

Active Annuals:	6,664
Active LM's:	1,407
Total Active USJA Members:	8,071



Memorial

Personal Reflections on a Giant

THE JUDO TWINS



STAN FRIEDLAND

kindle edition

The world lost a giant last month. Bernard Lepkofer was the gentle giant of Judo. He stood at over 6'4" and tipped the scales at over 200 pounds. He was an incredibly accomplished Judoka and one of the first pioneers of American Judo.

Bernie past away of natural causes at eighty years of age; he was laid to rest on March 21, 2014 and interned at the Calverton National Cemetery on Long Island at a ceremony befitting a retired serviceman and true icon of American Judo. He was memorialized by family and friends at the Jewish Center of Center Moriches earlier the day. Family and friends spoke about how wonderful a person he was and how much he would be missed. The synagogue was filled with the great Judo names of the past that had a chance to share their personal memories of one of the greatest Judo pioneers in the country.

Bernie and his twin brother Robert were both born in August of 1933 in Brooklyn, New York. The twins were raised in an orphanage until they were both 18 years of age. After high school, the brothers enlisted in the United States Air Force and found themselves serving in Japan. Having played basketball and football in high school, the Air Force took advantage of their athleticism and had them play on the Air Force basketball Team that toured Asia. It wasn't long before they were approached by members of the Judo team, who were impressed by their size and physical ability. They were asked to join the Judo team and they were hooked for the rest of their lives. Both brothers were promoted to Yudanshi rank by the Kodokan in recognition of their skill and accomplishments.

Bernie and his brother opened the best Dojo on the East Coast and one that was arguably of the earliest and without doubt, the best. They opened their school in the very heart of Manhattan; 34th Street between 7th and 8th Avenues. The Dojo was seen by millions of people every day, prominently positioned on the second floor of a storefront it could be seen by every passerby, both tourists and New Yorkers. In the 1960s there were very few commercial Judo schools, most classes were taught in YMCAs, YMHAs, church basements and school gymnasiums. Judo was a fad art first and to most that made it up to the second floor of the Judo Twins, it was an urban legend that they had heard about, but knew nothing about. Bernie and Bob changed that; they tirelessly promoted Judo and their school on the New York media outlets including Johnny Carson's Tonight Show, the Joe Franklin Show and dozens of personal appearances in the mega stores of the day, Macy's and Gimbel's. They posed and endorsed products in magazines and on billboards. But, the most important thing that they did was to give a face and content to Judo. People began to sign up in droves and other instructors in New York benefitted from their fame and the glory days of Judo began. Bernie and Bob also embraced the newly imported art of Karate at their Dojo making the leap from Judo to a full Martial Arts School and in turn, New York quickly became the Karate Capital of the World.



Memorial

Personal Reflections on a Giant

Bernie was a quiet and introspective individual. For all of his size, strength and expertise, he was careful with any partner. He could easily have thrown you from his exaggerated height, but always took care not to hurt anyone and quickly apologized if he unintentionally caused you pain or embarrassment. He climbed the heights of competition winning numerous national and international tournaments and became the heavy weight force to be reckoned with in any Shiai of note.

On a personal note, I traveled from the Borough of Queens by subway, in order to train at his Dojo. On a good day, I would stand 5'4" to his 6'4" and my experience and knowledge as a green belt was woefully lacking. Whenever Bernie would work with me, it was in itself a challenge and a treat. It was comical watching me try to get Kumi Kata with Bernie or Bob. My high collar grip never seemed to work with either of the brothers or the other giants that called Judo Twins their home.

Bernie and Bob were influenced by and at the mercy of the Amateur Athletic Association, then the governing body of Judo. The AAU had Draconian rules about who could or could not be an amateur athlete and compete in the major tournaments of the day. Given the situation, Bob took on the role of Professional Athlete and in turn allowed Bernie to be the competitor by maintaining his amateur status.

Bernie was a dear friend to everyone that he met; some people confused his natural shyness as detachment or superiority. The truth was that Bernie was none of those things; he was friendly, funny and took a genuine interest in everything. He loved and doted on his family, but was always protective of them by shielding them from his media fame.

To paraphrase John Donne, this bell tolls for me and all of the world Judo community. We have been diminished by the passing of this giant of mankind and of our Art: Judo.

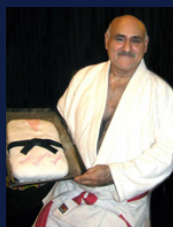
For myself, the members of the USJA Board of Directors and its members, and dare I say from the entire Judo Community, we wish the best to his family and friends that were so saddened by his passing and wish them well in the future.

For those of you who want to learn more about the Judo Twins and the history of Judo in the United States are urged to read, THE JUDO TWINS, BY Stan Friedland available in paperback from Amazon.



Mel Appelbaum, Bernie Lepkofker, Rick Haims,
Masa Yamashita and Gerry Spence

Marc Cohen's Bio



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



Memorial

Edwin William Happ, 85, most recently of Carmel, IN, died March 28, 2014. He was born on February 18, 1929, in Chicago, IL, to Elizabeth (Remias) Happ from Myjava, Czechoslovakia (modern day Slovakia), and Edwin Happ. He graduated from Harrison Tech High School in Chicago, IL, in January 1948, and served as a Corporal in the United States Army - First Reconnaissance Company of the First Infantry Division stationed in Kitzingen, Germany - from February 1952 until January 1954. He met Marjorie Morris in Milwaukee, WI, on a Lake Michigan cruise while they were both residents at the YMCA; they married on February 14, 1963, in Albany, NY, and had two daughters. Ed worked for the Great Atlantic and Pacific Tea Company (30 years) as a produce buyer/inspector in Illinois, Indiana, Michigan, Minnesota, Missouri and Wisconsin, including travel in the summer months to Alabama and Arkansas, and the Katz Company/Harvard Farms (14 years) as the plant manager in Harvard, IL, before retiring in 1994.

Ed was an athlete; he not only enjoyed participating in but also being a spectator of all sports. Most notably, Ed earned his 2nd degree black belt in Judo (registered in the Kodokan, September 1960) and taught Judo in Stevens Point at both the YMCA and the University of Wisconsin - Stevens Point. He founded the Stevens Point Judo Club in 1972, which is still in existence today. In 2009, Ed was honored to be inducted into the Wisconsin Judo Hall of Fame. Other favorite sports included handball, baseball, basketball, volleyball and dartball. He also enjoyed history, reading, watching movies, playing card games/dominoes and being with family.

Ed was a devoted son, husband, father, grandfather and uncle and provided his family with unconditional love, innumerable opportunities, and encouragement to follow one's dreams. He leaves behind two daughters, Ann (Jeff) Boldt of Carmel, IN, and Carol Happ of Carmel, IN, two granddaughters, Amanda and Alyssa Boldt, two nephews, Neal Preston of LaGrange, IL, and Glen (Sharon) Preston of O'Fallon, MO, and great nephews/nieces. He was preceded in death by his wife in 2007, whom he dearly missed, as well as his parents, sister and a niece.

A memorial service for the family will be held at King of Glory Lutheran Church on April 19th. Interment will be in Mount Auburn Cemetery in Harvard, IL. Memorial contributions may be made to either Carmel Clay Public Library Foundation, 55 4th Avenue SE, Carmel, IN 46032 or Humane Society of Indianapolis, 7929 N. Michigan Road, Indianapolis, IN 46206-6491. Online condolences may be shared at www.leppert-mortuary.com/obit.

Current in Carmel (Carmel, IN)
Northwest Herald (IL)

USJA

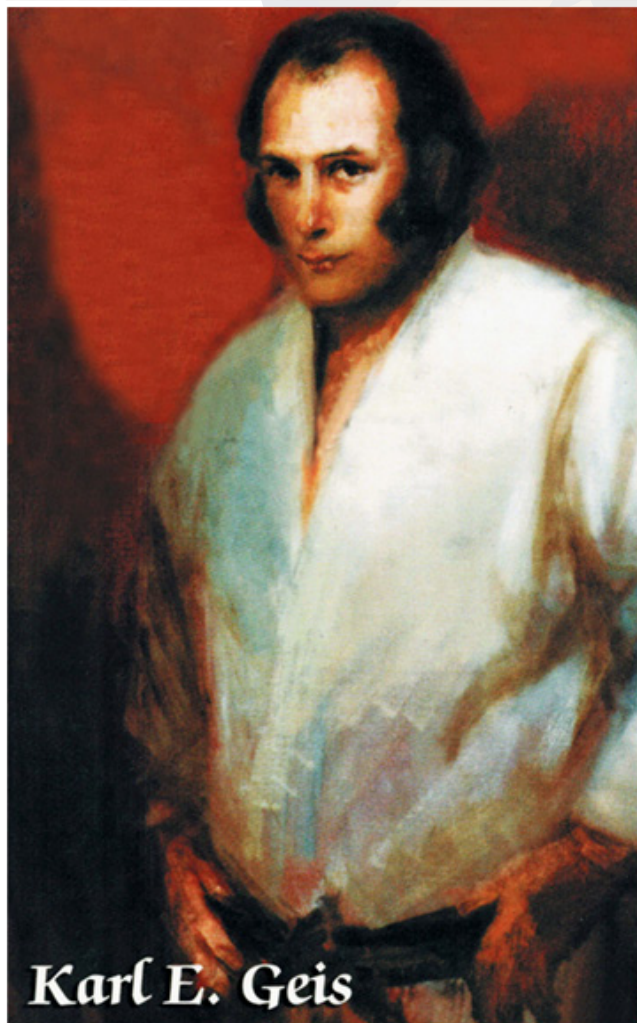


Memorial

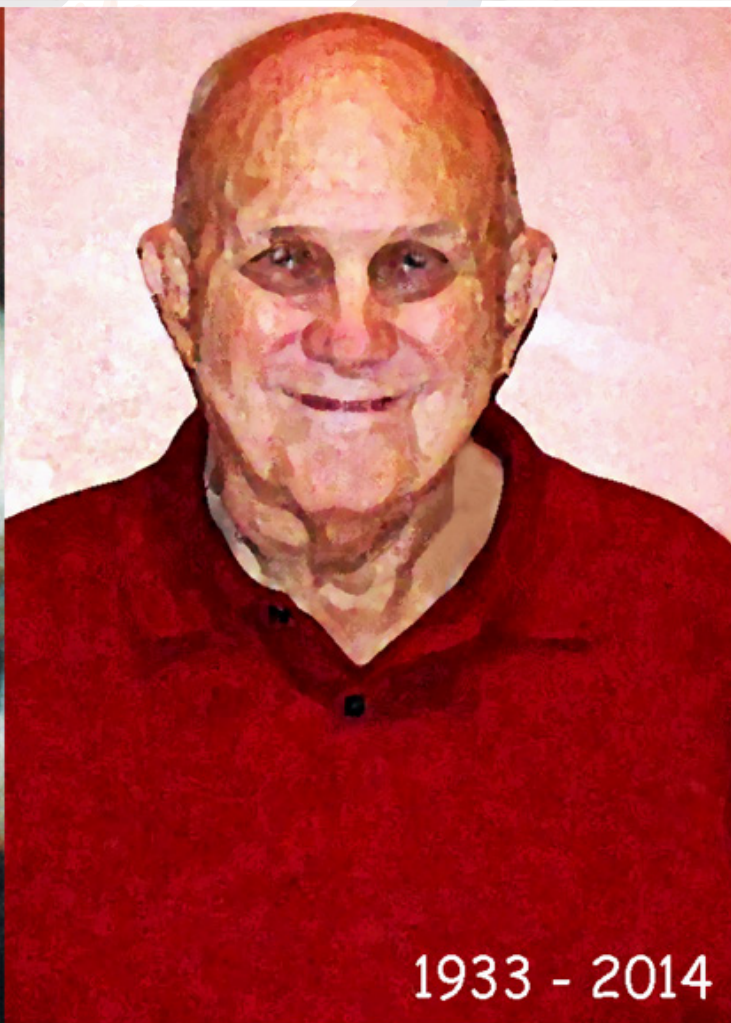
Karl E. Geis

For Immediate Release 4/8/2014:

The USJA is sad to report the passing of Karl Geis early this morning from complications resulting from a long bout with cancer. Karl was cremated and memorial service will be held at his dojo in Houston (TBA).



Karl E. Geis



1933 - 2014



Memorial

Karl E. Geis, 10th Dan in both Judo and Aikido, as well as a 9th Dan in Jodo was a significant martial arts figure in the United States since the late 1950's. He began studying Judo at the Kodokan in Tokyo, Japan in 1955 while stationed there as a member of the United States Air Force and was introduced to Aikido the next year.

Upon his return to the United States, Mr. Geis continued his studies, both at home and on a number of extended sabbaticals in Japan throughout the 1960's, 70's, and 80's, expanding his training to include Jodo as well. His extensive martial arts experience covers an impressive four-and-a-half decades, and for over 15 years he has headed an international association of martial artists nearly a thousand strong. His individual blend of Western analytical thought and Eastern understanding makes his technical styles unique and valuable to martial artists throughout the world.

Mr. Geis pioneered the positive reinforcement method of teaching the martial arts in the early 60's, long before the effectiveness of this approach was recognized and accepted. His work with children is a model for successful schools everywhere. Over the years Mr. Geis has touched the lives of literally thousands of people and is a living example of a generous and unselfish personality.

The significant milestones of Karl Geis' martial arts career began in 1955 with the study of Judo in the Kodokan in Tokyo, Japan.

Karl had the fortune of having the great Judoka Harold "Hal" Sharp, 9th Dan become his mentor in Judo in Japan. Mr. Sharp introduced Karl to the following teachers; Sumiuki Kotani, Sensei 10th Dan, Yoshimi Osawa, Sensei 10th Dan, and Mr. Toshiro Daigo, 10th Dan who guided his acquisition of Judo knowledge throughout his entire career. Mr. Sharp's influence in the Kodokan was extensive and he unselfishly shared it with Karl. Because of Mr. Sharp's influence Karl received a vast amount of technical information normally not available to foreigners. Karl's principle training dojos in Japan were Waseda University Dojo, the Kodokan, and Tokyo Central Police Dojo. Karl's judo competitive career was mainly in Japan.

Karl was promoted to Judo 4th degree black belt by the Kodokan in Tokyo, Japan in 1967. A rank rarely given to foreigners in Japan. He was fueled by Mr. Tomiki's request at the time to also being promoted to Aikido 4th Dan.

In 1968, Karl was a principal participant in the founding of the United States Judo Association in Chicago which followed a meeting one year earlier in St. Louis. The other principals according to Karl's own recollection who were also present at the founding of the USJA meeting in Chicago were:

- George Bass
- Rick Mertins
- Jim Bregman
- Phil Porter
- George Harris
- Robey Reed

The success Karl's judo students such as Jim Wooley in State, National, Pan American and International competition carried the competitive banner of the USJA for many years. It was in fact the technical superiority of his competitors help to prove to all of American Judo that the new founders of the United States Judo Association were for real in the judo community.

Karl was elected to Black Belt's Hall of Fame in 1974, (the same year as Bruce Lee). The United States Judo Association promoted Karl Geis to Judan (10th degree black belt) at a presentation in Houston dojo on March 12th, 2014. Below are letters from the evening's ceremony that were read by USJA President, Gary Goltz.



Memorial

Dear Gary:

Without reservation, I fully support promoting the judo legend Karl Geis to Judan. Karl and I studied judo together in Japan during the early 1950s. In those days he was truly a tiger on the mat and he had a chance to practice and study with Japan's top instructors and legends like Osawa, Daigo, Kotani, Otaki, Kobayashi, Mifune and Tomiki. When Karl returned to the USA he became a professional full-time instructor. We have always been in touch with each other and each time we would sign off with "I love you Karl" or he would say "I love you Hal". Most important I regard Karl as my brother. It is ironic, that I started out as Karl's teacher and later he became my teacher. In my opinion Karl not only had a brilliant mind but he was also a genius when it came to understanding the aspects of judo and aikido. Karl is truly a teacher's teacher.

Hal Sharp

Dear Gary:

Thanks for including the Promotion Board in your decision to promote Karl Geis to Judan. I have known Karl for many years and I know some of his former students who are still active in Judo at the National and International level. His teaching has made great contributions to American Judo. My vote is Yes!

Ernie Smith

Dear Karl:

I was very happy and gratified to hear from Gary that you are being awarded the rank of Judan. You are joining the ranks of some of the greatest men in Judo History. Men like Kotani, Diego, and Osawa. Thank you for allowing me to be a small part of that amazing journey. I am eternally grateful.

Jimmy Wooley

Hi Gary:

Anything lower than 11th Degree would be an insult to Karl Geis. How many men or women are not only champions on the mat, but are champions off the mat. Karl walks on water in my book!

Keep smiling Gene LeBell





Coaching Education and Certification Committee Update

We'd like to let everyone know about some recent changes with the committee. Mike Szrejter is the new committee chairman and Ed Thibedeau is the new vice chairman. Jason Morris was recently appointed as International and National Advisor to the committee. In order to simplify the overall program the different levels of certification have been revised. Yes we know this has been done many times in the past, but we hope that this version will present a clearer understanding of the different levels. Below is a table with a summary of our new current levels.

Certifications are required for many different jobs and activities today. Doctors, lawyers, dentists, first responders, realtors, and many other jobs or activities require training and certification. Many of us have to complete a certain amount of training for our regular jobs each year just to keep up with the advancing technology we work with. This is true of judo and coaching too. Just as judo techniques have evolved since 1882 so too have our teaching methods. Would you have a surgeon operate on you without him knowing the latest best practices? We have accepted for many years that referees and judges need to keep learning and keep up to date with rule changes/interpretations, etc. That is the same direction and philosophy the Coaching Education and Certification Committee took a few years back - "Continuing Education".

There may be many different reasons to require and seek certifications. Two of the most common reasons are to ensure people meet a defined minimum standard and to ensure a uniform system of performing an activity. Our goal right now is to offer a standardized training format across the country. This will ensure we are all on the same page; similar to our standardized promotion criteria.

USJA offers a path for continuing education in the field of coaching for those who wish to pursue that avenue of judo. There are no mandatory requirements that force people to get certified. It's not just about getting certified, it's more about learning new methods of instruction, as well as, reinforcing and validating your current methods. Certification should be looked at as a testament to your effort at improving your coaching skills.

A Coach Education Clinic was recently held in Little Rock, AR. on March 15. There will be a clinic at the Greatest Judo Camp in NC on June 19-21. The June clinic will cover levels 1 and 2. We will also be presenting the first of our level 3 coach course. Anyone is welcome to attend but to be certified Level 3 you must already be certified at Level 2 (formerly Coach and Coach D Level).

In addition to the formal course offered by USJA, the USOC requires all coaches to complete the SafeSport online program. You can access this program at www.SafeSport.org

Coach Certification Requirements are as follows.

- Complete SafeSport course – certificate of completion must be submitted with Coach Certification Request form
- Complete Background Screening check – Submit proof of background check with Coach Certification Request form
- Be current member with active insurance

Initial certification will be at level 1. Please feel free to contact Ed Thibedeau with any concerns or comments about the program or if you wish to host a Coach Education clinic. Ed can be reached at ET@ArkansasGoshinkan.org



Coaching Education and Certification Committee Update

Coach Certification Requirements			4-11-14
LEVEL	1	2	3
MINIMUM RANK	SANKYU	SHODAN	SHODAN
INITIAL CERTIFICATION	Certification clinic conducted by approved Coach Ed. Course instructor 6 hr. minimum	Certification clinic conducted by approved Coach Ed. Course instructor 6 hr. minimum - Demonstrate ability to instruct - Level 1 for at least 1 year	Certification clinic conducted by approved Coach Ed. Course instructor 6 hr. minimum - Level 2 for at least 2 years
CERTIFICATION RENEWAL	- Instruct minimum of 50 hrs. per year.	- Instruct minimum of 100 hrs. per year	- Instruct minimum of 100 hrs. per year
OR			
RECERTIFICATION (Lapse in previous certification)	Take Level 1 course again	Take Level 2 course again	Take Level 3 course again

USJA



Disclaimer

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

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



United States Judo Association Automatic Donation Plan

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

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

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

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

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

Bank Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Name on Account: _____ Bank Account #: _____

Bank Routing Code: _____

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

Credit Card (circle one): MasterCard Visa Discover

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

Card Number: _____ Expires: _____

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

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

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

Print your name: _____

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

Mail or Fax completed form to

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



USJA Online Publication Advertising Agreement

The USJA offers advertising space in its current and future on-line magazine(s). All advertising copy, including artwork, must be submitted to the Editor(s) at least 30 days in advance of the schedule publication date.

Advertising copy and artwork must be submitted in MS Word format and will be converted to Adobe Acrobat PDF by the editorial staff of the publication prior to publication.

All advertising must be approved by the Editor prior to insertion. The Editor has the right to reject any advertisement that is questionable in either fact or format.

All advertisers are legally bound by the USJA's rules regarding indemnification, duty or cooperation and limitations of liability.

Monthly advertising rates are as follow:

- **Full Page (color or b/w)** \$100.00
- **Half Page (color or b/w)** \$55.00
- **Quarter Page (color or b/w)** \$30.00

Ad location within the publication will be at the sole discretion of the Editor and the editor and editorial staff.

Contiguous multi-month advertising discounts are as follow for the same ad sizes:

- **3 month continuous insertion discount** 5%
- **Six month continuous insertion discount** 10%
- **One year (12 calendar continuous months)** 15%

Payment for advertising must be made directly to the National Office at PO Box 1880, Tarpon Springs, FL 34688-1880 and to the attention of Ms. Katrina Davis, Executive Director. Payments must be submitted along with the advertising copy 30 days prior to the desired publication date along with this signed agreement. The Executive Director will sign, date and return a copy of the agreement to the advertiser.

Indemnification, Duty of Cooperation and Limitations of Liability

Regarding Indemnification, the Advertiser assumes full and complete responsibility and liability for the content of all advertising copy submitted, printed, and published pursuant to this Agreement, and the content of any product sold through the submitted advertising copy, and shall indemnify and hold the USJA totally harmless against any and all demands, claims or liabilities in any way arising from the requested USJA on line publication including, but not limited to, any and all sales and services that is processed by the Advertiser through the web site referral.

The Advertiser shall reimburse the USJA for any amount paid by the USJA in settlement of claims or in satisfaction of judgments related to or arising out of the on line publication of the Advertiser's copy and product sold together with all expenses incurred in connection therewith, including, but not limited to, attorney's fees and costs of litigation.

Regarding a Duty of Cooperation, in the event of any court action or other proceeding challenging any advertising copy submitted, printed, and published for Advertiser pursuant to this Agreement, Advertiser shall assist in the preparation of the defense of such action or proceeding and cooperate with USJA and USJA's attorneys to the extent that USJA is a participating party in said court action or other proceeding.



USJA Online Publication Advertising Agreement

Regarding Limitations of Liability, in the event that the USJA fails to publish, or fails to deliver the full time period of the Advertising Order (if any), or in the event of any other failure, technical or otherwise of the submitted advertisement to appear as provided in the advertising order, the sole liability of the USJA and the exclusive remedy of the Advertiser shall be limited to placement of the advertisement at a later time in a comparable position until the total advertising time is delivered.

In no event shall USJA be liable under this agreement for any consequential, special, lost profits, indirect or other damages, whether based in contract, tort or otherwise, even if USJA has been advised of the possibility of such damages and notwithstanding any failure of essential purpose of any limited remedy. USJA's aggregate liability under this agreement for any claim is limited to a maximum of the amount received by USJA from Advertiser for the advertising order giving rise to the claim. Without limiting the foregoing, USJA shall have no liability for any failure or delay resulting from any condition affecting production or delivery in any manner beyond the control of USJA. Advertiser acknowledges that the USJA has entered into this Agreement in reliance upon the indemnification, duty of cooperation and limitations of liability language set forth herein and that the same is an essential basis of the bargain between the parties.

This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser. This agreement shall remain in place until either party to the agreement terminates it. Written or electronic notice of the termination shall be sent to all parties to this agreement upon the decision of either party to terminate this agreement.

The agreement is deemed to be in force at the time that the USJA, its Executive Director and web site coordinator, accept the data from the Advertiser.

This Agreement, and all of the language, terms and conditions contained therein, shall be governed by the law of the State of Florida.

Dated: _____

Advertiser: _____

Signature: _____

Dated: _____

USJA: _____

Signature: _____

USJA



Advertise your Judo-related product in Growing Judo

Beginning in March 2014, we will be accepting commercial advertising in Growing Judo magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively. Multiple issue discounts are also available.

If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or katrina.davis@usja-judo.org.

CONCISE, well-written and proofread.

Contain correct details (like dates and contact information) and include hyperlinks to event forms.

In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.

Your original work, or includes the expressed 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.

Has "Growing Judo" or "GJ" in the subject line of your email.

- Full Page (color or b/w) \$100.00
- Half Page (color or b/w) \$55.00
- Quarter Page (color or b/w) \$30.00

Contiguous multi-issue advertising discounts are as follows for the same-size ad:

- 3 consecutive issues 5% discount
- 6 consecutive issues 10% discount
- One year of consecutive issues (12 calendar months; 10-12 issues TBD) 15% discount
- (November/December & perhaps July/August may be combined issues).

When the ad has been accepted and the Advertising Agreement has been signed by the Advertiser and the USJA Executive Director, payment must be submitted along with the advertising copy 30 days prior to the desired publication date.

Acceptable form of payment, Credit/Debit card, MasterCard, Visa or Discover. Also, certified funds/money order.

Deadline for submitting your ad is the 23rd of each month.

USJA