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# GROWING JUDO



**Monthly publication of the Development Committee of the  
United States Judo Association**

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*Teaching photo #1 :This drop seoi nage did not work. Why? Because the thrower is going to land too far in front of his opponent. He is going to end up on his knees at least a foot away, instead of directly under his opponent. Cover photo courtesy of Jerry Hays.*

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## **What Would You Like to Do?**

by Dr. AnnMaria DeMars

I think that question above is the secret to judo development in a lot of ways. At our club, I teach the younger class, and another instructor teaches middle school and older. Last night, there was one student in the middle, in fifth grade, with a bunch of kids fourth grade and below on one side and a bunch in sixth grade and up on the other. As Tracy and I were thinking where to put him, I turned to the young judo player and said, “What do you want to do?” He was surprised and pleased to be asked, thought seriously about it for a moment, and decided to go with the older group. When we give people a choice among positive alternatives, they tend to choose better for themselves than we could for them.

After all, who knows you better than you?

It is such a benefit to edit Growing Judo each month, because every issue has information across the spectrum on people doing judo. Where else would you read such things as from James Wall, hosting a coach certification clinic, “**We are planning to have a crawfish boil on site immediately after the clinic.**” (Crawfish boils are not common on the west side of Los Angeles, the other LA, where I live). Or, as I read in another flyer on a kata clinic, “**Bring your own knife, sword and gun**”.

Everybody has something to contribute. When I was elected to the Board of Directors, it seemed so overwhelming; there was so much to be done. Jim Pedro, Sr. gave me really good advice. He said, “Do the things you have a passion for. Do clinics with the kids and teach at camps. You really love that. And don’t be on the promotion board because you hate paperwork and I don’t want to listen to you complain for four years.” (Okay, well maybe he used a different word than ‘complain’!)

In the USJA Development program we now have people doing the things they want to do, using their strengths. Serge Boussyou, who is a terrific junior coach and loves teaching kids runs camps and clinics for juniors and has been a frequent guest on the Judo Podcast ([www.thejudopodcast.com](http://www.thejudopodcast.com)). Joan Love, who could organize a train wreck, is handing the administration of our regional coordinators. Ken Otto, Dan Hoffman and Michelle Holtze just organized the first USJA Regional Championships, in Minnesota, accompanied by a clinic for kids and a coaches’ clinic. Roy Hash has been teaching at regional camps and clinics in Texas. Regional coordinators Dave Wertheimer and Mark Hunter are masters at getting people to collaborate and they have been organizing multi-state practices and the USJA Coach Summit. James Wall is a technical specialist by trade and does not only our judo games column each month but also video clips. John Moe, of Discover Judo, is our webmaster. Gary Goltz, businessman extraordinaire, negotiates contracts for discounts for our members as well as



*Photo courtesy of Ken Otto*

organizes a year-long series of grass roots clinics. Last, but certainly not least, Adam Stevenson does the final proofing and editing on Growing Judo each month.

As you read through these pages, you will see people doing what they want to do; writing about judo, hosting camps and clinics. I was recently at a tournament and I did not referee, even though they needed referees and I do know how. I don't like to referee. I like coaching. I got up at 4 a.m. to drive to the tournament and I coached at it. Do what it is you like to do. You'll be better at it, be in a better mood and stick with it longer. There is so much to be done, that whatever you like to do will no doubt make a great contribution.

We would love to have you more involved with the USJA. Want to send photos to Growing Judo, like Carl Hayes? Want to organize clinics, like Marshall Coffman? How about hosting a USJA Regional Tournament, or acting as a resource to people learning to run tournaments, like Lowell Slaven and Jeff Miller do? Running a mini-camp overnight at your club, like Paul Nogaki, Tony Allen and Mark & Lisa Guerrero did?

Nothing makes me happier than when someone contacts me and says, "I'd like to help. What can I do?" My answer is "What would you like to do?" Please email me at [DrAnnMariafractaldomains.com](mailto:DrAnnMariafractaldomains.com). Your help would be sincerely appreciated, in whatever it is you like to do.

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## **FEATURED PHOTO**



*USJA Board Member Michelle Holtze, Eastside Judo Club instructor Ken Otto and Chisago Judo instructor Dan Hoffman came up with the idea of having a USJA Regional Championships for the Midwest. No one else was doing one, but, hey, we need some new ideas, they decided. While we're at it, let's have a*

*clinic for kids and get a world champion to teach it. Pictured above are those in attendance at the junior clinic. Dr. DeMars is hidden in there like Where's Waldo because half the kids are her size or bigger. Photo courtesy of Ken Otto.*

## The "New" Dynamic Edge Rule

by Dr. Martin L. Bregman, IJF International Referee

The "New" Dynamic Edge Rule in Judo has been around for more than a year now & there have been almost no negative concerns about its use. The only really negative comments have been about its interpretation, as a number of International Referees returned from this clinic or that clinic (sometimes several International Referees attended the same clinic) and came back with different interpretations about what they heard. I asked Mr. Carlos Diaz, Referee Director for the Pan American Union, to clarify some of the misinformation that has been going around and I present it here.

- It was previously reported that, should a player momentarily step out while moving along the out of bounds line and then return inbounds the referee should ignore the step out. **This is incorrect, if no attack, defense to an attack, or counter is involved the player should be penalized.**
- It was reported that should an uke step out while an ineffective attack is made by tori the uke could stay out without the referee immediately calling matte. **This is incorrect, if the action is stopped, matte should be called, a penalty should not be warranted, as uke was reacting to an attack, effective or not.**

### There are really only four things that have changed due to this rule:

- 1) **The coloration of the mat areas** are now one color for inbounds & one color for out of bounds (no red stripe).
- 2) There is no longer a **"5-second standing in the red zone"** penalty.
- 3) A throw **starting inbounds** may count for a score even if tori goes out of bounds by placing a supporting arm or leg into the safety area, during the execution of the technique.
- 4) A **counter**, against a throw that **starts inbounds**, **will count for a score even if uke (the new tori) starts the counter out of bounds**, as long as the original throw started inbounds & the action is continuous.

[i.e., a) Tori attacks with Koshi-Waza inbounds, uke uses Tani Otoshi successfully to counter but lands over the line, out of bounds during the execution of the throw;

b) Tori attacks along the line with O Soto Gari inbounds & uke uses O Soto Gaeshi by spinning & placing his/her support leg out of bounds, etc.]

- Aside from these, the interpretation of stepping out remains the same as it was before the rule change. A player that steps out, **who is not** responding to an attack, nor while countering or defending against an attack, nor due to action of both players, should be penalized.
- A player that pushes (**read shoves**) another player out of bounds still should be penalized as in the past.

## **Judo Forum Camp**

by Jason Hussong

DENVER, COLORADO – A group of judoka from across the United States and the United Kingdom came together over St. Patrick’s Day weekend in March for a very special event. The first ever Judo Forum Clinic was organized by the Denver Judo ([www.denverjudo.com](http://www.denverjudo.com)) club in an effort to introduce and connect online judoka from across the country and around the world.

*Teaching photo #2: I found the picture of o soto gari at right a nice illustration for the thousand times I tell children to lean forward on o soto gari. As you can see, clinician Paul Nogaki has his opponent off-balance before using his right leg and without even having a grip with his right hand. Photo courtesy of David Bolliger.*



“I thought that the camp was amazing,” said Tad Onchi of Obukan Judo in Portland, Oregon. “One thing that hit me was the feeling like judo is one big family. We had people come out from England and other states to Denver and I got the feeling of friendliness that I get at my home dojo.”

The Judo Information Site ([www.judoinfo.com](http://www.judoinfo.com)), the precursor to the Judo Forum ([www.judoforum.com](http://www.judoforum.com)), is currently celebrating its 12<sup>th</sup> anniversary. The Judo Forum, a site where judoka from around the world exchange ideas not only on judo, but also on any other subject imaginable, boasts a registered membership of nearly 4,000 people, with many more unregistered users daily.

Neil Ohlenkamp (6<sup>th</sup> Dan), creator and administrator of the Judo Forum, explains that the, “Judo Forum Camp was conceived and organized as a truly grassroots event in keeping with the idea of the [JudoForum.com](http://www.judoforum.com) community. It is where we believe we can all come together to share judo regardless of rank, age, personal goals, national affiliation or other differences.”

The Denver camp, inspired by the Judo Forum, allowed a more personal, opposed to virtual, exchange of ideas though. “The level of judo passed on was extremely high,” comments clinician Paul Nogaki (6<sup>th</sup> Dan). With four different two-hour sessions, decades of experience passed from four different Sensei’s to the students attending the weekend camp. “To have three true 6<sup>th</sup> Dans, all with high level competitive backgrounds, plus a yudansha from the United Kingdom, all sharing their experiences and knowledge reinforced to me the good in judo. That is what ‘mutual welfare and benefit’ is all about,” explained Nogaki.

All four clinicians created differing lesson plans that included everything from gripping to kansetsu waza to transitions from tachi waza to ne waza. Former British national champion and clinician Stephen Mills remarks that, “the technical judo that was demonstrated was so valuable. I will be taking back some new ideas to the UK, and hope that as much was added by myself.” And there’s no doubt that it truly was. In his Saturday afternoon session, Mills demonstrated some rather unique shime waza that impressed even the most osae waza-inclined judoka in the group.

But, on top of what was taught, and possibly even more importantly, the Judo Forum Camp, “brought people together from an internet judo forum, and to me that’s simply amazing; unimaginable 20 years ago. Friendships were created, everyone had a good time, and I don’t think anyone was disappointed,” says Nogaki. “I know I had a great time and have memories that I will always cherish.” And certainly those memories come from off the tatami as well due to a rigorous social schedule that took the group to the Rocky Mountain National Park, out for a BBQ eating contest, and to the movie *300*, as well as other activities.

Despite all of the extra fun, the focus remained the judo. Everyone came to have fun, learn and work hard. And as Onchi says, “the quality of the instructors was top notch and the instruction was great. I know I have not pushed myself as hard in practice as much as I did at the camp. If anyone has an opportunity to go to a camp like this one, I would highly recommend it.”

But in the end, as Ohlenkamp explains, “the Forum was the enabler that brought this group of people together, and maybe that, we hope, for bigger events in the future.” And bigger events will certainly include a second Judo Forum Camp next year. Stay tuned to [JudoForum.com](http://JudoForum.com) for all of the details.

## **2<sup>nd</sup> Annual USJA Visit Another Dojo Month**

*by Dr. AnnMaria DeMars*

In order to promote more enthusiasm and camaraderie in the judo community, the USJA had designated March as "National Visit Another Dojo Month." Participants were asked to send in how far they traveled and pictures of the visit. Elsewhere in this issue you can read about the Judo Forum Camp where the participants had a wonderful experience and some traveled over 4000 miles from the U.K. to Denver, Colorado. However, the winner for furthest dojo visited is Emily Lilly who visited the University of Tsukuba, Japan over 6000 miles away!

*Below: Nanka Shorai practice at  
Orange County Kodokan*



*Above: Emily Lilly and Tomoko Fukumi at the  
University of Tsukuba in Japan.*

## **Earning It...**

*by Dr. Ronald Allan Charles - Chair, USJA Awards Committee*

Remember Tom Hanks' dying words to Private Ryan, for whom he'd risked his life in the movie "Saving Private Ryan"? He said, "Earn it." Sometimes good things drop into our laps. We guess the correct answer, meet the right person to help us accomplish a mission or get us a job, find our soul-mate. Call it fate, fortune, or luck. Our judo competitor missteps and we connect with a foot sweep to win the match. Ippon!

More often though things come about through perseverance, continued effort, constant training. Dr. Kano said it best: "Never miss practice." Every coach knows training pays off. Competitors know too. Every match has a winner and loser, but some win more than others, and not because of luck.

The USJA Awards program recognizes athletes with excellent mat performance. Besides bragging rights and seeing their names in the Hall of Fame on the internet 24 hours a day every



day of the year, those who are selected for our Hall of Fame merit opportunities, when available, to increase their skills.

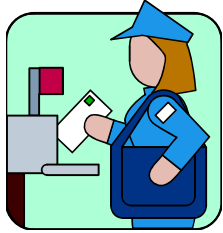
*FEATURED PHOTO:  
Young man from Judo  
America, coached by  
Gerry Lafon, pinning  
with kami shiho  
gatame in So. Cal  
Parents Fed  
Tournament.*

In past years  
Hall of Fame inductees

were invited to attend a judo camp free of charge. This year those who excelled in 2006, the outstanding players in each state plus the handful of National Hall of Fame inductees, are invited to participate free of charge at the Elite Technical Training Camp in Indiana following the 2007 USJA Junior Nationals. The camp is for seniors as well as juniors, and with well over 100 inductees to the 2006 Hall of Fame who have earned the training this camp will offer, the event should prove to be a great experience. Nobody walks away from training with national and international champions and coaches without new skills up the judogi sleeve.

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## **LETTERS TO THE EDITOR**

### **Re: USJA Coaching Certification**

Hello to All,

As a member of the USJA Coaching Committee, let me try to put some more information out for you all. Firstly, the coaching program is trying to move in a direction that is more inclusive and broad based. If you do not have someone in your region that can certify you or assist you in meeting the continuing education requirement, let some one know. We will try to assist you.

The coaching program is not just about getting another title. It is about bettering one's self as a coach. If you see no value in the coaching program I would like to know.

The recent announcement by USA Judo that they will require an annual fee is not the position of the JA. Our program, as stated by Jim Pedro, Sr., covers 4 years. During those years you are expected to increase your knowledge of general coaching approaches or general/specific judo approaches. There will be a wide variety of acceptable options.

(At this juncture it appears that USA Judo decision is theirs and no one else's. This will require one to register and pay them for the coaching credentials and I believe you must also be a USA Judo member after April 30, 2007. I do not believe this is in the best interest of the judo community, just my thought.)

In reading over the concerns many of you have voiced I believe some misunderstanding is taking place. No one is holding a gun to your head to involve yourself in the coaching program. I would hope that you would and that you receive benefit for that involvement. We have been trying to develop a more practical oriented coaching program. No one approach is going to be everyone's cup of tea. A base is needed. Jim Pedro, Sr. has put together such a base. Is it exactly what I would have done? No, but it is a place to start. We are using it in our dojo.

The battle over continuing education is just that. We (the coaching committee) cannot force anyone to strive to better their coaching skills. We can attempt to assist and nothing more. The visceral response that comes through on some of your e-mails is interesting. It would make it appear that this committee is standing over you with a weapon capable of considerable lethal force. It simply is not true.

The ability to move through the various coaching levels is another issue. Here I am getting into an area where many may take exception. The first two levels are the blood and guts of the program. The vast majority of us will work within these levels, developing American Judo. In my opinion this is where it all begins and the base must be sound. I am a Level II; have 35 years of coaching experience, operate a dojo, have local/regional level players and a bunch of 7-12 year olds. It is what I do. I will probably never work for a protracted period of time with a National level player again. Should I develop a young person who has the potential, I will more than likely ship them off to some one else. (Everyone needs to leave home at some point.) The coaching levels are not about your dan grade and vice versa. A coaching program should not be about getting another title, it should be about coaching.

Above Level II people should be accountable for the competency of their athletes. In other words the athletes must be competitive at the National level. I am not talking about 8 year olds, I am referring those in their mid-teens and older. This may seem harsh, but I believe it is realistic. Some people seem to believe that their pond is an ocean. It ain't so. Have no fear;

there are times when I suffer the same affliction. I have met many fine people who run small programs in out of the way places; they get little recognition though they have quality programs. They are competent, they do a good job, they produce decent judoka, but they do not produce national level players. It is not an indictment of them it is simply the truth. There are times when one should look at what one is doing and where it fits in the bigger picture. We cannot all be international level coaches. On the other hand we can strive to improve our approaches.

If coaching has no value to you, I cannot force it down your throat. I have no desire to get into a cyber space war about this. I also do not have the time to write this kind of response each day/week. Like many of you I have a full time job, a dojo and a personal life. I am passionate about coaching. I truly want it to be very functional and helpful. This is not about elite athletes. This is about coaching/teaching judo at the local, state and regional level.

The USJA requirements for coach certification for the first two levels are very straight forward: Some of it is changing, but change is not always a bad thing. We are not attacking anyone for their particular views or approaches. We are trying to help people improve. Coaching is not about what you can do, it is about what your charges can do. If you do not have access to a person who can certify you, let someone know. We may not be able to solve every problem, but we need to know about them so we can at least try.

Prior to this e-mail I attempted to contact someone who had voiced a concern. I e-mailed this person and asked who they were and where they were located - thinking I might be able to assist. The response back was that they were not going to tell me anything, for I would somehow hold it against them in the future. Let me put something real straight right now; I have a terrible temper, am opinionated, am always right, am a rotten administrator...but I love coaching! I can argue with you until 2:00 AM, then get up the next morning and have breakfast with you. This is not about who has control, it is about trying to improve our coaching skills. It is not just about the sport aspect. Sound instruction is needed in a variety of situations. It makes little difference if it someone is teaching Ju-Jitsu, Aikido, Judo, etc. Sound instruction is always a plus. That is what we are trying to do.

Hope this has been some assistance,  
Bill Montgomery  
USJA Coaching Committee, Member

## **Lessons I Have Learned      Mark Herrschaft**

As I remember, I was eight years old and my mother was taking me to a medical appointment. If I behaved well at the doctor's office, I would get a special treat. I'm not sure at what point I started to cry, but I think it was after the doctor informed me he was just going to make a hole in my arm so he can do the shot – every profession has its own sense of humor. I guess I did well, because my mom took me to a strange place and signed me up at the Monterey Judo Jujitsu Academy.

I had no idea what was happening to me, but it was new and interesting and that was enough. This was my introduction to Judo, and I spent the next two years doing judo with my new friends. I made it to a green belt, and for some reason I left Judo despite my sensei's parting words, "*Quitters never win!*"

I'm nearly fifty years old now and working towards my Shodan. I'm now teaching Judo to a new generation of kids, and some things haven't changed. Most kids coming to Judo do not understand what Judo is about, and many of the parents do not know about Judo either! They may have images of Jackie Chan or some other TV characters, or they heard it from a friend that Judo was good thing. One of the first things we need to do is manage the student and the parents' expectations of Judo.

When a new student walks into the dojo, we do not know how long they will stay in Judo, and what type of Judoka they will become. We do want them always feel good about learning Judo! They may not stay in Judo, but their friends and future children may become Judoka!

In my process of becoming a Sensei, I have been reading, watching, taking seminars, and learning. The recent "*Assistant Instructor Course*" with Hayward Nishioka at Goltz dojo, was very worth while and I would recommend it to all Judokas. After this class, I developed my Coaching Syllabus, Lesson Plans, and the Student Workbook. This process has improved my teaching and my Judo.

In developing my material I have come to a few conclusions about teaching to pre adolescents:

- You need to develop your coaching syllabus, lesson plans and your student workbook.
- Rather than do exercise it is better to have Judo games for conditioning. This keeps Judo fun and moving along. Make sure we mix-up the games. We have to consider their mental state. We need them alert and ready for physical activities. The cool down at the end of class is to bring down the mental state. Don't wind-up the kids and give them back to their parents.
- When dealing with pre-adolescents, we want to see the basic body movement and the basic concepts. With practice and time, perfection will come to the student. We need to be positive while the student is learning.
- There are many ways the students can learn. You need to be able to change your style to reach that student. If the student is having a hard time, it might be your style of teaching. We are teaching in a heterogeneous culture.
- ***One must inspire the students and keep it fun!*** -- Avoid the "old school" style.
- Judo games are your secret weapon in keeping Judo fun.
- We use positive reinforcement: positive-correction-positive method in teaching.
- Believe in what you are teaching
- **Be enthusiastic about teaching**
- Remember you are working with young children, and you need to be patience.
- Children want to share, make some time to let them share.
- With injuries we use: History, Inspection, Evaluate and Validation. In most case, the student is looking for validation they got hurt and need to reassure they are OK. Give them a choice if they want to continue or sit at the edge of mat.
- **Be calm, be patient and in control!**
- During dry or hot weather, if your mouth gets dry, the students need water.
- Although you are teaching the student Judo, you are also teaching to the parents.
- **There is no mastery of skill for a 5 year old!**

- You must manage risk management: Size mismatch & mat proximity
- If a student gets out of control, have them sit down. Once they cool down, have them join the group. Do not punish with exercise.
- **There are no failures in class – Just different rates of learning!**
- Children need role models to see where their Judo can take them. These

example are usually the older students, but it could be videos

There are other lessons I have learned on my path to becoming a Sensei, but I will save that for a later time.

### Re: Remembering Allan Coage

Dear Sir,

My name is Shun Kasuga from Japan. I just couldn't help writing this to you after I found Allen's death because I have a good memory of him. I don't know any of his family and I didn't know where I should send this, so please accept my sincerest condolences. I was with Allen at an Olympic Judo Camp which was held in Brockport, NY just before to Olympic in 1976. That time, I just came from Japan to teach Judo in Ann Arbor, Michigan.

Dr. Ashida, a head coach for 1976 US Olympic Judo team, told me to join their training camp as a sparring partner for Allen and his teammate. So, I came to the camp. I practiced with him and with other team members day after day and traveled around with them. I couldn't speak English and didn't know much about a culture and custom of America that time.

Allen and his teammates were very kind to me and they made my stay at a camp very enjoyable one, especially, Allen. I first thought that he was a mean guy especially on the mat but off the mat he was very nice person and I became his fan. He talked to me a lot and I never forget his kindness.

When he became a pro wrestler he had many fights in Japan. He was very popular and I was so proud of myself telling everyone that I know him well and we practiced Judo together in US. One time, I came to see his fight in Tokyo. I tried to meet with him and wanted to talk in person but the security people wouldn't let me. And, that time was the last time for me to see Allen.

Now, I was very shocked to know that he is gone now. I know he doesn't remember me but I do remember him very well with those good memories with him from a long time ago. Please forgive me writing this to you but I just wanted someone close to Allen to know that there is someone laments the death of Allen Coage in Japan.

Thank you.

Shun Kasuga  
Kyoto, Japan  
Japan's Olympic Judo Coach in 1996, Atlanta

## **COACHES CORNER: Lesson planning for competitors**

*by James Pedro, Sr – Chair, USJA Coach Committee*

Last month I talked about the importance of lesson planning. It is critical to consider the appropriate goals for athletes when developing lesson plans. Appropriate goals are determined by a number of factors. First of all, does the athlete intend to compete? The focus and intensity should be different for competitors and non-competitors. Second, how old is the athlete? Lesson plans for an eight-year-old and a fifteen-year-old should be significantly different. This month, we review lesson plans for competitors, starting with those who are teenagers or adults.

The training schedule depends not just on the athlete but also the club - how many days a week they can work out and how long they have for each workout. Remember it's not how long you work out it's the quality of each workout. Don't waste your judo time on conditioning that students could be doing outside of the judo practice time. Students should be running in the morning, more sprints than distance running unless they're cutting a lot of weight. If they need to lose weight they should be running both sprints and distance.

I have said this before in this column, but I want to repeat it for emphasis. There should be a cycle to your lesson plan. It should not be the same every day and it should differ depending on where an athlete is during the season. Months before a major tournament, there should be intense and long hard workouts. Two weeks before a major tournament, you should start cutting back on your workouts and your running and start peaking and letting your body rest. On your conditioning workouts, two weeks prior, you should start cutting back on your weight training, circuit training or whatever you are doing. If you've trained hard right up to the two weeks before you want to let your body heal and rejuvenate so that the day of competition you will be in peak condition. The same goes for your judo workouts. The week before, you cut back on hard randori, do more throws on the crash pad and more drilling, more going over the techniques.

Two weeks before, you should get set mentally and physically and try to visualize winning. Remember, you can only peak two or three times a year and train through all other tournaments. For example, we have players going to the tournament in New York next week and we had one of our hardest practices last night. We are training these players to win the nationals, not win some tournament next week.

Little kids are different from adults. You're not trying to peak the little kids. The concern with them is that they will burn out. They aren't going to get tired during practice to the same extent because you are not going to push them to exhaustion like you would an adult. The kids are not taking line-ups like the black belts. They are not taking a new person every minute like the black belts. We have a competition team of children from age five to twelve.

At age thirteen and over you join the senior team. The seniors, like Taraje, Ronda, Rick, and so on know to push the younger ones hard but there is no bullying. If you are a black belt and you can't throw a 14-year-old green belt easily without landing on him, you can't be very good. The younger ones will go together for two rounds then we get the black belts to each take a kid. That is the black belts 'round off'. Then the kids go with each other again. I don't allow brown belts to do armbars on the kids because there is too much potential for injury. Black belts are allowed to do armbars on lower ranks, because those players have to learn to defend against armbars, but I am not taking any chance on anyone getting injured during practice by allowing someone who is not very experienced at doing armbars to practice them on someone who is not experienced at getting armbarred.

They all do the randori together then at the end of practice we split the group up. I teach the younger ones chokes and Jimmy does armbars and more advanced techniques with the older ones. I also don't teach ten and eleven-year-olds chokes because they won't be able to do it for two or three years. I focus on teaching them the turnovers that will help them win NOW.

### MENTAL TRAINING

How do you think world and Olympic champions get beat? Someone goes out there thinking they can beat them. As part of my lesson planning, I try to work in mental training.

I grab the little kids and say, "Do you think you are going to throw me?" They say, "No" and I say, "Well, I know I'm going to throw you," then I throw them. I tell them, if you think you're going to be thrown, you are. If you want any even match, think you're going to throw me. You can rip out of a gi if you need to trying to get out of being thrown. Two or three times a year, I go over tai sabaki, blocking throws. Throwing you should be like hitting a brick wall.

You also need to be mentally tough to be a coach. The hard part of coaching is not to give up before you find whatever it is that will motivate the athlete and what will work for him or her. The other hard part is to not get discouraged when you have athletes who win the junior nationals and they quit after you have put years into them. When you do this degree of lesson planning, not to mention all the day to day effort for a person, it can be really disheartening when you lose a student who you know could have been senior national champion. I don't have any solution for that other than to tell you that coaches have to be able to take setbacks just like athletes do.



## Aberdeen Judo Academy Clinic featuring Gerald Lafon

Aberdeen Judo Academy will host a Judo Clinic featuring Mr. Gerald Lafon from Judo America in San Diego, California

**Where:** Aberdeen Judo Academy, Kamloops, B.C.

**Dates & Times:** Saturday April 28, 2007. 9am - 5pm  
Sunday April 29, 2007. 9am - 1pm

**Cost:** \$49.00 - includes all handout materials. USA participants - cost will be adjusted to CAD dollars.

**Accommodations:** If you want to crash in the dojo rather than staying at a motel, we can accommodate you!

#### **Topics:**

- dynamic moving drills to develop effective judo skills
- creative games and warm-ups to develop basic psychomotor skills
- situational drills to mimic competition, turnout drills to minimize scoring, etc.

For further information, contact John Huntley, Aberdeen Judo Academy's sensei, at:

[jahuntley@shaw.ca](mailto:jahuntley@shaw.ca), 250-374-9945 (home), 250-851-6363 (cell), or visit <http://judo.kamloops.net>

## **Terry Kelly Clinic at Goltz Judo Club**

The USJA – Saturday Morning Grassroots Development Series present 2006 USJA Coach of the Year Terry Kelly. Terry is the Head Instructor, Santa Rosa Junior College. Coach Kelly's Special Guest is Amy Wilson.

Registration Form at: <http://mysite.verizon.net/resptwx6/WaiverSanctionedEvents.pdf>

**When:** Saturday April 28, 2007. 9:00am to 11:00am

**Sanction:** USJA

**Where:** GOLTZ JUDO CLUB Alexander Hughes Community Center 1700 Danbury Road Claremont, CA 91711 909-399-5490

**Fee:** \$5 USJA members, \$10 non USJA members

**For more information contact:** Gary Goltz, 909-985-0486 [gary@goltzjudo.com](mailto:gary@goltzjudo.com), [www.goltzjudo.com](http://www.goltzjudo.com)

## **JUDO CLINIC: 1988 Silver Medalist in Judo Lynn Roethke**

**Place:** UWSP Quant Gym, University Wisconsin Stevens Point, 4th Ave, Stevens Point, WI.

**Date:** April 21, 2007, Saturday.

**Time:** 10:00 A.M. - 12:00 P.M. and 1:30 P.M. - 3:30 P.M.

**Sanction:** USJA #07-044

**Requirement:** Current membership in the USJA, USJF, or USJI. USJA membership applications will be available to participate.

**Morning:** Combination Throwing techniques and drills.

**Afternoon:** Mat work combinations and drills.

**Lunch:** On your own. A number of eateries are a few blocks from Quant Gym.

**Suggestion:** Bring notebook save this valuable information.

**Cost:** \$25.00 for the clinic.

**Hosted by:** UWSP and Stevens Point Judo Clubs of Stevens Point, WI.

**Further information:** Tom Gustin, 500 Sherman Ave. Stevens Point, WI 54481, 715-343-0665.

*Editor's Note: WHY YOU SHOULD GO*

*The reason I would encourage everyone to go is not simply because Lynn won silver medals in the Olympics and World Championships, ten national championships and gold medals in Europe, South America and North America. It is not even just because she is a good teacher and her clinics are really fun and informational.*

*Lynn is a real inspiration. When young judo players who are having a hard time ask me about persistence, I tell them stories about Lynn. Unlike some people who broke through on the national and international scene in a relatively short time, Lynn had to struggle at first. She kept going when a lot of people would have quit and it paid off in a big way.*

*Her stories about losing in the junior nationals again and again, of being frustrated and wanting to quit, resonate with so many young players, and standing in front of them as an Olympic silver medalist she gives them the inspiration to carry on.*

## **USJA Coach Certification Clinic**

**When:** Saturday, May 19 2007

**Where:** Hebron Baptist Church Gym - Denham Springs, LA.

**Hosted by:** Wall to Wall Martial Arts

**Clinician:** Jim Pedro Sr. Chair, USJA Coaching Committee

**Times:** 9am - 12pm, Morning session  
12pm - 1pm, lunch (provided)  
1pm - 4pm, Afternoon session

**Cost:** \$25 if received by May 1<sup>st</sup>. \$35 after May 1<sup>st</sup>.

There are additional fees for those who wish to test for certification.

Please join us for a great day of learning with one of the most successful coaches in the country. The clinic will include both classroom and mat sessions. There is no required text.

Anyone wishing to take the USJA Level E (formerly known as Level 1) will be able to do so at the end of the clinic. Testing is NOT required. Feel free to attend just for the knowledge if you'd like.

**Please make checks payable & mail entry forms and to:**

James Wall  
7838 Kingsley Dr,  
Denham Springs, LA. 70706

**Questions:** [wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)  
225-276-8966 (day)  
225-612-0934 (night)

**You are cordially invited to attend the April 19, 2007 meeting of the USJA Board of Directors.**

**The meeting will begin at 6pm in Salon 1 at the Marriott Dadeland in Miami, FL.**

**Favorite quote of the month:**

*"I love the USJA people. Everyone is around when I win, but they are around when I'm up, when I'm down and before I ever won anything."*

-Ronda Rousey, USJA Life Member, Olympian, Junior World Champion





## **USJA SPONSORS TRAINING TOUR: International Dream becomes Reality for Athletes and Coaches**

Often, international experience is limited to the top few athletes in each weight division. Players with heavy academic schedules or restricted finances who are not able to attend tournaments around the country throughout the year will almost never have the chance to train and compete abroad – until now.

From July 21 to July 31, twenty-five American athletes and coaches will have the opportunity to train in Wales with world champion Neal Adams, former world team coach Jim Pedro, Sr. and teams from Switzerland, Portugal, Sweden and Wales. Coach Pedro explained the motivation for the tour,

“This is a chance for coaches and players to get an experience most people only dream about, to train with teams from around the world and get individual attention to improve their judo. In the USJA, we believe that opportunities should not be for a select few but for all the people who are willing to work hard to better themselves. I understand that for some people this will be the high point of their judo career and for others it may just be a step on the road to the Olympics. This camp brings those people together. Only a few coaches will get the opportunity to coach overseas as world or Olympic coaches. However, this summer, any of our USJA coaches who are interested in gaining the experience will be able to attend an international training camp and learn from their colleagues from around the globe.”

Requirements for attendance on the tour are:

**Athletes:** Brown belt or above, at least 13 years of age, letter of recommendation from home coach.

**Coaches:** Certified coach, current background check. Priority will be given to USJA-certified coaches and to coaches who have an athlete attending the camp.

**Cost:** Lodging, meals and camp fee for ten days - \$320

Airfare is approximately \$1,200 from the west coast and \$900 from the east coast

Athletes have been selected from applications received by March 1; these athletes will be contacted within the week. Additional athletes will be selected from applications received by April 1. Those interested should send letter of recommendation from coach along with name, age, home dojo, address and TELEPHONE NUMBER to [pedrosjudo@verizon.net](mailto:pedrosjudo@verizon.net). For additional information, contact Jim Pedro, Sr. at (978) 335-5216.

**NOTE:** Athletes who have already received acceptance letters should send a check for \$320 deposit to **Anchors Away Travel 1279 Ritner St, Torrance, CA 90502**

## **Weekend Workshop with Sensei Ogasawara - Sunday; May 6, 2007**

Topics covered will be basic throwing techniques with variations, arm locks, chokes, pinning and escapes. Everyone is invited: kids and adults, coaches and competitors. Come join us for this unique opportunity to work with one of Judo's best.

Sensei Ogasawara has:

- Produced Two Olympians (Celita Schutz & Liliko Ogasawara) in judo.
- '96 Olympic Coach of the Year in judo.
- '94 National Collegiate Coach of the Year in judo..
- Former Head coach of West Point US Military Academy Judo Team.
- A teacher of 9/11 United Airline flight #93 Hero Jeremy Glick.

**Cost:** \$20 day of event, Clubs that bring 10 or more will get \$5 discount on each member!

**Schedule:** Registration will start at 9:30 a.m. and continue all day!

09:30 to 10:30 a.m. will be open mats, kids and adults warm-up

11:00 to 12:30 p.m. will be kids program but adults welcome too!

12:30 to 1:00 break

1:00 to 3:00 p.m. adults program

3:00 to 4:00 more open mats for everyone

Author of:

- "Textbook of Judo"
- "Illustrated Action Karate"

Producer of:

- Judo White to Black (video tape & DVD).
- A safe way to teach and learn Judo for children ages 4 and up. (DVD)

**Where:** Fredericksburg Judo Club - 4006 Leonard Drive, #B5 - Spotsylvania, Virginia 22408

For more information please contact Chuck Wall, Phone: (804) 448-0503,

[wall.chuck@gmail.com](mailto:wall.chuck@gmail.com) or visit [www.kids-judo.com](http://www.kids-judo.com)

## **Mayo Quanchi Elite Summer Training Camp 2007**

Open to judoka of all levels. Coaches are welcome. This camp is a great opportunity to train with some of the best in the USA and the UK.

**Where:** Mayo Quanchi Judo Club - 751 Main Street West Warwick, RI 02831

**When:** Due to the number of judoka we will be breaking our camp up into three 5 day segments: June 15th-20th, 20th-25th, 25th-30th. We will be on a first come first serve basis. In the application you will need to provide the dates you wish to attend. Multiple weeks are possible.

**Costs:** Camp fee for home stay and all meals included will be \$175 if received by April 20th, April 20th – May 10th \$200. If space is still available after May 10th the cost will be \$250.

Camp fee for staying on your own \$150

**Contact:** Serge Bouyssou (401) 647-4678 or [Judocoach@cox.net](mailto:Judocoach@cox.net)

## **38th Annual USJA Junior National Judo Championships**

Download a copy of the entry package at <http://www.usja-judo.org> (or) <http://www.judoindy.com>

**Location & Date:** July 6-8, 2007 -  
Indianapolis, Indiana

Five ZEBRA Tatami Competition Areas and  
electronic scoreboards

**Tournament Headquarters:**

The Westin Hotel  
50 S. Capitol Avenue  
Indianapolis, IN 46204  
(317) 262-8100  
[www.westin.com](http://www.westin.com)

**Competition Site:**

Indiana Convention Center (directly across  
from Tournament Headquarters)  
100 S. Capitol Avenue, Hall F  
Indianapolis, IN 46225

**Costs:** \$99.00 Per Night Room Rate – You must mention “2007 Judo Junior Nationals”

**Check-in:**

Friday July 6th: 9:00am – 4:00pm – ALL  
Divisions, Coaches, Officials  
Saturday July 7th: 2pm-4pm Juvenile A and  
IJF Junior ONLY at the Indiana Convention  
Center

**Tournament Director:**

Lowell Slaven  
(317) 325-9967 (cell)  
email: [judolowell@aol.com](mailto:judolowell@aol.com)

**On-Site Registration:**

Friday July 6th: 9:00am – 4:00 pm ONLY –  
NO On-Site Registrations will be accepted  
after 4:00 pm on Friday July 6, 2007.

**For all Questions:**

Donna Branson (765) 759-7107 & (765)  
215-7107  
email: [jcbranson@comcast.net](mailto:jcbranson@comcast.net)

## **Selected techniques of the 4<sup>th</sup> and 5<sup>th</sup> Kyo of the Gokyu No Waza**

**Conducted by:** Reginald L. Heefner, Rokudan

**Sponsored by:** Gordon Burgett, Sensei  
Classical Budo Dojo - Carlisle, PA

**Date & Time:** May 20, 2007 1pm – 3pm

**Location:** 12 East South St., Carlisle, PA 17013

Often times judoka do not get the chance to simply practice or improve their individual throwing techniques. This clinic will offer the opportunity for judoka to practice the techniques that are not commonly used in competition. Time permitting we will be looking at setups and counters to these techniques. Also, this is a great opportunity for members of the judo community to spend an afternoon with fellow judoka. Email me at [burgett@carliseschools.org](mailto:burgett@carliseschools.org) or [burgett@hotmail.com](mailto:burgett@hotmail.com) for details.

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## **DEVELOPMENTAL JUDO ATHLETE AND COACHES CLINIC**

**DATE:** Saturday April 28, 2007  
**TIME:** Coach Certification: 10:00am to 11:30am  
Athletes Introduction to Judo: 1 to 2:30 pm  
**LOCATION:** KY School for the Blind, 1867 Frankfort Ave, Louisville, KY  
**WHO:** Anyone interested in working with blind athletes is encouraged to attend.

**Coach Certification:** USABA will conduct a Visually Impaired Coach Certification coaches interested in becoming certified to teach or assist training visually impaired and blind athletes in the sport of judo. Applicants may certify at many levels depending on background. Assistant Trainer up to International Judo Coach are available depending on experience.

The coaching certification program and athlete clinic will be presented by Walter Dean 9th Dan with over 50 years in judo and coaching. Mr. Dean is a Master Coach Trainer and USABA Head Judo Coach. This clinic will cover pointers on how to coach a blind athlete, introducing a blind athlete into a judo program, refereeing a judo match for VI athletes as well as background on the USABA, how we will develop judo for blind athletes in the USA and much more.

**Fees:** Coaches clinic with a participant certification is \$25. Coaches interested in becoming certified as a trainer or coach any level must also join USABA for an additional cost of \$35. These applicants are issued a certificate stating their certification level. For information regarding the program please contact Walter Dean at 760-612-6435 or email at [walterpdean@sbcglobal.net](mailto:walterpdean@sbcglobal.net) or check [www.usaba.org](http://www.usaba.org) under judo.

**Intro to Judo:** This part of the clinic will run very similar to an actual judo class so the athletes will become familiar with the beginning steps leading to the exciting sport of Judo. Those athletes may join an on going program and their training could lead them to competing in the World Games and the Paralympics representing the USA. During this session the coaches will also have a chance to work with athletes that are blind and visually impaired.

**There is no cost to the athlete:**

Uniforms (gi) may be provided on loan for the clinic.

This session will be conducted by Walter Dean 9 Dan USABA Head Coach.

For information about the athlete program please contact Mr. Reni Jackson at 502-968-3602 or e-mail him at [renijackson@insightbb.com](mailto:renijackson@insightbb.com).

For Directions to the site please contact Mr. Reni Jackson, (502)-968-3602.

## **TRAINING CAMP WITH A FRENCH JUDO TEAM**

**Date:** Saturday, April 28, 2007

**Costs:** \$20 .00 If received by April 15, 2007. \$30.00 if received afterwards

Registration is not complete until payment is received.

**Location:** SOLOMON SCHECTER UPPER SCHOOL  
555 WEST HARTSDALE AVENUE  
HARTSDALE NEW YORK 10530

**Eligibility:** Any Junior & Senior judoka with a current USJI, USJA, USJF. Judoka must present card at registration.

**Schedule:** 2:30PM TO 4:30PM

**Director:** Sauveur Soriano (914-723-8006) [westchesterjudo@hotmail.com](mailto:westchesterjudo@hotmail.com)

## **USJA HAPPENINGS - GRASS ROOTS DEVELOPMENT SUBCOMMITTEE**

**Chairman:** Roy Hash **Subcommittee Members:** Bill Montgomery, Gary Goltz, James Bregman

*These folks are AMAZING! This list below is a partial list of all of the activities his committee members have been up to.*

### **Gary Goltz Activities:**

#### **PAST EVENTS**

<u>Dates</u>	<u>Event</u>	<u>Location</u>	<u>Participants</u>
10/13	Dr Z Memorial Tournament	Claremont, CA	-
11/30 & 12/1	National Coaching Clinic	Claremont, CA	-
12/1 & 12/2	USJA Senor Nationals	Claremont, CA	-
1/3	AnnMaria & Ronda Rousey Clinic	Claremont, CA	40 / 6 clubs
1/5	Pedro Diaz Clinic	Claremont, CA	40 / 6 clubs
2/17 & 2/24	Assistant Instructor Workshop	Claremont, CA	35 / 8 clubs
3/3	Broderick Crawford Club Tournament	Claremont, CA	110 / 17 clubs
3/17	Gerald Lafon Clinic	Claremont, CA	40 / 6 clubs

#### **COMING EVENTS**

4/28	Terry Kelly and Amy Wilson Clinic	Claremont, CA
6/23	Goltz Birthday Tournament	Claremont, CA

**William Montgomery Activities:****PAST EVENTS**

<u>Dates</u>	<u>Event</u>	<u>Location</u>	<u>Participants</u>
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1/07	Derry Clinic	Derry NH	40
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- o Meeting with Major Ben Ring, USMA Judo Coach to discuss potential for a future clinic at USMA at West Point, NY
- o First Friday Workouts resurrected – On the first Friday of every month interested Judo players gather for a technical training session and 1.5 hours of randori.
- o Connecticut Judo League of 6 clubs formed

**COMING EVENTS**

4/28	Ct Judo League Shiai		
9/07	Coaching at YMCA Camp		

**Roy Hash Activities:****PAST EVENTS**

<u>Dates</u>	<u>Event</u>	<u>Location</u>	<u>Participants</u>
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9/16	AnnMaria Clinic	Wichita Falls TX	45 / 5 clubs
1/13	South Texas Clinic	McAllen TX	25 / 4 Clubs
1/27	Ray Silverstrand Clinic	Wichita Falls TX	40 / 4 Clubs
3/17	Joint USJA/JI Coaching Clinic	Burleson TX	15 / 3 Clubs

**COMING EVENTS**

6/4-6/9	TEXOMA Judo Camp	Wichita Falls TX	
7/22-7/26	Clinician @ Camp Bushido West	CA	
8/11	Referee Certification Clinic	Wichita Falls TX	
TBD	Ronda Rousey Clinic	Wichita Falls TX	

**James Bregman Activities:****PAST EVENTS**

<u>Dates</u>	<u>Event</u>	<u>Location</u>	<u>Participants</u>
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10/06	Clinic with AnnMaria De Mars & Pete Mantel	Dunkirk MD	-
3/07	Wrote article on Allen Coage		

**COMING EVENTS**

TBD	Clinic in Virginia		
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## **Allen Coage: My hero, our hero**

*by Jim Bregman – Originally appeared in SLAM! Wrestling*

*Wrestling fans are familiar with the career of Bad News Allen / Bad News Brown. He was one tough dude. But before getting into pro wrestling late in his life, Allen Coage was a major force in judo, and was the second American to ever medal in the Olympics in the sport. SLAM! Wrestling turned to the first American to claim an Olympic medal (1964, bronze), Jim Bregman, to share his memories of Allen Coage.*

It was an odd set of circumstances that day so long ago in Philadelphia. The venue was alive with the excitement of the Judo Trials for the 1976 Olympic Games to be held later in the year in Montreal. The event was about 90% completed when the tournament officials made an announcement about a late-breaking decision they had just made concerning the selection process and the tournament. The exact details blurred now by time matter very little, but to these athletes who had spent their entire lives trying to make an Olympic team it was devastation, a crushing tsunami which meant that some deserving winners might indeed not be selected!



**Allen Coage, well before his "Bad News" days**

After the "official announcement," there was a long moment of stunned disbelief and silence. The ABC camera crews were baffled, as were the directors and producers. This was to be the first time the Olympic Judo Trials were to be covered live. Then the noise level rose steadily to a vibrating din and the athletes were milling around agitated, angry, hurt, confused, and astonished at this "stupid" last-minute "switch" which would completely determine their future Olympic hopes and dreams. An athlete's revolution was brewing and they were mad as hell. They were not "going to take this crap" any more. But what on earth to do to rectify this "official blundering fiasco"? How do powerless athletes reason with "unreasonable officials" who are "dictatorial in their edits" and domineering?

Allen Coage and Jimmy Wooley were to fight next and, although, the confusion, milling around, athlete disgust, and disappointment were being voiced now by shouting and jeering, yelling and screaming at the tournament officials, Ben Campbell, George Harris, Paul Maruyama and I were dumbfounded and standing on the floor by the mats completely taken aback by the announcement and the loud "revolution" which was gaining momentum.

We were approached by Allen and Jimmy for advice and guidance and, as we were talking, the athletes gathered around and the boiling noise level began to simmer. Then it turned into dead silence. You could have heard a pin drop.

Allen and Jimmy asked us simply, "What would you guys do in a situation like this?" It wasn't Ben's, George's, Paul's or my Olympic birth that was on the line. It was Allen's and Jimmy's, and all the other Olympic dreamers who came to fight that day. The four of us were awestruck at the question, at the dilemma and speechless. The five of us talked quietly and logically and explored options -- all of which were, to say the least, not good.

Finally, the call came out from the announcer commanding Jimmy and Coage out to the mat for the final match. Allen and Jimmy respectfully asked one more time, "What would you guys do?" A second call to the mat came with a threat of disqualification. Time had run out.

We four told them "we" would not compete in this situation and we would demand other trials with consistent and fair selection criteria published at the start and immutable throughout the tournament. I said that the USOC/AAU will be sued by the USJA and that the four of us would work with the USJA Board to correct this mess and get a

retrial under a court order if necessary! We also told Allen and Jimmy that it must be their decision and their decision alone as to what course to follow because the personal stakes are too high for us to tell them what to do -- not that we ever really would have tried to do that.

Allen and Jimmy, two of the greatest American Judoka of all time had great senses of humor at this moment of "truth" and with wry, impish smiles on their faces they said, "Just watch this!"

The ABC cameras were rolling, the very nervous officials were all in their chairs and places of honor, and the venue was hushed. As they walked to the mat together, friends and competitors at the same time, they whispered quietly to each other and then took their respective places to compete opposite one another on the mat.

They stepped onto the mat and bowed to the officials. Step up to the "line" to wait for the *hajime*. And then, it came, loud and clear from the referee, "*hajime!*" With dignified grace these two men of the mat, bowed and walked slowly to the center of the mat. They shook hands, walked back to the "line", bowed humbly and walked off of the mat.

What followed can only be described as total chaos, a loud cheer went up from the athletes and the audience, flags were waved and cheering and yelling continued for a long time. Allen and Jimmy made their way over to the four of us and we all hugged and jumped joyously. The "athlete's revolt" which had been brewing for a long time erupted like a volcano.



**Coage with some judo awards.**



**Allen Coage, team player.**

I quietly and slowly made my way through the crowded floor to an exit. I was cornered by four officials who said in essence, I was to blame for this and that I would pay for this "disrespectful behavior." I smiled and excused myself. I needed to find a pay phone.

I called Michael Rosenberg, the USJA attorney in Washington, D.C., and related all the shocking events in detail. Michael said his firm would do everything possible to see that there was a retrial. A case was filed in the Federal District Court of the District of Columbia. Short story, they settled, agreed to a retrial under consistent rules and procedures.

Allen and Jimmy at the retrial entered separate categories and made the 1976 Olympic Team.

I was in Montreal that day and watched Allen fight and win a Bronze Medal. After the medal ceremony, I called Michael at the law firm from a pay phone outside the arena in the hall. I told him Allen had won and let him listen to the applause. We, American Judo athletes, had won, and Allen and Jimmy showed the way with dignity and courage at a time of high crisis.

I can hear my youngest son, Matthew, calling me, as he often did as a child: "Hey Dad, come on down and watch wrestling with me! Bad News Brown is wrestling tonight. Hurry, you don't want to miss it!" This was a ritual on wrestling night and I would sit with Matthew and we'd watch the latest saga of Bad News Brown unfold week after week.



After the wrestling was over, I would tell Matthew many stories about the Olympic Trials events, the Montreal Olympics, the Camp Olympus stories, training trips to Europe with Allen and the trips to South Africa to have team judo matches with the South Africans during Apartheid. Allen was the Captain of all of those teams. The South Africans loved him.

We all loved him. We will all miss him.

He was a courageous and honorable man, dignified, steady and had a great sense of humor. He was a tremendous DANCER.

Matthew and I, like many millions of children and parents around the world, mourn the passing of the one and only Allen Coage, Olympian, and *our* hero. Our regrets and sympathy are with his loved ones.

Respectfully,

Jim Bregman  
Olympic and World Medalist  
Dancer



**Allen Coage and Jim Bregman.**

**Jim Bregman is an American Judo legend. He fought on the first US Olympic Judo Team in 1964 and taking a bronze-medal. Later he helped found the US Judo Association.**

## **JUDO GAME: Monkey Feet**

*by James Wall, Wall to Wall Martial Arts*

This month we have another excellent ne-waza oriented game for you; it's called Monkey-Feet. You'll need some soft rubber balls about soccer ball size. The ones I use come from the toy section of Wal-Mart and cost about \$4 or \$5. You'll need one ball for each pair of kids that will be playing.

To begin have your kids split into pairs by size. Then have each pair sit down onto the mat facing each other with their feet almost touching each others. Place a rubber ball on the mat between them. At the start command one player will pick up the ball using only his feet and toes.

He will hold the ball in his feet while he spins around on his rump so that his back is towards his partner. After that he will lie down and lift his legs up and over his head in order to pass the ball to his partner who will take it with his feet only. The original player will now spin back around while his partner performs the same routine of turning and passing the ball over his head.

This routine will continue for a set period of time, maybe 60 seconds. If the players drop the ball the must recover it and start that exchange over. At the end of the time period the pair with the most successful passes wins.

This game is great for building flexibility and tactile control in the feet and toes. It's also good for helping kids to start thinking of using their legs and feet in ways that are similar to their arms and hands. This can be useful for ashi-waza techniques while standing and also useful in ne-waza situations like guard fighting and sweeping. The kids will also get good at changing the position of their head and feet which can be useful if you get on the mat and your opponent is trying to pass your legs to get a pin.

There is also a little strength training taking place since they will basically be doing leg raises every time they lift the ball and pass it over their head. This effect is enhanced because they also have to squeeze and focus the muscles of their legs and feet in order to keep a grip on the ball. Strength is good, strength with fine motor control is better.

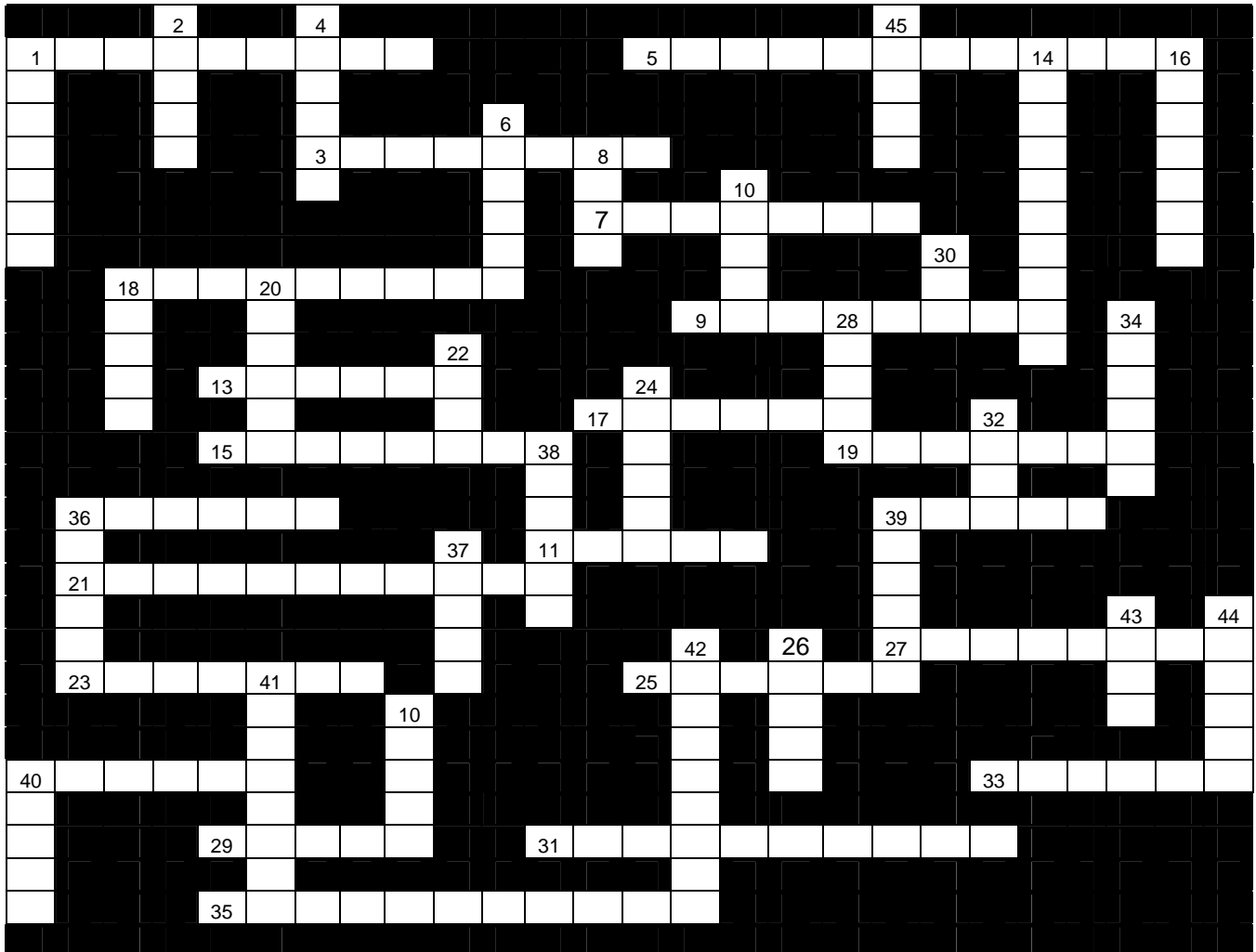
James Wall

Wall to Wall Martial Arts

[wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)



# JUDO CROSSWORD



**CLUES****ACROSS**

- |  |  |
|--|--|
| 1. Yoshitsugu and Yasuhiro                   | 21. Dennis                                   |
| 3. Heart and Soul                            | 23. 1969 Judan                               |
| 5. First Soviet Olympic gold medalist (1972) | 25. Ryoko                                    |
| 7. IJF Hall of Fame                          | 27. Tamio                                    |
| 9. Senator                                   | 29. "Inventor" of Yama-Arashi                |
| 11. Tai Otoshi Specialist                    | 31. Russian Judo                             |
| 13. A big Angel                              | 33. One of the first two Kodokan black belts |
| 15. David _____                              | 35. Tomoe Nage, Osae Komi, and Shime Waza    |
| 17. Athens gold medalist                     | 36. 1984 Judan                               |
| 18. Lost to Douillet                         | 29. Sydney gold medalist                     |
| 19. Youngest promoted Judan                  | 40. Teacher                                  |

**DOWN**

- |                                   |  |
|-----------------------------------|--|
| 1. I've got PRIDE                 | 28. Russian President                                |
| 2. Throwing Techniques            | 30. Ichiro   |
| 4. A powerful Canon               | 32. Shihan   |
| 6. Ude garami                     | 34. One of the first two Judans promoted while alive |
| 8. Seoi Nage Specialist           | 36. Hungary for more                                 |
| 10. Yoshimi                       | 37. American Judoka                                  |
| 12. "O" Shihan                    | 38. Shotaro  |
| 14. Pickin' 'em up                | 39. Kunisaburo                                       |
| 16. Best Judo out there           | 40. Uchi Mata Specialist                             |
| 18. American World Champion       | 41. 1949 and 1950 All-Japan Champion                 |
| 20. Ju Judan                      | 42. A "master" Seoi Nage                             |
| 22. Oh Canada!                    | 43. Yashurio's Sensei                                |
| 24. Ju No Kata                    | 44. Kaichiro   |
| 26. Two-time Munich gold medalist | 45. Harai Goshi Specialist                           |

Answers on Next Page...



