

Growing Judo

-----September, 2009



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United States Judo Association
21 N. Union Blvd
Suite 200 Colorado Springs, CO 80909-5742
www.usja-judo.org (877) 411-3409

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What I am Going to Do (How about You?)

The downside of being president of the USJA is that everyone is eager to give me advice, from people on other continents to my daughter Ronda (yes, that picture below is her, not me. I am darker, smaller, WAY older and the last time my knees bent that far the biggest thing on TV was Gilligan's Island). Ronda noted that even after moving across the country she was still hearing about the USJA election and that it was no more interesting in Jim's Boston accent than in my more cultured California tones. Okay, well, if you read her blog, you know she did not say it nearly that politely! Lance Wicks, who is an authority on American judo, by virtue of coming from New Zealand and living in the United Kingdom, suggested that people in judo organizations should focus on what it is they planned to do and get the judo community involved. So, to show I am open to suggestions, no matter how funny the accent in which they are expressed (just kidding, Lance!) here is a little bit of what I have in mind.



1. **Increase two-way communication.** The Internet has been good for this. The USJA forum on the judoinfo site (thank you, Neil Ohlenkamp!) is one great vehicle, my blog is another. Ronda is on the USJA Facebook more than me, to be honest, because I am too old and uncool. So, electronic communication has been a boon to the USJA but we are also listening to your advice on the need for face to face meetings WITH MEMBERS, not among the board. December 4, Professor Hayward Nishioka, a member of the USJA Coaching Committee, will be hosting a public comment meeting to solicit ideas and comments (duh! See the name!) from coaches on next steps in our program.
2. **Increase professionalism.** I think we have made major strides. Gary Goltz, our Chief Operating Officer, has had a fabulous career in marketing and has applied those skills to get us agreements with Zebra Mats, Black Belt Magazine and Golden Tiger. Our webmaster, John Moe, and Corporate Counsel, Glenn Nakawaki, both do incredible work for us at no cost. My goal for the next four years is to bring in others to help them more, people like Neil Ohlenkamp who has unparalleled expertise in social media. Paul Nogaki, who has substantial financial expertise will be replacing Lowell Slaven as treasurer. What does Lowell think about this? He supports it, because Lowell thinks he can contribute more in ju-jitsu, where he has a lot more expertise than Paul.
3. **PARENTS!** – This has to be the most forgotten group in the USJA. In the next four years, a major priority of mine is to reach out to parents, to recruit them as volunteers but, more importantly to answer their questions and concerns about their children. My younger judo player (age 11) was watching a show on the Disney channel on gymnastics and commented, “All the parents on these shows with kids in sports are always stupid. You’re not like that and none of my friends have parents like that.” Contrary to media stereotypes, the VAST majority of parents want nothing but the best

for their children, but they don't always have the information they need to figure out what the "best" is.

4. **Keep up both high tech and high touch** - Get more of our USJA leaders (and they don't have to be board members) involved giving clinics around the country. Organize more joint workouts. People like these events and we need to do more of them, including a social component for the recreational players and for players' families. At the same time, expand our on-line resources to reach coaches and players all over the country, no matter how rural or remote their location.
5. **Reach out to people who can contribute, wherever/ whoever they are** - I met with the AAU leadership in July. We talk regularly with the USJF leadership, yudanshakais and state organizations. The public comment session scheduled for December 4th is just one step in reaching out to the general public. I plan to work to strengthen our ties to the state and regional organizations, as well as other national organizations interested in working with us.

So, that is, in five bullet points, what I plan to do. How about you? What do you plan to do? It's nearly 1:30 a.m. and I have to get to bed because I have work tomorrow. However, I want to leave you with one last thought. You really do have a chance to make a difference in judo. All you need to do is vote. If you take a look at

www.newusja.us

You will see that we have some amazingly accomplished people like Dr. Jim Lally, Jim Pedro, Sr., Roy Hash and more. They are willing to work for you. Are you willing to go to the effort of filling out a ballot, putting it in an envelope with a stamp on it and putting it in the mail to change judo?

Look at the website.

Listen to the Judo Podcast <http://thejudopodcast.com/?p=664>

Then, do something to make a difference. Mail a ballot. Teach a kid seoi nage. Volunteer at a camp, or just go to judo practice to have some fun. If you want to be really crazy, you can open a bigger club, host a tournament, invite a group of people from across the Pacific to give a clinic or any of the other amazing things done by people in this issue.

Whatever you do, do something!

AnnMaria Rousey De Mars, Ph.D.
President
United States Judo Association

Letters to the USJA

Gary: I know all of the HOORAHs are over, as Mr. James Bregman's Promotion Celebration was last week, but I sent him a Congratulatory letter stating how happy I was that this time that they got it right.

It seems that in the past, so many times, the major number of high Dan promotions went to "the good ole Boys" who had done nothing to help American Judo and/or the USJA. I tried to refuse my last three promotions, because I didn't want people to think I was like them. I must say, that now I am happy to be a part of an Organization who has the real people in it, with the Rank they deserve. People like Jim and George, and AnnMaria, who probably should be a higher Dan. You probably will agree that in the past the USJA promoted to 9th Dan some of the weakest candidates on earth. They got it right this time.

Charlie Robinson

Vineland Judo Club 50th Anniversary Celebration: Take Notes!

Head Instructor, Ray Marquez of Vineland received his seventh-degree black belt during the 50th anniversary of the Vineland Judo Club. Incredibly, the club still has three of its original members. In addition to head instructor, Marquez, these include Peter Tamagni, who started with the club as a 12-year-old and Ed Williams. By comparison, National Masters Champion Ray Marquez Jr., 39, who has practiced out of Vineland Judo for 34 years and competed at the 11th World Master Athlete Judo Championships Friday in Atlanta is a relative newcomer.

Vineland Judo Club, headed by Sensei Marquez has been a USJA leader in many ways, from its consistent ranking in the top twenty clubs in the number of members, to the substantial financial support provided by Mr. Marquez, who is a major USJA donor. U.S. Judo Association Chief Operating Officer Gary Goltz traveled to the east coast to attend the celebration and present Mr. Marquez is seventh-degree promotion.

Vineland Judo Club is recognized beyond the judo community for this amazing longevity. A common question received by USJA leaders concerns how to build and sustain club membership. One common feature among those successful clubs is their openness to the media, for example – this full page article on the Vineland Judo Club. It's not stealing ideas to copy the example of long-running, large clubs. You don't need to win the Olympics to contact your local media. If you hit a major milestone, like your fiftieth anniversary, or host a clinic with two Olympians (see next article), send out a press release or have someone in your club take five minutes to call the local paper. Keep it up, and maybe, like Vineland Judo Club, your next major milestone will be your club centennial!



NORWICH JUDO CLUB GRAND OPENING

Well, you can't do much more to grow judo than open up a bigger, new judo club.

Joan Love & Bill Montgomery are ALL MOVED IN and began to hold classes in their permanent space on August 31

On Saturday, September 12th, they had a special GRAND OPENING CELEBRATION with a clinic/workout featuring TWO Olympians: Jim Bregman, the first American to win Olympic & World medals in judo, and Alex Ottiano, a local two-time Olympian. Says Joan,

“We were very excited to have these special guests at our dojo! We greatly appreciate their traveling to CT specifically for this event, and we were happy to have a GREAT turnout. “



Above, Alex Ottiano breaks down his favorite throw for a rapt audience.

**<http://www.norwichjudodojo.com> (860) 917-6318 or 334-3347
Norwich Judo Dojo is a 501(c)3 (not-for-profit) corporation**

JAPAN JUDO MASTERS PLAYERS VISIT TO KENTUCKY

By Tony Ramey

The Japan Judo Masters visit to KY was a great success. I met with them in Atlanta on Aug 19th at the World Judo Masters Competition. I have corresponded with the president Mr. Hiromi Noguchi over the past 2 1/2 years and finally met him in person. We got to know each other really well over the last week and I was able to make new friends with his group. Among some of the members was Ota Sensei who is 83 and a Hachidan, Seike Sensei retired Tokyo Metro police academy professor, Nakajima Sensei former instructor to the Dalai Lama bodyguards. There were also several others that really amazed and impressed me. One evening I had a copy of Ishikawa Judo Journal dated 1977, I attended the grand opening of his dojo that year when I was 17. Shimiru Sensei was looking through the book and saw a photo of his parents, he became very emotional and couldn't believe it. He asked me how I knew his parents were displayed in the book and I told him I had no idea they were in the book.

On the 22nd the Judo masters performed 7 katas in perfect form, and conducted a clinic on Nage No Kata. They also participated in light randori allowing the younger Judoka to throw them around. We had a great time, about 25-30 people from 3 different states showed up for the free event. Sensei Lowell Slaven was at the clinic and represented the USJA.

Later that evening we had a sayonara party and they presented me with many gifts, Seike Sensei shocked me beyond belief, he gave me his GOLD MEDAL he had won for Katas that week in Atlanta. I was speechless. I guess he was returning the favor because I gave him an authentic antique Texas Ranger badge and a few other old badges. Suzuki Sensei presented me with a Japanese calligraphy of a sage: "Seek the old ways, find happiness in life". Again I was overwhelmed, but they weren't finished and neither was I. Ota Sensei presented me with 2 books he had written on how Judo changes life, he autographed them in Japanese and English.

I then presented my gift. On behalf of the Gov of KY I awarded them with a commission as an Honorary Kentucky Colonel. 15 awards altogether. They were very happy and humble. All of them bowed to me very low and humble, it was a very emotional event. Here I am a lowly Sandan, and an 83 year old Hachidan bows to me. Ota Sensei was born in 1926 and remembers Jigoro Kano. Again I was amazed.

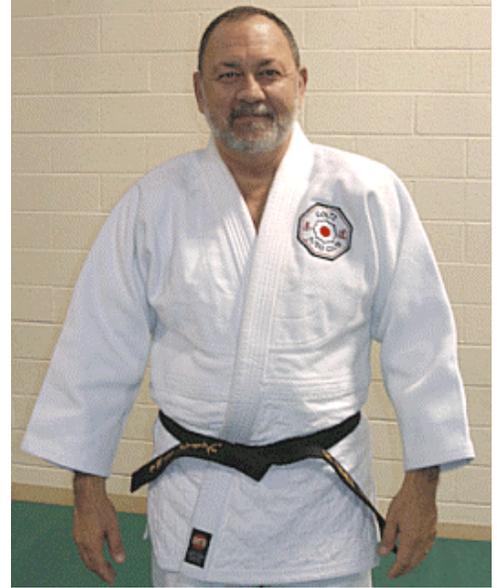
I started Judo in 1972 and since that time I have lived in Japan during my career in the Navy. I have been involved with Japanese martial arts for a long time and this was a dream come true.

Why am I in Judo? : A Thank You to Judo Instructors

Dr. James Lally

I am by definition, a very busy person. I typically start my day at 0300 so that I can be at the first hospital by 0400. I usually get home by 2200 and do this 7 days a week when I am in town. There are the times that I am on call that sometimes the days and nights blend together and a weekend can seem endless. So why Judo?

I spent a great portion of my younger life in Japan and graduated from high school in Okinawa. I “dabbled” in various martial arts growing up. I say, “dabbled” because I wasn’t committed or disciplined enough to stick with one. Most of the combatives that I learned could be defined as “Street fighting 101 and 102”. I did excel in wrestling during high school and while categorized as a “smaller” football player, my work ethic combined with youthful recklessness earned me credibility and respect as an athlete.



I took the long route to medical school, enlisting in the Army and “being all that I could be”. That 15-year career was cut short by a parachute accident that put me into a hospital for six weeks and resulted in several surgeries. As the door closed on an outstanding military career, I had the opportunity to enter medical school and have not looked back ever since.

The past five years have been difficult for me. I married late in life and “earned” a son in the transaction. He is incredibly important to me and I felt that while I was providing for him financially, I was not being a father to him. His dad and I have an excellent rapport but I was jealous that Don and Joshua had baseball as a vehicle in which they could bond. I took him to a friend’s school in LA when he decided he wanted to do karate, but distance and time worked against us. We shopped locally and nothing of quality surfaced so I steered his mother toward Aikido. As a coincidence, Diane found Sensei Goltz and Josh joined up. He was so excited his first night and all he could talk about was the class.

I visited and remembered that I had covered a judo tournament for Sensei Goltz in 1993 and he had impressed me then. There was a controversy during the tournament and Sensei Goltz demonstrated that he was a “class” act and that honor and integrity were more important than winning. One of the firemen from Orange County suffered an open fracture of his elbow and he and his coach were carrying on like a couple of horses' behinds. Sensei Gary calmly and firmly

affirmed my position as the physician on the scene and ended the match, over their protest (he was winning). Anyway, it made an impact on me.

Joshua never asked me to join but when his mother and I discussed it, we felt that it might be the “vehicle” that I was looking for. The first practice was rough and I was physically challenged and fatigued at the end. Let me tell you, the ride home with my son was the greatest ride of my life. Joshua opened up and spoke to me about some issues that had been under the surface for quite some time and I felt like a million dollars when we finally got home. I was hooked.

The next day I sat down with my partner and reorganized our practice, including getting up earlier on judo days so that I could check out earlier. I do everything I can so that I can be at class and although Joshua has lost some interest recently, he has promised to stay involved for at least one year. At that time we will re-evaluated the situation and decide his future.

The school represents all the right things. It is not economically driven; the Black Belts who attend regularly are there for the right reasons. They come to teach, to sacrifice, to cooperate, so that others can excel and that is incredible considering today’s “what is in it for me” society. The blending of the philosophy, history, and traditional methods along with the components of competition and sport offers a little something for everyone. There may be differences in techniques of teaching and time management but no session has been anything less than excellent.

The way in which a physician interacts with a patient or a family determines whether is "a good doctor" or not. Not his competency or skills. The same way with your Black Belts. I can tell you the ones who are sincere and who want to help versus those that come for their own edification. It goes into all walks of life. I see it in the Olympic athletes. There are those there for all the right reasons and some who are living a secondary agenda. You are a person of integrity and dignity and that goes a long way with me. I will not ever be able to fully repay you for the things that you have done for Joshua, and me but I will try. I bought our house, from the ground up, with just a shake of the hand. It was truly wonderful and the best thing is, I never had a single moment of doubt about the contractor. I have trained hundreds of medical students over the years and the one thing they all remember is that while I may have been an "a-hole", the rules were clear. Be on time, do your job, keep your hands out of your pockets, don't lie, and show some dignity. I believe the expression is "hard but fair".

So why am I in Judo? Because people like Sensei Gary Goltz and the other instructors are in judo and because it let my son and I start a connection that hopefully can be nurtured and continued into his teenage and adult years.

Thank you for teaching, thank you for learning and thank you for the patience and consideration that you offer each of us.



MILITARY LESSONS APPLIED TO JUDO

Roy Hash, USJA Vice-president, Head Coach, Texoma Judo Club

The USJA traces its lineage back to the Armed Forces Judo Association. Many of the USJA originators began their study of Judo as US military members. US Air Force Strategic Air Command instructors traveled to Japan to study Judo at the Kodokan in the early 1950's. Upon their return Judo soon became a popular activity on US Air Force Bases around the world. Similarly, other military members became interested in Judo after being introduced to its concepts during combatives training in their respective units. Many of these individuals went on to establish their own Judo clubs and programs, just as I did after my retirement from active duty in 1999. Recently I thought about how many of the lessons I had learned in the military were applicable to Judo competition. Below are some of the frequent military related adages and admonitions that I impart to my players.

No plan survives first contact with the enemy. My players frequently hear this admonishment from my assistant coaches and me. There are several important concepts contained within this short sentence. First, you should never step onto the mat without a plan. The coach and player should work together to develop a solid game plan or strategy for use during the match. The coach has the obligation to develop a credible strategy based on the player's strengths and weaknesses. The player has the obligation to follow the plan. Since the playing of Judo involves the interaction of two people, the opponent's actions and reactions will also affect the plan's success. Most opponents will come prepared with their game plan to deal with you. Your opponent has no compulsion to assist in the fulfillment of your game plan. For example, your opponent doesn't know or care that your plan is to enter and throw with a seio nage. In all probability, your opponent will move in a different direction or present a different grip than you planned. It is much better to hope for the best and plan for the worst than to plan for the best and hope the worst doesn't happen. It is critical that you develop a contingency or follow on attack in the event your initial plan is prevented. Using our example of the seio nage attack, your opponent, may evade your attack either using movement or by settling their weight. A contingency plan would include a follow up attack with seio toshi or ko uchi gari as valid follow up attacks in response to your opponent's evasion or defensive stance.

Shoot, Move and communicate. Let's be clear, I'm not advocating you actually shoot an opponent as that is slightly outside the rules. The idea that I try to convey with this statement is there are critical tasks that must occur during a match. Most importantly is the requirement of consistent effective attacks. Actual attacks must occur at an approximate rate of 6 to 10 times per minute. Many variables are beyond a player's control during a match. The one factor that a player can control is their conditioning. During training, a player needs to train and condition to reach the endurance level where the minimum attack rate can be

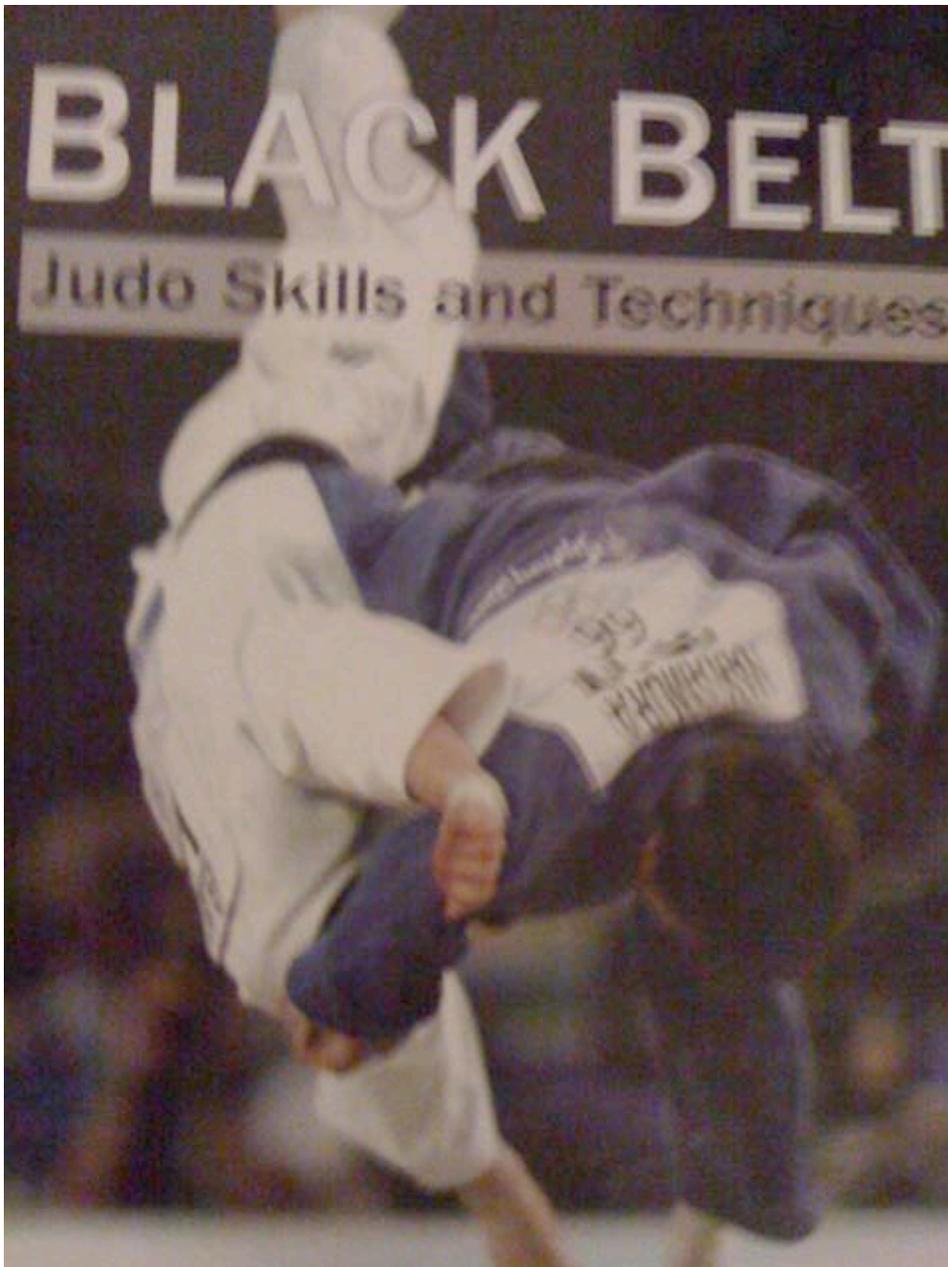
achieved. Attacks must be preceded and accompanied by movement. Judo is not a static sport although for the less skilled it does frequently appear to be a battle between two billy goats. The use of movement is a key element in that it creates opportunities for attacks and set up opportunities to create off balancing. Physical conditioning is a key element of being able to create and maintain movement during the entire match. The final link in this chain is establishing a clear communication link between the player and coach during every match. My players are taught to look at the coach whenever time is stopped. We do this so the coach can quickly pass along tips, advice or suggestions. We use a series of code words and simple hand and arm gestures to signal key information to be used during subsequent engagements. Effective communication does not include the coach shouting out, "Do seio nage or don't let him/her pin you!" Our players are trained to listen to and respond to the coach during exchanges during the match. For example, a player may be behind in a score and become too focused on futile ne waza attacks that are using up valuable time from the clock. A Coach may instruct our player to stand up and disengage to allow the referee to stop the clock to increase the potential for a better scoring opportunity. On the other side of the coin, the coach may instruct a player to continue with ne waza attacks that have minimal opportunity for success but are eating up the clock when we're ahead. Match time is a resource that the coach is responsible for using to the best advantage and communicating that to the player.

Don't pay for the same real estate twice. Often times at a tournament we see a player initiate a partially successful attack. The player has entered and partially off balanced the opponent. The opponent is able to prevent the final execution of the throw. The attacking player then spins back out to the starting position returning to the status quo prior to the attack. This is an ineffective way to engage in combat as it increases the potential to be countered. Every entry is an opportunity for the opponent to counter you. Once the attacker is successful in penetrating his opponent's defense this opportunity must be exploited and capitalized on. Whenever the defense is penetrated, multiple attacks of real throwing attempts should be made. Attacks should continue until a score is achieved or it becomes impossible to continue the attack because of the opponent's responses. Multiple attacks tend to overwhelm the defender allowing an opportunity for the attacker to identify a weak point that may be exploited for a score. The angle of attack should change with each follow up attack. Straining to complete a stalled technique in the original direction of the throw is rarely successful.

You've got to squeeze the trigger. Frequently, we see a match where minimal action occurs for the majority of the match time. Players accumulate stalling penalties as they move around the mat trying to create the appearance of attacks to preclude acquiring a penalty. Most players go into a match thinking it is a three minute or five minute match duration time depending on their division. A more effective and efficient way of looking at the match time is as a period of "rounds". For example, in a five minute match, the match should be viewed as 5-one minute

“rounds”. The player’s goal should be to win the match as quickly as possible during the first one minute “round” of the match. If the player is unsuccessful during the first round, the player then focuses on a winning during the second minute of the match. A player needs to employ quality effective attacks that will result in the scoring surface of the opponent’s body meeting the mat surface as quickly as possible. Quickly finishing a match results in a shorter recovery time and more energy reserves for future matches. Players should confidently enter and fully commit when making a throwing attempt. Many times an attack fails because the attacker hesitates or only partially enters for the attack.

An ounce of sweat in training prevents a gallon of blood in combat. You need to train as you plan to fight. Some competitors do not factor in the possibility of golden score in their training plan. When golden score does happen these players are not mentally or physically ready for the demands this additional period will place on them. There is no substitute for quality task focused training. Training should be specific and focused toward a realistic objective or goal. Training effectiveness should be evaluated using a SMART goal type system. This means training goals should be Specific, Measurable, Attainable, Realistic and Timely. A training book containing a log of all training activities should be kept as a way to document and measure performance. The training log should contain a section documenting tournament performance with win-loss results and observation notes from every match. Video taping of training and match play is an excellent training tool that can be used to provide a detailed critique of a player’s performance.



Neil Ohlenkamp, Founder of the Judo Info site (www.judoinfo.com

And author of Black Belt Judo Skills and Techniques & Judo Unleashed

Supports the New USJA slate www.newusja.us

Marc Cohen	Dr. AnnMaria Rousey De Mars	Deb Fergus
Gary Goltz	Roy Hash Dr. Jim Lally	Joan Love
Bill Montgomery	Paul Nogaki Lowell Slaven	
Jim Pedro, Sr.	Randy Pierce	(and Neil Ohlenkamp !)

GROWING YOUR JUDO CLUB

By Gary Goltz, 9-6-09

In late 1987 I started our club. Prior to this date I was doing judo at a local USJF dojo that was a good 45 minute drive from my house. While I liked the head sensei there, some of the others in that dojo didn't treat me like I was really part of their club. I also was thinking about my daughter who was just about to turn 6 and wanted to have a place to teach her the way I was taught back in Pittsburgh under Kyu Ha Kim.

This resulted in me forming a goal and a mission before starting a club. In the case of Goltz Judo I came up with the following:

The mission of the club is to improve our community by promoting the study of judo. This will be accomplished by emphasizing judo's principles of developing good character in people throughout our community.

My next step was to find a community center, parks department, college, or YMCA to partner with. Back in Pittsburgh during the early 70's I had 3 classes at different YMCAs all going at once! They used to be great places for judo in fact I started at the Jewish YMHA (H for Hebrew back in 1965).

My search resulted in partnering with a local community college. They let me use a mezzanine in their gym with old wrestling mats for 2 hours every Saturday morning. More importantly they ran an ad in their brochure which got mailed out to 5 or 6 local communities. Free advertizing is one of the main benefits for partnering with a community oriented organization.

Next it's integral to be part of one of the national judo bodies. I became part of the USJA in 1974 for the same reasons I'm still with them today. I felt the JA gave the club instructor lots of support, a good promo system, sanction ability, a database, liability insurance, fair pricing, and most importantly independence. Today as volunteer COO of the JA I enjoy helping new club leaders get started.

As my club began to grow I soon needed more days for practice and became disenchanted with the community college. So I started to search for a better partner and heard about the City of Claremont from the local gi supplier. He said they were easy to work with so I went and inspected their facility. While it was a bit old and dingy they were very positive people and my gut told me a good fit.

Once moving to Claremont things really seemed to take off. With more practice times our club was getting better known in the judo circuit in the region. I held my first club tournament in 1992 and now hold 3 a year plus the Winter Nationals. These are very powerful events that helped to put our club on the map.

Around this same time my daughter was winning major tournaments such as the junior nationals. Every time this happened I sent out a press release to all the local papers. Eventually I developed a good relationship with several of their reporters and got them to do a feature on my daughter. Soon I became very savvy at spotting stories with a human interest edge. For example when a blind judo player join our club, or when one of my older students in his 60's won at the masters, etc. I even got a reporter to take our women's self defense class and then she wrote a story on it!

The local paper proved a great source of free advertizing and with the weight of being part of Claremont's community services programs, the local papers regularly ran news about our club and stories about our students.

I established my website in 1995 when the Internet was still in its infancy using a very basic program. Again, free advertizing always seek it and learn to take advantage of it!

As my students attained higher ranks some of them branched out and opened up their own clubs. This at first concerned me but as it turned out it actually help my club grow even bigger. These new clubs brought in fresh ideas such as the one started by John Moe who serves as our USJA volunteer IT Director. John initiated interclub events such as tournaments, picnics, demos, that got everyone involved.

Today Goltz Judo is the #1 USJA club and I can honestly say I never sought out having such a big club. It was the result of lots of hard work, attracting talented people, and giving them space to grow and blossom. This list of those who contributed to our growth is a long one and includes people such as my very first member and right hand man O.J. Soler, Danny Martinez, John Moe, Nick Niakan, Tony Farah, some great parents such as Patricia Wang, Liz Estupinian, and a major supporter like Dr. James Lally to name a few.

It's very similar to building your own business and has always been a labor of love.



Me with O.J. Soler back in the 80's and today!



Current Dojo Alexander Hughes Community Center 2009

**USJA Applies to Replace USA Judo as the National Governing Body
-- For Immediate Release --**

The USJA has filed a formal application to replace USA Judo as the United States National Governing Body (NGB) for Judo with the USOC. The nearly 30 -page application document which includes over 50 pages of attachments in appendices outlines in detail USA Judo's appearance of financial mis-management, improper use of USOC funds, lack of performance, and inability to work cooperatively with the USJA and the USJF. The application further lays out a streamlined plan to return the NGB to its primary purpose of managing the Olympic judo team rather than developing grassroots judo which is the primary purpose of the USJA and the USJF.

AnnMaria Rousey Demars, USJA President stated "Our review of USA Judo financials shows spending \$150,000 on entertainment, board member and executive travel, running a \$394,000 deficit despite the money they get from the USOC, and moving their endowment from the US Olympic Foundation management to a separate corporation managed by Fletcher Thornton, Reno Reser and Gail Stolzenberg, all the while U.S. athletes are paying their own expenses to represent us internationally.

Stephanie Streeter, CEO of the USOC has appointed three high level leaders to serve on the Hearing Panel for the Section 11 Complaint. They include several senior executives from other NGBs and a decorated athlete all of which are impartial to the current situation involving judo.

Previously USA Judo's Board of Directors voted to suspend the USJA as a Group A member based on information and documents which showed the USJA leadership actively sought, organized and supported a trip by junior athletes to an international competition in Dominican Republic without applying to USA Judo for a sanction to do so. In addition USA Judo falsely alleged that the USJA sent as one of the coaches an individual under suspension by USA Judo.

According to Gary Goltz, COO of the USJA, "we were given less then 16 days to respond to what was a barrage of allegations based on flimsy evidence. We have a many lines of defense to USA Judo's claims including the Ted Stevens Olympic and Amateur Sports Act itself."

Next Steps in Coach Certification

By Jim Pedro, Sr.



It's been four years since we started a new coaching certification. The first four years we only certified up to class D. The next two to four years we are going to start certifying C and B coaches. We are also going to start emphasizing, and we need your help, assistant coach certification. We need to send as many brown belts as possible to these clinics so we can try to help our future coaches. Any of the brown belts who attend these clinics and get certified as assistant coaches, if they become a black belt within two years, we will use that certification to move them up to D coaches. Also, remember these clinics are for you and your students. If you have anything you want taught at these clinics you should let us know in advance so we can help you out.

Remember, even though you are certified, you still need to do continuing education and attend at least two clinics over a four year period to maintain your D-level certification. It's like being a sixth degree black belt, dropping out of judo for ten years, coming back and wanting to be promoted to seventh.

The main thing is that we want and need you to be more involved, because the more people that are involved, the stronger that we will be. We are looking forward to seeing you at future clinics.

We are planning on having two different tracks for the B-level coaches. One would be to recognize the outstanding developmental coaches who are exceptional at growing large clubs, bringing people into judo, developing assistant instructors. The second would be for people who produce numerous national champions and international medalists.

NOTE: Professor Hayward Nishioka, a member of the USJA Coaching Committee will be leading a discussion on Friday, December 4th, at the end of the coaching clinic at the USJA/ USJF Winter Nationals. The whole purpose of this meeting is to get your input on our program as it grows and develops. You do not have to attend the coaching clinic to come to the meeting. All interested coaches are welcome. You don't even have to be USJA member. We want good ideas to make our programs better. If you can't make the meeting, or would simply like to email your suggestions/ questions in advance, send them to Bill Montgomery wmontgomery2@aol.com

TEXOMA JUDO CLUB
Supports the New USJA
<http://texomajudo.com/>



ALL of the members of the Texoma Judo Club support the New USJA slate
www.newusja.us

Marc Cohen	Dr. AnnMaria Rousey De Mars	Deb Fergus	
Gary Goltz	Dr. Jim Lally	Joan Love	
Bill Montgomery	Paul Nogaki	Neil Ohlenkamp	Lowell Slaven
Jim Pedro, Sr.	Randy Pierce	(and, of course, our coach, Roy Hash!)	

USJA Women's Committee
By Deborah L. Fergus, Chair

USJA Women's Committee Mission Statement

Vision:

To help develop, nurture and grow Women's Judo and encourage former players back to the mat to serve and help further growth of Women's Judo. To encourage Sensei's, Coaches, Male and Female to take an active part in developing programs to recruit and maintain female players.

Mission:

To assist member clubs, Sensei, and Judoka and our Judo community create programs and atmospheres to increase their numbers. To use the research compiled to date to help in this mission.

Strategy:

To ask for contributions from all involved in Judo. We need to be pro active and work to provide continuous development of Junior, Senior and Master Females.

Goals:

1. To utilize the data compiled to date to discover and correct the reasons for the low numbers of females entering and staying with Judo.
2. To create Sensei seminars and workshops to assist in developing Women's Judo Programs in their Communities. To discuss Women's development issues and increase Female Membership.
3. Sponsor Women's Event's such as Clinics and Competitions (Gokyu no Waza, Kata, Coaches and Referee clinics, All Women's Championship).
4. Provide some help with entrance fees, transportation and accommodation reimbursement for competition and clinics for female Judoka who are limited by their financial circumstances.
5. To provide each member club the necessary financial resources to put their Women's Programs into effect.
6. Provide unbiased and obtainable Rank advancement. Provide advancement of female Referees , Coaches and Clinicians



There is a lack of female participation in Judo. Part of this is due to insufficient training of the trainers and inadequate effort and funding addressed to the needs of females and why they do not stay.

The Needs:

Some of the needs are monetary in nature, ignorance of who, what, why, and where the women are and how to recruit and keep them on the mat exists. Proper training of Instructors and Dojo Managers on Women's Issues is needed. Women's Clinics, Seminars, Tournaments and Events for women are needed.

Female Coaches, Referees, Clinicians, Competitors and fair advancement of Rank are needed. Unless there is some effort, incentive and help to the needs listed above, there will always be a shortage of women in Judo.

Committee Members: Chairperson Deborah L. Fergus, Andi Bongert, Julee Cope, Dr. AnnMaria DeMars, Patricia Hill, Stacey Knapp, Michelle Kruse

NOTE: Committee volunteers are currently being accepted.

TOURNAMENT ANNOUNCEMENTS

2009 All Women's Judo Championship

New location:

**Cudell Recreation Center
1910 West Boulevard
Cleveland, OH 44102**

Host Club: Mid-East Cudell Judo
Club Liaison: Victor Anzalone
216 650 6093 va@viicorp.com

Special Guests:

Coaches and Competitor Clinician, Loretta Edwards
Chief Referee and Clinician, Sharon Landstreet
Head Kata Judge and Clinician, Frances Glaze

PRE-REGISTRATION IS NECESSARY TO ENSURE A GREAT TOURNAMENT
ONLINE REGISTRATION AT WWW.IWJA.NET

FRIDAY, NOVEMBER 20, 2009 COACHES/REFEREE AND KATA CLINIC -

Open to everyone - valid US or foreign NGB membership required
Registration and weigh in: 3:00 pm to 7:00pm at tournament site
Coaches, Kata and Referee clinics and certification
Start 3:00 pm - 7:00 pm at Cudell Rec. Center

SATURDAY, NOVEMBER 21, 2009, SHIAI AND KATA COMPETITION

Registration & Weigh in
8:00 - 9:30 am Junior, Kata, Senior and Master

Pre-Registration post marked by: 11/14/09

Shiai Wt./age Div. and Open USD \$ 40.00
Kata pair (2 Kata) Novice Div. 1st. 3 sets, Nage no Kata USD \$ 50.00
On-Site Registration one div. or one Kata Kata USD \$60.00 / Shiai USD \$50.00
Shiai and Kata Contestant - additional divisions USD \$ 10.00
Clinic registration (contestants) USD \$ 20.00 (non-contestants) \$ 40.00

TOURNAMENT DIRECTOR : DEBORAH L. FERGUS

U.S. (269) 208-1068 Defrgs6@att.net

TOURNAMENT REGISTRAR

Liz Roach - Canada 1 416 580 1885 Web Site: www.iwja.net

AAU FREESTYLE JUDO NATIONALS

Saturday, Nov. 28, 2009

Kearney, Missouri

Seniors, Juniors, Masters, Male and Female

See attached PDF file for complete information.

This will be the first National Championship for freestyle judo ever held anywhere. Be part of history! If you have any questions, contact Ken Brink at (816) 969-9019 or kbrink8952@aol.com or Steve Scott at (816) 210-4484 or stevescottjudo@yahoo.com. For the complete rules of freestyle judo, go to www.WelcomeMatDojo.com and click on the Freestyle Judo page. We hope to see you Nov. 28!

Freestyle judo includes all the great things of judo as well as the great things of sport submission grappling. This is the perfect blend of judo and grappling. Your full range of judo skills can be used, both standing and on the ground. This is a recognized AAU National Championship event with the large, beautiful AAU National Championship medals and T-shirts. We hope to see you Nov. 28!

AAU Freestyle Judo Nationals

Gi & No Gi competition

Saturday, November 28, 2009

Kearney High School

715 E 19th Street

Kearney, MO 64060

Registration and Weigh in's:

Saturday 11/28/09 from 7:30 – 9:00 am

Rules clinic @ 10:00

Competition starts @ 10:30 with Gi

no gi will immediately follow once Gi competition has ended.

Entry Fee: \$25.00 for one style - \$35.00 for two styles (gi/no gi)

Must have an AAU card to compete: cards may be purchased on-line @ www.aausports.org

Awards will be given 1st place thru 3rd place

Divisions:

Junior(s) :

Male & Female – *weights will be determined by the participation*

Seniors:

Male: 130-l, 145-l, 160-l, 175-l, 190-l, 210-l, 235-l, Over 235, Open

Females: 105-l, 115-l, 125-l, 135-l, 145-l, 160-l, 175-l, Over 175, Open

Masters:

Male & Female – *35 years and up – weight classes determined by the participation*

Contact Information:

Kenney Brink (816) 969-9019 or kbrink8952@aol.com or www.brinkswelcomematjudo.com

Steve Scott @ stevescottjudo@yahoo.com or www.welcomematjudoclub.com



Judo for Kids & Chisago/Stacy Eastside Tigers

Is proud to host

**STACY / NORTH BRANCH
FIRE FIGHTER / DIVE RESCUE TEAM
FUND RAISER**

**Judo Tournament - USJA
Junior, Senior, Masters & Novice**

- DATE:** Saturday September 19, 2009
- LOCATION:** Lent Town Hall... 33155 Hemmingway Ave, Stacy MN 55079
- AWARDS:** Awards for 1st, 2nd, & 3rd places in all divisions.
- SANCTION:** **USJA APPLIED FOR**
- WEIGH-INS:** Saturday: Juniors and Seniors 8:30 A.M. to 10:30 A.M.
- COMPETITION:** Juniors start at 11:00 am - Seniors will not start before 1:00 pm
- RULES:** **Modified IJF rules will apply:** No chokes allowed if either competitor is under the age of 13. No arm bars allowed in the Junior Competition.
- ELIGIBILITY:** **Must show current membership in: USJI, USJA or USJF.**

2009 Louisiana Open
Judo Tournament

Date: Saturday, November 14th, 2009
Times: Kata 9:00 am (Nage No, Katame No, Goshin Jitsu)

Masters & Juniors 11:00 am
Seniors Following Juniors

Eligibility: Open to all members holding a current USJA, USJI, or USJF memberships. USJA memberships will be available on site.

Awards: 1st, 2nd, and 3rd place awards for individuals and teams.

Weigh In & Registration: Friday, November 13th, 2009
8-10 pm
Saturday, November 14th, 2009
8-9 am Kata 8-10 am Shiai

Fees: Shiai \$25.00 if received by November 7th
\$35.00 During weigh in
\$10.00 for each additional division
Kata \$5.00 per person for each kata division entered.

Location: Hebron Baptist Church Gymnasium
24063 Hwy. 16
Denham Spring, LA. 70726
(See attached directions)

Divisions: A separate entry form is required for each division. Juniors will **not** be allowed to compete in 2 or more Weight divisions. They may (if 15 yrs or older) enter the correct senior division for the additional fee.

If there are any questions regarding directions please feel free to contact me at any of the following:

James Wall
Cell# - (225) 921-7923
Home# - (225) 612-0934
Email -wallmartialarts@cox.net

Granite State Judo Institute

Fall Junior & Senior Judo Training Camp

October 10th- 11th 2009

Open to Judoka of all levels. Coaches are welcome.

Place: Granite State Judo Institute at Manchester Police Athletic League

411 Beech Street

Manchester, NH 03101

www.gsji.org

Contact Robert Proksa 1-603-568-0054 or Robert@gsji.org

Pre-registration Camp fee of \$75.00 Fee at the door \$90.00. Please make checks payable to MPAL.

Mail pre-registration and camp fee to: Robert Proksa 45 Twist Hill Road Dunbarton, NH 03046.

Camp schedule will be:

Saturday 9 am - 11:30 am, and 1:00 pm - 3:30 pm;

Sunday 9 am - 11:30 am.

Saturday AM will be Newaza with the focus on Turn over variations.

Saturday PM will be the focus on Seoi Nage variations.

Sunday AM will be Kumi Kata and Tachi Waza.