

Growing Judo

February, 2011



Monthly publication of the
Club Support Services Committee of the
United States Judo Association
21 North Union Blvd, Suite 200
Colorado Springs, CO 80909-5742
www.usja-judo.org
(877) 411-3409

In this month's issue:

- ★ **SPECIAL FEATURE:** a Collection of Remembrances of George Harris
- ★ March is Visit-Another-Dojo Month
- ★ News, Events and more regular features



*Remembering
George Harris
1933 - 2011*



*George Harris
6'2" 240 lbs*

*Jim
Harris
6'2" 240 lbs*

Josh Harris

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

- * CONCISE, well-written and proofread.
- * Contain correct details (like dates and contact information) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.
- * Your original work, or includes the expressed permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*
Vice-President, USJA
Chair, Club Support Services/Regional Coordinators
judolady210@aol.com

Editor's Note: The next issue of USJA's Growing Judo will be March, 2011. If you have any news and/or any planned events, please submit your information by February 22nd or earlier.



UNITED STATES JUDO ASSOCIATION

21 North Union Boulevard, Colorado Springs, Colorado 80909-5742
Telephone: (909) 702-3250 or (909) 985-0586

February 1, 2011

A Rose by Any Other Name...

When I hear people talk about Kosen Judo, Combat Judo, Sport Judo, Kata Judo, Olympic Judo, Traditional Judo, etc. I always think in my mind they're all simply Judo. In fact to me Brazilian Jiu Jitsu 'BJJ' stands for Basically Just Judo! What I've always liked about Judo is it can be many different things to many different people. This is what makes Judo a great activity because of its inclusionary nature and its ability to continually evolve. As we move towards *March Visit Another Dojo Month*, I encourage everyone to find places that practice different aspects of Judo to get a taste of what's out there. Be sure to stay open minded and you may be pleasantly surprised by what you find. And remember to keep in your heart the spirit of the great George Harris who recently departed but will always be with us!

Yours in Judo,

Gary S. Goltz



An important message from the Editor:

Many individuals have shared their stories and photographs in this issue. I would like to express my sincere thanks to Jim Bregman, Paul Maruyama, Connie Halporn, Deborah Shapiro, Hal Sharp, Sid Kelly and everyone else who contributed to this magazine for their thoughtfulness and generosity.

Please note that that these individuals have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

Thank you for your support and understanding,

Joan Love, Editor, Growing Judo

Eulogy for George Harris

George Harris is our friend. He is with us now and will remain with us in our hearts and memories. The Bible commands humanity "To do Justice, love Mercy, and walk Humbly with G-d." This is, in Eastern Tradition, "Mutual Welfare and Benefit".

To quote George, "Everything that happens in life shapes your values and whether you'll be an honorable person. I've tried to be a good person, to touch other people's lives, to impact them to live honorably."

The measure of a person's life is not in what they "have" but is in what they have "given" to the world. To heal, to repair, and to transform the world with dignity and respect so that all mankind shares generously of its bounty is the responsible "Way Forward."

George demonstrated to us all by his actions and deeds, by his example, in his personal life, his professional life, and his life as world class judo athlete/coach/administrator that the responsible "Way" is to "Pass It All Forward" to future generations.

George is a gentle, kind, generous, soul who has impacted in very personal and unique ways literally thousands of people, young and old alike, throughout the world. Unassumingly, by example, he does Justice, loves Mercy, and walks Humbly with his G-d.

George's love radiates in our souls and reminds us all to Heal, to Repair, and to Transform the World by example, deed, and action.

George has transcended from the loving arms of his wife, Jan, to the loving arms of his Heavenly Father. He is with us forever. Peace.

*Jim Bregman
George's Friend
January, 2011*



A Belated Message to My Dear Friend, George Harris:

With your departure from our midst, George, there is sudden sadness, pain, and loneliness in our hearts. Every Judoka, not only in America but in the entire world, will miss all that you have done for the sport: for your competitiveness and superb technique on the mat; for your skill in teaching the sport; for your inimitable skills in coaching, motivating, inspiring, and spreading the spirit of judo to all your students who loved and admired you, and for your superb overall leadership. But we will miss you most of all because you were simply a wonderful human being.

The first time I saw you was when you came to the Kodokan in 1958, when you, an Air Force sergeant, were preparing to represent the United States in the 2nd World Championships in Tokyo. I was in high school then, and I was in such awe of you that I did not have the courage to introduce myself to you. I, an American citizen born in Japan and who had never yet been to the United States, had two dreams. One was to join the United States Air Force, and the other was to represent the United States in the Olympic Games. (There were already rumors then that Judo would soon be an Olympic sport.) You, George, intensified those dreams for me by your presence, example, and comportment!

Never did I dare dream or wish that I would one day join you as your teammate, first at the Pan American Games in Brazil in 1963, then at the Olympic Games in Tokyo in 1964. I went on to also later become a member of the United States Air Force and, like you, represented the USAF in many competitions throughout the world.

George- I never told you how much you were my inspiration to fulfill my boyhood dreams. How fortunate it was that I knew you, how thankful I am to have been your *kohai*, teammate, and friend. I will miss you, *senpai*, but I will never forget you! May God welcome you and may He have a special dojo for you in Heaven!!

Your *kohai* and admirer,

Paul K. Maruyama



My Memories of George Harris

by Hal Sharp, 8th Dan

I first met George in August 1955 as part of a Japan-USA Goodwill Tournament. The team was made up of nine AAU and Air Force Judo Champions and a team of seventeen local US judoka practicing in Japan of which I was the team captain, for a total of twenty-six players. In seven days we fought in six cities in large auditoriums that had a packed audience. George was unique as he towered over his Japanese opponents. As they would slam into him George would block the throw, smile and say *ho-ho-ho* making the crowd laugh as they enjoyed his humor and great sportsmanship. At one point I roomed with George. As we chatted I paused and asked George if he was from South Philly (Philadelphia). He looked at me and said yes and asked if I was from South Philly. We were instant blood brothers. Then we exchanged experiences of gang fights and on how we just used our fists, no knives and guns because we could not afford them.

Our tour was so successful that in 1956, Japan sponsored the first World Judo Championship. Much of our success can be attributed to George. Years later I experienced what the Japanese players must have experienced on our tour, when I fought George in the AAU Nationals. First, between his height and my bad shoulder I had a problem. When I lifted him for a throw he would go *ho-ho-ho* and I would get stomach cramps from laughter. Then I would say "George get serious"



and he would smile and say *ho-ho-ho* to crack me up again. Finally we ended up on the mat and George imitated a nutcracker around my head and it was over. I am turning 84, so maybe soon George and I will have a rematch in the great dojo in the sky.

Here is a shot of George receiving flowers at our tournament in Tokyo

In the fall of 1958, George Harris and Ed Mede represented the U.S. in the 2nd World Tournament, held in Tokyo. Harris's three wins before losing to Sone, a Japanese 5th degree, placed him in a tie for fifth place along with the four other defeated quarter finalists. As a result of this fine record, George Harris was promoted to 4th degree in judo, the first Armed Forces man to be so honored.

-- Jim Bregman



My fondest memory of George was watching him fight in various tournaments. He was a tough fighter and many of his opponents were so much intimidated that many of them would give up mentally before they even stepped on the mat. There was no doubt that he had the fighting spirit of a champion but he also emulated Dr. Kano's philosophy of Mutual Welfare and Benefit.

I remember one particular tournament

where he won his weight class and also became the Grand Champion, but what really stands out was when he was awarded the Good Sportsmen's Award. George carried this philosophy for the rest of his life. He treated all people with respect. He didn't care if you were a beginner or a high ranking Judo person. He wouldn't hesitate to help you in Judo or in other areas.

Last summer I was at a camp trying to show a beginner a basic move. He didn't get it and I tried various things to make him understand. George, who was on the other side of the gym, walked over and made a suggestion to me. We worked on it for awhile and I think we made some progress. I knew that George wasn't feeling up to par but he still had to make that trip across the mat.

Sensei George Harris was one of the good guys and I will miss him.

--Joe Walters



George Harris, Co-Founder of the YMCA International Judo Camp



Konstantyn Tshovrebashvili, George Harris, Harry Glackin
& George Pasiuk at the International Judo Camp

*A friend is a gift
you give yourself.
George Harris was
that gift to me.*

--George Pasiuk

In 1972, both George Harris and George Pasiuk worked for the YMCA. At a facility in Huguenot, NY, just north of the Pocono Mountains, they were involved in a multi-sport camp. Among a variety of sports such as swimming, track & field, basketball, and weight lifting, judo had the largest participation. The next year, John Snowden asked them to run a judo-only camp, and the International Judo Camp was born.

At first the dojo consisted of a tent and borrowed mats. Once, during a thunderstorm, George Harris almost got killed when the tent was struck by lightning and came down on him. To everyone's surprise and relief, he came out without a scratch! Within 5 years, the judo camp moved to the current facility, with Olympic-quality Tatami Mats in a 10,000 square foot Field House with showers, locker rooms and sauna, qualified medical staff, and more. The photo to the right is the camp that George & George built as it is today. I have been attending since 1998, and as we continue with the 39th year of the camp in August 2011, my hope is that George Harris is looking down on us, and approves. ♥

--Joan Love



Our YMCA camp has been privileged to host the International Judo Camp for 39 years. George Harris was a co-founder of the camp, with his good friend, George Pasiuk. "The George's," as we always called them, were co-directors from their first summer on.

I only knew George for three summers. But it only took minutes the first time I shook hands with him to know I was in the presence of a great man. George was a big, strong man, who moved with grace even in his mid-Seventies. His dignity and gentle strength were qualities that radiated from him effortlessly. I always looked forward to talking with him and being in his presence each summer. He will be sorely missed by all those whose lives he touched.



--Wheaton Griffin, Executive Director, New York YMCA Camp

"Big George," Storyteller *by Joan Love*

Anyone who has had the pleasure of spending time with George Harris knows that he is a great storyteller. I remember one anecdote about his visiting a judo club in (*I think*) Philadelphia. In his unassuming way, George asked permission to practice, changed, and began to work out. It became evident to the people there that he was no ordinary judoka! When asked who he was, he responded "George Harris," but was told, "You can't be George Harris. George Harris is WHITE."

The most memorable George Harris tale, however, is that of THE COVETED BLACK BELT.

The date of the story is unclear, but it was sometime in the later 1950's. George was a Non-Commissioned Officer stationed at Travis Air Force Base in northern California. One night, he was driving back to the base and spied an airman who was hitchhiking. George, of course, stopped to offer him a lift.

For some reason, the young airman brought up the topic of judo. He talked about his sensei, who, he asserted, was the ONLY person to EVER receive THE COVETED BLACK BELT. George nodded, expressed his admiration, and kept on driving. The young airman continued, asking the driver if he had ever heard of George Harris and informing George that he, the airman, had *thrown George Harris*, could *beat George Harris*, and so on.

The trip was a good half-hour or more, and George continued to nod and express his admiration as the airman talked. When they reached Travis AFB, George's passenger got out, thanked him warmly for the ride, and introduced himself. George replied, "I'm George Harris--Nice to meet you!" and drove off, leaving the airman standing there, dumbfounded and waving wildly after him.

After hearing this story, Bill Montgomery and I hatched a plan that we would carry out at the YMCA International Judo Camp in 2005.

I special-ordered a black obi with the words, "THE COVETED BLACK BELT" embroidered on one end, and "HARRIS SHIHAN" on the other. Bill made a special box for it, deliberately rough-hewn, and lined with a scrap of heavy satin fabric with an Asian motif.



Bill, who had had the "pleasure" of being George Harris' *uke* at Camp Olympus in the early 1970's, then wrote an elaborate story about he had been charged with presenting Harris Sensei with only the SECOND-ever COVETED BLACK BELT to be awarded in the United States of America!

We printed the story on parchment paper, stained the paper with tea, charred its edges, and rolled it into a fine-looking "antique" scroll. With a room full of judo campers in attendance, Bill conveyed his extraordinary tale, then made a special presentation to George. As you can see, George was delighted!

George Harris, 1933-2011

by Deborah Shapiro

A legend in the world of judo, 1964 Olympian, red belt (9th degree), teacher, co-founder of the YMCA International Judo Camp, gentleman, and friend. We're proud to have known him.

Here is some biographical information about George Harris, mostly from memory, and some from the little comic book autobiography that he made for kids. (my daughter Sasha has an autographed copy of it.) He was born in North Carolina in 1933 and grew up in Philadelphia in an integrated neighborhood. As a young man he was a successful boxer before discovering judo, which captivated him immediately. He trained hard and before long he earned his black belt. Traveling as a Shodan (1st degree black belt) to the Kodokan in Tokyo to train in judo, he fought and beat every black belt in the school in succession, a total of 26 matches, and was promoted to Sandan (3rd degree black belt). George Harris had joined the Air Force, the armed forces at that time being one of the few areas where a black person could be treated equally in America. He also encountered Jim Crow racism for the first time in his life when attempting to travel by bus through Texas and being forced to sit in the back of the bus.

In 1964, the first time that Judo was an Olympic sport, George Harris returned to Tokyo to compete in the Olympic Games as one of the four members of the U.S. Judo Team. His teammates were Jim Bregman (Jewish), Ben Nighthorse Campbell (Native American, later a U.S. Senator from Colorado), and Paul Maruyama (Japanese-American); it's worth mentioning that the judo community has always been completely open to players of every conceivable color and background. This "Rainbow Team" represented the United States of America at a time when George Harris still would not have been able to ride in the front of a bus in the South, much less vote there. His lifelong friend Jim Bregman won a bronze medal in the Tokyo Olympics.

Subsequently George Harris won the gold medal in the Pan American championships twice and was four-time U.S. national champion. He won the Air Force judo championships 7 times. After retiring from competition, Sensei Harris taught judo and was the co-founder of the YMCA International Judo Camp, now in its 39th year. He worked tirelessly to make judo camp not only a great judo training experience for competitive adults, recreational players, and children alike, but a family of people from all over the country and the world who look forward to getting together every summer.



Sasha & Sensei Harris

You really had to know George Harris to appreciate what a special human being he was. Reading the tributes to him that started flying around the Internet from all over the world on the day he died, the same words kept recurring: Legend. A great man. Hero. Gentleman. Friend. I think of that booming voice, that firm but kind manner, that deep fund of great stories. I wish I'd known him in his earlier days.

The tribute on the International Judo Federation website says, "Widely regarded as an honest and upright figure in US judo, Harris came from a family where his father and all uncles had all died before the age of 50. Harris was only a few days short of his 78th birthday. He was the father of three daughters, all college graduates, of whom he was immensely and understandably proud. He was already battling prostate cancer when in 2000 Rebecca Barnett interviewed him for an article later published in *The Masters, Judo for Adults*. "Everything that happens in life shapes your values and whether you'll be an honorable person. I've tried to be a good person, to touch other people's lives, to impact them to live honorably" said Harris.

We didn't know him long enough. He left too soon.



Links to more articles about George Harris:

Ten Questions with George Harris by Rebecca Barnett

<http://www.usadojo.com/articles/ten-question-w-george-harris.htm>

Brick Olympian George Harris Lived Full Life by Chris Christopher (Asbury Park Press)

<http://www.app.com/apps/pbcs.dll/article?AID=/201101161915/SPORTS/101160354>

George Harris, 77, judo great by Elliott Denman (The Philadelphia Inquirer)

http://www.philly.com/inquirer/sports/20110112_George_Harris_77_judo_great.html

Video tribute by Connie Halporn:

<http://www.facebook.com/video/video.php?v=10150130147171111>



UNITED STATES JUDO ASSOCIATION

21 North Union Boulevard, Colorado Springs, Colorado 80909-5742
Telephone: (877) 411-3409 Fax: (719) 633-4041

Gary S. Goltz, President

g.goltz@usja-judo.org

For Immediate Release

January 22, 2011

I am pleased announce that the United States Judo Association has promoted George Lee Harris to Judan (10th Degree Black Belt) effective January 15, 2011, which would have been his 78th birthday. This honor was approved unanimously by both the USJA's Promotion Board and Board of Directors. Mr. Harris passed away on January 7th, 2011. This is the first recognized 10th dan promotion by one of the 3 major judo organizations in the United States.

Sid Kelly, the Chairman of the USJA's Promotion Board stated, "Mr. Harris won six Air Force judo championships, four US National titles, two Pan American games Gold medals, and represented the United States in the 1964 Olympics. After his retirement from competition, Mr. Harris became a goodwill ambassador for judo." He served as one of the leaders of the Armed Forces Judo Association (AFJA) that became the United States Judo Association (USJA) which he and several others founded in 1968. Mr. Harris was one of our early presidents then chaired our promotion board for several decades.

In addition, Mr. Kelly said, "Mr. Harris was one of the founders of the YMCA International Judo Camp which is now in its 39th year. He also has worked with the AMCAN International Tournament directors every year since its inception. Mr. Harris is known not only in the United States but in many other countries for his judo accolades and his service to judo. For this he was one of the first in the United States to be promoted to Kudan, 9th Degree Black Belt on October 24th 1997.

A formal presentation and tribute to Mr. Harris will be held during the opening ceremonies at this year's Joint USJA/USJF Junior Nationals on July 2nd in Toledo, Ohio. For further information please visit our website usja-judo.org.

Thank you,

5th Annual March-is-Visit-Another-Dojo-Month!

Four years ago, the USJA began the **Visit-Another-Dojo** grassroots initiative. With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. **Please join us and make a point of planning an exchange between your club and others in your area!**

An interclub exchange is an economical way to add some variety to your club's workouts and test your and your students' skills. Consider making a commitment to do one or more of the following:

- * Publicize and host one or more open workouts (with mat fees waived) at your club.
- * Arrange an exchange with one or more other clubs to have a workout, mock matches and/or a clinic or mini-camp with rotating instruction by different sensei.
- * Get a group of people from your club together and make a "road trip" to attend another club's open workout.

So far, we only have a few **Visit-Another-Dojo** events to list (see below). **I would really like to have a longer list in the March issue of *Growing Judo*.** Please send your information--club name, location, dates/times and description of your event--open workout, scrimmage, etc.--so we can publicize it.

Please help us to make this the best March ever!

Joan Love, Editor, *Growing Judo*
judolady210@aol.com

March-is-Visit-Another-Dojo-Month events:

- ★ **Ozeki Dojo, Las Vegas, NV**, is open for visitors (no mat fees) for the month of March. Classes are Monday & Wednesday from 5pm to 8 pm and Saturdays from 2pm to 4pm. Contact John Weiner, ozekidojo@hotmail.com
- ★ **Norwich Judo Dojo**, 204 Sturtevant St., **Norwich, CT** invites guests from other judo/jujitsu schools to visit anytime during the month of March; mat fees are waived. Complete class schedule, contact information and driving directions are available at: www.norwichjudodojo.com
- ★ **Bushido Kai**, at Penfield Recreation Department, 1985 Baird Rd, **Penfield, NY**, would like to invite all to visit our club for *Visit Another Dojo Month* on March 7th and March 28th! Class is from 7:15-9:15 p.m., and plan on going out after! See you there!

Please see the next page for a mini-poster to print out and display at your dojo

MARCH IS NATIONAL VISIT ANOTHER DOJO MONTH



IN ORDER TO
PROMOTE
MORE
ENTHUSIASM AND
CAMARADERIE IN
THE JUDO COMMUNITY





A WARM WELCOME to Our NEW USJA Clubs!

January, 2011

Club Name: **Kenshusei Judo Institute**
Head Instructor: **John Amuedo**
Email: kenshuseijudo@aol.com

Location: **Los Angeles, CA**
Phone: **310-397-7097**

Club Name: **Missouri Martial Arts** (Class C Club)
Head Instructor: **John Moseley**
Email: judo1987@sbcglobal.net

Location: **House Springs, MO**
Phone: **314-206-4936**

Club Name: **Zenbei Judo Club** (Class B Club)
Head Instructor: **Fred Louis**
Email: zenbeijudoslc@gmail.com

Location: **Salt Lake City, UT**
Phone: **801-243-5313**

Club Name: **Buckeye Judo** (Class C Club)
Head Instructor: **Ron Houck, Jr.**
Email: buckeyejudo@gmail.com

Location: **Centerville, OH**
Phone: **937-885-5023**

Congratulations to our Newly Certified USJA Coaches

- ★ Christine Ramos, Ozeki Judo Dojo, NV
- ★ Saeid Abdoli, San Diego Judo, CA
- ★ Andrea Love, Norwich Judo Dojo, CT
- ★ Michelle Simmons, Coast Guard Judo, VA
- ★ Mark Bruce, Tinaza Judo Club, CA
- ★ Maury Sasso, Fresno Judo Club, CA
- ★ Nathan Goltz, Goltz Judo Club, CA
- ★ Rey Tinaza, Tinaza Judo Club, CA

We would like to express our sincere appreciation to the following individual for his generous support of the United States Judo Association:

★ **William Wright, Barstow Judo Club, CA: \$510.00**

Judo News From Around the Country

Minnesota, December 29

That was the hardest throw I ever heard! This is one of the comments recorded at a recent clinic given by Katie Sell, the #1 ranked USA elite woman's competitor at 70kg.

Eastside Judo in Saint Paul, MN was blessed with a visit from the judo spirit of Christmas past, present and future. Katie and her father George (also an accomplished judoka) came bearing gifts and wee kids came running, and so did we adults. The mats that night were a rainbow of abilities. Young, old, beginning and advanced, and judo parents too! "Judo parents" includes those of us who see every match, video and save photos just so we can say one day, "I knew her/him when they were only. . ." Many can say that about Katie, and because of people like her, many will say that about possibly some of the kids learning at her feet and looking up in admiration to her that night.

Starting with warm-ups and exercises, we engaged in some common and uncommon motions. Some of the exercise was mistaken by both kids and adults as game time. Only the sound of exhausted judoka allowed for the Truth behind the trick, and even then we'd likely have chosen to continue, had it not been for time constraint. Did I mention the three hours on mat seemed to fly by? After warming up, Katie gave us lessons on mat work, throws, gripping and rule changes. It was a great, full night! After the workout, everyone was invited to stop by a restaurant and visit with Katie, her father and other inspiring judoka.



We first met Katie and her father several years ago, while at the Junior Olympics in Atlanta, GA. It was the first nationals my boys had competed in and we were nervous, excited and completely in awe of the event. Ken Otto introduced us to the Sell family, and he is also the one that invited her to his club "East Side Tigers Judo" for this clinic. We cheered her every match and stood amazed to find out she had watched our boys and encouraged them also.

A week or so after the clinic with Katie, I sat with a cup of coffee and savored one of the "cake balls" her father and she made. Yum--chocolate cake, wrapped around a cherry and dipped in chocolate. It is a recipe from a dear host

family of hers in Colorado; they taught her, she taught her dad, and together they gifted us. It represented the best in judoka--giving and giving back. That may be one of the biggest gifts of that night. Of course the kids had listened to her, but I had also noticed smiles and pleasure on the faces of very advanced judoka. This is the judo spirit of Christmas past, present and future, the pleasure of

seeing a person given to, and then giving back. Most of our Sensei fit this description, yet it is watching those young judoka coming up and doing the same that warms the heart, even in a cold Minnesota winter.

--Keith Robertson



Nevada, January 3

Ozeki Dojo in Las Vegas was honored by the presence of Jim Harai, 7th dan, the head of Ippon Dojo in Tacoma, WA and his wife, Cheryl Harai, 3rd dan. Sensei Harai, the instructor of many national and international judo players, taught a mini clinic for the 13 year-old and younger students at Ozeki Dojo while they were in town visiting Mrs. Harai's sister, Christy Woodward Ramos, who is a coach at Ozeki Dojo.

*--John Weiner 6th Dan
Head Instructor, Ozeki Judo Dojo*



California, January 16

It was another great LA Clippers / LA Lakers Annual outing hosted by Goltz Judo at Staples Center in downtown Los Angeles. 70 judoka, friends and family attended. The demonstration team performed right before the game started to a sellout crowd of nearly 20,000. The game itself was very exciting, with the LA Clippers beating the 2010 NBA Champion LA Lakers by a mere handful of points.



Missouri, January 13-16

Tom Kuhne, Rokudan, ran a 4-day Tournament Training Mini Camp in Saint Louis to prepare athletes for the upcoming tournament season. These camps are being held on a monthly basis until the end of April. Practices on Thursday and Friday nights focus on intense drills and randori. On Saturday and Sunday, the camp continued with physical training from 9:30-10:15 a.m. and more judo from 11:30 a.m.-1:30 p.m. Participants came from a 300-mile radius, with the furthest hailing from Memphis, TN. Clubs represented were White Dragon, Memphis Judo & Jiu-Jitsu, Rolla Judo Club, Kitokan, Kirkwood, USA Stars, and Team Commean.

To enhance the January camp, Paul Tanabe, Hachidan and his wife Machiko shared the Japanese tradition of *mochitsuki*-- a rice pounding ceremony that is typically done to celebrate the Japanese New Year. Members of the St. Louis Osuwa Taiko group came with their Japanese drums, and after giving an exciting performance, helped keep a steady rhythm for the rice pounding. Once beaten to smithereens, the glutinous rice, *mochi*, was balled up and participants had the choice to eat it alone or with toppings such as red bean paste, soy sauce and seaweed, or my favorite – chocolate syrup.

To be informed of events in the Missouri/Illinois area, or to promote your events, please contact me: Tracy Hangle, Nidan, White Dragon Judo Club; graphic2goddess@yahoo.com; 314-960-4228.



California, January 21

Over 60 Judoka participated in the 8th North Bay Judo Clinic held in Petaluma, CA. headed by clinician Henry Kaku of DeLeon Judo Club. A true Grassroots Judo program, it combined both USJA and USJF Clubs from the Sonoma County area to practice together in this very successful Judo event.

This program began over 3 years ago when two small Judo Clubs in the Sonoma County area, DeLeon Judo Club and Seika Ryu Martial Arts, got together to practice Judo and help stimulate growth for both organizations,. The first couple of events drew less than 20 participants, but now we draw over 40-60 Judoka from 5 year-olds to adults. These events have helped both clubs grow and made Judo practice a fun place to go. We now have several more Judo clubs coming to participate with us, including Two Rock and Santa Rosa Jr. College.



DeLeon Judo Club was formed in 1970 and originally led by Sensei Jim Santiago. In 2007, he retired and Sensei Henry Kaku took over. The club has maintained its USJA status and in 2007 also joined USJF. The other clubs in the North Bay area are USJA clubs, but we all enjoy the LOCAL sharing of Judo among us.

Iowa – January

It is official; GRIP (Grappling Response Intensive Program) takes hold at American Judo & Jujitsu in Sioux City, Iowa, a USJA club.

Clearly, grappling based martial arts have grown in popularity over the past several years. American Judo & Jujitsu wanted to showcase Judo ne waza and present it in an organized way to the community. This desire resulted in the development of a specialized, recurring class, in the tradition of Kosen Judo, which specifically focuses on ne waza and its application.

Sensei Johnny Tureaud, Judo Sandan and Jujitsu Shodan, said, "We have noticed some students have been hesitant to participate in Judo class because of a fear of ukemi. We feel that focus on ne waza provides an opportunity for all students to participate, gain confidence and eventually transition to standing judo while still having fun."

In order to clearly distinguish the new class from the traditional judo class, American Judo & Jujitsu came up with the acronym GRIP. GRIP stands for grappling, response, intensive program. Thus far the class has been well received by both parents and participants.

Some parents have even been motivated to join the class and participate with their children. One parent commented, "I have never done any martial arts in the past, but this looks fun and I feel like I could do those techniques."

The class is currently structured to meet once per week and provide focused training on osae komi, shime and kansetsu waza. Additionally, the class spends a considerable amount of time on hairi waza and the application of the techniques in different situations. Mark Reed, a judo sankyu, commented during a class, "There are so many standing techniques to focus on during the traditional class that ne waza can get over looked. I think it is great to have a class specifically geared toward ground fighting!"

GRIP is meant to work in synergy with the traditional class and students are encouraged, but not required, to cross train. Sensei Tureaud believes strongly that, "Focus on ne waza techniques in the GRIP class will expand the Judo student's arsenal for competition. On the other hand, developing proficiency in falling, standing techniques and throwing will help balance the ground fighting skills cultivated through the GRIP program."

American Judo & Jujitsu has been offering classes in Judo to the Siouxland area for the past forty (40) years. American Judo & Jujitsu is led by Sensei Johnny Tureaud, Judo Sandan and Jujitsu Shodan, Sensei Chaye Thompson, Judo Nidan, Sensei Greg Hansen, Judo Nidan and Sensei Luis Pary, MD, Judo



Shodan. Together they have over seventy (70) years of combined experience in the martial arts of Judo, Jujitsu, Aikido and Karate. In addition to Judo and GRIP, American Judo & Jujitsu plans to expand its curriculum to include training and certification in Sport Jujitsu as well as a rank advancement program in traditional Aikido, Jujitsu and Junior-jitsu (a jujitsu program specifically geared toward juniors from age 4 – 10).

Upcoming Events

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your information, in the format below, to Joan Love at: judolady210@aol.com*

Day, month & date of event

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

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

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

FEBRUARY

February 5th

Judo/Sambo Workout with Doug Fournet, National/International Sambo champion at Wall to Wall Martial Arts, 7838 Kingsley Dr., Denham Springs, LA. 12:00-2:00p.m. Open to any local Judoka with current memberships in USJA, USJF, or USJI. No charge to attend. This will be the first in what we hope will be a bi-weekly series of classes led by Sensei Fournet. Contact James Wall: 225-612-0934/225-436-0588; Wallmartialarts@att.net.

February 11-13

Granite State Judo Institute Junior & Senior Judo Training Camp, 411 Beech St., Manchester, NH. Fri. 6:30-8:30 pm; Sat. 10:30-1:00 pm & 3:30-5:30 pm; Sun. 10 am-12 pm. Robert Proksa Robert@gsji.org; www.gsji.org/.

February 19

Open Group Workout. Hosted by Wall to Wall Martial Arts, 7838 Kingsley Dr., Denham Springs, LA. Open to All Judoka with memberships in USJA, USJA, or USJI. No charge to attend. Instruction to be given by leaders from each area club in attendance. Supervised randori to follow. Contact James Wall: 225-612-0934/225-436-0588; Wallmartialarts@att.net.

February 28

President Theodore Roosevelt Judo Club Adult Education classes begin at Walt Whitman H.S., 301 West Hills Rd., Huntington Station, NY. Contact John F. Fox, 631-261-5879, LoneOak34@hotmail.com.

MARCH

March 5-6

Coaching Certification and Kelly's Capers Clinic, Ridgewood Judo, YWCA of Bergen County, 112 Oak St., Ridgewood, NJ. Presenters: Bill Montgomery/Joan Love. Coaching certification on Saturday, 10:00 a.m.-2:00 p.m. & 3:00-6:00 p.m.; Kelly's Capers on Sunday 12:00-5:00 p.m. Flyer/registration forms will be available soon. Contact Chris Maurer at ridgewoodjudo@yahoo.com.

March 5

The Yoichiro Matsumura Championship Tournament, Fort Myers Middle Academy, 3050 Central Ave., Fort Myers, FL. This will be the first Judo tournament in Lee County, FL. Honoree Yoichiro Matsumura and 3-time Olympian Celita Schutz will attend. Weigh-in 8:00-9:30 a.m. Tournament starts at 10 a.m. Entry fee: \$35.00 if received by 2/27/11 or \$50 at the door. Contact: John Paccione (239) 699-2825, www.capejudo.com or email: sijudo1@aol.com

March 5th

Everything You should Know About Seoi Nage. Clinic with **Israel Hernandez** (2x Olympic Bronze medalist) and Olympic judo team member **Valerie Gotay**, at Ryoku Judo Club, 900 Karen Ave Suite # A-216, Las Vegas, NV. 1:00 p.m., Admission \$10.00. (702) 234-1165 or visit: www.Ryokujudo.com.

March 5

Rapid Fire Judo Tourney, Manchester Police Athletic League, 409 Beech St., Manchester, NH. Juniors & Seniors, \$20.00 per division; register by March 3, 2011. No walk-up registration. Contact: Robert Proksa, Robert@gsji.org. Website and registration forms: www.gsji.org.

March 10

Referee/Technical Officials Clinic hosted by Shinkai Judo, Lafayette, LA in preparation for the upcoming LA State Judo Tournament. John King, member of the USJA Technical Official Committee will conduct a Level E USJA Tech Official clinic. James Wall, National Referee, will conduct the Referee training. Practice matches to follow the "classroom" training. Begins at 6:00 p.m. Contact James Wall 225-436-0588 wallmartialarts@att.net for more information or see next month's *Growing Judo* for an update.

March 12

CHP Club Tournament sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

APRIL

April 2

Israel Hernandez Clinic, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. \$10 donation requested. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

April 2

Shigatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

JUNE

June 4

Rokugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

June 11

Sensei Gary's Birthday Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

June 17-19

JA/USJA Sport Jujitsu US National Championship Tournament, Foster City, CA. www.jujitsuamerica.org.

JULY

July 1-3

Second annual USJA / USJF Junior National Championships and Novice Tournament and Kata Competition, Owens Community College in Toledo, Ohio. Complete information at 2011judojuniornationals.com. Contact: Gary Monto, 419-283-6319, JudanJudo@aol.com or JudanJudoToledo@bex.net

OCTOBER

October 1

Juugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com
October 15 (note date change)

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members.
Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

DECEMBER

December 2-4

Friday – National Coaching Clinic, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

Saturday & Sunday – USJA/USJF 6th Winter Nationals at Damien High School, La Verne, CA.

Go to [Winter Nationals Website](http://WinterNationalsWebsite) or contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, goltzjudo.com for more information.

Attention Coaches: Nominate your players for USJA State Awards

Categories for state awards include outstanding male and female junior, senior and masters shiai competitors and kata teams.

In addition to certificates of national recognition, honorees for 2010 will receive:

- * 25% discount scholarship for the Lone Star Judo Camp, Wichita Falls, Texas, in early June.
- * \$50 Scholarship for Camp Bushido West, July 18 - 22, Sonoma, California.
- * \$100 Scholarship for the International YMCA Judo Camp, August 14 – 20, in Huguenot, New York.
- * \$75 Scholarship for the Greatest Camp on Earth, held June 23 – 25, in Matthews, North Carolina.
- * DISCOUNT offers from Golden Tiger Martial Arts and Judo Unlimited.

For information and application forms, go to:

<http://www.usja-judo.org/Awards/RecommendationForm.doc>

Don't forget: The deadline for 2010 awards is March 31, 2011.

Kelly's Capers (A Summary)

by Sid Kelly, 8th Dan Judo

GOALS

The primary goal of Kelly's Capers is class retention; maximizing the number of students who remain in judo after trying out judo classes. Kelly's Capers is not about producing champions. It's about increasing the judo population by a method that is fun, satisfying, recreational and empathetic towards the beginner. With a large judo base there will be far more talent to draw upon to produce judo champions. The secondary goal of Kelly's Capers is to maximize the beginner's development of judo skills; so in later years the beginner is able to achieve his or her greatest judo potential. This is done by immediately introducing the beginner to that important fundamental judo principle – the principal of giving way.

DEFINING KELLY'S CAPERS

Kelly's Capers is an engineered, empirically tested, and carefully thought out system that prepares beginners for the exercise of standing randori. Upon completion of attack and avoidance exercises, beginners are more able to participate in and enjoy standing randori with experienced members of their club. The system also prepares experienced players to cooperate with beginners. This is done in such a way that challenges the experienced player and maximizes the benefit the beginner receives from the standing practice. Kelly's Capers is not concerned with groundwork grappling, as groundwork grappling is not the reason why beginners leave judo; present day Ju-jitsu is proof of this. The problem is keeping beginners in judo long enough so that they can master enough throwing skills to be able to fully enjoy the exercise of standing randori.

THE PLAYING OF OTHER SPORTS

To achieve these goals the judo community must first turn to other sports and analyze, understand, and appreciate why it is that so many other sports have such a large following. Many other sports have large amounts of money to advertise, and success in a particular sport often brings recognition to an individual. But these sports, by and large, do bring pleasure and satisfaction; otherwise they would not be popular. The reason for this can be found in the fact that so many sports are easy to immediately participate in, whereas judo is not. In baseball it's easy to swing a baseball bat and run from base to base, but the challenge of hitting a home run is difficult. In boxing it's easy to



throw a punch, but the challenge of knocking someone out is difficult. On closer inspection it can be seen that all sports can be categorized into two groups regarding their initial participation. The first group, which includes the majority of popular sports, such as soccer, boxing, tennis, golf, karate, and many others, can, after their rules have been explained, be immediately played. This is because only naturally developed motor skills are needed; such as running, pushing, pulling, jumping, turning, gripping, punching and kicking etc. Then there is the second, smaller group of sports, that includes ice hockey, cycling, judo, and others. In this group a special skill has to first be mastered before it is possible to play in one of these sports; skating (ice hockey), bicycling (cycle racing), throwing (judo), and so on. However, judo is unique in that it possesses a third restriction. Because of the starting position of the two participants, whose arms are interlocked, intertwined, and often stiff and rigid, the beginner, with his limited skills, is so severely restricted, that he is often unable to try anything he was taught. From the beginner's viewpoint, limitations of one's motor skills, being somewhat clumsy with the actions of newly learned techniques, and lacking the skills to apply newly learned techniques, is acceptable and understandable as being part of the challenge and fun of judo. But it is in trying to overcome the imposed next to impossible conditions of stiff, rigid, interlocked intertwined arms, that takes the fun out of the introductory practices of standing randori. With immediate gratification being constantly satisfied in this age of electronics, most young people are not going to be attracted to the promise of having fun in a year or even in a few months time. In summation: a beginner trying out other sports is immediately able to have fun by attempting the actions required to make a score. Whereas in the sport of judo, restrictions placed on a beginner are such that he or she is unable to apply learned scoring actions and therefore not have the comparable fun that beginners do in other sports.

METHODOLOGY

If we in judo are to learn any one thing from a beginner playing other sports, it is that there is more fun, satisfaction and skill development when a beginner is able to apply whatever is needed to make a score. Just as a golfer is able to find some satisfaction, however frustrating, by completing his swing, even if the ball is not hit, or a boxer can swing a punch which misses. To find a solution for making the initial introduction of judo similar to, and as entertaining as that of playing other sports, we have to examine the source of the problem. And this is to be found in the judo exercise of standing randori. As generally understood, standing randori is a method of training where two judo exponents are paired off to practice their throwing skills on each other within an agreed upon competitive environment. It is mutually agreed that each person is trying



to throw the other while at the same time not allowing themselves to be thrown. This type of generally agreed upon randori is one sided, in that each exponent is mainly concerned with his own outcome, even though there is no winner or loser; as there is in a contest. The methodology of randori used in Kelly's Capers is the same in that there still is a competitive environment, but the twist or difference is the defender is cooperating with the attacker in the way he defends against attacks. Briefly, through a series of pre-randori exercises, the

defender allows the attacker to attack, but prevents the throw from being successful by avoiding the attack through body evasion. In these exercises the defender is forbidden to block with the arms or body. The only defending action allowed is body avoidance movements. Paradoxically, the onus is as much upon the defender as the attacker for the development of the attacker's throwing skills. Practicing by this method accelerates the learning process because the beginner is able to experience both, being able to use the techniques he was taught and, apply them in a realistic competitive environment that is fun and challenging. At the completion of a carefully thought out sequence of lessons the beginner is able to apply avoidance moves against five basic throws, apply a follow up throw, and a counter throw to the five basic throws, be familiar with some grip changing, and be able to transition from standing to groundwork techniques. At this stage a beginner is now able to engage in standing randori with the more seasoned players of his club. However, when beginners first practice with seasoned players they often find themselves in an environment that is baffling and alien, and completely contrary to that which they were taught in Kelly's Capers. There will be some people who will hardly ever attack, there will be those who do everything they can to prevent being thrown, and some will consistently grip with arms that are so stiff and rigid it appears that their life depended upon it. Because at this stage most beginners are unable to cope with these sometimes rigorous factors, there are a series of guidelines for the seasoned player to follow that will have a more equalizing effect on the practice. This will make judo more fun and educational for the beginner, and will hopefully increasing the chances that the goals of IMPROVING CLASS RETENTION and EARLY SKILL DEVELOPMENT will succeed.



Kelly's Capers . . . Off and Running

We have received more than three dozen inquiries on *Kelly's Capers (KC)*. An e-mail and application form has been sent to all who inquired. If you have inquired and have not gotten the most recent (1/2011) information, please email me.

For those of you planning on hosting a KC clinic please remember that we wish to have as many participants as possible. Though we certainly want instructors to attend, anyone over 12 will benefit from this training. The skills that will be taught should be in everyone's repertoire. Invite as many clubs as you have room for. Although the funding is for clinics hosted by USJA Chartered clubs, any USJF or USA Judo members may attend the clinics.

Contact me should you have any questions.

Thank you,

Bill Montgomery, Chair
USJA Coach Education and Certification Committee
Wmontgomery2@aol.com



USJA Promotions: January, 2011

Congratulations to the following individuals on their achievements:

Shodan

- | | | |
|---------------------|--------------------|---------------------|
| ★ Marc A. Barbaccia | ★ John W. McGuire | ★ Scott D. Williams |
| ★ James Copelin | ★ Luis F. Pary | ★ Walter T. Wimbs |
| ★ Richard N. Ell | ★ Ramon J. Torres- | |
| ★ Max Gardner | Guzman | |
| ★ Israel K. Lopez | ★ Brad Walker | |

Nidan

- | | | |
|-----------------------|--------------------|--------------------|
| ★ Michael Dean | ★ Allan S. Mills | ★ Sean L. Vosmeier |
| ★ Joshua T. Hiraoka | ★ Mong An Phu | ★ Justin A. Winn |
| ★ Paul J. Kahanic Jr. | ★ Julio J. Vazquez | |

Sandan

- | | | |
|-----------------|---------------|--------------------|
| ★ Douglas Akers | ★ Glenn Crisp | ★ Gregg A. Skarmas |
|-----------------|---------------|--------------------|

Well Wishes

*The USJA community sends its best wishes for a speedy recovery and good health to
Sensei Ron Thomson, Jackson YMCA Judo Club, Jackson, MS.*

*If your family wishes to share any **Milestones, In Memoriam** or **Well Wishes**,
please email Matt Marcinek at Polish_Power152@yahoo.com.*

Advertise your Judo-related product in *Growing Judo*

Beginning in the March 2011 issue, we will be accepting commercial advertising in *Growing Judo* magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively. Multiple issue discounts are also available.

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

2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships in Toledo, Ohio is only **5 months away**.

The registration fees for the tournament are listed below:

PRE-REGISTRATION: **Must be postmarked no later than Saturday, June 18th, 2011.**



POSTMARKED BY SATURDAY, JUNE 18, 2011	
Shiai – Individual Entry Fee	\$50.00
Kata Team – One Kata	\$60.00
Kata Team – Two Katas	\$75.00
Kata Team – Three Katas	\$90.00
Spectator Fee (children 7 and under Free)	\$10.00 for both days

ONE DAY WALK-UP REGISTRATION:

NO PERSONAL CHECKS. Cash, money order, cashier's check or credit cards will be accepted. **(ABSOLUTELY No registration will be accepted after 4 pm)**

FRIDAY, JULY 1, 2011 <u>ONLY</u>	
Shiai – Individual Entry Fee	\$75.00
Kata Team – One Kata	\$80.00
Kata Team – Two Katas	\$95.00
Kata Team – Three Katas	\$110.00
Coaches Fee (Badge)	\$50.00
Spectator Fee (children 7 and under Free)	\$15.00 for both days



There will be NO SATURDAY REGISTRATION or WEIGH INS

ENTRY FEES ARE NON-REFUNDABLE

MAIL TO: Judan Judo – 2011 Jr. Nationals

PO Box 167440, Oregon, OH 43616

Please visit web site 2011judojunionationals.com for complete entry packet and rules.

Judan Judo is looking for clubs/groups that would be willing to work the tables for Jr. Nationals. The tournament will pay \$250 per club/group per day that they worked on the tables. If your club/group is interested in working at the Jr. Nationals please send an email to judanjudoledo@bex.net requesting the application for club/group table workers.

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