

Growing Judo

April 2012



Monthly publication of the
Club Support Services
Committee of the USJA

United States Judo Association
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USJA President Gary Goltz presents awards to John Paccione (Coach of the Year), Mindy Buehman (Kata) and Ed Szrejter (Lifetime Achievement)

In this month's issue:

- * Letter from the President
- * Preparing for a Coaching Certification Course
- * *Decision-Based Learning and Risk Management in the Dojo* by Mark Lonsdale
- * *Judo Ankle Locks* by Jason Bruce
- * Club profile: Gulf Coast Judo
- * Judo News From Around the Country
- * Regular Features: Upcoming Events, New Clubs, Promotions, & more!
- * New USJA Ring offer



Gulf Coast Judo team lining up--see feature on pages 19-20

Table of Contents

Letter from the President	3
Taking a USJA Coaching Certification Course? <i>Here's what you should do to prepare</i>	5
Newly Certified Coaches, New USJA Life Members & USJA Donors; Treasurer's Report	6
<i>DECISION-BASED LEARNING: One More Tool for the Judo Instructor's Toolbox</i> by Mark Lonsdale	7
<i>RISK MANAGEMENT IN THE DOJO: Checklists to Reduce Liability Exposure</i> by Mark Lonsdale	10
<i>Judo Ankle Locks</i> by Jason Bruce	12
Judo News From Around the Country	15
Club Profile: Gulf Coast Judo	19
AM-CAN International Judo Challenge	21
Upcoming Events	22
USJA Promotions	27
USJA Ring Offer	28

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

- * CONCISE, well-written and proofread.
- * Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email.
- * Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- * Your original work, or submitted with the 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. *Try to include ACTION shots!*
- * Has "**Growing Judo**" or "GJ" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*
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EDITOR'S NOTES: Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they 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.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

The next issue of USJA's Growing Judo will be the May 2012 issue.

*If you have any news and/or any planned events, please submit your information PROMPTLY:
by April 23rd or earlier if possible.*

Please understand that it may not be possible to include information submitted after that date.

**Letter from the President
Gary S. Goltz, April 1, 2012
(909) 702-3250; gary@usja-judo.org**



It's been a busy first quarter for the USJA following our move to Tarpon Springs, FL. I'm pleased to see we are settled in, growing, and our [new website](#) which was donated by Chuck Wall, our club leader in Fredericksburg, VA, is now up and running.

As March was designated as "Visit Another Dojo Month," I embarked on a trip to visit many USJA clubs and spread our goodwill.

My first stop was in Western PA to see Pam Russell, an emerging club leader who has made the top 50 list. She was at Kyu Ha Kim's (our mutual sensei) school where we took a photo (*right*). Mr. Kim's son Eugene will be hosting The USJA/USJF Joint Junior Nationals in 2013, right here in my home town of Pittsburgh.



The third stop was to see Citadel graduate Dr. Ronald Allen Charles, who runs our #1 club in Goose Creek, SC. On the way, I stopped at the airport to pick up OJ Soler, my right hand man from my club in Claremont, CA. OJ grew up in Cuba and we had planned a trip there for mid-March. He is a judo stamp and coin collector like Ronald who runs this part of our website. Since they are old friends, we decided to surprise him by having him join me. Ronald had a really good turnout for our clinic including Ben Bergwerf, 9th Dan in jujitsu (*see pages 17-18 of this issue*).

Next I visited Pat Szrejter in Matthews, NC, who has built and maintained one of our top 5 clubs for over a decade. He is assisted by Dana and Debbie Rucker who also run the Greatest Camp on Earth each June, which I highly recommend to everyone. Pat's club will be holding a celebration for his 60th birthday in the middle of April.



Katrina Davis, USJA Executive Director,
Teresa Smith & Robin Ridley

Next up on the trip was to visit our new office in Tarpon Springs, FL. Things have really come together under the leadership of our Executive Director, Katrina Davis and her staff. With the launch of our new website we can finally rely more on our employees and leaders to handle doing the updates.

The last stop in Florida was to attend John Paccione club's 2nd annual tournament in Cape Coral. There we were joined by one of our club's black belts, Greg Aprahamian, who took a 3rd place in the Masters division. Greg got to play former national champion, Brian Germain who took 1st. The tournament drew nearly 200 entrants and featured a clinic with Yoichiro Matsumura & Celita Schutz. During the opening ceremonies, National Awards for 2011 were presented to John Paccione for Coach, Mindy Buehman for Kata, as well as to Ed Szrejter for Lifetime Achievement (*see cover photo*). Dr. James Lally received the Donor of the Year Award at the Winter Nationals.



Following the stops in Florida OJ, Greg, and I took off for a planned trip to Cuba where OJ was born and began judo in the late 50's. Among the highlights of the trip was a visit to see their famous women's team Coach Ronaldo Veitia and many of their champions. Jose Rodriguez, CEO of USA Judo and Bert Becerra made the arrangements for us. Their massive sports complex is in a very old building without air conditioning and other amenities. The dojo or "judo factory" as they like to call it had hard tatamis and was rather dark but the team made up for the deficits with lots of tough spirit and sweat! Sensei Veitia and his assistant Dr. Moreno were most hospitable answering questions and posing for some pictures. The rest of our Cuba visit involved touring the classic sites in old Havana and a 5 hour drive in the countryside to see OJ's hometown of Trinidad and members of his family. To view all the photos from the trip go to my [Facebook](#) page.

Well, Visit Another Dojo Month was sure a busy one for me. The Board of Directors is pleased with the support of this annual event from JA clubs nationwide.

We are also happy to announce the availability of our new beautiful [USJA ring for Life Members](#) designed by Tom Crone, a USJA club leader in Minneapolis, MN.

Please mark on your calendars the upcoming 3rd Annual Joint Junior Nationals this July in Spokane, WA. Hope to see many if you there.

Yours in Judo,

A handwritten signature in blue ink that reads "Gary".

Taking a USJA Coaching Certification Course?

Here's what you should do to prepare:

As you prepare to take a coaching course, there are several things you should do prior to the course itself:

- Make sure you have read the [USJA Coaching Guide](#). It can be downloaded from the [Coach Education Committee](#) page on the USJA web site.
- Purchase [Successful Coaching](#), 3rd edition, by Rainer Martens (2004, Human Kinetics). Please read this prior to attendance. As you do, reflect upon where you are as a coach/instructor. What is your coaching philosophy? What are your strengths? Upon what would you like to improve? What questions do you have?
- Make sure that your [background check](#) is up to date. The [application](#) can be filled out at the time of the session, but it makes things more efficient if you have this done ahead of time.
- Ready yourself to actually take part in the mat sessions. Observation is fine, but all candidates must be on the mat. If you have a physical limitation, accommodations can be made, but you should be actively involved as much as possible.

We will begin offering National Coach Certification seminars this summer. The first one will be at the [YMCA International Judo Camp](#) in Huguenot, NY. Additional sessions will be offered at other locations after that time. This level course is comprehensive and in-depth; it cannot be covered in one day. The course in NY will take up the better part of the camp week. Other courses will be broken up over several weekends or even months. At this juncture, each potential candidate should first read the requirements in the online USJA Coaching Guide, then contact me to make sure that they have the necessary prerequisites.

Presently, those people who were "Level III" when Chris Dewey was running the program will retain this level. Should they wish to obtain a new certificate and the "National Coach" title, they will need to take a course; in some instances their total coaching/teaching background may be considered to fulfill the requirements.

On another front, we are in the process of putting together a long-term training program for teens (13 to 18 years of age). These sessions will be offered in 12-14 different locations around the country. There will be one regional facilitator and he/she will organize the locations, gather coaches and implement the physical program. This program will be supplemental to what each athlete's individual coach is doing. There will be written skill, physical fitness and depth of knowledge evaluations. These will be provided to each athlete and sent or given to their coach.

I hope the spring is a productive coaching season for you all.

Talk to you soon,

Bill Montgomery, Chair
USJA Coach Education and Certification Committee
WMontgomery2@aol.com



Congratulations to our Newly Certified USJA Coaches

- ★ Richard W. Barlow, Timberline Judo Club, Sandy, OR
- ★ Aaron Mahurin, Texoma Judo/Jujitsu Academy, Wichita Falls, TX
- ★ Chris Ritchie, Nokido Ju-Jitsu and Judo, North Port, FL
- ★ Gregg Skarmas, Del Griego and Judo Club, Indio, CA

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

- ★ Rafael Jovet-Ramos, Barry's Jujitsu Club, Leavenworth, KS
- ★ Richard Moon, GAKA Judo Club, Jamestown, NY
- ★ Samuel Zagula, Emerald City Judo, Redmond, WA

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

- ★ Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX
- ★ Joseph Murek, Yuma Judo Club, Yuma, AZ
- ★ William Thorndike Jr., Unattached CA, San Jose, CA
- ★ James Warner, Wolf-Creek Judo Club, Buckhannon, WV

Treasurer's Report, January 2012

The overall financial health of the organization after the first month of 2012 continues to remain good and stable. Current assets as of the end of January 2012 were \$34,836. Current liabilities were \$3,328. The current ratio is a healthy over-10 to 1.

Revenue in January was \$42,746 with, as expected, the largest portion being generated from membership fees. This is up \$4,000 from last year. Expenses were \$38,666, including cost of goods. The expenses for January were unusually high due to payment of insurance premiums for members and health insurance premiums. The net profit for January was \$4,110.

--Paul Nogaki, Treasurer, USJA
March 20, 2012

DECISION-BASED LEARNING: One More Tool for the Judo Instructor's Toolbox

by Mark Lonsdale

Let's start with the concept that people are not good listeners, only remembering a small percentage of what they hear. Visual images have greater impact, and many have become conditioned to watching TV, so we learn more by seeing and watching than by simply listening. The more vivid the image the better the retention, but we learn and retain even more by actually doing a task or skill. Why? Because we have to think and problem solve as we work to find a solution or master a skill. This is why judo instruction has traditionally been 15% teaching and 85% practice.

Traditional judo teaching has been a process of **show & tell** and **trial & error**, followed by several thousand repetitions in *uchi-komi*. While the resulting progress may often be slow, the retention is good because of the repetitions. This process works when development is measured in years, but modern society has come to expect faster delivery and quicker results – a sociological phenomenon referred to as a *McDonalds* or *Drive-thru* mentality. People are willing to sacrifice quality for speed and instant gratification, but this runs contrary to the philosophy of martial arts where we aspire for perfection in form and execution.

While many of the traditional judo training methods are still valid, modern teaching methodology favors **decision-based learning** and **guided discovery**. These place more responsibility on the student to think through problems and not just mindlessly follow instructions. This also allows the instructor to gauge knowledge and retention by asking questions. This decision-based process significantly improves retention since it forces the students to engage their brains as well as their bodies.

Decision-based learning is not just for children, so comes with a range of age-appropriate expectations. The teacher or instructor will modify his or her approach based on the age and experience of the individual, but it can also be used in mixed age groups.

Using chokes and strangles (*shime-waza*) as an example, a junior green belt (12-13 years) would be expected to know one or two chokes but not in any great detail. A competition brown belt should know five or six, along with several entries into those chokes from the guard or turtle position. A *nidan* would be expected to know at least nine strangles and a *yodan* twelve. Dan-grades should also be able to explain the finer physiological difference of a choke versus a strangle (air versus blood flow) and more complex applications and entries into these techniques.

So if the instructor is working with *Yonen* (12 – 13), he or she will begin slowly by asking what they have seen and what they think they know about chokes. For *Shonen* (13 – 16), who are permitted to use *shime-waza* in *shiai*, then a higher degree of knowledge and proficiency would be expected. In conducting a senior competition clinic, the program may include a quick review of the techniques and then move directly into entries, practical applications and tactics.

So how does decision-based training work in the dojo?

The idea is to avoid teaching (talking) too much, but to encourage the students to teach themselves. Instead of simply demonstrating a technique, the instructor will co-opt the class into “exploring” a technique, or a family of related techniques. For the purposes of this paper we will stay with a training session devoted to *shime-waza*.

The instructor should begin by reviewing the potential hazards and safety considerations related to practicing chokes and strangles, especially how to tap out and how to recognize when *uke* has

gone unconscious. The level of experience of the group will dictate how much time is spent on this block of instruction.

The instructor will then begin by gauging the depth of knowledge of the group. The assumption is that, in any class, there are students of various grades and with differing levels of experience. The lower grade students, and those that may be shy, are pitched the easy questions – for example, who knows a judo choke? Or can you name this choke (accompanied by a quick demonstration of *hadaka-jime*)?

Students of higher grade would be expected to know more, and those who are more extroverted and confident will need to field the tougher questions. Examples: Can you name the three primary cross-strangles? What does *juji-jime* mean? What are the three primary rear chokes? What is the difference between a choke and a strangle? Who can demonstrate an entry into *gyaku-juji-jime* from the guard position?

In short order (two or three minutes), the instructor will be asking questions that exceed the student's knowledge-base, but will have focused their minds on the topic. They will also realize that the training is **interactive** and they will be quizzed, so they had better pay attention. In other words, the instructor is holding them accountable for remembering what is being covered.

Moving on, the instructor may ask if anyone can demonstrate a specific cross choke or strangle. Once one of the students demonstrates the technique the instructor will ask for a show of hands to gauge how many can name the technique. The instructor will then explain and demonstrate that technique in greater detail; then give the class time to practice several iterations.

Once the students have grasped the finer points of applying pressure to the sides of the neck with *name-juji-jime* (thumbs in), then *gyaku-* and *kata-juji-jime* are just variations with the thumbs out, or one in one out, respectively. Students will then practice those two variations under the supervision and constructive critique of the instructor(s). They are being led to explore how the edge of their wrists become the most effective tool in each strangle.

From there the students could be asked to demonstrate a practical application of a cross-strangle in *newaza randori*. The instructor is looking for some indication that they know how to apply a cross-strangle from underneath, in the guard position. But before demonstrating the entry techniques, the instructor will ask the students to get into the guard position and try to "discover" at least one practical application of a cross-strangle. He or she may **guide** and **hint** as the students experiment, by suggesting, "Try going deeper on the collar, or roll your wrist as you squeeze...."

Only once the students have experimented for four or five minutes, will the instructor select students to demonstrate what they have discovered. The instructor will then fine tune their performance and demonstrate the best entry for that technique.

Moving on, the instructor will then ask if anyone knows a choke executed from behind. In most cases everyone will know the naked choke, *hadaka-jime*, but they may not know the Japanese terminology. Once they have practiced *hadaka-jime* to a satisfactory standard, then *kataha-jime* becomes a logical variation; and from *kataha-jime*, it is an easy transition to *okuri-eri-jime*. The students have now connected the three basic rear chokes (or strangles, depending on how they are applied).

Okuri-eri-jime is a good starting point to explore (teach) two or three competition applications. The sliding collar strangle is actually a very versatile technique that offers several entries from behind, when *uke* is in the turtle position. Concurrently, the instructor will encourage the students

to explore blocks, counters and escapes from this strangle. (The key to escaping *okuri-eri* is to roll away from the choking hand. Rolling towards it tightens the choke.)

Exploring all six *shime-waza*, including entries and applications, would take more time than the standard 20-30 minutes allocated for studying a new technique in a 90-minute training session; but it makes for a very productive mini-clinic. On subsequent training nights the instructor can then gauge retention and review these techniques, but in the meantime, the students will have six chokes and strangles to experiment with and practice in *newaza randori*.

Going back to the **whole-part-whole** methodology, teaching all six would be considered the **whole**, even though a little overwhelming for some. But because of the similarities between these techniques, each one serves to help understand the others. In later training sessions the individual techniques would be broken down into parts and then systematically reassembled for greater understanding.

This same methodology can be applied to throwing (*nage-waza*), gripping (*kumi-kata*) and joint locks and arm bars (*kansetsu-waza*). Guided discovery is particularly suited to exploring techniques that run in sequences such as counters (*kaeshi-waza*), combinations (*renwaku-waza*), and *osaekomi-waza* escapes.

The training objective of each training session will also influence the teaching methodology. For routine dojo training, instruction is kept to a minimum and the emphasis is on honing techniques through moving uchi-komi and *randori*, or by introducing the class to drills such as Kelly's Capers. For the week prior to grading or promotion, the emphasis may move to demonstration-quality techniques, so time devoted to detailed instruction may increase. But again, students should be encouraged to self-analyze their technique, especially *kuzushi*, *tskuri*, and their own control and balance through the execution (*kake*). For pre-tournament training the emphasis will be on tactics, speed, entries, combinations, counters and practical applications.

CONCLUSION

In the near future I hope to write additional articles and conduct clinics related to modern teaching and coaching methodologies, but in the mean time, here are a few basic tips for consideration:

1. Too much teaching (talking) can be a bad thing. The traditional concept of 15% teaching and 85% doing is still valid. Keep in mind that doing and repetition is an important part of learning.
2. Ask questions to gauge a student or class's knowledge before launching into a demonstration. Example, "Who knows a throwing technique that goes to the side?" "Who has a three-throw combination using *tai-otoshi*?" "Who has a counter for *koshi-guruma*?"
3. Make the class interactive by asking if they know something before you teach it. Expect participation even if you have to coax it out of the shy ones. "How many know what *sutemi-waza* means?" "How many have seen *tomoe-nage*?"
4. Use the students' answers and demonstrations as teaching points, even if the student was incorrect. "That was a good effort, but...."
5. Encourage students to read books, look at You Tube and do their own research – especially brown belts and above. "Next week I want you to demonstrate a winning technique used in the 2011 World Championships – plus the set-up," or "Next week we will study variations of *ude-hishigi-juji-gatame* from the guard position."

6. Talk to local school teachers about trends in teaching, and go online to research teaching methods as they apply to child development, learning skills, and coaching sports.
7. Invest in books by respected coaches such as Hayward Nishioka, Neil Ohlenkamp, Jimmy Pedro, and Ron Angus. Judo is one sport where you are a student for life....
8. Sign up for the next coaching clinic in your area, or come out to the National Coaching Clinic taught by Bill Montgomery and Joan Love, prior to the Winter Nationals!!

For additional information related to this subject, read the January issue of **Growing Judo** and the article on **Teaching & Coaching Judo**.

RISK MANAGEMENT IN THE DOJO: Checklists to Reduce Liability Exposure

by Mark Lonsdale

Surviving in any business, in a litigious society, is a process of constant risk assessment and risk management. Business owners live in fear of accidents on their premises, either staff or customers; but contacts sports such as judo carry with them additional inherent risks. It is only through constantly assessment of those risks and due diligence that we are able to mitigate the possibility of personal injury law suits.

Contributing factors for accidents and liability exposure are:

1. Lack of qualified supervision in the dojo
2. Unsafe games and activities
3. Unsafe training environment (mats, walls, furniture)
4. No posted rules (Dos & Don'ts)
5. No national affiliation, membership & liability insurance
6. No liability releases / waivers
7. Lack of documented instructor training or coach certifications
8. Inappropriate behavior by instructors or staff
9. No first aid kit or emergency plan
10. Failure to seek professional advice on risk management

Even with signed liability waivers, an instructor or club can still be sued for negligence. Negligence occurs when there is an assumed duty that is breached or not performed, and you are the proximate cause that has resulted in some damage. Thus negligence is a result of a duty, breach of duty, causation, and damages.

Some sports and activities have what is termed an "assumption of risk," which means the there is a common understanding that anyone participating has assumed those risks. These activities include skydiving, rock climbing, SCUBA diving, horse riding, bull riding, snow skiing, and **any full-contact sport**. This does not protect the business operator or instructor from negligence, only from the injuries that may be inherent to that sport or activity. For example, it is understood that while doing judo, one can expect bumps, bruises, sprain and even breaks. But if those same

injuries are the result of furniture being placed too close to the mat area, then this could be construed as negligence. Or if the mat area is dangerously overcrowded while doing *randori*, and someone's leg gets broken, then fault falls on the instructor for allowing an unsafe training environment.

Suggestions for Risk Management:

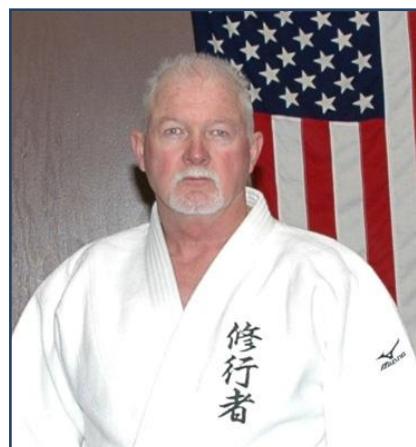
1. In addition to having a brown or black belt, it is recommended to have a teaching or coaching certification from a nationally recognized organization or institution.
2. Keep your credentials current by attending continued education classes and judo coaching clinics.
3. Maintain a clean & safe environment in the dojo, and any attached facilities.
4. Vigilance and close supervision are paramount.
5. When registering new students, or when attending tournaments, clinics or special events, have the students and/or parents fill out, sign and date all waivers. It is important that they read and understand what they are signing.
6. Have a checklist of rules ("do's and don'ts") in the dojo. This should be posted in the dojo, explained to new students, and periodically reviewed. Examples are: no horseplay, no judo activity without an instructor present, no jewelry or sharp objects, short finger and toe nails, clean judogi, no arm bars for juniors, etc.
7. Have a safe and well structured lesson plan based on nationally accepted standards for judo training.
8. Keep a dated log of serious incidents or injuries that may occur. You may even want to keep signed witness statements as to what occurred.
9. Have a posted procedure list of things to do in the unlikely event of an accident; example: call 911, nearest hospitals, police dept. where the first aid kit is to be found, notification of parents, etc.
10. Finally, set the example by acting in a professional manner at all times.

Additional information on risk management is covered in most coaching clinics, so be sure to attend and keep your certifications updated.

In addition to being an active judo instructor and coach, Mark Lonsdale works as a consultant for a major international risk management company. Mark has also been called as an expert witness in cases related to negligence in training and operations.

Mark is a USJA, USJF and USA Judo certified coach, a former international judo competitor, and has trained extensively with the renowned Racing Club de France. Mark can be contacted at Judo93561@aol.com.

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Judo Ankle Locks

By Jason Bruce

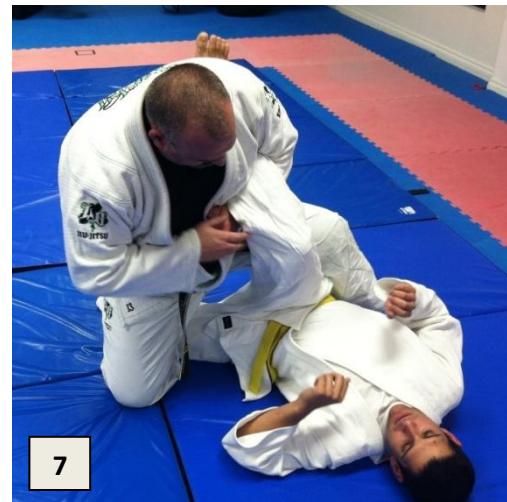
Submissions are some of my favorite techniques in Judo. Other than gaining a perfect Ippon with a beautiful throw, there is nothing more gratifying than making your opponent tap out. Now imagine the satisfaction of making a person submit because you attacked their strongest body parts, their legs. Leg lock submissions are not allowed in Judo competition but I have found adding these techniques to my Ne-Waza class adds some new excitement to the class. In this article we will go over two ankle-lock techniques. The single leg ankle lock (Kata Ashi Hishigi) and the double leg ankle lock (Ryo Ashi Hishigi).

Kata Ashi Hishigi (Single Leg Crush, Dislocation) or Single Leg Ankle Lock

1. Start from a street fighting situation where two combatants face off.
2. Your opponent attacks you with a rear leg roundhouse kick to the body which is one of the most popular attacks in Karate, Kickboxing, Tae Kwon Do and Kung Fu systems.
3. Capture the leg with your left arm around your opponents leg.
4. Without letting go of the leg, close in for the throw by attacking your opponents neck or jaw to begin your throw to the ground. In self-defense techniques, many judo throws can be implemented by controlling the neck or head.



5. In this example I use O Uchi Gari. With the jaw or neck grip, you can really drive your opponent to the ground, potentially knocking out your attacker.
6. Your opponent is now on his back and you have his right leg still trapped under your left arm. Your right leg is inside your opponents left leg. To successfully execute the Kata Ashi Hishigi you need to control this other leg so he can't kick his way out of the ankle lock.
7. Begin the leg lock by dropping your right knee over his left leg to block his escape. Grab your own hand and pull your hand as high up your chest as possible. This is key, as the higher your hand is the more pain your opponent will feel when you set the lock.
8. Fall to the mat to your right and lace your left leg over his right leg to tie your opponent up and to protect your own leg from being locked. Then simply arch your back as you would in an armbar and your opponent will quickly tap out.



Ryo Ashi Hishigi (Double Leg Crush, Dislocation) or Double Leg Ankle Lock

This technique begins with the same set-up as the previous Kata Ashi Hishigi, but in this situation when your opponents left leg is high off the ground you execute the throw.

1. & 2. Grab the opponents left leg with your right arm so that you have one leg in each armpit with your hands clasped together. This helps remove any space for your opponent to kick out.



1



2

3. Sit down and wrap both your legs around his legs like you would putting somebody into the guard position. Then arch your back and your opponent will quickly tap out.

Leg locks may not be used in Judo competition but they are used in submission grappling and BJJ competitions. Having

awareness of these techniques will allow you to be more versatile as a Judoka and be more prepared in the streets. Leg locks are a small portion of the overall Judo world but with some trial and experimentation you add many new submissions to your game. Enjoy and play safe.



3

Jason Bruce is a Nidan in Judo and a Blue Belt in Gracie Barra Jiu Jitsu

EDITOR'S NOTE: Since most judoists are not familiar with leg and ankle locks, be sure to apply submissions slowly and with control, so that your partner has time to tap out.

The techniques demonstrated herein are for informational purposes only. Use or misuse of these techniques may result in dislocation of joints, sprains, strains, ligament tears, fractures, and other serious injury including death, and should only be practiced under the close supervision of a qualified martial arts instructor, and within the civil and criminal statutes and codes of the applicable jurisdiction. The reader assumes any and all risks attendant with the practice of any martial arts technique contained herein. The USJA disclaims any and all liability from the negligent or improper use, application and demonstration of these techniques.

Judo News From Around the Country

Utah, February 4 & 26

On February 4th, Fred Louis hosted a *Blending Jiu Jitsu with Kodokan Judo* clinic with Eddie Edmunds, a Gracie BJJ Black Belt from Salt Lake City (*below left*). Participants had a great time! We learned some very effective ne waza to add to our curriculum and benefit competitors in particular.

On February 26, Zenbei hosted a judo seminar featuring Ian Siu, a British Judo Coach from Birmingham Judo Club, who was in Salt Lake City on holiday. Sensei Sui visited the club several times. He is very passionate about judo and is a walking example in action of Mutual Welfare and Benefit. There were sessions for both juniors and seniors.



Connecticut, March 2

In honor of USJA's March "Visit-A-Dojo" month, **New Britain Judo Club** hosted a two-hour evening workout. They opened their doors to 2 visiting clubs, Gentle Way Judo Club of Bristol & Ansonia H.S. Judo Club. About 25 judoka attended.





Greg Hakamaki throwing Nate Boston

Wisconsin, March 13

The UWSP and Stevens Point Judo Club hosted a two hour clinic with Jeff Boyer, 4th dan. Thirty judoka participated.

During the clinic Sensei Boyer told the students his philosophy in life and judo is simple. "A man is known forever by the tracks he leaves behind" As we age we adjust our way of living and sports. Judo is a sport you

can do for life. You can adjust your technique to something else more favorable. Jeff told the students that he looks at things differently and modified his techniques. He said that performance is "low risk with high rewards." Some would call it "biggest bang for the buck."

With that in mind he moved into throwing skills that had low risk involvement. With the first technique he moved into three more skills based off the first one. The only difference was foot or leg placement. These techniques and others are what make Judo stand alone among other martial arts.



Tim completing a throw on Bradley

--Tom Gustin

Sensei Boyer started judo in 1968 in Long Beach, CA, then practiced with the Rota Judo Club when his father's Naval career took the family to Spain. He won the Spanish National Junior Championship, and was an AAU and 3-time Wisconsin State Junior Champion. Jeff joined the Army in 1981 and continued his training in Osan, Korea. As a Special Agent with the US Department of Defense, he has been involved with Global War on Terrorism and used his judo background to author the first US Army Combative Course to be taught at Ft. Huachuca, Arizona. Jeff was mobilized to Afghanistan for one year (2008-2009). Sergeant Major Boyer has also taught self-defense to police departments and women's groups. He founded the Wisconsin Heights Judo Club in Mazomanie, WI and is currently co-instructor of the Reedsburg Judo Club.



Jeff Boyer demonstrating leg placement on son Ben Boyer



Marissa, a judoka with visual impairment, attempts to throw Betsy

Oregon, March 2-3

Pacific Rim Martial Arts Academy was honored to host two-time Olympic Judo Silver Medalist & six-time All-Japan Judo Champion Ms. Yoko Tanabe. Ms. Tanabe visited Pacific Rim at the invitation of Michael Martyn, who received his Yodan promotion in judo from the USJA that same weekend. Mr. Martyn trains regularly in Japan at Tokai University as well as the Kodokan and has arranged for other Japanese champions to visit Pacific Rim as well.

Ms. Tanabe's persona was one of dignity and confidence. Her technique was flawless, but what was especially impressive was her ability to dissect the movements; seasoned Judo veterans were inspired by her communication of the "Judo language." Her graciousness and concern for students of all levels insured that each one learned skills they could incorporate into their daily practice.



Ms. Tanabe is scheduled to be in London, England until December teaching at various Judo institutions. She has promised to return to Pacific Rim prior to her returning to Japan.



Michael Martyn, Yoko Tanabe & James Garrison

Judo and Jujitsu practitioners at Samurai Judo Association with visiting instructors (article on the next page).





Department of Homeland Security Officer Per Ankh Siaca Bey practices a choke on USAF SSGT Robert Kolbe. Both are brown belts and assist with instruction.



Gary Goltz, Alexander Campo, O.J. Soler, Leonard Carter, Ronald Allan Charles

South Carolina, March 7

USJA President Gary Goltz travelled from California to visit the USJA's largest club, led by Dr. Ronald Allan Charles. The club, the Samurai Judo Association, is situated at the MWR Facility on the Naval Weapons Station in Goose Creek, near Charleston. O.J. Soler accompanied Goltz, to conduct a seminar for area judo and jujitsu practitioners.

Approximately 35 martial artists ranging from beginner to 9th dan attended the event to learn new techniques and share skills. Though most on the mat were active duty military, participants included a few dependents, Department of Defense personnel, and retired military, representing all branches of service.

MWR offers free judo and jujitsu classes for active duty personnel about four times per week. Our USJA Jujitsu focuses on combat and street-worthy techniques and strategies for practical application.



Visit the club website at web.me.com/ronaldallancharles/samuraijudoassociation or contact Ronald Allan Charles at (843) 553-6702 or CharlesR@Citadel.edu.

CLUB PROFILE: GULF COAST JUDO--Small Town Judo Club with Big Time Experience

Since 1996, Gulf Coast Judo ("GCJ") owned by Jim Hunt, Yodan (*photo right, in white*) and Ken Altman Sandan (*in blue*) has taught young children, teens and adults Judo in the small coastal town of Ocean Springs, MS.

Located between New Orleans, Louisiana and Mobile, Alabama, this beautiful waterfront community has a flair for Judo.

Jim Hunt, a Physical Therapist, began Judo in 1972 in an Armed Forces Judo Association Club in West Germany, and became a member of a German judo club. He has gained a wealth of knowledge during his 35+ years of Judo experience. He is certified as a National Coach, Senior Judo Rank Examiner, and Regional Referee. He was the 1996 USJA Outstanding Senior Competitor of the Year; USA Judo Masters Nationals-- Silver Medalist; three-time USA Judo Masters Nationals-Bronze Medalist; State Champion, as well as excelling in a lifetime of international competition as a junior and national competition as a senior.

Ken Altman, an attorney, also began Judo in 1972 in South Florida. He committed his youth to Judo and was a multiple year State, AAU and Pan Am Champion. He competed in multiple junior nationals as well as international competition in Mexico. After a hiatus for education, Altman returned to competition winning over a decade worth of senior State Championships and successful competition in hundreds of tournaments through his career. The highlight of Altman's competitive career was his selection to compete in the 2001 International Maccabiah Games—



Asher (Gold) & Gabe at the 2011 LA Open



Gabe (2 Golds) at the 2012 Wakaishu Ma Shu in Atlanta



Katie and Pember training at the club

can bring to a person's life", says Hunt Sensei. Altman Sensei adds, "there is no doubt that success in Judo leads to success in life."

With that dedication, GCJ has quietly grown into one of the top-20 USJA clubs. Competitors from Gulf Coast Judo medaled in the Waka Ma Shu & Ippon Open (Atlanta, GA), Tennessee Open, Mississippi Open, USA Judo Florida Championships, Louisiana Open, Houston Open; and USA Judo Youth & Scholastic National Championships. Judoka from GCJ plan to enter the San Antonio Open, Liberty Bell Classic, U.S. Junior Olympics, USA Judo Junior U.S. Open and Dallas Invitational.

GCJ also hosts a regional judo tournament every January, which provides an exciting kick-off for the "judo season." Each year the number of participants in the Gulf Coast Judo Open has increased, and the 2012 tournament included Judoka from six states. "It truly is an exciting time for Judo in Mississippi and we are pleased to have the opportunity to give back to Judo, after everything that Judo has given to us," added Altman and Hunt.

--Danyelle W. Evans

For information about the club, please contact Sensei Jim Hunt at 228-806-8125.



GCJ Judoka who traveled to Waka Ma Shu 2012 (3 Gold, 1 Silver, 1 Bronze)

Team Bronze. Altman is also a National Coach and Regional Referee. He was awarded the 2001 USJA Outstanding Senior Competitor of the Year--Mississippi.

Offering over 70 years of combined experience on the mat, Hunt Sensei and Altman Sensei are dedicated to building better Judoka and better people. The Club's philosophy is to bring out the very best in each Judoka. "I have seen the positive effect and motivation that Judo

Entry Fees: \$60 - By May 15th • \$80 - After May 15th • \$25 - Extra Divisions • www.amcanjudo.org • 585-797-5254

40th Annual - Grand Island ◊ Niagara Falls

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WORLD CLASS JUDO COMPETITION

JUNIOR, SENIOR AND MASTERS

May 26th & 27th, 2012

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SPAIN • RUSSIA • INDIA • BRAZIL • PANAMA • AND MANY MORE!

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Sanctioned Event

National Referee
Certification
Testing Site

USJA/USJF
Grassroots Judo
Point Tournament

Full-Day
National Referee
Advanced Training
and Rules Seminar



Bagpiper
Kicks Off Opening
Ceremonies!

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Competition Gi
Awarded to Winners
of all Senior Elite Divisions

AM-CAN Challenge Cups
Awarded to Winning Clubs
in Winning Countries



New This Year!

17-19 Youth Divisions!
Saturday Competition
with all Junior Divisions

**Compete Again
on Sunday!**

Sunday Competition
Seniors & Masters Divisions

Free Competitor Clinic

2nd Annual



Featuring
Jason Morris

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- 60 Career International Medals
- 1993 World Championships
Bronze Medalist

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Grand Island, NY 14072
(716) 773-1111

Tournament Venue
Grand Island High School
1100 Ransom Road
Grand Island, NY 14072

Free listings in the Upcoming Events section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

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*

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.

APRIL

April 13-14

Kelly's Capers and USJA Coach Certification clinic at Wall to Wall Martial Arts, 7838 Kingsley Ave., Denham Springs, LA. Friday evening session (6:00-9:00 p.m.) will focus on Kelly's Capers, a great approach to teaching Judo to novices with a focus on using drills and activities that help promote student retention and success over the long-term. The presenter will be Joan Love, USJA Vice-President. Saturday (9:00 a.m.-5:00 p.m.) will be an all-day coaching course, co-taught by James Wall and Joan Love; it will cover all material necessary to certify or re-certify as a USJA Coach. \$40 Clinic cost includes lunch on Saturday; background screening and certification fees are additional. Contact James Wall, 225-436-0588, wallmartialarts@att.net for forms and information.

April 14 and 15

Kelly's Capers and Coach Education Clinic, New Mexico Military Institute, 101 W. College, Roswell, NM, with Bill Myers, who has taught hundreds of students at Cornell University using the *Kelly's Capers* program. Coaching clinic (Saturday 9:00-5:30) satisfies requirements for initial certification or continuing education; Kelly's Capers will be on Sunday, 9:00-1:00. Fee: \$50 for both clinics. Contact Loren Bentley at sensei@roswell-judo.org or 575-649-0982; Registration forms at www.roswell-judo.org/RJC-NMMI_April_2012_Clinic.pdf. Hotel rooms have a block rate of \$70/night with the code of "Judo Clinic."

April 14

20th Semi Annual Ippon Judo Open, Kedron Field House, 202 Kedron Dr., Peachtree City, GA. Contact David Wojcik, 770-632-2669, ippojudo@numail.org

April 15

Shigatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Contact Will Williams at 860-712-0122 or Info@gentlewayjudoclub.com and go to www.gentlewayjudoclub.com for directions.

April 15

Industry Sheriff's Judo Club Novice Tournament, East San Gabriel Valley Japanese Community Center, 1203 West Puente Avenue, West Covina, CA. Green belt or lower, starts 10:00 a.m. Contact Jeff Domingo, 626 330-3322; jddoming@asd.org or Butch Ishisaka, 626 576-5747, industrysheriffjudo@gmail.com

April 21-22

USJA Midwest Regional Judo Tournament Mixed Martial Arts Clinic. North Dale Rec Center 1414 St. Albans St. N, St. Paul, MN. Dan Hoffman, 651-208-5650; Ken Otto, 651-774-4041, k-d-otto@msn.com.

April 21

Sonoran Judo Classic and Clinic, Phoenix College Gym. 1202 W. Thomas Rd., Phoenix, AZ. Contact Edwin Eng, 623-217-0534, www.buckeyejudo.webs.com/

April 28

2012 West Point Senior Invitational, Arvin Cadet Physical Development Center, United States Military Academy at West Point, NY. Hector Morales-Negron, 845-938-6648.

April 28

Konjo Dojo Judo Spring Championships, Southeast Missouri State University, 1400 New Madrid St., Cape Girardeau, MO. COntact Randy Pierce, 636-464-6487, konjo7@aol.com

April 29

Walter Ing 6th Dan Memorial Jr. Judo Tournament--All proceeds go to the YMCA Judo Camp Fund. Salesian High School, 148 East Main St. New Rochelle, NY. Novice & advanced belt divisions, ages 5-16. Fees before 4/23: \$ 20.00 first division/\$10 each additional division. Contact George Pasiuk (914) 413-9944, mr1judo@optonline.net

MAY

May 5-6

Shingitai Jujitsu Spring Training Camp, Pleasant Valley Ranch, Perrysville, OH. See ad to the right and contact John Saylor SJAHQ@aol.com or visit www.johnsaylorrsa.com for more information.

May 5

2012 Wisconsin State Sr & Jr Judo Championships hosted by West Bend Judo Club at University of Washington Washington County, 400 University Dr., West Bend, WI. Jon Sanfilippo, 262-644-8211

May 5

The Wright Challenge, Wright State University, 3640 Colonel Glenn Highway, Fairborn, OH. Contact Lowell Slaven, 765-891-0130, lslaven1512@comcast.net

May 19

River City Martial Arts/Grants Pass Judo 18th Annual Judo Tournament, North Valley High School, 6741 Monument Dr., Grants Pass, OR. Contact Daniel Dawson, 541-761-8081, dawsongDaniel@hotmail.com

May 19

Rattler Round Up XVIII, Atlantic Community High School, 2455 West Atlantic Ave., Boynton Beach, FL. Contact Michael Szrejter, 561-496-7000, mikesz@bellsouth.net



May 26

Ryoku Judo Club Invitational, Dula Gymnasium

441 E. Bonanza Rd., Las Vegas NV. 9:00 a.m. start. Contact Sergio Sanchez cftspn@aol.com, (702) 234-1165.

May 26-27

40th Annual AM-CAN International Judo Challenge, Grand Island High School, 1100 Ransom Rd., Grand Island, NY.

[See the full-page ad on page 19](#) and visit www.amcanjudo.org for entry forms and complete information.

- Reception honoring Mel Ginter (*see details below*); no charge for attending/cash bar available.
- The 2nd Annual AM-CAN Competitor Clinic, with guest clinician Jason Morris (5-time Olympian and 1988 Olympic Silver medalist); the clinic is FREE and open to all.

40th Annual - Grand Island ◊ Niagara Falls

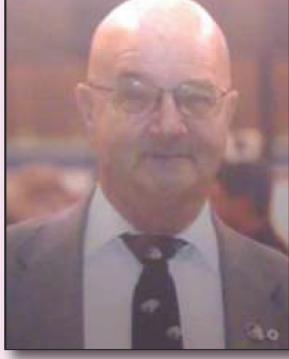


AM-CAN
INTERNATIONAL JUDO CHALLENGE

May 26th & 27th, 2012

The AM-CAN Committee

Invites you to Join us on our 40th Anniversary
at 8:00 p.m. on Friday Evening, May 25th, 2012
at the Grand Island Holiday Inn and Resort
Grand Island, NY
for a Celebration in Remembrance of the Founder of the
AM-CAN International Judo Challenge



Mel Ginter
March 16, 1929 - January 27th, 2012

JUNE

June 9

Asian Martial Arts Festival, YMCA Hagerstown, 1100 Eastern Blvd N, Hagerstown, MD. Contact Vernon Medeiros, 301-739-3990.

June 9

Mahopac Judo Invitational, American Legion Hall, 333 Bulks Hollow Rd., Mahopac, NY. Contact Jose Martinez, 917-821-3857.

June 21-23

Greatest Camp On Earth, Next Level Center, 4317 Stevens Mill Rd., Stallings (Matthews), NC. This marks the 21st year of North America's largest martial arts training camp. Typically we have over 300 campers, with about half Juniors. Choose from dozens of sessions on various aspects of contest Judo, referee training, coach certification, kata, Sambo, traditional Jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, Aikido; karate, kyudo (Japanese archery), yawara, and police tactics. Promotional examinations are also offered. Instructors include Olympians and other champions and national/international coaches. This year, Kodokan Cup champion Shinjiro Sasaki (right) and our most requested instructor Nick Lowe will be our featured Judo instructors. World Masters champion Igor Yakimov, is returning to teach Sambo for his eighth consecutive year. Please see feature on pages 12-13 of the March issue of *Growing Judo*, visit www.greatestcamp.com or email greatestcamp@greatestcamp.com.



June 23

Goltz Judo Sensei Gary Birthday Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

JULY

July 6-8

USJF/USJA Junior Nationals, Spokane, WA. <http://www.usjf.com/2011/12/2012-junior-nationals/>

July 15-20

CAMP BUSHIDO WEST Judo & Jujitsu Training Camp, Old Oak Ranch, Sonora, California.



Camp Bushido offers judo and jujitsu practitioners an opportunity to train in multiple classes daily with a core of top level regular instructors, "Featured Guest Instructors" who are known national or international competitors and/or high ranking judoka or jujitsuka who have studied in Japan, and of course Professor Charlie Robinson. Rank promotion tests and kata and coaching certifications are also offered. Please see feature on pages 14 of the March

issue of *Growing Judo*, contact Joa Schwinn 707-523-3200 or Hans Ingebretsen 408-377-1787, visit www.campbushido.com or contact us via email: info@campbushido.com

July 26-29

Rise of the Phoenix Martial Arts Training Camp, Bluffton University, Founders Hall/Marbeck Center, 1 University Drive, Bluffton, Ohio.

A revival of the "Spirit of the Eagle," camp, the "Rise of the Phoenix" will use a format similar to the "Greatest Camp on Earth" with over 20 great instructors and courses in wrestling, boxing, Ju Jitsu, Sambo, Kenjutsu, Kano Ju Jitsu, MMA, BJJ, self-defense, Aikido, Tae Kwon Do, Karate and of course Judo! The camp fee of only \$275.00 includes lodging, meals , and up to 10 hours of training each day.

Please see feature on page 15 of the March issue of *Growing Judo*, contact Mark Hunter, 419-722-3476, markjudo@aol.com and visit our Camp Web Site at www.macamp.org



AUGUST

August 4-5

Fight Like A Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, MI. Advance registration is appreciated. Registration at the door starts Saturday, August 4, 2012 at 12:30pm. Please be on the mat by 1:30pm.

If you will be joining us for the Sunday Clinic only please register by 8:30am on Sunday as the on mat session starts at 9am. Saturday or Sunday only session \$25.00, Saturday and Sunday, \$40.00

Campers should bring a sleeping bag and all personal items. Cookout Saturday night, breakfast and a snack lunch on Sunday are included. Contact Deborah Fergus defrgs6@att.net www.southsidedojo.com

August 12-18

INTERNATIONAL JUDO CAMP, 300 Big Pond Rd., Huguenot, NY. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, Tai Chi, self-defense, refereeing and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats (over 7,500 sq. ft.); activities for young campers, including water activities, rock wall climbing, and horseback riding; and a "Kool Zone" where teens can socialize and relax after evening randori. Sessions are offered to meet the needs of judo players or all ages and levels. **Clyde Worthen**, 6th dan



(*National Champion and Pan American Gold Medalist*) will serve as camp Co-Director for the 2nd year and this year's guest instructor is **Liliko Ogasawara**, 5th dan (*two-time World Medalist, British Open Gold Medalist and 7-time National Champion*). Last year's very popular featured instructor, **Leonardo Victoria**, (*6-time Colombian National Champion and Pan American Medalist*) will also be returning. A USJA National Coach Certification Course will be offered this year as well; contact **Bill Montgomery**, (WMontgomery2@aol.com) for more information. Financial Aid and team discount rates are available. Please see feature on pages 16-17 of the March issue of *Growing Judo*, visit www.newyorkymcacamp.org/judo and contact George Pasiuk at mr1judo@optonline.net or 914-413-9944 if you have any questions.

SEPTEMBER

Sept 21-23

All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio: a female-only tournament that affords competitors many matches. Coaching, Referee, Kata and Technical Clinics (TBD) are open to all (male & female); all referees are welcome. Contact: Deborah Fergus 269-208-1068, defrgs6@att.net.

OCTOBER

October 13

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com or go to goltzjudo.com for more information.

NOVEMBER/DECEMBER

November 30

Coach Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals. Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. and facilitated by Bill Montgomery, Chair of the USJA Coaching Education Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.



November 30

Kata Certification Clinic, in conjunction with the USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals Hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA and led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.00. Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

December 1-2

USJA/USJF Grassroots Judo™ 7th Annual Winter Nationals, hosted by Goltz Judo at Damien High School's gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012). Contact Tony Farah, 951-288-5296, tony@farahfamily.com, or go to judowinternationals.com.

USJA Promotions: March, 2012

Congratulations to the following individuals on their achievements:



Judo

Shodan

- | | | |
|----------------------------|-----------------------|----------------------|
| ★ Michael V. Acebal | ★ Mike Holler | ★ Steve Matias |
| ★ Delbert L. Conkright III | ★ James Ryan Jasper | ★ Lorraine M. Wall |
| ★ Brendan A. Dacey | ★ Paul LaRocca | ★ Daniel Weaver |
| ★ Silvio D'Onofrio | ★ Theresa M. Lawler | ★ Jeremy R. Williams |
| ★ Justin D. Ford | ★ Michael T. Malooley | ★ Paul Wright |

Nidan

- | | | |
|-------------------|-------------------|-----------------------|
| ★ Justin Brezhnev | ★ Tiago Goncalves | ★ E.J. (Rick) Yoerger |
| ★ Michael A. Dunn | ★ Sean Gregory | |

Sandan

- | | | |
|---------------------|-----------------|---------------|
| ★ Gregory A. Becker | ★ Martin Pasqua | ★ Ralph Villa |
|---------------------|-----------------|---------------|

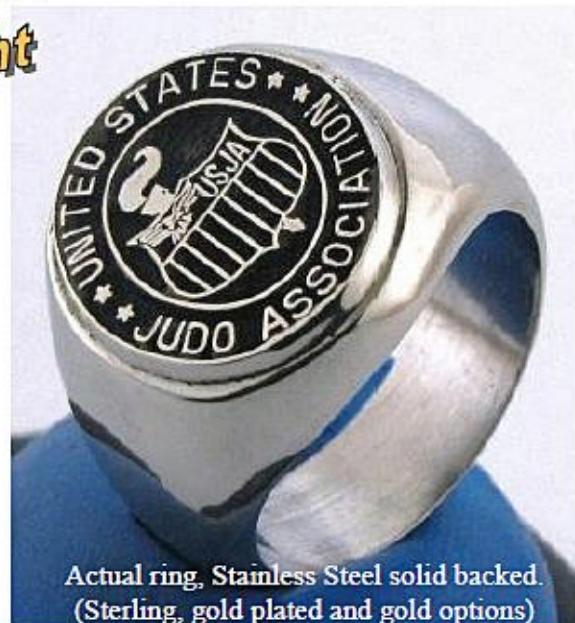
Jujitsu

Shodan

- | |
|---------------------|
| ★ Christopher Grant |
|---------------------|

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