



# USJA Growing Judo

March 2006

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**Dr. Rick Joseph of Michigan finds time to help teach!**

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# WHY THE UNITED STATES JUDO ASSOCIATION IS GREAT AND OTHER TRUE FACTS . . .

**G**rowing Judo is what the USJA Development Program is all about, with very valued support from other USJA efforts such as our coaching program and our wonderful USJA clubs.



In the USJA, we have world-class coach Jim Pedro, Sr. as our chair of coaching who takes a weekend away from his job as a fire fighter and flies across the country to teach judo to 75 kids and 25 coaches. Then he turns around, flies back across the country and writes a letter thanking us for allowing him the opportunity to work with our children and coaches. We have John Moe, who organized judo as half-time entertainment for a professional football game. We have Gerry Lafon who teaches clinics around southern California, writes for our newsletter and flies to tournaments in Europe and Japan at his own expense to be sure that what he is teaching and writing about is current and works.

Development is about those people who take the time to teach judo, to promote judo, to work with coaches, to write articles to share their ideas with others.

USJA – judo – we get it.

Here is what makes the USJA so special when it comes to development – **we get it**. We understand that development is not about giving money to people who win gold medals. That is rewarding development that already occurred due to someone else's efforts and it is a nice gesture, but it doesn't grow judo. Development is about bringing people into the sport, nurturing their talent to win gold medals, or to be physician-pilot-father-judo instructors who are great role models for children.

This issue features photos from a joint workout for clubs in Ohio and Michigan. It illustrates a wonderful feature of judo. Kids from inner-city clubs get together with children in the Ohio heartland for judo and social activities. Here is one way judo differs from other sports. If your child is a member of a soccer team or a swim team, usually they associate with other children in your community. Children from the inner city, rural communities and very upscale neighborhoods rarely participate in events together. This is extremely unfortunate, because prejudices die when you actually meet people from different groups and find out that they are simply just that, people – that will teach you judo, throw you, take falls and practice turnovers with you.

Dr. Martin Bregman took the time out of his busy schedule as college professor and international referee to write an article, not about his own many outstanding accomplishments, but about a friend, Pat Burris. To quote from Martin's article, *"...Pat's emphasis, over and over, was that it was our job to help to train good citizens, good people. People that show respect to others. People that show good sportsmanship. People that, when winning do so with class, and when losing do so with dignity."*

Now, it must be admitted that there are judo organizations other than the USJA (when I said this to Dr. Ronald Charles, he quipped, 'Not really.'). Pat and I have been friends a very long time. When I asked his permission to publish this article and told him I would understand if he did not want to be seen as supporting the competition, he laughed and told me, "AnnMaria, you can do anything you want." Judo is unique. You meet people who are your friends for life. I was on my college track team and I can't tell you where any of those women are today - but I can tell you where most of my former judo teammates live and I still see them several times a year.

# GROWING JUDO

A MONTHLY NEWSLETTER OF THE USJA DEVELOPMENT COMMITTEE

Building **good people**, **stronger communities** and **great athletes** – in that order



*Dr. Rick Joseph, from Michigan, finds time to help teach at a joint workout designed to bring together kids from dojos throughout Michigan and Ohio. In addition to being a sandan, and an M.D., Rick is also a pilot who flies for American Airlines on the weekends and the father of two children who compete in judo. The workout is held at Ameri-Kan Judo in Ohio, the fourth-largest club in the USJA.*

# DOJO NEWS: Joint Michigan-Ohio Workouts

## Are the Pictures of Success

It's a great time! Mark Hunter and Neil Simon put it together. Neil & the Currys both have intercity kids judo programs. They wanted a way that the kids could meet other kids and workout instead of just fighting each other at the tournaments. Mark Hunter's dojo is about midway and he has lots of kids in his program so they got together and invited folks to come out and workout together and have pizza for lunch too. It's cheap and fun!" is how USJA Instructor Subcommittee chair, Dave Wertheimer describes the program. Instructors from the various judo organizations, including Jerry Wee, Dave Wertheimer, Neil Simon, Ernie Curry and Mark Hunter teach at the joint workouts. Rather than show pictures of people in red and white belts standing around, we knew you would like to see judo. Below, Mark's photographer caught two young orange belts just at the end of a right ippon seoi nage.



Another pair of beginning judo players is practicing a turnover they just learned.



Ameri-Kan Judo: Findlay, Lima, Bluffton, Columbus, Painesville, and Medina

419-722-3476

A FAMILY THAT "THROWS" TOGETHER GROWS TOGETHER

[www.amerikanjudo.org](http://www.amerikanjudo.org)

# LETTERS TO SHANE

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I wanted to share this correspondence from I had with a 10 year old yellow belt from my club. It should serve as an example to all judoka what's really important when it comes to competition.

Gary Goltz,  
Chief Operating Officer,  
United States Judo Association

----- Original Message ----- From: "Gary Goltz" <g.goltz@verizon.net>  
Sent: Monday, February 20, 2006 11:14 AM  
Subject: RE: Tournament Yesterday (give to Shane please)

Shane:  
I am very proud of you. The division you were in was comprised of much bigger, stronger, and older boys. It was very tough and you could have quit. I'm glad you decided to stay and fight until the end. There will be many more tournaments and other opportunities for you to enter. Keep up your practice and love of judo competition. Some day you will breeze through all the boys you fought yesterday, I promise you! Thanks.

Sensei Gary

----- Original Message ----- From: "SHANE "

Thanks for being very proud of me. It means a lot to me.  
Next time I lose I will try my best not to cry. Thank for all your help!

Shane  
-----

To: "SHANE"  
Sent: Monday, February 20, 2006 3:41 PM  
Subject: Re: Tournament Yesterday

Shane:  
Crying is fine. More people need to do it. Quitting is what people need to avoid. By staying in the tournament you made the right choice. That took courage and bravery. Those are characteristics that will someday earn you a black belt.  
Thanks. Sensei Gary

# PROMOTING JUDO: JUDO is Half-Time Show at Los Angeles Professional Football Game



The LA Avengers are an indoor arena professional football team that play in Staples Center. On Saturday February 25, 2006 the half time show included a large judo demo in front of the estimated 10,000 spectators. USJA Clubs from Southern California took the field lead by John Moe of Discover Judo who organized the event. Gary Goltz of Goltz Judo, Greg Fernandez of Jundokai, Paul Nogaki of Temecula Judo, and Butch Isihisaka of Cal State LA Judo along with students from their clubs demonstrated a wide assortment of randori, kata and self defense techniques. Goltz drew lots of laughs when he disarmed his attacker of a notorious thunder stick! Over 125 judoka attended. It was a huge hit.

## COMING UP!

**May 6-7 – Fight Like a Girl Camp** at Judo America. Co-sponsored by California Judo, Inc. and the USJA. Camp Clinicians include **Val Gotay, Gerry Lafon** and other stand out coaches. May 6 practice begins at 1 p.m. – males and females. Sleepover and Sunday practice are female only. Email [glafon@judoamerica.com](mailto:glafon@judoamerica.com) for details.

# DOJO OF THE MONTH:

## Southside Dojo

**S**outhside Dojo is a 501(c) (3) non profit club not a business. We still strive to provide high quality training for the beginner to the possible Olympic candidate. The club is more than a collection of people, it is an extended family. It is not uncommon for parents to bring in snacks for the whole class, help with homework, and are quick to volunteer to help with tournaments, clinics, and outings.

Like Judo, Southside Dojo, has been in an evolutionary mode for over 20 years. The Dojo's actual beginning was as the Judo program at the YMCA and was referred to as the Greater Kalamazoo Judo Association which included Western Michigan University Judo Club, as well as the Portage YMCA Judo Program. In the early 90's these programs were in a steady decline. In January 1995, a group of Judo players decided to throw caution to the wind and create a Judo Club of their own, and by April they had put together a small facility of about 1500 sq. ft. We had just enough mats and not quite enough people for the club to support it. A lot of thought went into the name of our club and since we were renting the south side



***Deb Fergus***  
(shown throwing  
with o soto gari)



# DOJO OF THE MONTH:

## Southside Dojo (cont'd)

of the building we became Southside Dojo. We have continued to grow and now have a 4200 sq ft. facility. We are also fortunate enough to have several arts practicing under one roof. These include Aikido, Karate, Kobudo, Mixed Martial Arts, Thai Chi, Yoga, and of course Judo. Our total club is about 145 members with about 60 being Judo players.

In keeping with the family style atmosphere of Southside Dojo Chris and Andy Snyder and Joe VanDenBoom handle the junior classes, as well as the more recreational players. Steve Smith, a former world Sambo Champion, heads up our competitive workouts. Additional training opportunities have been offered through clinics with Southside Dojo bringing in Mike Swain, Lynn Roethke, Ron Angus, Bob Spraley, AnnMaria and Ronda Rousey. Southside also co-hosts an annual Judo Camp for the Blind, partnering with Western Michigan University Blind Sport Camps. We also have monthly women's' workouts run by Deb Fergus.

Southside Dojo takes immense pride in hosting two high quality specialized tournaments each year. In February we host the Kids Snow Throw Shiai, which is designed to provide junior players with a positive tournament experience building confidence, skills, and competitive experience. We also provide one on one volunteers to help walk first timers through the tournament process. Our second tournament, after an absence of several decades, is the All Women's Judo Championships. November 12, 2005, marked the first All Women's Tournament which showcased women's Judo and celebrated their contributions to the sport. The Women's Judo Hall of Fame was also established at this time with the first inductees being Rusty Kanakogi, AnnMaria Rousey DeMars, and Francis Glaze. All three ladies were present to receive their induction plaques.

To sum it up Southside Dojo is an ever evolving family oriented Dojo that has and will continue to push the envelope on what makes for a successful club, which in turn leads to successful satisfied people, and a better community.



# AWARD WINNERS

## DONOR OF THE YEAR

**Dr. James Lally** has given tens of thousands of dollars to the USJA. In addition, he has given thousands of hours to judo, teaching the Beginning Judo class at Goltz Judo Club in Claremont, CA. After getting up at 4:30 a.m. to make time for his patients, Dr. Lally still has energy 14 hours later to teach children, and, as you can see, be smiling about it. Only those of us who have taught judo to classes of small children and understand the very close resemblance to trying to herd cats, understand what a truly remarkable person Jim Lally is.

## MALE ATHLETE OF THE YEAR

**Bobby Lee**, of Ki itsu sai, in Florida.

Bobby won the USJA Junior National championships and represented the USJA on the team that competed in Rhode Island at the Ocean State International, a team that was, coincidentally, funded from donations from donors such as Dr. Lally. The team placed second in the senior team competition, losing to a team from California and tying with a senior team from England. Bobby was undefeated in the team competition and the team captain. In addition to his junior titles, Bobby won the senior 73 kg divisions at the Golden State Open and Fall Classic. At 18 years of age, Bobby has a bright future ahead of him. His success is also in part to what he has behind him – a strong family support, from mother Pam, his father, Dr. Wayne Lee and his sister, Shelby, herself a former elite competitor. From the first time I met Bobby, many years ago on a business trip to Philadelphia, he was training harder than anyone in the room, being pushed by his then coach Lou Moyerman and good old mom and dad. Now that he has moved on to Florida, he has carried that solid foundation of judo Jim Pedro, Sr. spoke about in his article, and the unwavering support of his family. We expect to see them at the 2008 Olympics and at the Grand Opening of the Lee Dojo in 2012!

(All of those who, before they saw him, thought Bobby Lee was Chinese, raise your hand.)



**SEE MORE AWARD WINNERS NEXT ISSUE!**

Also, we will include pictures from the Grass Roots camps conducted by Mayo Quanchi in Rhode Island on March 18-19 and by Goltz, Mountain Judo and Combined Martial Science in Claremont and Chino Hills on March 25-26.

**SEND US YOUR STUFF!**

How do you get in GROWING JUDO? Send pictures or articles on what is going in your area to [DrAnnMaria@fractaldomains.com](mailto:DrAnnMaria@fractaldomains.com). We love to hear from you.

# ON THE MAT: Coach, I Want To Be A Champion!

by Gerald Lafon, Chair, USJA Grass Roots Development

Those words can be music to my ears or they can be the prelude to another disappointment. Claiming to want to be a champion is the easy part. Understanding what is actually required to be a champion requires more work. Finally, the will to do what is necessary to become a champion is the greatest stumbling block.

Wanting to be a champion, wanting to excel at anything, whether it is in the arts, in education, in business or in sports requires the same basic ingredients; an aptitude for the subject, a love for the subject, a strong work ethic, and a willingness to sacrifice in order to achieve excellence.

***“Excellence can be attained if you care more than others think is wise, risk more than others think is safe, dream more than others think is practical, and expect more than others think is possible.”***

It is rare when a participant in sport knows from the onset that he wants to be a champion. Usually, he stumbles upon the notion of being a champion after years of playing a sport or has it thrust upon him by parents, coaches and sports directors who recognize his potential. In the end, it doesn't matter how the decision came about because the requirements of being a champion will remain the same.

Although athletes at the highest level of competition are remaining in their sport of choice

until an older age, the window of opportunity in sports is still small compared to other endeavors we may undertake in life. To make the most of that small window of opportunity, especially in a Judo poor country like the United States, adherence to the basic elements listed below will go a long way toward helping you reach the goal of being a champion.

## Sacrifices

What you are willing to sacrifice may ultimately be the deciding factor in achieving your competitive goal. Are you willing to change clubs or move out-of-state to provide yourself with a better training environment? Are you willing to be home schooled while still in your teens or to delay your college education for a few years? Are you prepared to max out your credit card if need be? Will you train while your friends party, celebrate or go on vacation? Will you give up friends or perhaps jeopardize a steady relationship to pursue your passion? These are just a few of the sacrifices you may have to make if you want to reach your goal.

***“If you're going to be a champion, you must be willing to pay a greater price than your opponent.”*** Bud Wilkinson, University of Oklahoma Football Coach

Once you understand the sacrifices necessary to become a champion, you are ready to plan for your success.



# ON THE MAT: Coach, I Want To Be A Champion!

by Gerald Lafon, Chair, USJA Grass Roots Development

## Goal Setting and Planning

The first order of business is knowing where you want to go, when you want to get there, and how you plan on getting there. While goal setting and planning in vague and general terms can certainly be implemented for athletes as young as 6-10 years old, the type of goal setting and planning we will address is more appropriate for the player with a substantial background in competition and a level of maturity that make it possible to achieve his goal within 4-8 years. To make more sense of the planning involved, let's assume we have a 14-year old competitor who has repeatedly placed at the junior national level but doesn't dominate the division. This player wants to be an Olympian.

*"The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them."* Denis Waitley, author of *The Psychology of Winning*

The Olympic cycle is a four-year cycle, with two world championships and four national championships contained within. This cycle, the Olympic quadrennium, should form the basis for your plan. The first decision is whether the goal is to make the 2008 or 2012 Olympic team. Frankly, when you take into considera-

tion the qualifying standards for the Olympic Games which involve a quota system based on points earned in international competition, making the 2012 team is more reasonable than making the 2008 team. So now we have to create a 7-year plan that will culminate with an Olympic berth in 2012. The levels of performance might look something like this:

**2005** Top 3 at junior nationals

**2006** Participates in first senior nationals, junior national champion, participates in some junior international events

**2007** Top 5 at senior nationals, junior national champion, places in some junior international events

**2008** Top 3 at senior nationals, participates in some senior international events and U.S. Olympic Trials

**2009** Top 3 at senior nationals, junior world championships participant, places in some senior international events

**2010** Senior national champion, #1 ranked U.S. athlete in the division

**2011** World championships participant

**2012** Olympic team berth winner



# ON THE MAT: Coach, I Want To Be A Champion!

by Gerald Lafon, Chair, USJA Grass Roots Development

Of course, the above is just one of many scenarios. For some precocious 14-year-old phenom, 2008 might be a reasonable long shot. For others, 2012 might be too soon. At any rate, once you have established a timeframe for your performance objectives, plan for achieving them. Set up short-term goals that will lead to your long-term goal. Set goals for camps and tournaments to attend, training volume and intensity, physical fitness, technical acquisition, mental skill training, rest and recuperation modalities, cross-training, etc.

**Warning!** Be careful when emulating the training of champions. How a seasoned, 25-year-old world champion trains should not entirely form the basis for how you train as a 13-year-old junior player or as an 18-year-old national level player. All athletic training should be progressive and should be governed by the principles of individuality and overload, which can be summed up by different strokes for different folks. For example, don't fall into the trap of going to Europe or Japan to train before you are ready to benefit from such an exposure. Exhaust your domestic resources before you spend a fortune going overseas. When you do go overseas, make sure that it is somewhere that is appropriate for your level of skill, training and fitness. Along the same lines, don't get caught up in the notion that if something is good, more of it is better. If one and one-half hour of randori is good for you, two hours may not be better. In fact, it may be detrimental to your progress. You will understand these issues better when you become a student of the game.

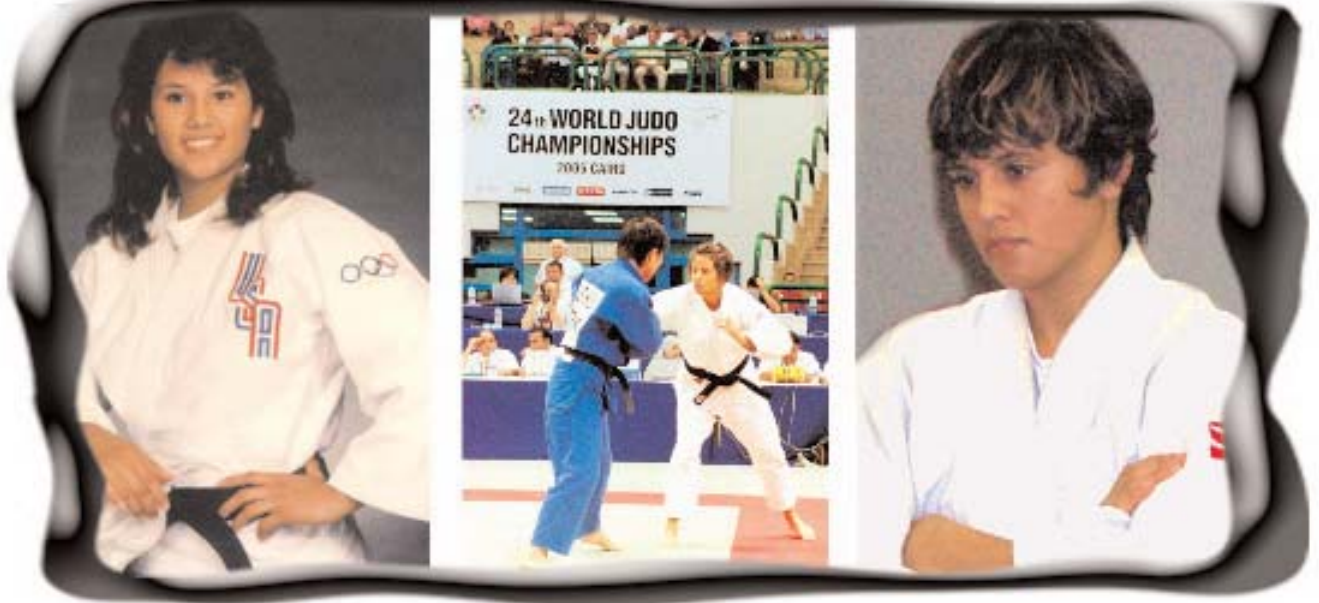
**TO BE CONTINUED .... (Next month... how to become a student of the game).**

Below is a photo of **Jin Izumi** performing a footsweep on John Moe, our USJA webmaster.

This clinic was part of the **Grass Roots Clinic** series hosted by Goltz Judo Club. The next clinic features **Gerald Lafon** and **Valerie Gotay** on **April 15**.



# grassroots clinic series



**Saturday April 15, 2006**

**9:00AM to 11:00AM**

**VALERIE GOTAY** and her coach **GERALD LAFON**

- 6X USA Judo National Champion
- 2X U.S. World Team member (1991 and 2005)
  - 1992 U.S. Olympian (2004 alternate)
- 1991 Pan American Games silver medalist
- 26 international medals (10 gold medals)

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Sanctioned by the USJA

For More Information Contact:

Gary Goltz  
909-985-0486  
[gary@goltzjudo.com](mailto:gary@goltzjudo.com)  
[www.goltzjudo.com](http://www.goltzjudo.com)

Proceeds will go towards the  
USJA Grassroots Funding efforts.

Upcoming USJA Grassroots Clinics:

Saturday May 13                      9 to 11AM – Butch Ishisaki  
Saturday June 17                      9 to 11AM – Steve Bell

# TEACHING MATWORK TO JUNIORS

## Jim Pedro, Sr., Chair, USJA Coaching

Last month, I outlined my program for teaching standing techniques to juniors. This month I added a few ideas on teaching matwork. As I said last month, building a good foundation of basics is key. I emphasize several points in teaching my juniors. These are 'mutual benefit and welfare', escapes, combinations and situation drills.

**Mutual benefit and welfare:** If you are larger or more skilled than the other player, matwork may not benefit either of you if you do it incorrectly. How often have you seen this – one player gets another in a pin and holds him or her there for the entire two minute round? This is a waste of time, and, as a coach, I try to drill into my players that each of them should benefit. If you have the other person pinned, ease up so they can try to escape and then you try a combination to another pin. That way, they get to work on their escapes, you get to work on the combination and if they get out, so what? You learned something. You learned that you need to work on that combination. Maybe you can figure out why it didn't work.

**Escapes:** Give each escape a name and teach it directly.

**1. An inside roll.** When you are pinned with kesa gatame, you need to turn in toward the other person.



Your arm has to come inside also. You can't escape when your left arm (assuming they have you pinned with right kesa gatame) is across the other person's back. Their body is in your way! I often hear coaches say things like, "Turn in!" but you need to do more than that. You also need to get your arm on the inside. When you tell your player "Inside roll" they know the exact technique you want performed.

**2. An outside roll.** When you are pinned with yoko shiho, you turn outside, away from the other person.

# TEACHING MATWORK TO JUNIORS (cont'd)

## Jim Pedro, Sr., Chair, USJA Coaching

**F**orce your players to work on escapes. No one wants to do it. It does not look cool to be lying there pinned. Make it part of practice. Let the other player pin you and then try the escapes. Like everything, it requires repetition. Escapes are part of your basic foundation.

**Combinations:** There are many, many mat-work combinations. Here is the simplest one I teach all of my juniors. Get the opponent in kuzure kesa gatame (where, instead of around the opponent's head, your right arm is on the mat, under the opponent's armpit). As the opponent executes an inside roll, you let go of their right arm you have been holding with your left, and hook the left arm coming toward you. It is a very natural move to just continue following your own left arm, turn on your stomach to kami shiho gatame. This is a simple drill from one pin to another. However, it allows the player on the top to work two different pins – kuzure kesa gatame and kami shiho – which is good because juniors tend to want to do nothing but kesa gatame. It also allows the player on the bottom to work on an inside roll escape.

**Situation drills:** Again, there are many of these. A basic one I teach to juniors goes by various names. I have heard it called a Russian roll, a Cuban roll or a wrestler's roll. Especially juniors, but even seniors who should know better, will reach over an opponent's back, setting up the opportunity for this turnover. When the opponent reaches, the player who is on all fours locks the arm reaching over under his armpit, grabbing in the sleeve. The other shoulder must drop low, preventing the opponent from getting a half-nelson. Rolling, the player who was on all fours now ends up in ushiro kesa gatame. Many players are taught this move but they don't do it in a tournament because they aren't used to reacting fast enough. I have the two players side by side on all fours. When I yell, "reach" the player on the right reaches over and the other player immediately executes the roll. After a few repetitions, we switch and it is the other player's turn to execute the roll.

### ***TRY THESE DRILLS***

***FOR 10 MINUTES EVERY NIGHT AT THE END OF PRACTICE. IN A FEW MONTHS, YOU WON'T BELIEVE THE DIFFERENCE.***





# WHAT IS IT ALL ABOUT?

by Martin Bregman

I recently attended a coaching clinic in Oklahoma given by Pat Burris (2 times Olympian, USJA member and member of the USJI National Coaching Staff).

Perhaps, surprisingly to some, coming from one of the toughest competitors the U.S. has ever turned out, his emphasis to the coaches present was not how to train great competitors. Instead Pat's emphasis, over and over, was that it was our job to help to train good citizens, good people. People that show respect to others. People that show good sportsmanship. People that, when winning do so with class, and when losing do so with dignity.

I have know Pat Burris for 29 years. We were introduced to each other at the Atlanta Senior Nationals in 1973 by Jim Wooley the captain of my team from the Karl Geis School of Judo and an Olympic teammate of Pat's. From that time on I was able to observe Pat, an almost indomitable competitor and watch his development as one of the most respected coaches in the United States. I have often mentioned to my own club that if I ever got into a street fight, Pat is the one guy I would like to have backing me up. He gave no quarter as a competitor and I was there to see him become the last U.S. Grand Champion, the last year before the Grand Championship rounds were eliminated from the Senior Nationals. When my juniors grow old enough to go to college I am always confident that if they decide to attend the University of Oklahoma they will continue Judo at Pat's Dojo.

He was the coach of World Team member Ron Tripp who later (and currently) became the President of USJI. He has produced numerous state champions here in Oklahoma, and several

National Medalists.

Yet with all of the competition background, as he gets a bit older and can look back at an illustrious career his message is "build good citizens". With the help of Assistant Coach Kristi Springer he has developed a wonderful group of youngsters. Many are national junior medalists. They are all



respectful young people that try very hard, win or lose, and many of them have been with Pat and Kristi for a number of years. (PHOTO: Patrick Mitsugi Burris in his grand champion days. My seven-year-old thinks he looked like Elvis. You be the judge.)

## **Some suggestions Pat made to coaches:**

1. Make a big deal about promotions, when they earn a promotion have a celebration about it. Let everyone know they earned it. Every rank is important to the one that earns it. Don't give it away.
2. Be an example to your players. The burden is on you.
3. Don't coach other coach's players unless asked. That is encroachment.
4. Don't steal players from other coaches. Each coach works a long time to develop a player. You do the same.
5. Support other local & regional club's activities with your attendance. If the other clubs fold, your club will have no competition to prepare them for



# WHAT IS IT ALL ABOUT?

by Martin Bregman (cont'd)

the Nationals. Pat has always sent a large contingent of players to every tournament we have ever held in Oklahoma, and as many players as possible to events in Texas and Arkansas.

Another topic Pat & I have discussed over the years is to have your players learn the rules. Produce referees. His players, when they become of age become certified referees. Clint Dake, one of Pat's State Champion players, recently passed his National Referee Exam. He is

## 1,000 STRONG CAMPAIGN

by Bill Montgomery

In July 2005 the 1000 STRONG fund raising program was initiated. At almost the same time a vigorous political campaign began taking place. With the election of the new USJA Board of Directors over, it is prudent that this program start moving again.

Numerous people have voiced concerns about exactly where and on whom these funds will be spent. The fear, once again this will be a program for the elite athletes is understandable. The unspoken belief that all other levels will be left out will not be the case. The largest push will be for support at the local and regional, then national level. We are a diverse group of individuals on the committees—for that matter the JA BOD—who all agree that our future lies with our base. Funding for mini camps, coaching seminars, club development, referee training, masters training, women's programs, scholarship programs for summer camps, etc. are the primary goals of this fund. It would be great if our Regional Coordinators could offer a special weekend training camp for selected kids from each club in a regional area. They have a regional person as the clinician. The DC (Development Committee) pays the clinician. Each club selects two kids, they go to "X Club" on Friday night, train then they are sent out to "volunteers" who take a group of 4-6 of them up for a sleepover. They go back to X Club on

cool and collected on the mat, knows the rules as a competitor and appears to have a strong future as an official if he chooses to have one. Charlie Nguyen, another of Pat's strong competitors recently passed his Regional Referee exam.

There were other topics covered at the clinic & discussed (over the years), but the main emphasis was for coaches to build better citizens, and perhaps in the process become better citizens themselves.

Saturday and then Sunday morning. The clinician is paid, the dojo is paid and the kids train for free. Obviously, there are more details...but this a very do able idea.

Requests have been made to finance mats; this is a great idea, but it takes cold hard cash. Research into the feasibility of setting up such a program is under way now. Purchasing quality mats is a major expense.

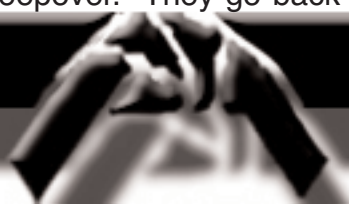
The USJA has about 500 clubs. If each club had one 1000 STRONG contributor we would have 50,000 beans in the bank! If each club contact will post this in their club and begin asking for donations, we could be well on our way to substantive development. If we could get two people from each club, we would really be on our way.

I am going to ask Jim Webb, USJA President, that a list of donors and dollars amounts be posted to the JA website. We will also post the specific events that are being funded.

**Please send in your donation today.**

Thanks,  
Bill Montgomery  
1000 STRONG Funding

[www.usja-judo.org](http://www.usja-judo.org)



# GOLTZ



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Official Host

## USJA CHAMPIONSHIPS

to be held in

Ontario, California

December 2 - 3, 2006

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## Coming Next Month:

USJA BOARD MEETING  
Houston, TX  
(April 19)

FIGHT LIKE A GIRL CAMP  
(May 6-7)

GRASSROOT  
Clinic Series Continues!

[www.usja-judo.org](http://www.usja-judo.org)

