

Growing Judo

Growing Judo



June 2006
Monthly Newsletter of the USJA
Development Committee



Table of Contents

Editorial: Judo and American Values	3
Pogo	4
Coaching Our Kids to Win	5
Gentle Way and New Britain Judo Clubs – Growing Judo in Connecticut	6
Our Members in the Military: Admiral Burdhoel receives honorary black belt	7
Notes from the April 21, 2006 meeting of the USJA Women’s Development Committee, Houston, Texas	8
Follow-up on Women’s Committee	9
Registration Tips by Jerry Hays and John Miller	10
Dojo of the Month	11
From the Chief Operating Officer	12
Katame No Kata Clinic	13
1st Annual USJA Junior Development Judo Camp Hosted by Ricardo Tuero & the National Judo Institute	14
Golden State Open E-Level Tournament	15
Sponsors	16
USJA Events and Activities	17



EDITORIAL: Judo and American Values

Judo originated in Japan, but it supports a lot of American values. As an American, I was brought up to believe that being independent is a good thing, being hard-working is important and competition is good. That is a difference between the capitalist system under which we live and communism. In America, we believe it is a good thing that anyone who wants can open a pharmacy, grocery store, restaurant or a judo school and the public has the choice to select whichever one they like best. This month's Dojo of the Month is Team Havok in Tennessee. I have never met the instructors from Team Havok, however, I was very impressed with their efforts in the number of tournaments they have attended, the number of players they have recruited to judo and the number of medals they have won. Coach John Renken has also volunteered to serve as a Regional Coordinator for USJA Development.

One too many times, I have heard someone who does not compete sneer, "So, you think judo is all about competition?" as if competition is a negative. Let me go on a rant and answer that. I am an American and I believe competition is a good thing. I believe representing your country is an honor and doing it to the best of your ability is a duty. In addition, I believe that any competition, from the youngest white belt division to the oldest masters to the ju no kata has its value. Competition teaches that hard work is rewarded, most of the time. That's a valuable lesson. In judo, and in life, though, sometimes you work really hard and still don't win. When you lose, you learn to live with disappointment. Our USJA Coach chair, Jim Pedro, Sr. commented, "Sure, it hurts to see your kids lose, but everyone deals with disappointment and failure in life. It's better for them to have those lessons when you are there to help them up and help them learn to deal with it."

What has impressed me about so many USJA clubs across the country is how they encourage competition at all levels. Discover Judo has regular team matches against Goltz Judo. Southside Dojo sponsors the Kids' Snow Throw for juniors, Heiko Rommelman and Jeff Giutani have won so many kata medals at the national championships, they look like they are coming from a swim meet instead of a judo tournament. Mayo Quanchi has been a force of nature at the junior nationals for years and is now starting to break into the senior scene. There are smaller clubs, like Roy Hash's Texoma Judo, Mountain Judo, founded by Mark and Lisa Guerrero and hundreds of others who encourage judo players young and old to "stand on that line and show what you are made of".

In competition, you learn to face down your fears, especially fear of failure, which holds so many people back in life. You learn to stand on that line even though you are afraid you might be publicly humiliated. It's even possible (although not very likely) that you might get hurt. In judo competition, we learn courage. America, home of the brave. Judo really does teach American values. I am proud to be associated with all of the clubs in the United States Judo Association that every day help make Americans stronger and braver. Happy Fourth of July!

GROWING JUDO IS A MONTHLY PUBLICATION OF THE USJA DEVELOPMENT COMMITTEE. TO HAVE YOUR INFORMATION INCLUDED, PLEASE EMAIL TO AnnMaria De Mars, Chair DRANNMARIA@FRACTALDOMAINS.COM

Pogo

OK, here we go with another super-fun game/drill that you can quickly and easily incorporate into your classes. This month's game is called "Pogo" and it's easy to add since it requires no extra equipment at all. Here's how it works:



Have your players divide up into pairs roughly by size. Players will face each other standing a few feet apart. Each player will then pick up his right or left foot and hold it up behind him with the knee bent and facing down at the mat. Players can hold the foot there by grabbing the ankle or by grabbing the pants and ideally they should use both hands. Both players should also hold up the same foot, (ex. Both hold up their left foot or both hold up their right)

At the start command players will hop on their one remaining leg and attempt to bump into their opponent. The objective is to cause your opponent to either fall down or else drop his foot so that it touches the ground. The 1st player to fall or drop his foot 3 times loses. After 1 round have both players change which foot they were holding up so that they get practice balancing on each leg, not just their favorite one.

Variations: If some of your players have a hard time holding their foot up high enough to grab with their hands then they can just bend the knee and pick their foot up as high as possible. If you use this with teens or adults you might also finish with a Pogo Battle where it's basically an "all against all" battle royal all over the mat. Use this with caution however because you don't want people tripping over or stepping on each other.

Things to watch out for: Be sure to tell your players that they can't use their hands or arms to push their opponent down. They must bump with their shoulders and body only. Also be sure to tell them not to lower their heads and charge in. It's easy for them to bump heads if they are not careful.

This game is excellent for building leg strength and balance especially for throwing techniques like Uchi Mata and Osoto Gari where balancing and hopping on 1 leg can be crucial.

Question, comments, variations? We'd love to hear them. Also if you have any fun games/drills that you'd like to share please pass them along and we'll be sure to include them.

James Wall
Wall to Wall Martial Arts
Watson, LA
wallmartialarts@cox.net
www.wallmartialarts.com

COACHING OUR KIDS TO WIN

Anderson YMCA Judo Club
19 W. 11th Street
Anderson, Indiana 46016
Contact: Jim Branson @ 765.215.7107

Clinic Date and Time Cost

Juniors **June 24, 2006** 10:00 am to 1:00 pm \$15.00

Coaches **June 24, 2006** 2:00 pm to 5:00 pm \$25.00

Instructor Credits:

Jim Pedro Sr.

Rank: Shichidan (7th degree black belt)

Career Highlights:

USJA Board of Directors

USJA Director of Development

US Olympic team alternate 1976

US World Team coach 1993

Black Belt Hall of Fame (Instructor of the Year '78)

Pan Am Bronze Medalist 1975

Mr. Pedro is innovative and knows how to teach the skills, attitude, and training values necessary to become world class. He is the opposite of the one-size-fits all coaching approach. He constantly tries to help athletes develop Judo skills that fit their body types and fighting styles.

Mr. Pedro knows what it takes to develop junior and senior athletes in this country. He is fair, committed, and extremely hard working. He has exceptional standards for himself and strong ethical values. He's a true leader with the know-how and experience to help US Athletes earn a position among the world's leading Judo countries.

GENTLE WAY AND NEW BRITAIN JUDO CLUBS – GROWING JUDO IN CONNECTICUT



On March 14th at the Gentle Way Judo Club, we participated in the United States Judo Associations "**National Visit Another Dojo Month.**" The GWJC invited the New Britain Judo Club, (83-85 West Main Street, New Britain) to a joint training session. This session was to promote more enthusiasm and camaraderie in the judo community as the Connecticut Junior State Championships scheduled for March 25th quickly approached. A special guest instructor Mr. Joern Dittmann from Germany attended the training session. Mr. Dittmann is a 4th dan (Yodan) from Germany and practicing Judo since 1978 and started being an instructor in 1989. He is also Ikkyu in Ju-Jutsu (National Champion in 1997,1998; German National Team; placed 3rd at 1998 IJJU Full-

Contact World Championships in Sweden) and Nikyu in Wado-Ryu-Karate (German Show-team at 2000 World Championships in Munich). "I am interested in all martial arts and it is good to be variable - but my home is still Judo!"

Sensei Dittmann shows his stuff on the front cover, while our younger players at left demonstrate that the USJA and Connecticut judo has a bright future.

Gentle Way Judo Club

530 Birch Street

Forestville, CT. 06011-9307 (860) 621-4508

www.gentlewayjudoclub.com

OUR MEMBERS IN THE MILITARY: Admiral Burdhoie receives honorary black belt

Admiral Burhoe was presented with a lifetime membership and Honorary promotion to the rank of 1st Degree Black belt (Shodan) on behalf of CWO Pete Mantel, Training Center Yorktown Judo Club Instructor and the United States Judo Association. Pete Mantel is the chair of the Military Committee of the USJA. His club has been extremely active in development activities, hosting clinics by Jim Bregman of the Grass Roots Development Subcommittee and George Weers, vice-chair of the USJA Coaching Committee. The Yorktown Judo Club also traveled to Maryland in December to attend a clinic by AnnMaria De Mars and Jim Bregman at the Dunkirk Baptist Church Judo Club despite a long drive through rush hour traffic and the need to be up very early the next morning. Said Officer Mantel, “Admiral Burhoe was very appreciative and humbled. He didn't realize that just by allowing us a space to work out, that we were making dreams come true. “ When thanked for his hard work and service as Military Committee Chair, Pete replied, “This award was given to the admiral on behalf of the thousands of members of the USJA and the thousands of active and retired military members in judo. Thank you for the honor to serve as the chair of this USJA committee and the opportunity to participate in these activities to develop judo. It will stand out in my judo and military career.”



Notes from the April 21, 2006 meeting of the USJA Women's Development Committee Houston, Texas

Submitted by Destinee Tartuffe

Members present: Deb Fergus, Chair
Destinee Tartuffe
Dee Walker

Discussion Topics:

- Building Cultural Diversity
- Inter-organizational cross-development
- Retention issues
- Fundraisers
- Building recognition

Things that are happening for women's judo:

- Second Annual All-Women Championship, Kalamazoo, MI
- Fight Like a Girl Camps (work to get a camp established in every state)
- Development of a Women Masters circuit (possibility of masters women agreeing to attend one tourney a month (other time frames to be considered) in order to assure maximum competition exposure)

Fundraising Possibilities/projects:

The necessity exists because we have 0 dollars allocated in the budget at this time.
(See note at end)

- Development of a resource guide geared toward women/girls in sports
- T-shirt designs for Women's Judo
- Promotional T-shirts for the Fight like a Girl camps
- Selling gi bags and under the gi attire
- Donations

Retention issues:

Discussion arose regarding the possibility of developing a new survey to send out. In talking with other women who have been/currently are in Judo many reasons for low participation or dropping came up. The following are some of the reasons/issues:

- Lack of friendliness or not feeling welcome
- Not feeling as if their voices are heard
- Feeling a bit intimidated by men
- Some incidences of questionable overly sexual innuendos, that made going to class uncomfortable

Well, that is as far as we got at that particular meeting.

Followup on Women's Committee

Our group of ladies, here in Santa Rosa, made a good contact with the Konocti Girl Scout council. For the last several years they have hosted a one-day Girls Sports Expo in early February. I have been there nearly from the beginning, and for the last few years have handled the Judo demo program. This year we participated in that program, and then were called and offered a paid, read it again paid gig. We had 5 of our ladies teach at their Girls Sports Camp during Spring break. It was a great experience and we were able to expose over 120 people to the Sport of Judo. It looks as though we will get a call back next year! I think it might be a good idea to encourage contacting local Girl Scout councils, because as AnnMaria stated; this group also is looking for women role models and mentors for the young ones.

It also sounds as if AnnMaria De Mars had a great experience with Girls, Inc. in the camp she did for them in Sioux City, Iowa. Inter-organizational cooperation seems a natural fit for us, whether it be with Girls, Inc., the YWCA, the Girl Scout Council or the Boys and Girls Club. Women's Committee member Corinna West weighed in on the email discussion with her support of inter-organization cooperation. She agreed that female mentors and role models are a major interest of these organizations and suggested that the database of female coaches and instructors that Deb is developing could be an asset and of interest to these organizations.

(Editor's note: The Development Committee received a check for \$500 from an anonymous donor to be used to award five \$100 scholarships to deserving USJA members to attend the Fight Like a Girl camp in Michigan in August. Please contact Deb Fergus at DeFrgs6@cs.com if you are interested.)



Picture from the party in honor of the Discover Judo Club's 5th Anniversary. John Moe founded the club along with Danny Martinez, and Ramiro Real. Wayne McLeod later joined the instructor team. It has been a USJA growing club since inception. Congratulations! (If the name sounds familiar, it is because John Moe is the USJA webmaster.)

Registration Tips **By Jerry Hays and John Miller**

With the upcoming Junior Nationals Tournament, the following tips are provided to make registration at these events hassle free.

Registration and Check-in at large tournaments can be very frustrating at times. Here are some tips to ensure things will progress smoothly.

1. If you have pre-registered for the event, you will probably receive a computer-generated weigh-in (contestant) slip. Be sure that you check all the information on your slip. Many times contestants are talking with old friends and do not check the information carefully. Make sure that any corrections are written clearly on the slip in large letters. If you are entering two or more divisions, make sure you have a slip for each division.
2. If you are a “walkup” contestant, i.e. registering for the first time, you will probably receive a handwritten weigh-in (contestant) slip. Be sure that all the information is written correctly on the slip. If you are entering two or more divisions, make sure you have a slip for each division.

At most Junior Tournaments, you will personally take your slip to weigh-in, the weight will be recorded on the slip, and the weigh-in personnel will keep the slip. At some Senior events, like the Senior Nationals and Fall Classic Nationals, you will be asked to declare the weight that you will have to make at weigh-in (which usually occurs the morning of competition), and the registration personnel will keep the slip.

3. If you are to take your weigh-in (contestant) slip to weigh-in, ensure the correct weight is recorded on the slip. Most of the time, the weight should be listed in kilograms. If you are new to the kilogram divisions, ask your coach for assistance.
Example: One Kilogram (kg) = 2.2046 pounds (lbs.); so 66 kg = 145.5 lbs.
4. If you have declared a weight, there will be a list of names for each weight division at weigh-in. Ensure that the correct weight is recorded next to your name on the list.
5. Listings of contestants by divisions are posted as soon as possible after the completion of weigh-in (for juniors) or after the completion or registration (for seniors). Please refrain from asking the pooling person a question. Questions like “When will the pool be posted?” just delays the process. It takes at least one minute to answer every short question. At the large tournament, you might have sixty people asking the same question. This equates to one-hour of delayed time in posting the pools.
6. If you find an error in the posting of the division information or pools, please inform the pooling personnel as soon as possible so oversights and errors can be corrected.
7. When match cards are used, they will be placed on tables at the tournament site. They are not passed out at the headquarters hotel. If you are unable to locate a match card, check with your coach or teammates. If you are unable to locate the card, look at the posted pool sheet to determine on which mat your division will be playing and your match number. Then go to the pooling personnel and ask for another match card. If there is a line, wait for your turn. Going to the head of the line and asking, “where is my match card” will delay the process and is not fair to the athletes and coaches standing in line.

If this is your first large tournament and you have a question, please address them to your coach first. Your coach has a lot of knowledge and can save you time.

Good luck in the competition.

DOJO OF THE MONTH

TEAM HAVOK wreaks 'havoc' across the Midwest and Southeast

Team Havok Judo Club has been busy competing and training. Currently we have about 120 Juniors and about 30 adults. Here are our recent competition results.

- University of Tennessee Open Nov 05
 - 11 gold, silver and bronze medalists
- Tennessee State Open Feb 06
 - 29 medalists
- Quad State Grappling Championships Feb 06
 - Six medalists and 1 Grand Champion
- Arnold Classic Judo Tournament March 06
 - Five medalists
- Annual Memphis Open
 - Eleven medalists and took second place as a team
- Kentucky State Championship April 06
 - TWENTY-SEVEN medalists and took second place as a team
- Peachtree Open Atlanta, GA April 06
 - Five medalists
- Naga, Atlanta GA May 06
 - Ten medalists and took third place as a team.
- North vs. South, St. Louis May 06
 - Eleven medalists.

Although Coach John Renken was too modest to toot his own horn, there is a fascinating article on him in the Leaf Chronicle about his ministry at X-treme Ministries Christian Fellowship and his Mixed Martial Arts school.

<http://www.theleafchronicle.com/apps/pbcs.dll/article?AID=/20060325/LIFESTYLE/603250301/1024/NEWS17> This man is just determined to make a difference in people's lives. We are proud to have you in the USJA.



FROM THE CHIEF OPERATING OFFICER

June 8, 2006

Re: Golden Tiger Martial Arts Supply Agreement

Our agreement went live with a new website last month. I'm glad to see USJA members are signing up. GTMA offers an extensive line of judo gis and equipment ranging from their own brands as well as Adidas and Mizuno.

The USJA/GTMA website address is <http://club.goldentiger.com/USJA> . Orders can still be placed directly through the USJA Central Office.

Under this agreement, all USJA members will receive a 10% off of retail on:

All GTMA uniforms including unbleached, bleached and blue judo uniforms in single and double weave and reversible competition judo uniforms.

All GTMA protective pads, exercising equipment, punching and gym bags.

All Adidas judo uniforms including club, contest and Champion uniforms in both bleached and blue.

All Adidas accessories including knee pads, ankle pads and warm-up suits.

All Mizuno single and double weave uniforms in both bleached and blue.

The USJA will receive a royalty from GTMA on your retail purchases. In addition, the USJA will receive a royalty if you are a club leader and open a GTMA wholesale account. The royalties go toward helping the USJA operate in order to continue bringing you outstanding services at the lowest possible cost.

Thanks for your support!

Gary S. Goltz
Chief Operating Officer
United States Judo Association



Katame No Kata Clinic

Hosted By Wall to Wall Martial Arts

Date: Saturday, June 24th, 2006

Times: Saturday – **First session -9am until 11:30am**
Second Session – 1pm until 3pm

Clinicians: Claudia Smith & Carla Martin

Location: Wall to Wall Martial Arts
7838 Kingsley Drive
Denham Springs, LA. 70706

Cost: \$20.00 per person if pre-registered by June 15th.
\$30.00 per person after June 15th.

Prior knowledge of the Katame No Kata **is required**. This clinic is intended to explore the finer details of the kata at a competitive level and will not be taught at a pace that will be acceptable for anyone who doesn't already have a working knowledge of it.

PLEASE PATRONIZE OUR USJA SPONSORS !!!



www.zebramats.com



<http://club.goldentiger.com/USJA>

1st Annual USJA Junior Development Judo Camp **Hosted by Ricardo Tuero & the National Judo Institute**

July 17-20, 2006

USJA Sanction # 06-55



Schedule:

Morning session: 9:00 – 11:00 ages 7-12

Afternoon session: 1:00 – 3:00 ages 13 and over

Open mat: 3:00 – 5:00

Camp Fee: \$40.00 USJA members
\$50 non-members

Scholarships are available.

Location: 888 SW 68th Court, Miami, FL 33144

Camp Fee Includes: Judo instruction and T-shirt

Camp Directors: Ricardo Tuero & Humberto Lopez

Clinicians: James Pedro, Sr., Ronda Rousey, AnnMaria De Mars, Serge Bouyssou

Sponsored By: USJA, Ricardo Tuero and National Judo Institute

For more information contact:

National Judo Institute
c/o Humberto Lopez
3201 SW 18th Street
Miami, FL 33145
305-607-6567
judonut@msn.com



*****Open to all USJA, USJF and USJI Members*****



You are invited to the
Golden State Open E-Level Tournament
Toughest Tournament in Southern California
August 26-27, 2006
Los Osos High School - Rancho Cucamonga, CA
Nearest Airport Ontario, Ca 10 min from event.
Competitors all throughout California,
Arizona, Washington, Nevada and throughout
The United States Seniors and Juniors.
Nice Awards always presented.
Contact info: Frank Sanchez or Eric Sanchez
626-961-6000 ExoticDeco@aol.com

Spirit Lake



Consulting

“ Making Life Better “

www.spiritlakeconsulting.com



<http://club.goldentiger.com/USJA>



www.zebaramats.com



www.americansportsuniversity.com/

What the USJA is doing to grow judo

USJA DEVELOPMENT EVENTS IN CALIFORNIA

June 16, 7:15- 9:15 p.m. – Justin Flores at Venice Dojo, contact venicejudoclub@aol.com

June 17, 9 to 11AM – Steve Bell at Goltz Judo contact g.goltz@verizon.net

July 25 -30. Camp Bushido West in northern California email: judo@syix.com

USJA DEVELOPMENT EVENTS IN NEW ENGLAND

June 17 - Clinic with Jim Pedro, Sr. in Providence, RI contact judocoach@cox.net

June 23 –30 – Elite training camp in Providence, RI contact judocoach@cox.net

USJA DEVELOPMENT EVENTS IN THE MIDWEST

June 24 – Clinic with Jim Pedro, Sr. in Indiana, contact judolowell@aol.com

August 4 - 6th, 2006 - USJA Summer Summit, Ohio Contact: AmeriKanJC@aol.com for more information

EVENTS IN THE SOUTHEAST

June 22-25 Greatest camp on Earth, North Carolina more info: <http://www.usja-judo.org/~usja.camps/home.htm>

June 24 – Katame no kata camp, Watson, LA contact wallmartialarts@cox.net

July 17-20 – Junior Elite Training Camp, Miami – Clinicians Ricardo Tuero, AnnMaria DeMars, Ronda Rousey, Jim Pedro, Sr. , Serge Bouyssou & Humberto Lopez contact judonut@msn.com

July 17-20 – Camp Tomodachi, Boca Raton, FL contact mikesz@bellsouth.net

ON THE WEB: USJA DEVELOPMENT SITE

<http://www.usja-judo.org/committees/development/index.html>

USJAInstruct@yahoo.com - USJA instructors group – just started

<http://www.usja-judo.org/committees/development/newsletters.html> -Grass Roots

Coaching newsletters from 2005

Coming up soon ... monthly games videos from James Wall and an archive of Growing Judo magazine stay tuned

USJA PUBLICATIONS

Growing Judo newsletter, produced monthly and American Judo, electronic magazine, produced quarterly, contact gweers@theramp.net to be put on the mailing lists.