

# GROWING JUDO MAGAZINE



NOVEMBER 2006



USJA National Office: 21 North Union Boulevard, Suite 200 Colorado Springs, CO  
80909, Phone: 877-411-3409, Fax: 719-633-4041  
Development Committee Chair: AnnMaria DeMars, Phone: 310-717-9089, email:  
[DrAnnMaria@fractaldomains.com](mailto:DrAnnMaria@fractaldomains.com)



## Table of Contents



Pure Judo.....	3
Coming Events.....	4
National Women’s Championships.....	5
Story of the Penguin Slide.....	6
Game of the month.....	7
Grass Root Clinic.....	8
Conditioning For Judo.....	9
Development Briefs.....	11
Training Opportunities in Germany.....	12
Summary Spreadsheet of RC Activities.....	13
Calendar of USJA Events.....	16
Twin City Winter Classic Flyer and Forms.....	17

**Special thank you to Ronda Rousey for pitching in when we were short-handed at the office and performing the editing and graphic design for this issue of Growing Judo.**

## Pure Judo

By: Andi Bongert

I stepped out of the Toyota and into the Southside Dojo. I felt as though I had stepped into another country, filled with pride of our sport and honor to everyone in their presence. The atmosphere was friendly and inviting; we were personally escorted to the changing room. We were told to take our time and come out when we were ready, even though we were thirty minutes late.

The coaching clinic superseded any expectations I could have set forth. Ann Marie took a very personal, practical, hands-on application as opposed to the coaching manual I have spent months studying. The knowledge I gained has come home with me and will be used in our dojo, again in a practical manner. We learned turnovers and throws and how to adapt them to different body types and fighting styles. We also took a small piece of Ann Marie and her love of judo made possible through family and friends.

The competition the following day was, simply put, pure judo. We were greeted by the registration table. The workers were pleasant, treating the athletes with a level of respect so great, it made me wonder if we were the first athletes they saw. Before proceeding to weigh-ins we received bottled water, Gatorade, and a rose. I was dumbfounded. Southside really cared about me, as an athlete as well as a woman. Weigh-ins and the shiai proceeded as usual with small irregularities that made huge impressions. The heavy-weights actually had a division. The penguin slide, started by Sr. women, struck the curiosity in the Jr. girls. Laughter rang out and the penguin slide even drew the interest of the crowd. Referees were *sliding* on the mats in their socked feet. These small differences gave judo a more human, sensitive quality. A conclusion I may not have drawn without the all-women's shiai in Kalamazoo.

The post-shiai meeting held the same reverence as the day just finished. The normal strengths and weaknesses were discussed. Then the discussion changed, fully expecting a male-bashing session (get a room full of women together and tongues are going to wag), received only positive suggestions on how to improve women's judo on a national and international level.

As we retired for the evening, visions of kata danced in my head. Eiko Shepard's clinic on the last morning was beautiful as well as skillful. She demanded excellence and refused to allow us to fail. The grace and excellence of ju-no-kata was enough to overpower even the most off-balanced and klutzy of people (namely, yours truly). The challenge was, and is, to turn blood, sweat, and tears into a fluid dance of self-defense and technique.

Hugs, e-mails, and pictures were exchanged and before we knew it we were back in the Toyota leaving this inspiring retreat behind. Some think Iowa is heaven; I know Kalamazoo is the heartland. And their shiai has given me a renewed sense of judo in its purest form.

## COMING EVENTS

USJA NATIONALS – December 2-3 Ontario, CA

---- Seniors, Masters, Kata on Saturday

---- Juniors on Sunday

Contact [kalacrosby@yahoo.com](mailto:kalacrosby@yahoo.com) or go to [www.goltzjudo.com](http://www.goltzjudo.com)

USJA NATIONAL COACH CERTIFICATION

December 1-2, Ontario, CA featuring USJA National Coaching Chair, Jim Pedro, Sr., USJA Coach Committee Member, Gerald Uyeno, USJA Director of Development, AnnMaria De Mars and Jimmy Pedro, Jr. of Zebra Mats, official mat sponsor for USJA.

Contact [gpuyeno@hotmail.com](mailto:gpuyeno@hotmail.com) for more information.

WEEKEND MINI-CAMP – JUST FOR FUN

Lisa Guerrero, Mark Guerrero, Paul Nogaki, Ronda Rousey and AnnMaria DeMars.

December 16-17 at Temecula Valley Judo in Murrietta, CA – Do judo, sleep over on the mats, watch judo DVDs, leave on Sunday sweaty, smiling and sore.

Contact: [pnogaki@verizon.net](mailto:pnogaki@verizon.net)

*USJA ASSISTANT INSTRUCTOR CERTIFICATION*

This is an amazing opportunity for brown belts and new black belts to learn how to become better teachers. Most clubs will want to pay for their soon-to-be instructors to receive this training. As a coach of a large club, you may not have the time to develop a training program for those assistants who could help you build your program. Developed by Professor Hayward Nishioka, this two-day program costs only \$75. You will be impressed (really). Certification requires advanced study and two days of on-site training. Training will be held in southern California on January 27 and February 4. Contact [nishioka7@earthlink.net](mailto:nishioka7@earthlink.net) for more information and to have the registration forms and materials mailed to you in advance.

**GREAT DEALS FOR USJA MEMBERS ONLY !!!**

Unless you just have so much money you don't know what to do with it, check out the USJA sponsors. All of these organizations give discounts of 10% or more to USJA members. All you need is a membership card.

Need mats [www.zebramats.com](http://www.zebramats.com)

Need judo gis or other equipment <http://club.goldentiger.com/USJA>

Want videos or DVDs <http://www.risingsunproductions.net/catalog/>

You can view the list and place your orders at: **Rising Sun Judo DVDs** or by calling their headquarters at 310-248-3633. **Be sure to mention you are a USJA Member to receive the 10% discount.**

Need coursework in business or sports management -

<http://www.americansportsuniversity.com/>

**National Women's Championships November 3rd, 4th and 5th. 2006**

If you were not there, you missed a great event. This women's event is open to all women Judoka regardless of age or rank, There were competitors from all over the USA and several from outside the United States. The host Club made sure that everyone was accommodated and there were plenty of opportunities to compete in both Kata and Shiai. The USJA's own Annmarie Burns offered Judo skills clinics, and a Coaching Clinic. A great referee clinic was conducted on Sunday by Barb Shimuzu.

Santa Rosa Junior College had a five woman team for this event. Destinee Tartuffe, Joellen Friesner, Caitlin McAllister, Amy Stevens, and Constance "Cookie" Romero. all five women placed in at least two divisions with Caitlin McAllister taking a gold in the senior 57 kilos and Amy Stevens placing first in the women's masters -78 division, 30-35yrs old. Full medal results can be obtained via Destinee Tartuffe. [destar300@earthlink.net](mailto:destar300@earthlink.net)

The team was coached by Head Coach Terry Kelly, and manager duties were performed by team captain Destinee Tartuffe. The Santa Rosa JC women had all worked together to raise funds for this trip. It was time and money well spent. It was a day of personal bests and first class teamwork for all of them.

The Santa Rosa Junior college women were joined with a Judoka from Canada for participation in the senior team event. "Team California" placed second in the team competition!

This was a well run and well organized event in all areas. Pools were fair and accurate. the venue was clean and the mat surfaces were first class. Officiating was excellent. and Debra Fergus was an incomparable hostess to everyone. the entire event was suffused with a feeling of camaraderie and welcome. Shuttles were provided to and from the host hotels or wherever you were staying. all the workers at this event went out of their way to make all participants feel welcome and appreciated. Each participant was presented with a bottle of water and a sports drink at weigh ins!

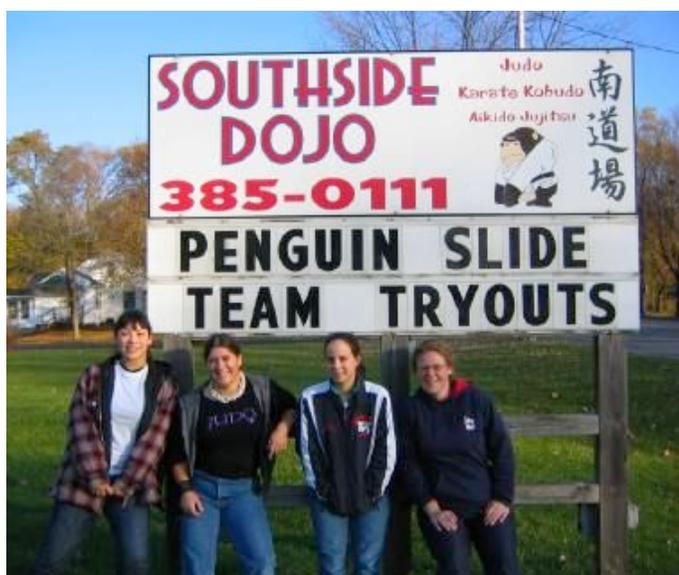
I highly recommend that every Coach who has competitive women attend this event next year. Debbie Fergus and her Southside Dojo have established a quality all women event. They have struck a great blow for the development of Women's Judo in the USA.

On behalf of the Santa Rosa Junior College Judo Club, I want to thank Debbie Fergus and Southside Dojo for hosting a wonderful event. We will be back next year in force!

Terry Kelly  
Head Coach  
Santa Rosa Junior College Judo  
Santa Rosa, Ca

### The Story of the Penguin Slide

One day a very nice person at the Southside Dojo decided to show appreciation for the club by cleaning the mats. As one does with a really good job on floors, and, after all, mats are on the floor, this individual decided to apply wax to the mats to finish off a great job. At the next practice, as each member of the club stepped onto the mat, they slipped and fell right on their posterior. As club member Deb Fergus summed up the experience, "After that, our balance significantly improved at Southside Dojo, as did our ukemi." By the time the Women's Championship rolled around the wax had been worn off most of the mats, but there were a few well-waxed tatami. The tournament staff used these as the safety area. During warm-ups, a resourceful Santa Rosa Junior College club member noticed the slippery surface and – voila – the Penguin Slide was born. The Penguin Slide is an event run in conjunction with judo tournaments where one sprints across the gym then does a dive and slides as far as possible on her stomach across the mat.



*Caitlin McAllister (second from left) won both the 52 kg black belt division and the distance event in the Penguin Slide. Cookie Romero, far left, was the winner for style. She also placed in the middleweight black*



*belt division.)*



© www.artgame.com

## Sharks and Penguins



For this month's game we decided to move to a ground based activity. This game is a lot of fun and includes a lot of activity and movement. It also gives your students a chance to make a little noise if you choose to let them and kids always like to make noise!

Start by selecting one student to be your Shark. Make sure that the shark is not the smallest kid in your group and not necessarily the largest either. Try to pick someone who is somewhere in the middle as far as size goes if possible. Everyone else will be Penguins.

The penguins will move around the mat on their knees only and will tuck in their elbows by their sides to make their arms like short little wings. They cannot use their arms or hands to save themselves. Their objective will be to stay away from the shark.

The shark will sit down on the mat and then use his arms and legs to move around the mat on his back in what we also refer to as a "Crab Position" His legs will be his jaws when he gets close enough to a penguin.

The goal of the game for the shark is to approach a penguin and then wrap his legs around the penguin (full guard, half guard) and by using his legs make the penguin topple over. If the penguin topples over he then automatically becomes a shark and starts to go after the other penguins.

This game is fun for the kids while also providing several benefits. The penguins will get work on ground mobility, endurance, and using their knees to attain a good, balanced position so as to avoid being swept over onto the mat. The shark(s) will get to work on ground mobility, endurance, upper and lower body strength, and maybe most importantly he'll be focusing on getting his opponent into a guard position and then sweeping him off his knees and onto the mat. You can use this game as an opportunity to teach your favorite guard sweeps and turnovers if you want or just let the kids figure things out for themselves.

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](mailto:wallmartialarts@cox.net)

[www.wallmartialarts.com](http://www.wallmartialarts.com)

GRASS ROOT CLINIC  
BY  
**CHANDA ISHISAKA**  
AT THE GOLTZ JUDO CLUB  
UPLAND, CALIFORNIA



Judo is a sport that we love and most of us volunteer our services to enhance the growth and development of American Judo. Chanda Ishisaka, eldest daughter of Butch Ishisaka, is assistant instructor at the Cal State LA Judo Club and at the Industry Sheriff Judo Club, where her father is the Head Instructor. Chanda has placed in over 30 State and National Judo Tournaments across the United States and trained at the Olympic Training Center, Japan, and the Netherlands. After high school, she concentrated on college, where she graduated this past June from the University of California Irvine with a BA in Criminology. While deciding on graduate school and finding employment, she has sharing her judo experiences with others for the enhancement of



On October 28, 2006, Sensei Gary Goltz sponsored the USJA Grass Root Clinic for the Southern California area. As seen in the photograph to the left, there were over 50 participants at this clinic. At the far right is Sensei Goltz, 6<sup>th</sup> Dan.

American Judo. When she was nineteen, she received the rank of Sandan.

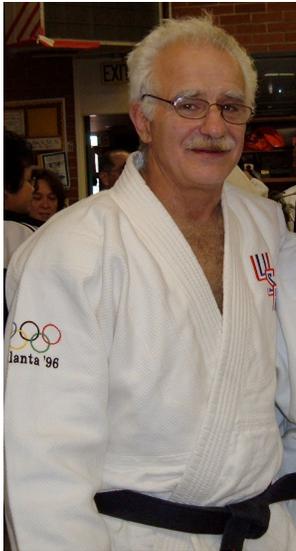
*Chandra taught the following:*

- *Some exercise and development drills learned in Europe to enhance the strength for mat work*
- *an exercise she uses to enhance the strength and turning the shoulders for seionage demonstration as how to enter into an arm bar from the ground*

The photograph at the right, starting from the left to right, is Sensei Gary Goltz, Chanda Ishisaka (3<sup>rd</sup> Dan), her younger sister, Dawn Ishisaka (Ikkyu), and Sanders Ishisaka, AKA Butch, (5<sup>th</sup> Dan).

The two USJA Charter Clubs, Cal State LA Judo, and the Industry Sheriff Judo Club would never had been created without Sensei Goltz assistance and foresight.





## CONDITIONING FOR JUDO: TRAINING ALTERNATIVES

One in a series by USJA Coach Chair, Jim Pedro, Sr.

The most effective conditioning for judo resembles a contest. In a judo contest, you go all out attacking. The referee calls *matte* because you went out of bounds, or some other reason. You get up, both fix your judo gis, the referees have a discussion, and a minute or two later, you start again. After the match, which, hopefully, you won, you rest for a minimum of five minutes, but more often at least for ten, and then you go at it again. So, for your conditioning workout, you want something with intense bursts of energy, followed by a rest period, and then another group of intense bursts of energy.

This is a continuation of the article from last month that tries to address too common issues – lack of equipment and lack of motivation. It's easy to blame the athletes for not being motivated, after all, they are the ones who win or lose, but sometimes the coach needs to share part of the blame for not varying the workouts. So, this month, I wanted to discuss varying your workouts, while still keeping the level that reflects a judo match.

### Exercises to vary your workouts

Clean and jerks, hanging cleans and push presses can all be used to supplement or vary the workouts we discussed last month.

Hanging clean is a clean from your knees instead of from the floor. Younger athletes may not yet have the size to be able to clean from the floor. The hanging clean is a good alternative. As a good coach, if you find an athlete is not yet capable of a given exercise, you find a similar exercise he or she can do and help build strength to work up to the level where you want them.

Push press – clean the weight to your chest and then push it over your head (as opposed to the military press) that way you can do heavier weights. Again, especially for younger athletes, being able to lift heavier weights gives them a feeling of success and strength which is important for confidence. For any athlete, varying the workout routine just makes it less boring. If they are less bored, they're more likely to do it regularly.

High pulls to your chin – pull the bar to your chin. This is another good exercise for young athletes. They can do these without a very large amount of weights.

Rope climbing and chin-ups are two other exercises that build the specific muscle groups used in judo and can be done safely by athletes of any age.

Speaking of safety, just like in judo, it is important to have **control** when weight-lifting. Especially with squats and other exercises that put strain on your knees and back **don't bounce**. Knee and back injuries are common in judo and can be career-ending. The last thing you need to do is cause an injury or aggravate an existing injury by poor technique in your weight workouts.

## Varying your workouts when you don't have the equipment

The fact is that the USJA serves many clubs and individuals who are far from wealthy. Below are substitutes that will work if you don't have special equipment called for by any of the exercises.:

*If you don't have hurdles* ....you can use milk crates to replace the hurdles

*If you don't have a treadmill* ....you can use a jumprope.

*If you don't have a squat rack* ....you can do deep knee bends instead of squats and there is less chance of injury. Go just below parallel. DON'T BOUNCE.

Remember, when you do deep knee bends and all squats your back should be parallel, not bent. Again, this is very good posture for a lot of judo throws as well, and, most importantly, it will reduce the risk of injury.

*If you don't have weights at all*...try to do all your exercises in circuit style. Pick seven to ten exercises and do them in circuit style. Do every exercise in sequence. That is a circuit.

Start off with jumpropes – count to 200 jumps

15 squat thrusts

15 step ups – use stairs or a bench (6-8 inches on your step)

50 uchikomis with a rubber band or inner tube

Chin-ups until failure (you just cannot do any more)

Rope climb until failure

20 push-ups

25 deep knee bends

Three or four sets – 20 or 30 minutes

Your rest period should be 1.5 times the length of your circuit. So, if it takes you three minutes to do a circuit, you rest five minutes. This is exactly correct for a junior who would have a three minute match, then, at the least do another match five minutes later.

After two to three months, gradually begin cutting down your rest so you eventually get to no rest between sets.

- Once you have accomplished this, you try to beat your time every time when you do your circuits. When you can't beat your time any more, you add a set. Your workouts should be 35 – 40 minutes a day. You are looking for quality, not quantity. If you just walk through your exercises, there is no benefit. That is why you are trying to beat your time each workout. You want to have a level of intensity that emulates a judo match.

## DEVELOPMENT BRIEFS

### Yamabushi Judo Club Mentor, Ohio

Mark Hunter, Ohio Regional Coordinator, assisted the Yamabushi Judo Club in Mentor, Ohio Dojo with the testing of the students. Eight judokas testing for their next rank

DUNKIRK BAPTIST CHURCH, DUNKIRK MARYLAND



I am happy to report that we had a great clinic with AnnMaria DeMars and Jim Bregman on October 30, 2006 at Dunkirk Baptist Church. They work well together and did an excellent job. Folks are already asking, "When we can have them back again"? I hope to get some pictures soon so that we can forward them to you as well. Pete Mantel brought a couple of his students along with him from Yorktown, VA. They get the longest distance traveled award. I really appreciate Pete's dedication and support. Noteworthy quotes: :(maybe paraphrased)

It all ends with Uchi Mata

In the event that the referee incorrectly scores your Uchi Mata you may have to enter into ne waza.

Pictures and notes from the clinic can be found here:

<http://www.budokanjudoclub.com/Articles/JudoClinic10302006.htm>

GRACE JIVIDEN, USJA SENIOR DEVELOPMENT CO-CHAIR was in Ohio recently doing clinics back in her original home state, visiting coaches Russ Scherer (her old coach) and Mark Hunter (too young to be her old coach).

### NEW INCENTIVE ADDED FOR USJA STATE AWARD WINNERS

USJA 2006 State Award winners will receive FREE admission to the USJA Junior Elite Training camp held on the Monday and Tuesday after the USJA Junior Nationals in Indiana. This is a great event. Last year, it was attended by 75 athletes from seven states. Jimmy Pedro, Jr. will be our clinician for the kick-off practice on Monday. Athletes will have access to plenty of outstanding USJA coaches from the Midwest and those from other states who are in the area for the tournament. This is a great opportunity to get some small group or individual instruction, as we are fortunate to have many good coaches on the mat, to meet new friends and learn from a world champion. It's not too late to nominate your players for these awards. The application is included at the end of this issue.



## USJA COACHING COMMITTEE TO SUPPORT TRAINING OPPORTUNITY IN GERMANY FOR ATHLETES & COACHES

This summer, USJA Coach Chair, Jim Pedro, Sr. will be taking a group of young athletes to Germany to train. This is not a sight-seeing tour, although the group will spend at least one day seeing the country, the major focus is on providing the players as one young man expressed it, “the chance to get my hands on some European players”. The USJA will provide the coaching staff, supervision and coordinate all travel and training arrangements. Players will be responsible for their own travel costs. Additional coaches and chaperones are welcome. If you have players you think would benefit from this opportunity, please call Mr. Pedro at 978-335-5271. Players must be at least brown belts and a minimum age of 14. No player will be accepted for the tour without a letter of recommendation from a coach. To be added to our mailing list for updated information on this training trip, email [Jessica@spiritlakeconsulting.com](mailto:Jessica@spiritlakeconsulting.com).

Coach Pedro will be available on Saturday afternoon before the clinic with Jimmy Pedro, Jr. at the USJA Senior Nationals December 2nd, to speak with any interested coaches, players or parents.

### ATTENTION ALL COACHES ....

There is a C level Coaches clinic offered December 1-2 at the USJA nationals in Ontario with Jim Pedro, Sr. , Gerald Uyeno, AnnMaria DeMars and Jimmy Pedro, Jr. It would be worthwhile for both new and experienced coaches to attend. Even if you don't need certification, it's a good idea to try to go to as many of these to have the opportunity to learn from other coaches, both the clinicians and the many knowledgeable coaches who will be attending along with you. One fact we have noticed this year is that only about half of those attending the coaching clinics need re-certification. A second observation has been that this is where you find many of the very, very good coaches. That is probably why they are so good, every chance they get to increase their knowledge, they take it.

USJA Coaching Committee member Gerald Uyeno orchestrated agreements the USJF, USA Judo and the USJA recertification for this clinic and they agreed that,

- Successful completion of this clinic will satisfy all of the certification and re-certification educational requirements for USJF Level C, D and E Coaches
- Successful completion of this clinic will satisfy all of the USJA requirements for Maintenance of Continued Coach Certification”
- Successful completion of this clinic will satisfy all of the educational requirements for USA Judo National Coach Certification and Re-certification. The curriculum will be the USA Judo C Level.

If you have any questions, please contact:

Gerald Uyeno

USJA Coaching Committee

[gpuyeno@hotmail.com](mailto:gpuyeno@hotmail.com)

Greetings,

Attached is the final version of the summary spreadsheet of RC activities.

What's included are REGIONAL DEVELOPMENT activities. A few people mentioned taking their students to tournaments, having in-club promotions, holiday parties, etc. I suspect that, while not universally mentioned, everyone is doing these things. Also, since these events are not really inter-club activities, it does not seem appropriate to include them in this report.

There still seems to be an emphasis in some areas of the RC hosting most activities themselves. This is a lot more work! I would like especially like to recognize and highlight initiatives by RC's that get OTHER CLUBS and INDIVIDUALS involved and included. Examples are these by James Wall:

- Meeting with leaders of another club to encourage them to increase their involvement in Judo activities.
- Encouraging female Judoka in the area to have a regular series of ladies-only open workouts.

In the coming months, I intend to personally work on the issue of getting a directory of available, affordable, quality clinicians. It seems to be a universal need.

Activities & accomplishments to date	Current projects
 <p>Joan Love Regional coordinator Subcommittee Chair judolady210@aol.com</p> <p>udo – November 2006</p> <ol style="list-style-type: none"> <li>1. Recruited 19 RC's to date. Most of the U.S. is "covered," and a number of the RC's are actively promoting judo development.</li> <li>2. Developed an email distribution list of RC's nationwide.</li> <li>3. Facilitated "March is Visit Another Dojo Month." in 2006.</li> <li>3. Developed an email distribution list for New England. With this list, assisted clubs with publicity for clinics &amp; other events.</li> <li>4. Worked with 3 other clubs to hold 3 clinics: Jimmy Pedro Sr., Heiko Rommelmann/Jeff Giunta (Goshin Jutsu), and Bill Montgomery (drill training) over the past year.</li> <li>5. Assisted other clubs/coaches with logistical issues (forms, sanctions, etc.)</li> </ol>	<p>14</p> <ol style="list-style-type: none"> <li>1. We have 19 RC's so far, but there are still a few areas that are not "covered." I am still working to get the entire US represented.</li> <li>2. Make "March is Visit Another Dojo Month" an annual event.</li> <li>1. Helping to arrange and publicize "First Friday" workouts. These were held for years by Sid Kelly, and we are bringing them back in November 2006.</li> <li>2. Hold another kata clinic</li> <li>3. Schedule a drill training clinic in NH.</li> </ol>
<p>NY: Heiko Rommelmann heikojr@yahoo.com</p> <p>1 judo clinic and 1 kata clinic</p>	<p>Other clubs have stated that they are going to be hosting clinics, but nothing has happened as of yet. I am currently looking into doing 3 kata clinics with certification a year.</p>
<p>D.C., MD &amp; northern VA: Marshall Coffman mrcoffman1@comcast.net</p> <p>Hosted two clinics with Jim Bregman and AnnMaria DeMars in spring and fall, 2006. Used as a forum for a focus group on members' needs for USJA services</p>	<p>Coordinated clinic with AnnMaria DeMars in College Park with donation to be made to USJA Development Fund.</p>
<p>SC/GA: Ronald Allan Charles ronaldallancharles@comcast.net</p> <ol style="list-style-type: none"> <li>1. Regularly passed on news &amp; information from the USJA Development Committee and about upcoming events.</li> <li>2. Served as a referral contact for people looking for a judo club.</li> <li>3. Assisted a former club member in starting his own club USJA club in Florida.</li> <li>4. Edited, wrote &amp; solicited articles for USJA publications</li> </ol>	<p>Supporting David Campbell in establishing a new USJA club in SC.</p>
<p>FL: Humberto Lopez &lt;judonut@msn.com&gt;</p> <p>Conducted mini-camp in Florida after junior nationals, with 75 participants from seven states</p>	
<p>No. Midwest: OH/IN: Mark Hunter &lt;AmeriKanJC@aol.com&gt;</p> <ol style="list-style-type: none"> <li>1. Hosted the USJA Summit in August 2006.</li> <li>2. Involved in several publicity activities, including an interview on local TV, local judo demonstrations, and a parade float.</li> <li>3. Hosted several joint workouts.</li> <li>4. Hosted a Kata Clinic (Amy White) &amp; did a local clinic at a youth center.</li> <li>5. Hosted 2 tournaments.</li> </ol>	<p>Continue with current activities, such as hosting and doing clinics &amp; tournaments.</p>
<p>Great Lakes/MI: Dave Wertheimer &lt;DAVE.WERTHEIMER@farmington.k12.mi.us&gt;</p> <ol style="list-style-type: none"> <li>1. Created a Yahoo Group for Great Lakes area info distribution.</li> <li>2. Work w/OH Coordinator.</li> <li>3. Helped coordinate Summer Summit.</li> <li>4. Created draft of resource CD to be distributed to all clubs by the end of 2006.</li> </ol>	<p>Working with State and Regional organizations to insure judo event info is shared and publicized.</p>
<p>TN: John Renken saint@xtrememministries.com</p> <p>Submitted article published in Growing Judo, the USJA Development magazine.</p>	

**USJA EVENTS IN SOUTHERN CALIFORNIA**

**- USJA NATIONALS AND BEYOND**

**November 29** - USJA Board member and Olympic medalist Jim Bregman at Goltz Judo

**November 30** - USJA Board member and world team coach Jim Pedro, Sr. at Gardena

**December 1** - Jim Bregman at Venice Dojo

**December 1** - Coaches clinic - Jim Pedro, Sr., Gerald Uyeno, AnnMaria Demars (and maybe a few special guests)

**December 2** - USJA Nationals - senior, masters and kata competition, Jimmy Pedro, Jr Clinic in Ontario, CA

**December 3** - USJA Nationals - junior division in Ontario, CA

**December 4-10** Taisei High School team visiting southern California

**December 9** - Nanka Shorai Clinic at San Gabriel

**December 16-17** USJA mini-camp at Temecula Valley Judo Club

**December 28** - Ronda Rousey clinic at San Shi Dojo

**January 3** - Ronda Rousey clinic at Goltz

