

# GROWING JUDO



**SEPTEMBER, 2007**

*Monthly publication of the Development Committee of the  
United States Judo Association*

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## **Table of Contents:**

Editorial: The many Ways of Judo	3
USJA/USJF Collaboration Hits New Heights	4
Judo Game: Rollie-Pollie Pushups	5
USJA/USJF West Coast Judo Training Center	6
Seven Habits of Successful Martial Artists	7
USJA Development Fund Donors	8
Coaching News	8
Report: Fight Like a Girl Workout	9
Upcoming Events	
Ronda Rousey at the USJA.USJF West Coast Training Center	10
Clinic: World Champion & Two time Olympic Medalist Noriko Narazaki	10
USJA/USJF Saturday Morning Grass Roots Clinic	10
2007 All Women's Championship	11
USJA/USJF National Coach Certification Clinic	11
U.S. Military Academy (West Point) Tournament	12
2007 USJA Winter Nationals	12
USJA/USJF West Coast Training Center - How to Apply	13
Club of the Month: Wakaishu Judo Club	14
Club of the Month: Wakaishu Judo Club	14
What is an Athlete?	15
West Point Judo Drill Training Clinic	16
Koka Kids Summer Issue Available at USJA Office	17

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## **EDITORIAL: THE MANY WAYS OF JUDO**

by Dr. AnnMaria DeMars



Some people don't like me. Yes, I know, I find it hard to believe myself, soul of sweetness and light that I am. The funny thing is, it isn't that they don't like me for the reasons you might expect, like that I said to them during one practice,

*"If you don't start doing those throws faster than that I am going to skin you alive and tack your hide up on that wall as a warning to other people not to waste my time."*

That, I could understand.

No, some people don't like me because they think I focus too much on competition. They think I should not mention in a magazine like this that Ronda won a silver medal at the World Championships last week. They say it has nothing to do with grass roots judo. I completely disagree. It is good for young girls to have someone to look up to who is successful in her sport, who is a strong enough physically and emotionally to win. When I was a twelve-year-old girl at the Alton YMCA (you can't get much more grass roots than that!) I would read about people like Diane Pierce from Minnesota, winning the U.S. Open and British Open and think, "Some day, I want to be just like her".

We are just starting a clinic program with some of our USJA members who have been on World and Olympic teams. The purpose is to keep more teenage players in the sport. Every club has a problem retaining high school age students. As much as I hate to admit this, people my age are not considered very cool. (I am sure the word we're not isn't even "cool" any more, it is "phat" or "rad" or who knows what.) We will be having clinics with players like Ronda, like Asma Sharif who is not only a world team member but also graduated from UCLA with a degree in biochemistry and now works at Harvard University. Talk about a role model for your girls! Asma, Ronda, Rick Hawn and others will be doing clinics in Rhode Island, Connecticut, Texas, California, Mississippi and Indiana, for a start. We have been very careful in selecting our clinicians based not only on their competition experience but their teaching ability and rapport with young judo players.

The new USJA/ USJF West Coast Judo Training Center just opened, made possible through gracious donations from local judo supporters including Jesse Jones, Frank Sanchez, Gerald Uyeno, Jai Hall, James Lally and many others. We hope this will be a model for similar programs throughout the country. This center is in response to requests from our local clubs who want additional training for their players so that the more dedicated, more advanced players in their clubs don't need to move away from home to get the extra workouts they need. These training sessions are open to anyone 13 and over. We did have six Masters players attend the first day. Only one hardly attended all five hours of the two combined practices, but another five worked out at one practice or the other, training for Masters level competition (age 35 and over in our local tournaments).

Some people think there is one “WAY” of judo and everyone else is wrong. I disagree.

- I think the judo that James Wall is promoting in his judo games clinic is a terrific way to get everyone in the sport. Even grown-ups like to have fun. There’s a reason he has one of the largest clubs in the USJA.
- The judo Mark Hunter is doing with joint workouts for the USJA and USJF, with judoka from Ohio and surrounding states meeting at his club for a few hours of judo and a pizza party; that is another way to grow judo. Again, he has one of the largest clubs in the country.
- The judo Gary Goltz is doing with his grass roots clinics every month is another way to promote judo.
- Other ways are the Fight Like a Girl camps done by Southside Dojo and the All-Women’s tournaments they support.
- Charlie Robinson, Mark and Lisa Guerrero and the other stalwarts at Camp Bushido West every year are growing judo another way, up in the mountains.

There isn’t one way to grow judo in this country. There are a whole lot of ways, and I intend to continue supporting every one of those ways, and if the price for that is that I am not universally loved, well, at least I am used to it. (Oh, and I DID mean it about doing that seoi nage faster and I do mean you!)

## **USJA/ USJF COLLABORATION HITS HISTORIC NEW HEIGHTS**

*by Dr. AnnMaria DeMars*



*A series of joint workouts in the Midwest have been hosted by Mark Hunter, USJA Regional Coordinator. Mark’s club is centrally located and has been offering their facility as a meeting place for clubs in Indiana, Ohio and Michigan. The photo above was taken at the September 15 workout when over 50 judokas attended the USJF/USJA Joint workout*

## **Judo Game: Rollie-Pollie Pushups**

*by James Wall*

This month we have a fun activity that is really more of an exercise/drill as opposed to a game, but it's still lots of fun. It's called Rollie-Pollie Pushups and here's how it works.

Have your students line up in rows and space themselves about arms lengths apart. Next have them all get down into a "high pushup" position. Be sure that all of them know which way that they are to roll first when you start counting.

As you count each number the students will first drop down onto their stomachs and then roll completely over before picking themselves back up into the "high pushup" position. When you count the next number they will drop again but this time they will roll in the opposite direction which should put them back roughly where they started. This process continues with them rolling first one way and then the other until you reach the desired number of reps.

This drill is a lot of fun for both kids and adults. They get most of the work of regular pushups but the rolling back and forth really helps to decrease the boredom factor. There will also inevitably be a few bumps and accidents when someone rolls the wrong way. This never fails to get a few laughs or giggles which is also good because the kids are having fun!



For more information, contact: [www.wallmartialarts.com](http://www.wallmartialarts.com) or [wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)

## USJA/ USJF West Coast Judo Training Center

***“Belief is strength”***

**“Do you want to be part of something great ...?”**

Thus begins the invitation to judo players from around the region to join the USJA/ USJF West Coast Judo Training Center. It has certainly been an exercise in belief. All we needed to do was:

- A. Find someone who would give us a building to use for free.
- B. Raise \$7,200 for mats within a period of less than eight weeks.
- C. Have all of the mats delivered and set up.

....and about a thousand other small details.

*(Practice at the West Coast Judo Training Center, courtesy of Jerry Hays.)*

Unbelievably, when I asked Frank Sanchez if we could use his building for free on the weekends he did not say, “Are you out of your mind?” but rather, “For how long?” In the end, we agreed that the training center could be at the location in La Puente for 18 months, after which we assume we will probably have outgrown the facility.



*Editor: Why we did this.... Tonight, while we were out for a walk, my youngest daughter asked, “Why does Ronda have to live in Boston?” I told her that Ronda was training for the Olympics and she needed to be able to train a lot of hours with people who could make her work really hard. Then she said, “I want to be really good. When I grow up, will I have to move to Boston?” I told her, “No, Mommy and Erin’s daddy and Eric’s daddy are working really hard so that when you are big, no one will have to move away. They will be able to train right here if they want to. “*

Day one arrived with some jitters - practice was on Saturday, we got the last donations just in time to get the checks to Zebra Mats to have the mats delivered on Friday. Thanks to great service from Zebra Mats and Jimmy Pedro, Jr. the mats did arrive on Friday. Frank had his people put the mats down for us, so when we arrived on Saturday morning it looked like the photo above. Twenty-six youth and adult players showed up for our inaugural practice. We were very impressed with the quality of players who

came, both in their work ethic and their sincere desire to reach their maximum potential.

For all of us in southern California, this is a dream come true, a place where all of our players from any club can get together to push one another to their limit, an opportunity for training right here at home. This is just the beginning of something great!

## **SEVEN HABITS OF SUCCESSFUL MARTIAL ARTISTS**

*by Darian Stokes, Bushido Judo School*

Regardless of how old you are or what rank you have acquired in your training, most martial arts students share a common goal... to be the best they can be. Sure, you may never be able to leap five feet in the air, perfectly throw your opponent each time, and complete a full split. But, in reality, that does not matter. What does matter is that you are striving toward your personal potential. To get there, follow the seven habits of highly successful students.



**Habit One** - Be There: Getting to class is important not only to continue your learning but also to provide your body with the routine of physically and mentally utilizing your knowledge. Experts have determined that two classes per week is optimal for beginners and lower intermediate students, while higher intermediate and advanced student may benefit from three or more classes.

**Habit Two** - Practice: Reviewing at home what you learn in class is critical to enabling you to master your skills. Home practice makes your class experience much more beneficial and comfortable. Practice anything new you learn in class for five to ten minutes as soon as you get home that day. This ensures that you practice your new material properly while it is still fresh in your mind.

**Habit Three** - Eat Right: You are what you eat. Eat healthfully and your body will pay dividends when you challenge yourself mentally as well as physically. Good nutrition is recognized as a necessity for peak performance, and it's never too late to make nutrition a priority, so forget what may have happened over the holidays!

**Habit Four** - Exercise Daily: Muscles that are stretched routinely become more flexible. Flexible muscles respond stronger and faster which allows your body to perform your martial arts techniques with a "superman" quality. An added benefit is an increased metabolism... and we can all use that, right? (Note: warm up your muscles before practicing.)

**Habit Five** - Meditate: Yes, Meditate. Now you don't have to lull yourself into a trance.

Just take five to ten minutes a day by yourself; close your eyes and relax. Those precious few minutes right before you pass out in bed each night don't count. Challenge yourself to budget additional time each day. Take a few of those minutes and visualize yourself performing martial arts techniques that are hard and challenging. Your mind can be a great asset when it comes time to perform these techniques live.

**Habit Six - Teach:** Help out a fellow student or teach yourself. The teaching process actually "hard codes" information into your brain and helps you learn better. In fact, this is a great practice strategy. Stand in front of a mirror and verbally teach yourself how to perform a technique. While speaking out loud, make necessary corrections and positively reinforce yourself. It may sound silly, but it works!

**Habit Seven- Set Goals:** Have you officially set Black Belt as your goal yet? Have you set a specific time-line to achieve that goal? Have you set a goal for your next rank? Would you like to teach some day? What are your goals? A goal set is a goal already half completed. Follow these seven habits of highly successful martial artists and you'll achieve your martial arts potential... and you may even surprise yourself at what your potential actually is.

## DONORS THIS MONTH

Our most sincere thanks to the following generous donors to the USJA Development Fund

Jesse Jones \$200

Jai Hall \$120

Jasmine & Rene Robinson in honor of Robbie Robinson \$100

Anonymous donor in honor of Frank Fullerton \$150

## COACHING NEWS

*by James Pedro Sr., USJA Coaching Chair*

In discussions with clubs throughout the country, two concerns come up repeatedly. Most of our clubs have trouble keeping teenagers and young adults in the sport unless they are elite competitors and many of our coaches are getting older themselves without a lot of replacements in sight to step up and take their place.

*(At right, Ronda Rousey in 2007 World Championship semi-finals. Reprinted by permission.)*

Our USJA Junior Development Chair, Serge Boussyou, has suggested a program to address both concerns. We will be offering a series of coaching clinics taught by our current competitors, including Ronda Rousey, Rick Hawn and



Asma Sharif. All of these competitors have completed an instructor course for coach certification, have experience teaching clinics and have received superb evaluations.

We believe that clinics taught by our young adult players will attract more youth and young adults to our coach education programs as well as bring youthful enthusiasm and a fresh perspective. Coach workshops will continue to be offered for initial certification with our regular clinicians including Bill Montgomery, Hayward Nishioka, James Wall, AnnMaria De Mars and others.

Coaches desiring re-certification can submit an application to the Coaching Chair that includes documentation of teaching a minimum of 50 hours per year for E-level certification. Those desiring to re-certify at the D level need to include documentation of teaching judo 100 hours per year and having attended at least two continuing education activities over the past four years. These activities can include coach workshops or camps such as Camp Bushido West, the Greatest Camp on Earth , YMCA Judo Camp, etc.

All coaches are still required to complete a background check every four years.

If you would like to be certified to teach the initial coach certification course, there are currently three workshops scheduled for COACHING COURSE INSTRUCTORS. These will be held at the USJA Winter Nationals in California, November 30- December 1, before Pedro's Challenge in February, 2008 and at the USJA Camp after the USJA Junior Nationals in Boston in July, 2008.

We have had several requests for coaching clinics and have responded to these with recommendations for approved clinicians in the local area. A schedule of additional clinic dates will be published in the next issue of Growing Judo.

## **REPORT: Fight Like a Girl Workout**

*by Eiko Shepard*

On August 11, 2007 at Kirkwood Judo Club in St. Louis, MO we had a wonderful turnout. There were ten women that participated in both workouts scheduled and one that participated only in the morning workout.

The morning session focused more on the basics and philosophy of Judo. The afternoon workout focused on advanced techniques of tachi waza and ne waza in both kata and competition.

This was the largest turnout of women since we started last year. I feel that the participants had a fun time while learning Judo and having the opportunity to workout with a



variety of styles and levels of experience. We had a range of experience from white to black belts and an age range of twelve years to fifty years. Being able to have sanctioning from the USJA and backing by Fight Like a Girl made the workout more professional and presented a strong grassroots project to be continued for further workouts.

## **UPCOMING EVENTS AROUND THE USA**

### **RONDA ROUSEY, World Silver Medalist, Junior World Gold Medalist** **At the USJA/ USJF West Coast Training Center**

**September 29**

**Conditioning and Drills – 10 – 11:30**

**AGES 12 and UNDER --- 11:30 –1 (Cost: \$5 per player)**

**Newaza, Technical and Randori --- 1- 4 pm (Age 13 and over)**

### **CLINIC WITH WORLD CHAMPION & TWO TIME OLYMPIC MEDALIST NORIKO NARAZAKI**

**WHEN: Friday, September 28<sup>th</sup> through Sunday, September 30<sup>th</sup>, 2007**

**WHERE: At the Tohkon Judo Academy**  
**4427 N. Clark Street**  
**Chicago, IL 60640**  
**Telephone: 773 784-7766**

### **USJA/USJF – Saturday Morning Grass Roots Clinic**

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**9:00AM to 11:00AM on the Mat (11:30AM to 12:30PM Video Review)**

**Saturday October 27, 2007**

**Featuring HAL SHARP & TOSHIKAZU OKADA**

**Sensei Sharp is a Respected Judo Historian and Author**

**Sensei Okada is one of the Kodokan's Top Katame Waza Experts**

**Hosted By: GOLTZ JUDO CLUB [g.goltz@verizon.net](mailto:g.goltz@verizon.net) for more information**

## **2007 All Women's Judo Championship**

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**Friday, Nov. 2 – Saturday, Nov. 3, 2007**

**Coaches Clinic 5:00 pm – 9:00 pm**

**Conducted by: Dr. AnnMaria Rousey DeMars**

**SATURDAY, NOVEMBER 3, 2007**

**WOMEN'S SHIAI AND**

**KATA COMPETITION**

**Continuation of coach's clinic**

**SUNDAY, NOVEMBER 4, 2007**

**REFEREE | KATA CLINICS**

**Kata: 9:00 am – 1:00 pm at Southside  
Dojo**

**Conducted by Eiko Shepherd &  
Frances Glaze**

**Referee: Julie Koyama**

## **USJA/USJF NATIONAL COACH CERTIFICATION CLINIC**

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**Friday Nov. 30 & Saturday, Dec. 1, 2007**

**Sunday, December 2, 2007 – Make Up Session**

**Sanctioned by the USJA**

**The USJA National Coaches Clinic with USJA Coach Committee Chair Jim Pedro, Sr., USJA Chair of Development, Dr. AnnMaria Rousey DeMars, and Event Coordinator Gerald Uyeno, Vice-Chair, USJA Coaching Committee.**

**Special Guest Clinicians include:**

- **Olympian Jimmy Pedro, Jr. from Zebra Mats - the Official Mats of the USJA**
  - **Legendary instructor Hayward Nishioka.**
-

## **U.S. Military Academy (West Point) Judo Tournament**

**Location:** Arvin Gym - Building 727,  
United States Military Academy at West Point, NY 10996  
**Date:** Saturday November 10<sup>th</sup>, 2007

**Open to all judoka Junior and Seniors ages 5 years and up (USJI/USJA/USJF proof of membership required – USJI membership will be available on site for \$50)**

**Cost:** \$30 is registered by November 5<sup>th</sup>, \$45 after November 5<sup>th</sup>, 2<sup>nd</sup> division \$20

**Head Referee** Billy Martin

**Tournament Director:** MAJ Benjamin Ring  
[ben.ring@usma.edu](mailto:ben.ring@usma.edu) 845-857-8616 or 845-938-5571

### **Schedule of Events:**

0800 Registration and Weigh-In  
Begin  
1000 Registration/Weigh In closes  
for Junior Competitors 12 & under  
1100 Registration/Weigh In closes  
for Competitors 13 – 16  
1100 Competition Begins (Junior  
Divisions)  
1200 Registration/Weigh In closes  
for all Senior Competitors  
1300 (tentative time) Competition  
Begins (Senior Division)

SANCTIONED BY USJI #2007-24

## **2007 USJA Winter Nationals**

**Seniors, Masters, Juniors, & Kata**  
**Saturday & Sunday December 1st & 2<sup>nd</sup>**

***\$1,000 TO BE GIVEN TO THE CLUB WITH THE MOST WINS [BY SPIRIT LAKE CONSULTING!](#)***

**TOURNAMENT DIRECTOR:** Gary Goltz  
**HEAD REFEREE:** Hayward Nishioka  
**EVENT PHYSICAN:** Dr. James Lally

**Hosted By:** GOLTZ JUDO CLUB [g.goltz@verizon.net](mailto:g.goltz@verizon.net) for more information

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## **Books and DVDs For Every Judoka!**

Books by Steve Scott

- *COACHING ON THE MAT: A Textbook for Teaching Judo and Jujitsu* \$15.00  
*REDUCED PRICE!*

- *ARMLOCK ENCYCLOPEDIA: 85 Armlocks for Judo, Jujitsu, Sambo and Mixed Martial Arts* \$19.00
- *CHAMPIONSHIP SAMBO: Submission Holds and Groundfighting* \$15.00
- *THE GRAPPLER'S BOOK OF CHOKES AND STRANGLES: Everybody's Got A Neck!* \$19.00
- *JUJI GATAME COMPLETE: Secrets of the Cross-body Armlock* \$25.00

#### DVDs by Steve Scott

- *CHAMPIONSHIP SAMBO* Over 2 hours of serious sambo! Featuring World Sambo Champion Chris Heckadon. \$30.00
- *SECRETS OF THE CROSS-BODY ARMLOCK* About 2 ½ hours of many applications, set-ups, defenses and combination on the great armlock juji gatame! \$25.00

Send your check or money order payable to Steve Scott, 8000 Jefferson, Kansas City, MO 64114. SHIPPING/HANDLING: ADD \$3.00 FOR FIRST BOOK/DVD AND \$1.00 FOR EACH BOOK/DVD.

Steve Scott at [stevescottjudo@yahoo.com](mailto:stevescottjudo@yahoo.com). [www.WelcomeMatJudoClub.com](http://www.WelcomeMatJudoClub.com)

## USJA/ USJF West Coast Judo Training Center

*“Belief is strength”*

If you want to be part of something great, if you think you can do more than the average person can do, you are invited to apply to be part of the new Judo Training Center for the West Coast, sponsored by the USJA and USJF.

What you should know...

- You must be recommended by your coach. This is not a judo club where you train once a week. This is a center where you will train five hours a day in addition to the practice you put in at your home dojo.
- This is an intense training session for athletes 13 and up. We may make an exception for 12-year-olds if they are outstanding. NO ONE under 12 will be allowed on the mat.
- Practice is every Saturday. Conditioning is from 10- 11:30 a.m. with running, exercises and judo drills. Come prepared. Bring running shoes, clothes to work out at the track and, of course, your judo gi. Newaza, randori, gripping, situation drills and tactical training are from 1-4 pm. We will begin adding one or two Sunday practices a month in October.
- You will receive individualized coaching focused on competition. This not a place for you to learn a better seoi nage or juji gatame. You have a home club for that. This is where you work on catching that juji gatame from every possible position. We will be keeping computerized records of your times in running, throwing drills and matwork drills and monitoring your improvement.

## HOW TO APPLY:

Application forms are available on-site at:

USJA/USJF West Coast Judo Training  
Center  
123 South First St.  
La Puente, CA

Coaches: Dr. AnnMaria Rousey De Mars  
Gary Butts  
Tony Comfort

We will also have a number of guest instructors throughout the year.

Cost: For USJA or USJF members \$85 for ten weeks, includes team jacket.

Visitors are always welcome. Cost is \$3 for USJA/USJF member, all others - \$10 per practice.

## CLUB OF THE MONTH- WAKAISHU JUDO CLUB, Mississippi



Wakaishu Judo Club in Columbus, Mississippi . Instructor Keith Worshaim describes the club as follows, “The students that join the club come from diverse backgrounds and we are trying to provide a safe place that they can come to in order to learn Judo and have fun. We also require that the students be active in the community by participating in public service events such as:

- Collecting and delivering blankets to the elderly during the Dr. Martin Luther King “Day of Care” in January;
- Assisting in teaching monthly Self Defense and Sexual Assault Prevention Classes;
- Participating in the Columbus Housing Authority’s Summer Enrichment Program by teaching a three-day “Self Defense and Intro to Judo” seminar;
- Performing in a Judo demonstration during the *Night Out Against Crime* in August at one of the Columbus Housing Authority’s sites and

- Helping to deliver meals to the elderly and the shut-ins during Thanksgiving each year.

Some of our major goals for next year are as follows:

- Enroll at least forty (40) students by December 31, 2007;
- Host a regional size Judo tournament and clinic January 25-27, 2008;
- Host a one-week "Introduction to Judo" seminar in June of 2008; and
- Lobby to have Judo re-inserted into the State Games of Mississippi for June 2008."

## **WHAT IS AN ATHLETE?**

*by Steve Scott, Welcome Mat Judo Club, Kansas City, Mo.*

We often have interesting discussions in the weight room about a variety of subjects. When we're not telling lies to each other about the typical stuff grown men tend to lie about, we actually have some conversations worth repeating. One of those conversations is something that Bill West brought up some time ago. That is, exactly what is an athlete? He asked a broader question as well...what is the definition of a sport? We've briefly discussed the sport question some time ago, but haven't gotten around to the question; "What is an athlete?"

*(At right, Crystal Butts, of Los Angeles City College Judo Club, a former USJA Junior Athlete of the Year. Definitely looks like an athlete.)*

The *Oxford English Dictionary* (yes, I actually own one...and even use it once in a while!) defines the word "athlete" as; "1-A competitor in the physical exercises, such as running, leaping, boxing, wrestling—that formed part of the public games in ancient Greece and Rome." "2-One who by special training and exercise, has acquired great physical strength; one whose profession is to exhibit feats of strength and activity; a physically powerful, robust and vigorous man." It also mentions something about athlete's foot, but we can save that for another issue (whew!).



Now, this seems to answer (at least in my mind) the other question. Does someone have to compete in a sport to be an athlete? John Saylor often refers to well-trained jujitsu students as "self-defense athletes." And let's face it...seeing those studs in our armed services fighting the war on terror gives credibility to the statement I once heard that they are "athletes in uniform."

My definite opinion, based on training and coaching for years is the same as John Saylor's, as well as the second definition listed in the dictionary. "One, who by special training and exercise..." What we do, even for those who aren't training in sport judo or sambo, is certainly athletic. Judo, jujitsu and the other martial disciplines are definitely "special training and exercise."

While the first definition in the dictionary says, "a competitor in the physical exercises..." there is still room for those who do not compete. At least in my way of thinking, an athlete is anyone who trains his or her body and mind and achieves skill and strength. There's no doubt that training on the mat, in the weight room or putting time in on roadwork makes someone an athlete. You don't have to compete in a sport to be an athlete, but you should be physically able to withstand the rigors of training to be considered an athlete. A good bunch of the guys who train with me in jujitsu are definitely athletes. They may not compete in sport jujitsu, but they are definitely in top shape and love to get at it on the mat.

Okay then, at what point does a person "become" an athlete? Is the little kid who signs up for a beginning judo class an athlete? Let's add this...What if that little kid enters his first judo tournament and beats all his opponents by slam-bam, thank you-ma'am ippons? Now, this kid may have had only a month of judo. Is he an athlete?

The question is; has this kid trained? Or is he simply naturally gifted? Can an untrained person who is naturally gifted be an athlete without the stress and sacrifice of training? Here's where Bill West and I have fun. We love to ponder that one! I mean, that little kid really didn't have "special training" as we define it. He had about a month of judo lessons. Could that month of judo lessons be defined as special training? Maybe so. I'm not sure and am still pondering it.



## West Point JUDO Drill Training Clinic



USJA Sanction # 07-113

“Dynamic Drill Training” is more than just moving around the mat and “fitting” on throws. It is a carefully planned series of exercises and movement patterns that, is highly effective for developing core of judo skills in participants at all levels.

This clinic will include three sessions of dynamic judo that will move from elementary to advanced, multilayered drills. Topics to be highlighted are:

- ★ Directional components to drills
- ★ The active role of both participants
- ★ Developing logical progression in both tachiwaza and newaza movement
- ★ Incorporating purposeful randori training

We will explore the drill training approach in a practical manner, not only to improve specific skills, but to develop an overall judo mind of flexibility and adaptability.



**SPECIAL NOTE:** This clinic satisfies the continuing education requirement for USJA & USJF certified coaches.

**Featuring Bill Montgomery, Godan, USJA Coaching Committee**

**FOR:** Judo coaches and players, adults and teens/children ages 12 & up

**WHEN:** Saturday, October 27 & Sunday, October 28, 2007.

**SCHEDULE:** Saturday: morning 10:00 a.m.—12:00 Noon (registration 9:30 a.m.)  
afternoon: 1:30 p.m.--4:00 p.m.  
Sunday: 10:00 a.m.—12:00 Noon

**HOST:** MAJ Benjamin A. Ring  
Coach, United States Military Academy Judo Club

**CLINIC COST:**

- \$35 per participant, including coach spectators
- \$30 if PRE-REGISTERED (postmarked by October 19, 2007). Saturday lunch (included) will be ordered for pre-registered participants
- *Parents may purchase lunch for \$5.00; please specify when pre-registering. Admission for parent spectators is free, however seating is limited*

**Eligibility:**

- Participant must be a member of either USJA, USJF, or USJI and show proof with a valid card at the door. USJA forms will be available at the door.

**For more information, contact:**

- Ben Ring coach, USMA Judo club: (845) 857-8616 (c) or (845) 859-4165 (h)  
email: [Ben.Ring@usma.edu](mailto:Ben.Ring@usma.edu)
- Joan Love, USJA Regional Coordinator, (860) 334-3347  
email: [judolady210@aol.com](mailto:judolady210@aol.com)

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## **Koka Kids Summer Issue is now available at the USJA office**

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To order your copy, call **(877) 411-3409**. Copies are \$5 each and include stories on judo clubs in the U.S. and around the world, new techniques, games, posters. A few copies are still available.

USJA CLUBS placing orders of copies for 10 or more issues can receive the discounted price of \$4 per issue.

**Fall issues can be pre-ordered.** Call the national office and order your copies today. For those coaches who worry about keeping up interest and attention, these magazines are a great reinforcer for kids. For those parents whose children like judo maybe a little more than they like reading, the magazines are greatly appreciated as reading material.

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