

GROWING JUDO



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EDITORIAL: HOW TO GROW JUDO

I apologize that this issue is late. We were all just too busy having fun out here in California these past few weeks. Whenever you have a major event in a community, a side benefit is all of the talented players and coaches who come early and stay late, practicing at local judo clubs. Thanks to an anonymous donation we received at the All-Women's Tournament and to funds raised at our raffle at the tournament (the brainchild of Kala Crosby and Dan McNair) we were able to provide some funding for a few international players to spend an extra day or two training in California. I think they enjoyed being here as much as we enjoyed having them.

We had our own Ronda Rousey home running practice at the USJA/ USJF West Coast Training Center for the last weekend in November. For the next week, we had judo players coming in from all corners of the earth for the USJA Winter Nationals. As usual, one of the great things about judo is the people you meet. Sarah Black, who we met at the All-Women's Tournament, drove down from Chico for a week of training (for those of you non-Californians the distance between Chico and LA is, well, a long damn way). Kayla Harrison and Jim Pedro came in from Massachusetts, then Pedro Dias from Portugal, the Vandemeers from Canada - who laughed at us every time we said, "*Oh my God, it's below sixty! I can't believe how cold it is!*" There was a Japanese high school team and -well, I lost track now, but it was great fun.

Over 500 competitors competed in the tournament, 65 coaches attended the clinic and there must have been at least 90 people on the mat at the two clinics with the Taisei High School team. Too often, I hear people bemoaning the need for a corporate sponsor or a motion picture on judo to get us publicity, get a million people to join or some other plan that is going to vault judo to major sport status. Not only is none of that ever going to happen, but the answer is right in front of us. With hundreds of people participating in events each week in Los Angeles alone, this is what is growing judo. Perhaps the most exciting part was the coaches clinic. Yes, I can hear my daughter saying that a bunch of old people are not exciting, but the truth is that those 65 people are going to go home and teach another 1,000 people what they have learned. That is how you grow judo. Those hundreds of judo players this weekend had a great time, as did the hundreds who participated in the clinics with Ronda, the Taisei team, Jim Pedro and Pedro Dias. On Monday, Kayla Harrison, who was still in town, taught the junior class at Sawtelle Dojo, assisted by Aaron Kunihiro. Last Saturday, Pedro Dias ran a practice for juniors at Tenri and another open practice on Sunday at the training center. This Saturday, Chuck Jefferson will be at the USJA/ USJF Training Center. Read through this issue about clinics at West Point, Kalamazoo and upcoming in Springfield, Missouri, Virginia and Philadelphia, Pennsylvania. Mini-camps are happening in San Diego and Rhode Island. That's how we grow judo.

If you want to help grow judo - organize a clinic (email Joan Love, USJA Regional Coordinator's chair at judolady210@aol.com), donate money to the Development Fund (email me at DrAnnMaria@yahoo.com you can specify what you want your funds to support) or volunteer in your community. Start a club. Teach an extra class. Write an article for Growing Judo. Attend a tournament or clinic. We are the answer to growing judo. Oh, and MERRY CHRISTMAS!!!!

THANK YOU THANK YOU THANK YOU

To our donors in November and December:

Anonymous donor in support of women's judo \$2,000

Hadassah Butts \$300

Gary Goltz \$200

Anonymous friend of Jerry Hays \$150

George and Stephanie Briscoe \$100

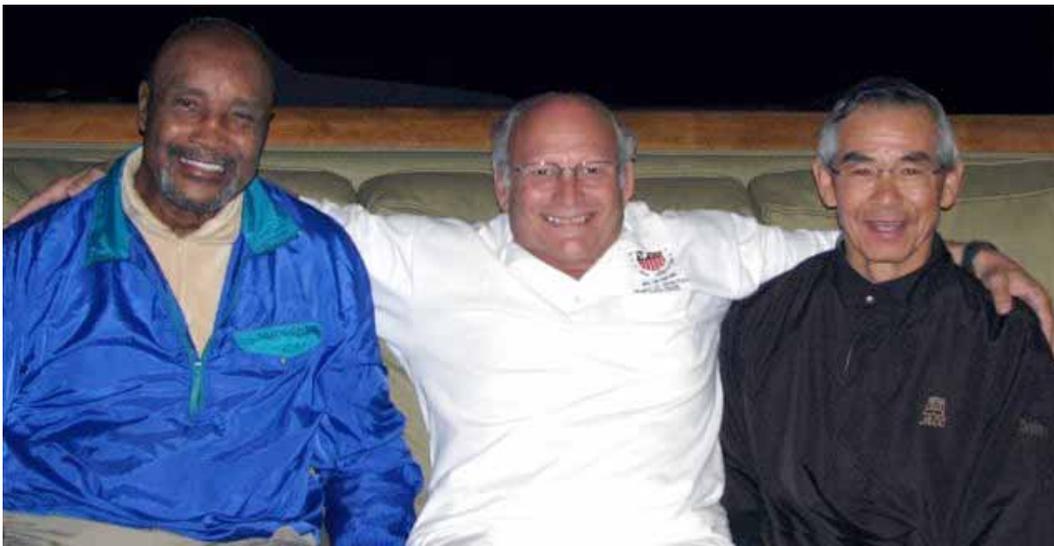
Bruce and Michelle Toups \$100

Eddie Lassiter - \$50

Michael Penny - \$25

Thanks to donations from generous people like you we can afford to send USJA athletes to camps in the U.S. and Canada in 2008.

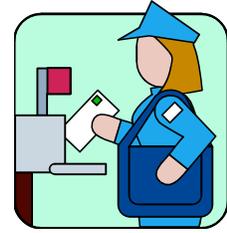
Dr. James Lally for paying for a USJA Awards banquet for 60 people, including USJA Winter National gold medalists, USJA Board members and guests, the Taisei High School team, USJF representatives and Nanka members. Basically, it was an all-out judo blow-out at Honolulu Harry's. Below are Lifetime Achievement Award winner George Harris (left) with James Bregman and Tosh Seino. Other honorees including Frank Fullerton, Jesse Jones and Charlie Robinson. Read more about these winners, in every sense of the word, in our January issue.



It's not too late. You can still get a tax-deduction for 2007 by donating to the USJA Development Fund. Those who donate \$100 or more will receive an Honorary Coach certificate. Donors of \$250 or more receive a USJA "Success is the best revenge" t-shirt. We only had 100 made of the latest style and 60 are gone already (these were given to the USJA/USJF West Coast Training Center athletes and to our guests from Japan, courtesy of a donation from Gary Goltz and Judo Unlimited).

LETTERS TO GROWING JUDO

Well, I just wanted you to know that our 18 months old INDUSTRY SHERIFF JUDO CLUB won 10 national medals from our 15 students that participated. Those individuals that have missed it, you missed a great tournament. We had famous and most respected judokas in the country, such as Jim Bregman, Charles Robinson, Harris, AnnMaria and her daughter Ronda, Okada Sensei from the Kodokan, the Taisei High School judo team (rank 5th in Japan), and many many more.



My son, Kai was very proud to have Sensei Gary Goltz asked him to represent the USJA/USA Judo Team to compete against the Taisei Team. It was exciting and only two American won. For those that went, my son's match was very exciting and lasted about 10 seconds and he won for the USJA team.

Most of our students that placed also participated in the West Coast Camp Bushido training camp in July with Sensei Robinson and we also went to the West Coast National Training Center several times, and went to most of Goltz's Clinics and tournaments. The most exciting event was the Goltz-Discover-Industry Sheriff Inter Club Tournament, where we were lucky to take home the club's trophy.

I am very proud of them because our students, without complaining, trained every Saturday for 6 hours for this National Event. Even during the thanksgiving weekend, they trained for over 24 hours to get ready for this Winter National.

We hope that next year's Winter National, we will be able to have one of my most respected senseis in the country to visit us at our Industry Sheriff Judo Club, Sensei Jim Bregman, the first American to win at the 1964 Olympics and Worlds. A great Sensei, a great Leader and Judoka. I would like to also thank Sensei Gary Goltz, and Sensei/Deputy Sheriff Jeff Domingo (my Assistant Head Instructor) to give me the opportunity to be the Head Instructor for this new club. Special thanks for AnnMaria Del Mars for her efforts to enhance the judo activity across American and taking the lead in the West Coast Training Center. A Head Instructor cannot be good without his team, and I like to thank David Valencia, David Matutte, Todd Gessel, Ralph Isozaki, Al Shimamoto, April Dai, Adrian Esqueda, and David Graves for all their help to make our team succesful.

The results are as follows:

GOLD

Wyatt Soto
Shephanie Ovalle
Zack Clark

Christine Gonzales (brown and black
belt division)
April Dai (also Cal State LA/Industry
Sheriff team member)

SILVER

Felipe Ovalle
Jessimine Lan
Christine Gonzales (13 to 16 years old)
green belt

BRONZE

Mike Gonzales
Brandon Neals

Have a great Holiday.

Butch Ishisaka
Industry Sheriff Judo Club
Cal State LA Judo Club

Reflections on 07' Winter Nationals by Cesar Lazcano

So, this year, I was in charge of registering people for the nationals. I got about 60 peeps in. The event itself had 500 athletes competing and god knows how many in total attendance! During registrations, I got to meet 02' Olympics USA Team Member Tony Okada. It was an honor to meet such a great man.

I myself trained very differently. I became weight conscious. I wanted to drop to 158.5 pounds to end up in the top of the -73 bracket. I reached my goal. Two years ago or so, I was taking cretin, drinking red bull EVERY DAY, eating protein bars during the week and lifting heavy weights (The highest weight I gained was up to 177 pounds, I believe). This time around, I didn't take ANY supplements whatsoever, lightened down the weights and focused on cardio. I also trained in every club I could possibly go to train in.

I had five fights this time around during the Nationals. I did run out of gas at all thanks to my new routine! I did win three times... again. However I did not rank this time around because I had FIFTEEN guys in my bracket. I made a guy tap out (I still haven't lost due to a submission in my tournament competitions), I pinned the other, and I threw the third with a beautiful uchi-mata to tai-otoshi combo.

People were REALLY cheering me on this whole tournaments and the kudos from everyone, even the competition was off the wall. A guy went up to me and actually said, "I saw you fight in the State Championships at San Jose last year, and I just saw you today... you are like a spider... man. Yeah. Last month or so a parent of a young judoka told me that he sticks around to watch me fight and only me apparently because win, lose, or draw, I'm entertaining out there. This kind of feedback means the world to me.

The two kids that I was training, Phoenix Krebs and Danny Lancaster both ranked THIRD! They are National Bronze Medalist and I couldn't be happier. They have a coach with a

Bronze National Medal and I have two wonderful students that are Bronze National Medalist themselves... I think we are building something big for the future. I am proud to be their coach/trainer and they deserve the success they got today! Life is good. Keep on fighting.

My mentor/boss/Sensei, Shahriar "Nick" Niakan got 2nd place/silver. It was a rush to watch him fight! I was proud. I got to train during the clinic after my fights with James Bregman (First Medalist for the united states from the very first Judo Olympics in 1964, Bronze Medal), Sensei Okada (who I believe trained with the first Judokas of the Kodokan), and Sensei Iizumi (who also trained with Mifune at the Kodokan). After the clinic, I got a much appreciated one on one education from Bregman and Iizumi. I also got to meet George Harris who was also in the original 1965 Olympic Team.

There was an exhibition match between the Japanese team and a composed USA team. Those matches were truly awesome to watch. I almost made the USA representative team, but in the last minute, I was cut from it. Too many people wanted it. Damn. Oh well, maybe next year! ;)

Mom, can I keep him? I always wanted a little brother! USJA Winter Nationals 78 kg gold medalist Ronda Rousey attempts to abscond with gold medalist in the 11-12 lightweight division, Anthony Igne of Hayastan Dojo.



Let me show you how you do it...

Aaron Kunihiro, 60 kg gold medalist of San Gabriel Dojo, is back in town for the USJA Winter Nationals. He and 70 kg gold medalist, Kayla Harrison from Ohio, stopped by Sawtelle Dojo to teach the kids' class on Monday night after the tournament.

Judo Drill Training Clinic at the U.S. Military Academy, 27-28 October

I really wish I was exposed to this type of teaching and philosophy LONG ago!
--quote from a clinic participant

The United States Military Academy Judo Team hosted a weekend “Drill Training Clinic” with special guest, Sensei Bill Montgomery in its dojo located on post at West Point, New York. The clinic featured three sessions of judo on Saturday and Sunday morning with Bill introducing the audience to the advantages of drill training. In attendance were thirty cadets from the Army Judo Team and several other judoka from southern New York and eastern Pennsylvania, totaling 45 people on the mat for the event!

The clinic began on Saturday morning with a high-energy session on tachiwaza drills. Bill showed how different throwing combinations can be created, by adding movement in different directions and building from single to multiple attacks with avoidance and counter techniques. By keeping the movements many and varied, students not only practiced techniques, but learned how to adapt them to randori and competition.

After a strenuous morning of drilling, the participants were treated to lunch by the Academy at Eisenhower Hall. The Saturday afternoon session built on the same concept of progressive movements with other aspects of judo, including gripping and a series of newaza techniques.

To end the day, students also got to apply their skills in an action-packed randori session with over forty judoka on the mat. The U.S.M.A. cadets, who practice daily with each other, were delighted to have some new faces on the mat for training.

The final session on Sunday morning, provided an opportunity to review techniques and experience how they would be put together in a typical practice session.

Testimonials from some clinic participants:

Saturday I went to a clinic at West Point. It was fantastic. This clinic taught moving dynamic partner drills. The material they covered and how they covered it was great. Not only did the drills help me for that day but I will be able to take these drills and use them at the YMCA. The clinicians Bill Montgomery and Joan Love were great. They had a very very similar outlook/philosophy to Judo training that I have. --Tom

I would like to thank Major Ben Ring, the west point cadets, Joan Love, and Bill Montgomery for all of their hospitality and for putting on a great clinic! Anyone who ever gets an opportunity to attend one of these should jump on it! You won't be sorry. --Matt



Bill helps with "Spinning Juji-gatame"

A member of the USJA Coaching Committee and head coach for the Norwich Judo Dojo in Norwich, CT, **Bill Montgomery** has over forty years of coaching experience in judo. He has accumulated a wealth of knowledge working with World Champions and Olympians and uses techniques employed by some of the top athletes and coaches in the nation. To learn more about drill training and/or USJA coaching certification, contact Bill at NorwichJudoDojo@aol.com



Judo Resources on the Web

By Loren Bentley

Roswell Judo Club, New Mexico

<http://www.roswell-judo.org/>

I spend a huge amount of time on the internet doing research. Much of the time I spend researching is for judo. I dig trying to find the methods, techniques, training tips, clubs, tournaments, clinics, and a large number of other vitally necessary information so that I may better develop my students into better judo students. Unfortunately, like every mine out there, there is a lot of debris that must be filtered out to find the best information.

The important bits of information that can be found on the internet can be grouped into a number of significant categories. I like to think of these as technique training and drills, web presence development, flooring systems, and general information.

Technique Training and Drills

In judo we all have our tokui waza and our favorite methods of teaching techniques, either by rote, drill, or some combination of the two. There are several excellent ideas available that are easily understood and transferable. Frequently these training sequences are available on YouTube.

Perhaps one of the best series of videos on YouTube I've found is the *seoi nage* series made available by Altersport on YouTube. This is a three part feature starting with beginning drills that develop the physical basics of *seoi nage*. The middle video of this series is of KATANISHI Hiroshi, 7th dan, and his uke doing *seoi nage* shown from a variety of angles, pauses to accentuate, and a variety of different *seoi nage*. Finishing off this series is a collection of tournament clips of *seoi nage* with some discussion about fine points.

(<http://www.youtube.com/watch?v=LJSq9fF5Yuo>,
<http://www.youtube.com/watch?v=yIEGLwRklEo>,
<http://www.youtube.com/watch?v=iKa7A3LGuGs>)

Another series of videos by Altersport is “JUDO Le perfectionnement d'uchi mata”. Like the *seoi nage* series, this is also in French but that does not prevent this series from being very informative. Starting off in the first video, KATANISHI Hiroshi shows a drill designed to get the body moving the right way starting first at the feet and moving up. The final video of this series is an instructional critique of two judoka as they develop the particular fine points of KATANISHI's *uchi mata*.

(<http://www.youtube.com/watch?v=k5z1bAUMOZg>,
<http://www.youtube.com/watch?v=BcqrE8LJaw>,
<http://www.youtube.com/watch?v=zDAhpmgbRY4>)

Perhaps the greatest available resource, while not specifically on any one technique, that I have found yet, is MIFUNE Kyuzo's The Essence of Judo. This is a classic video showing MIFUNE's talents as a superior judo technician, instructor, and clinician. The video quality is better than many videos available for download on the internet through YouTube, Google, or other resources; however the information is unavailable through many modern resources. While it may be just me, I find it really interesting to watch a little old man do such amazing things to much younger and larger men.

(<http://video.google.com/videoplay?docid=3346298601525244862&q=The+Essence+of+Judo&total=5&start=0&num=10&so=0&type=search&plindex=0>)

Web Presence Development

In this modern era of judo, there is nothing that is more ignored than a club's internet presence. Many clubs lack a website altogether or an adequate website if they are on the internet. Many of the other martial arts available to the public have exceptional websites listing a wealth of information about the art, the school, the instructors, pricing, and other information. Very few judo clubs do this.

There are exceptions to this, however.

The Temecula Valley Judo of Murrieta, California's website is a great website for gathering all the basic information about Temecula Valley Judo. It tells the times, the cost, who is who, and even gives links to various sites that are important to the current, future, or past judo player. (www.tvjudo.com)

A more developed website is the Okuri Judo Club of Hurst, Texas. On this site not only do they have basic information, though no map like Temecula Valley, but they also have results of tournaments, their Lone Star Classic Tournament flier, and even products that a visitor, be they member, family, or friend, can purchase to help support judo. (www.okurijudo.com)

Another style of website design is the blog type website. Oklahoma City Defensive Tactics uses this style to great effect. While the navigation items are located down at the end of the

blog, they are neat, organized, and highly efficient. Amongst these navigation items are the promotion requirements and forms associated with promotions. Prospective and current students should be able to see the testing standards in advance and be able to study those standards. By placing those standards on their website, OKC Defensive Tactics has made student access to these standards easy. Perhaps the best feature is that one can purchase directly on the pages of this site enabling a speedier, friendlier environment for purchase, especially in the case of membership fees. (www.okcdt.com)

Flooring Systems

Many of us have often thought about a more comfortable mat, something we could fall on for days and still be ready for more. Unfortunately mats are very common for a wide variety of activities which may cause confusion in choosing the right mats. In many cases, the wrong type of mat is rarely a critical issue and can be alleviated by using a “flooring system.” Many groups have published accounts on the internet detailing their flooring system.

Denver Dojo’s How-To for their floating floor system is perhaps the most complete website on the topic of a sprung floor mat area. They discuss costs, mats, materials, and will even provide information upon request. There are numerous links on this particular page to other sites with extra information or resources. Perhaps the most interesting is the comparison of mats and floor systems and their uses.

(<http://www.judocalendar.com/denverdojo/Floorsystem.htm>)

The Quest for the Perfect Flooring System article by Paul Nogaki is a very informative article on the construction of their flooring system. While Denver Dojo’s site is more concerned with materials, costs, and providing resources for constructing a floating flooring system, The Quest for the Perfect Flooring System gives an overview of the reasons for selecting, ease of construction, and generally why a dojo might select this type of flooring.

(<http://www.judoinfo.com/tatami.htm>)

The Spring Loaded Mat article by Gerald Lafon is also a very informative article on the construction of a sprung floor mat. Unlike Denver Dojo and Paul Nogaki’s sites, this article discusses flooring systems using tires as the spring system. Here they discuss the construction methods and how to obtain materials for this project.

(<http://www.judoamerica.com/helpforclubs/springmat/>)

General Information

Judo is a continually evolving art that requires all instructors and students to constantly be on the lookout for new and, perhaps, better ways of continuing our judo education. The advent of the internet and sites such as JudoInfo.com and the wide variety of videos available through such sites as YouTube and Google Video has made gathering new ideas an easy but perilous task for instructors and new students alike.

Perhaps the one site I would recommend to every judo practitioner no matter where in the world they are is Neil Ohlenkamp’s JudoInfo.com. While there is a lot of judo information

available on the internet, no site that I have found yet is a more complete repository than JudoInfo.com. There are articles, video clips, resources to help one find a club *anywhere in the world*, humor, and much more. You may spend a lot of time searching for information on the web, but it will be much less if you start out at JudoInfo.com.

(www.judoinfo.com)

I would be remiss if, while speaking of JudoInfo.com, I did not mention its forum. Here is a place where almost no question will go unanswered. Like many places you will find opinions varying from the short and simple to the convoluted and verbose. Some members of this forum are acerbic while some jovial, the membership runs the gamut between.

(www.judoforum.com)

Social networking has exploded on the internet with such sites as MySpace and Facebook. A new site for judo has come about with natterit.com's GotJudo site. Here is a site where you can chat, post on a forum, post events, and more. Unfortunately, the forum does not appear to be as lively as some other judo sites.

(www.natterit.com/gotjudo)

Blogs and Blogging

The advent of web logs (blogs) has drawn a large number of people to collect their training diaries, teaching thoughts, or various ramblings about judo on the web. Blogging adds a new dimension to training, teaching, rambling, and passing on thoughts and information to people you may never meet. Blogging also allows the authors to publish their material inexpensively (most blogging sites are free) and quickly. Unlike publishing a book or an article to a print magazine, there is no wasted time in making the information available; there is also no peer review or editing which means you may want to be aware that not every judo blog you read is from a long time, very experienced person.

Dr. AnnMaria R. DeMars, our Vice President, has a wonderfully interesting, amusing, unique perspective in her blog. Not frequently enough, AnnMaria has "judo tips" she puts at the end. (drannmaria.blogspot.com/)

Not to be out done by her mother, Ronda, our Silver Medalist at the World's in Rio, has another interesting, amusing, and unique perspective. Unlike her mother's blog, Ronda's perspective, right now, is on the training and other necessary elements of a very high-level competitive judo player. It certainly gives a fresh young perspective on judo.

(www.rondarousey.net/blog/?page_id=4)

Go Forth and Surf

I encourage everyone who is interested in expanding the availability of judo knowledge to help create a web presence for yourself, your club, or help out with your governing body's site. Book reviews, blogs, training tips and techniques, improvements to your dojo; all of these can help someone better their own personal judo and provide a larger knowledge base for improving judo.

Coaching Column: Developing Assistant Coaches

**James Pedro, Sr., Chair
USJA Coaching**

My New Year's Resolution is to put more emphasis on assistant instructors in the hope of building a strong foundation in our young coaches. Today's assistant instructors are the future of judo. Who will be teaching judo a decade from now are the new brown and black belts. Most are young and eager to learn. Some



of our new shodans are not-so-young, having started judo as somewhat older adults, but that fact itself, that they were willing to try a new activity, says something about their willingness to learn, too. Not being afraid to admit their own need for further development and the desire to always learn more are two of the traits they will need to succeed as instructors.

Myself, I have always placed a priority on continuing education, I am constantly reading books, watching DVDs or videos and attending tournaments and training camps to learn the latest techniques. It's an issue of integrity. The athletes I coach are giving their all at practice and to me, I feel a deep sense of responsibility to learn enough to always give them the best instruction that I possibly can. I think it is also important that those of us who are the more senior coaches in the dojo be role models of continuing education.

At the most recent coach education workshop, at the USJA Winter Nationals, (shown above) it was gratifying to see the high level of instructors from around the country in attendance. This is important because if you can come to an educational workshop and admit that you don't know it all and are still learning it serves as an example to the junior instructors in your club that they should be continuing their education as well. After all, if their head instructor can admit that he or she doesn't know everything and is still learning, then it must be acceptable for that new black belt to attend a clinic to pick up a new idea or two.

I realize not every coach or instructor in every dojo can be as involved in continuing education as he or she should be. For those who run judo as a business, there are budgets, PR and other responsibilities. For those who don't, they usually have another job that takes their time. For everyone, there are parents who want to talk with you, athletes who need individual attention, preparing for your lesson and a hundred other responsibilities. For those USJA members we have tried to serve you in two ways. First of all, for you, we have tried to offer

USJA clinics around the country to make attendance as convenient as possible. Secondly, by providing clinics open to assistant instructors we hope to help those who help you run your club and classes be as effective as possible. We realize that a head instructor is called upon to teach everyone from five-year-old white belts to teenage brown belts learning to teach. With these clinics, we hope to support your efforts in developing the next generation of coaches. Often, I think we senior instructors fail to recognize the extent of our influence. If you encourage your advanced students and assistant instructors to attend these training sessions, they are far more likely to come. Most of us were brought up in judo to be humble, and that is a good thing, but the fact is that your students look up to you.

If you think you know it all you can't get better. You should never let your pride get in the way of learning and helping your students. If you do, you are letting your students down and you are providing a bad model for them in their future careers as teachers. Conversely, when you continue learning through attending clinics, reading books and watching DVDs on judo, you are modeling a lifetime of learning which is probably one of the most valuable lessons you can ever teach your students.

When a USJA Coaching workshop is offered in your community we hope you will attend. However, if that is not feasible, we hope you will send your assistant instructors to learn how to help you and to help your other students more effectively.

Thank You and Welcome to Our New Course Instructors

James Wall – Louisiana
Mike Noriega – California
Paul Nogaki – California
Gerald Lafon – California
Neil Ohlenkamp - California
Dan Alef – California

To be certified as a course instructor you must attend a coach workshop clinic and pass an on-the-mat examination. The next certification clinic will be in Massachusetts prior to the Pedro's Challenge tournament. For more information, please contact Jim Pedro, Sr. USJA Coaching Chair USJAcouch1@yahoo.com or 978-335-5216

Kayla Harrison, one of our future great coaches, teaches a junior practice at Sawtelle Dojo in Los Angeles. Kayla was in town to help with the demonstration portion of the USJA National Coaches' clinic and to compete in the USJA Winter Nationals where she won a gold medal. Thanks to the funds from the raffle (see below) for helping us assist players like Kayla to stay and train in L.A.



Thank you for sponsoring the raffle at the USJA Nationals

Christian S. Pineda

<http://seka-sports.com/>

Adidas / Seka-Sports Inc.

5338 Lindbergh Lane

Bell, CA 90201

Thanks to you, we raised over \$500 for the USJA/ USJF West Coast Judo Training Center. These funds were used to assist expenses for players from Portugal and Canada and around the U.S. to attend practices and competition during the USJA Winter Nationals. By bringing international players here to train and compete with our athletes, we can benefit many more people than by sending one or two of our players to one tournament. Below are the athletes that attended just one of the practices made possible by your generous support. And thanks to Mickey Clark of Industry Sheriff's Judo Club and her sister for selling almost \$200 in tickets. Half the proceeds went to each club – so thank the Clarks for your next pizza party at Industry!



Want more Children in your Dojo?

Want to encourage and reward the children you have in judo?

Koka Kids magazine! Buy the latest issue now through the USJA Office. Email Katrina.Davis@usja-judo.org to place your order or call her at (877) 411-3409

The Winter issue is available now with judo articles, photos, pull-out posters, crossword puzzles, games and more. Call Katrina to get more information.

SPECIAL DISCOUNT RATE FOR USJA CLUBS.

PHOTO OF THE MONTH

At right : USJA President Jim Webb at the presentation that was made this past month recognizing President Theodore Roosevelt as an honorary hachidan (eighth degree black belt)



Accepting the award is the President of the Theodore Roosevelt society. (No, not Gary, the guy with the beard.) The presentation will be prominently displayed in their new museum in Oyster Bay, New York.

Dave Passoff and Marc Cohen did a great job setting this event up. Thanks to them for promoting recognition of judo in history and the present.

ALL-WOMEN'S TOURNAMENT

By George Weers
Secretary, USJA Board of Directors
Member, USJA Coach Certification Program

I had the privilege of attending the 2007 All Women's Championships over the first weekend in November. It would be very easy to use platitudes and clichés about this great event BUT, the All Women's Championships is not an event to be classified and shelved.

The All Women's Championships is a celebration of Judo. The All Women's Championships represents a vital effort to build participation and retention in the weakest demographic area of American Judo. The All Women's Championships is FUN!

The All Women's Championships is, perhaps, the fastest growing event in America. 2007 participation doubled over 2006. The 2007 event was also a, truly, international event with Canadian contestants as well as a pair of Philippine players.

Report of the All Women's Championships cannot be complete without recognizing the driving force behind the event. Ms. Deb Fergus is the lady who has conceived, organized and staged the All Women's Championships. She, quietly, performs the tremendous amount of work associated with conducting a national event and asks nothing in return. It is through the

selfless dedication of people like Deb Fergus that American Judo can and will grow.

If you're a female Judoka and weren't at the All Women's Championships, you missed a great time. If you're a Coach of female Judoka and haven't sent them to the All Women's Championships you are missing a wonderful opportunity. As for me; I plan to be there next year with more players.

2006 SPECIAL AWARDS RECIPIENTS

Outstanding Player Ashlie Martini
 Jr. Best Technique Lydia Au
 Master Best Technique Lori Mendoza
 Sr. Best Technique Kat Van Boxmeer
 Seiho Kawasaki Fighting Spirit Award Stacy Knapp

Also recognized for outstanding performances were Crystal Butts and Sarah Black.
 Special thanks to Julie Koyama PJU-C, Chief Referee, Oregon
 Eiko Shepherd-IL (head kata judge)

2007 NATIONAL WOMEN'S HALL OF FAME INDUCTEE: Elizabeth Lee

Ju no Kata:

- 1st. Loretta Mendoza, Philippines and Julie Irene Divina, Philippines
- 2nd. Mara Markovic-Siladi, Canada and Karen Belter, Ohio

Goshin Jitsu:

- 1st. Mary Gail-Ford, Illinois and Rachel Lavin, Illinois

SHIAI RESULTS

Girls 9 & 10 Light

- 1st Erin Butts LACC
- 2nd Elizabeth Fowler ISU Judo
- 3rd Morgan Nakayama Southside Dojo

Girls 9 & 10 Middle

- 1st Veronica Standish Cyclone
- 2nd Madison Nakayama Southside Dojo
- 3rd Juliet Strickler Southside Dojo

Girls 9 & 10 Heavy

- 1st Alisha Noon Bushido Kai America
- 2nd Julia DeMars Venice Judo
- 3rd Gabriela Gomez Ann Arbor YMCA

Girls 11 & 12 Light

- 1st Margaret Standish Cyclone
- 2nd Lessica Lothridge Fox Valley Judo & Jujitsu Institute

Girls Open 6-12 1st

- 1st Jessica Lothridge Fox Valley Judo & Jujitsu Institute
- 2nd Alisha Noon Bushido Kai America
- 3rd Kayla Bean Southside Dojo

Girls 13 & 14 Light

- 1st Tamara Kimball Satori
- 2nd Ewelina Szewczuk Saito Dojo
- 3rd Jennifer Farrer Mt. Clemen YMCA
- 3rd Daniela Gomez Ann Arbor YMCA
- 3rd Jhun Strickler Southside Dojo

Girls 13 & 14 Middle

- 1st Lydia Au Victorious Judo
- 2nd Sarah Crosby DiscoverJudo.com
- 3rd Crystal Butts LACC
- 3rd Kayla Bean Southside Dojo

Girls 15 & 16 Light

1st Jasmine Strickler Southside Dojo
 2nd Ewelina Szewczuk Saito Dojo
 3rd Sarah Cosgrove Southside Dojo

Girls Open 13-16

1st Kelsi Bostic Judan Judo
 2nd Kelly Au Victorious Judo
 3rd Kassandra Scoggin Cyclone

Jr. Exhibition 1

1st Alisha Noon Bushido Kai America
 2nd Erin Butts LACC

Senior White - Green Light

1st Amanda Bean Southside Dojo
 2nd Jasmine Strickler Southside Dojo
 3rd Kerry Kameka Upper Canada Judo Club

Senior White - Green Middle

1st Julee Cope Bushido Kai America
 2nd Randi House SRJC Judo Club
 3rd Ashley Monroy SRJC Judo Club

Senior White - Green Heavy

1st Suzie Rizek Fox Valley Judo & Jujitsu Institute
 2nd Juliann VanderMeer Brantford Judo
 3rd Emileigh Curtin EMU Judo

Senior -57kg

1st Lydia Au Victorious Judo
 2nd Melissa Smith Fox Valley Judo & Jujitsu Institute
 3rd Kassandra Scoggin Cyclone
 4th Toui Taylor Goltz Judo
 5th Ewelina Szewczuk Saito Dojo

Senior -63kg

1st Crystal Butts LACC
 2nd Madeline Crowell Not Listed
 3rd Melanie Hosey American School of Self Defense

Senior -70kg

1st Ashlie Martini Tohkon
 2nd Sarah Black Chico Judo Club
 3rd Grace Talusan Kokushi Dojo

Senior Heavy

1st Patricia VanderMeer Brantford Judo
 2nd Andi Bongert Sioux City Judo
 3rd Becky Frankel Not Listed

Senior Women Open

1st Kat Van Boxmeer Full Circle Judo Club
 2nd Andi Bongert Souix City Judo
 3rd Ashlie Martini Tohkon

Masters 30-39 Light

1st Ann Rabjohn Upper Canada Judo Club
 2nd Shandra Smith Fox Valley Judo & Jujitsu Institute
 3rd Elisa Church-Goupil Kin-Tora
 4th Stacey Knapp Dubuque Judo

Masters 40-49 Light

1st Loretta Mendoza Four Aces
 2nd Toui Taylor Goltz Judo

Masters 40-49 Middle

1st Julee Cope Bushido Kai America
 2nd Julie Irene Divina Stanley Judo
 3rd Robin Roach Centre for Martial Arts

Masters 50-59 Light

1st Mara Marcovic-Siladi M & D Siladi
 2nd Laurie Tanimura Tohkon
 3rd Joyce Gugino Kin-Tora

Masters Open

1st Shandra Smith Fox Valley Judo & Jujitsu Institute
 2nd Stacey Knapp Dubuque Judo
 3rd Destinee Tartuffe SRJC Judo Club

JUNIOR TEAM COMPETITION - All-Women's Tournament, continued

Junior Light Weight

1st Team California	Veronica Standish	Erin Butts	Julia DeMars
2nd Team Southside	Morgan Nakayama	Juliette Strickler	Madison Nakayama

Junior 13-16

1st Team Midwest	Juhn Strickler	Amanda Bean	Kelsi Bostic
2nd Team California	Daniela Gomez	Crystal Butts	Sarah Crosby
3rd Team Southside	Jasmine Strickler	Sarah Cosgrove	Kayla Bean

Juniors 1

1st Team California	Alisha Noon	Crystal Butts	Sarah Crosby
2nd Team Midwest	Margaret Standish	Daniela Gomez	Kayla Bean

SENIOR & MASTERS TEAM COMPETITION

Seniors 1

1st Team Canada & Iowa	Kat Van Boxmeer	Tammy Dacks	Andi Bonger
2nd Team VanderMeer	Patricia VanderMeer	Kelsi Bostic	Ann Berends

Seniors 2

1st Team Chicago	Madelyn Crowell	Lydia Au	Kelly Au	Ashlie Martini	Kelsi Bostic
2nd Team International	Crystal Butts	Anna	Sarah Black	Julee Cope	Crystal Pierce
3rd Team EMU	Gabrielle Rivera	Danielle Dean	Samantha Harlow-Grant	Danielle Douthat	Emiliegh Curtin

Masters

1st Team Midwest	Ashlie Martini	Stacy Knapp	Carol Scheid
2nd Team Canada	Mara Markovic- Siladi	Robin Roach	Julee Cope
3rd Team California	Tuoi Taylor	Kala Crosby	Lori Mendoza

Athlete Spotlight:

Growing Judo caught up with Tami Dacks of Toronto's Ronin Judo club after her competition at the All-Women's Tournament to get a 'woman on the mat' view of the tournament. Tami is 28 years old and a nikyū. We were particularly impressed by her fearless style. When asked how she motivated herself to come out and fearlessly attack such competitors as Olympic-contender Ashlie Martini, she replied:

"Because I'm not afraid. I'm not afraid of anyone. I'm not going to the Olympics, there's nothing riding on this, so I go and have as much fun as possible. I have overcome some serious problems in my life, so I thank God for the fact that I can just step on the mat and here I am, having a great time. "

Tami wants to extend the benefits she has gained from judo to others. The only woman in her club, her goal is to get her black belt and start an all-woman's class for women who might not feel comfortable training in a co-ed environment or who might not be able to for religious reasons, e.g. some groups which forbid women to wear pants when men are present.

Tami has also started a page for women competing in judo to post what events they will attend, so competitors know before they book a hotel room or decide to drive 300 miles if there will be other players in their division or not.

Golden Tiger Martial Arts: USJA SPONSOR

Did you know that you can get a 10% discount on anything Golden Tiger sells – judo gis, bags, sweatsuits, t-shirts and more, just by entering through the USJA section

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

How easy is that? You save 10% on anything you buy AND the USJA gets a donation for anything you spend. The recommended products it shows on the site are the GTMA gis. Actually, I like their judo t-shirts better and that budo warm up suit that all the cool people have. Needless to say, I don't have one. Anything you buy on this site, you get a 10% discount and we get a donation from Golden Tiger, so do all your shopping here.



Nanka Judo Yudansha-Kai
(SOUTHERN CALIFORNIA JUDO BLACK BELT ASSOCIATION)
WINTER DEVELOPMENT CLINIC

Co-sponsored by USJA/ USJF West Coast Judo Training Center

Date: Saturday, December 15, 2007

Place: West Coast Training Center
123 S. First Street
La Puente, CA 91744

Time: 10:00 AM – 11:30 AM: Drills— all age groups
11:30 AM – 1:00 PM: Technical Session— 12 and under only
Lunch— 12 and over
1:00 PM – 4:00 PM: Technical Session—12 and over

Fee: \$ 20⁰⁰ per student
\$ 10⁰⁰ 2007 USJF & USJA Jr. National, Jr. Olympics, US Jr. Open Medalists
Gold, Silver and Bronze, Shiai Division
Please make checks payable to “Nanka”. Fee is non-refundable.

Registration: At event.

Eligibility:

All judokas who are current members of USJF, USJA or USJI.

Clinician: Chuck Jefferson-- Pan American Champion, Senior National Champion and four time Collegiate Champion—will teach his personal waza honed through training sessions in Japan and Europe. Chuck started judo locally at Barstow Judo and is currently Assistant coach at San Jose State University.

For additional information contact Ryan Fukuhara
PH: 310.251.6162 or email: af906@lafn.org



West Coast Judo Training Center

Winter Session November 17-January 31

Conditioning and drill training – 10 to 11:30 a.m.

Judo Technical and Randori – 1 to 4 p.m.

Ages 13 and Older

EXCEPT December 15 and all Sunday practices are open to all ages.



Location:

**123 S. First St.
La Puente, CA**

Schedule:

November 17 10 – 11:30 , 1-4

November 24 10- 11:30, 1-4 GUEST RONDA ROUSEY

November 25 10-1 GUEST RONDA ROUSEY

December 1 –2 USJA NATIONALS

**December 8 9- 11 a,m at Goltz Dojo with Taisei High School Team & Pedro Dias
TENRI DOJO 2-4 pm**

December 9 10-1 GUEST PEDRO DIAS

December 15 10-11:30, 1-4 GUEST CHUCK JEFFERSON

December 22 CHRISTMAS WEEKEND -- take a break!!!

December 29-30 --- Weekend camp in San Diego. Dr. Ruggero Galiici and others.

January 5 -26 Every Saturday 10-11:30 1-4, Guests to be announced

Conditioning and drill practices will be coordinated by Tony Comfort, 2006 USJA Senior National Champion, competitor in the 2004 Olympic Trials

Technical and randori sessions by AnnMaria De Mars, Gary Butts and guest instructors.

For additional information, please contact:

AnnMaria De Mars (310) 717-9089 drannmaria@fractaldomains.com

or Gary Butts (213) 713-5341 great4butts@aol.com

COST FOR 12 weeks is \$100 includes all 27 practices and entry fee for USJA Nationals
Cost per practice -- \$10, per day for two practices \$15



GRASS Roots Clinic and Workout

Sponsored by:
USJA, USJF, and
Liberty Bell Judo

Date: December 15 and 16, 2007

Place: Liberty Bell Judo/Sambo Academy
Buck Road Huntingdon Valley PA 19006

51

Coordinator: Lou Moyerman 215 313 2098 or Lmoyerman@aol.com



FOURS HOURS of JUDO EACH DAY – SEVERAL EXCELLENT CLINICIANS

Eligibility: All judokas 13 and over with prior judo experience.
All participants must have a current USJI, USJA, or USJF card

Times: Saturday 12/15: 1:30 – 3:30 and 4:00 – 6:00

Sunday 12/16: 11:00 – 1:00 and 1:30 – 3:30

Clinicians: Joe Condello – Liberty Bell Judo

Grace Jividen – US Olympian

Anatoliy Kenis – Liberty Bell Judo

Julie Langou/Taillandier – French National Champion

Parnel Legros – Starrett Judo

Noriko Narazaki – World Champion & Olympic Medallist

Chris Sauveur Soriano – Westchester Judo

Fees: USJF & USJA member rate: \$20.00 per day

Other memberships rate: \$30 per day

Make checks out to, “Liberty Bell Judo”

No advance registration is needed but **is preferred & appreciated.**

Hotel: Radisson – 215 638 8300 mention Liberty Bell for special rate

NANKA SHORAI PRACTICES ---

January 12 – Shorai Practice; location Gardena Judo dojo

Time 3:45 PM – 5:45 PM

January 19 – Shorai Games; location WCTC; time 11:30 AM – 1:30 PM

For additional information contact Ryan Fukuhara

PH: 310.251.6162 or email: af906@lafn.org



The following are the

Results for the 2007 USJA Winter National Championships held at Ontario High School, Ontario, CA.

Thank you so much to our sponsor, Chino Valley Medical Center.

Senior Category Divisions:

Contestant's Name, Hometown, Organization, Misc. Info:

DIVISION: Women's 52 KG

1. Zide FIGUEROA, San Ysidro, CA, Kino
2. Maddyson POST, Livermore, CA, Northern California Elite
3. Angela ROSS, Livermore, CA, Northern California Elite

DIVISION: Women's 57 KG

1. Tara CLARK, Livermore, CA, Northern California Elite
2. Crystal BUTTS, Fontana, CA, LACC

DIVISION: Women's 70 KG

1. Kayla HARRISON, Wakefield, MA, Pedros
2. Sarah BLANK, Chico, CA, Chico Judo
3. Paula DUARTE, Baldwin Park, CA, Mojica

DIVISION: Women's 78 KG

1. Ronda ROUSEY, Wakefield, MA, Pedros
2. Patricia VANDERMER, Hamilton, ON Canada, Brantford
3. Juliann VANDERMEER, Waterford, ON Canada, Brantford

DIVISION: Men's 60 KG

1. Jeffrey MERRILL, Lancaster, CA, Antelope Valley
2. Zaur JALILZADE, New Hope, MN, Doc's
3. Jarra MARATEA, Livermore, CA, Northern California Elite

DIVISION: Men's 66 KG

1. Aaron KUNIHIRO, Covina, CA, Team Force
2. Michael FUJIMOTO, Los Angeles, CA, Sawtelle
3. Victor ORTIZ, Ontario, CA, Guerreros

DIVISION: Men's 73 KG

1. Pedro DIAS, Portugal, Sport Alges E Dafundo
2. Khachatur ARARELYA, Glendale, CA, Hayastan
3. Michael LARSON, Lancaster, CA, Antelope Valley

DIVISION: Men's 81 KG

1. Kyung Tae KIM, Los Angeles, CA, LA Judo
2. Mark HIDALGO, San Diego, CA, Mojica
3. Lars JOERGENSEN, San Diego, CA, Judo America SD

DIVISION: Men's 90 KG

1. Eric SANCHEZ, West Covina, CA, Guerreros
2. Stepan EKIZYAN, Burbank, CA, Hayastan
3. Mathew LEWIS, San Diego, CA, North Island

DIVISION: Men's 100 KG

1. Sanghyull CHO, Los Angeles, CA, LA Judo
2. Eric GEIB, San Diego, CA, Judo America SD
3. Adrian ELICEGUI, Pomona, CA, Goltz

DIVISION: Men's +100 KG

1. Seong Jun OH, Rancho Cucamonga, CA, LA Judo
2. Darryl SEXTON, Long Beach, CA, Torrance
3. Armen BABAYAN, Glendale, CA, Kenam's

DECEMBER 22, 2007

YOUR LAST CHANCE TO GET CERTIFIED AS A COACH THIS YEAR

Coach certification and advanced technical clinic in Springfield, Missouri at Missouri State University by Dr. AnnMaria De Mars. Anyone is welcome to attend. For coach certification you must be on the mat during the clinic. None of this standing on the side looking superior. We will cover conditioning, matwork, gripping and drills.

To be certified as a coach you must be at least a brown belt and pass a background check. There is also a \$25 fee for the course application, sent to the USJA.

To attend the clinic, you must own a judo gi and possess a small amount of U.S. currency. For details contact docbob_2@netzero.net Dr. Bob Bell.

Mayo Quanchi Judo Team Announces _ Winter mini-camp

January 18th – 21st 2008

Open to judoka of all levels.

Coaches are welcome.

Please note that athletes may arrive a day before and may stay a day after official camp dates for no extra cost. There will also be 1 practice on each of those additional days.



Place: Mayo Quanchi Judo club

751 Main Street_West Warwick R.I. 02831

Contact Serge Bouyssou (401) 647-4678 or Judocoach@cox.net

Camp fee pre-registered by December 15th for home stay and all meals included \$75

Camp fee pre-registered by December 15th for staying on your own \$50

Walk-in entries will be and additional \$35.00

Due to the fact that these camps have grown so much, we will be on a first come first serve basis.

__Airport to fly into: Providence__Anyone that wishes to fly in on Wednesday is welcome.__ Camp schedule will beThursday 6-9pm, Friday 6-9pm, Saturday 9-11:30am and 1:30 – 4pm, Sunday we will be traveling to New York to participate in the Starett cup. We will also provide transportation to and from New York if you need it.

San Shi Judo Club Welcomes

California Judo Inc.
Southern California Judo Development

USJA/USJF
West Coast Training Center

to host a

Year End Training Camp for Competitors

at

San Shi Judo Dojo 150 Cedar Road Vista, CA 92083

SATURDAY DECEMBER 29th

Check in: 9:30 AM

Morning Session: 10:00 AM -12:00 PM

Break (lunch will be provided)

Afternoon Session: 2:00-5:00 PM

Welcome Dinner: 6:00 PM

SUNDAY DECEMBER 30th

Morning Session: 8:00 -11:00 AM

Break (lunch will be provided)

Afternoon Session: 1:00-3:00 PM

Clinicians: Dr. Ruggero Galici, Dr. AnnMaria Demars, Mr. Hector Elizalde, Miss Ronda Rousey

This training camp is intended for 13-21 years old athletes with significant judo skills and experience. Proof of affiliation with USJI, USJF or USJA is required. You need to register by December 16th to be able to participate.

Registration is free. Please send an email to Dr. Ruggero Galici (rgjudo@gmail.com).
More details will be available at <http://www.caljudoinc.com/>

CONGRATULATIONS TO RONDA ROUSEY
for her silver medal in the Kano Cup – the premier international
tournament held in Japan this month



Above: Ronda Rousey and Kayla Harrison teaching at the Clinic of Champions after the USJA Winter Nationals.

Competitor Clinic and Workout with Rick Hawn

Sunday January 6th 2008

Just in time for your New Years Resolution, is a great opportunity to workout with and learn from a real U.S. Judo Champion. All the proceeds will go to supporting Rick as he makes a bid for 2008 Olympic Team. This clinic is for ages 10 and up, competitors, coaches and everyday judo players.

2004 Olympian
4x Senior National Champion
2007 World Team Member

Recent Career Highlights:

2007:

- Gold - USA Judo Senior National Championships
- Silver - New York Open
- Bronze - Pan American Games
- Bronze - U.S. Open

2006:

- Silver - National Championships (81kg)
- Silver - Tre-Torri International (81kg)

2005:

- Gold - Fall Classic Nationals (81kg)
- Gold - Northglenn Judo Championships (81kg)
- Silver - National Championships (81kg)

2004:

- Bronze - U.S. Open (81kg)
- Fifth - Pan American Championships (81kg)
- Olympic Games (81kg)

2003:

- Gold - Continental Crown (81kg)
- Gold - Fall Classic Nationals (81kg)
- Gold - National Championships (81kg)
- Gold - Benito Juarez Championships (81kg)
- Bronze - Korean Open (81kg)
- Bronze - U.S. Open (81kg)

2002:

- Gold - National Championships (81kg)
- Bronze - Pan American Championships (81kg)

2001:

- Bronze - National Championships (81kg)

2000:

- Gold - National Championships (81kg)



\$40 Mat Fee

9 am – 12pm Morning Session

Noon – 1pm lunch break

1pm – 3 pm Afternoon Session

Location

Fredericksburg Judo Club

For more information please contact

4006 Leonard Drive, #B5

Spotsylvania, VA 22408

Details:

For more information please contact Chuck Wall at

wall.chuck@gmail.com or visit www.kids-judo.com.

Phone (804) 448-0503

Competitor Clinic and Workout with Rick Hawn

Sunday January 6th 2008

Location

Fredericksburg Judo Club
For more information please contact
4006 Leonard Drive, #B5
Spotsylvania, VA 22408

Details:

For more information please contact Chuck Wall at
wall.chuck@gmail.com or visit www.kids-judo.com.
Phone (804) 448-0503

Your Copy of Waiver

I, the undersigned guest of THE FREDERICKSBURG JUDO CLUB (hereafter called FJC), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the FJC may carry may not cover injury. I do hereby hold the FJC, their instructors, employees, volunteers, and agents as well as Rick Hawn and Aikido in Fredericksburg, harmless from any and all liability (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Judo, or any variation thereof, whether occurring on the premises of the FJC or elsewhere, excepting only those claims, actions, or damages caused by the gross negligence or willful misconduct. I agree to abide by the rules of the FJC and to follow explicitly all instructions given by instructors during the course of my instruction. I agree not to bring or consume any alcoholic beverages or to have any open flames on FJC property and to clean up any trash generated during the weekend.

(cut on dotted line and submit below portion)

Registration Form - Non-refundable Fee (Chuck Wall/Fredericksburg Judo Club)

Must Accompany Registration

(Please bring to event)

Name _____ Contact Telephone _____
Address _____ City, State _____
Zip _____ Judo Rank _____
Home Dojo _____ Email Address _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of THE FREDERICKSBURG JUDO CLUB (hereafter called FJC) acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the FJC may carry may not cover injury. I do hereby hold the FJC, their instructors, employees, volunteers, and agents harmless from any and all liability (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Judo, or any variation thereof, whether occurring on the premises of the FJC or elsewhere, excepting only those claims, actions, or damages caused by the gross negligence or willful misconduct. I agree to abide by the rules of the FJC and to follow explicitly all instructions given by instructors during the course of my instruction. I agree not to bring or consume any alcoholic beverages or to have any open flames on FJC property and to clean up any trash generated during the weekend.

Date _____ Signature _____

If student is under eighteen (18) years of age, parent or guardian must sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____ Signature _____