



# GROWING JUDO

**April, 2008**

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

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Cover photo: “Serge and his army”, Serge Sanchez and the Ryoku Judo Club. Photo submitted by Sergio Sanchez, Jr.

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## **Editorial: Judo and What Matters**

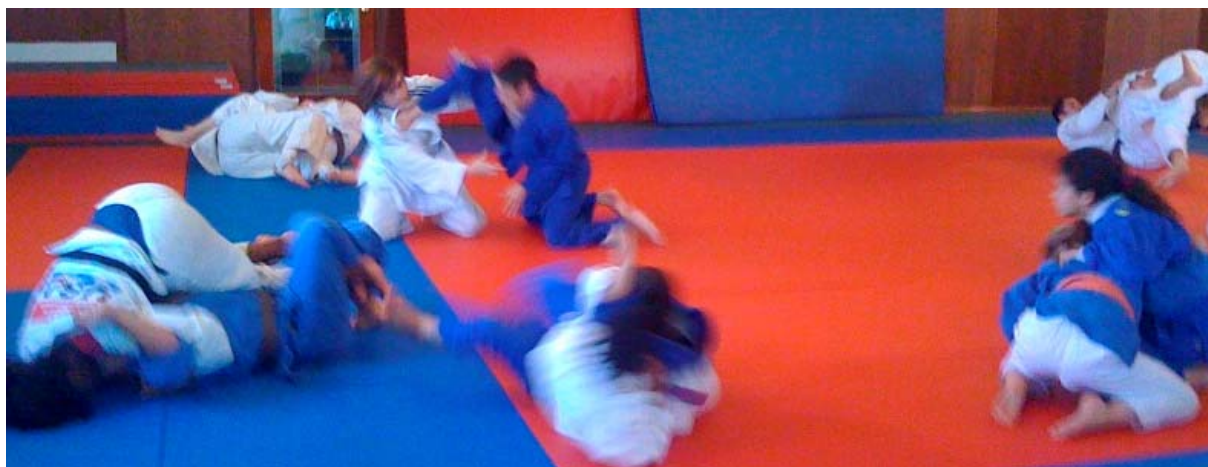
*by Dr. AnnMaria DeMars*

Ten years ago, I was probably very similar to most USJA members. I dropped by once a week at a club run by a friend I had known for years. I had a little kid in middle school who had just started judo. Her competition experience was limited to local tournaments. My friend, Tony Mojica, couldn't get off work that weekend so he asked me to go to the High School Nationals and coach his players. I ran into Jim Pedro, Sr. in the elevator. He was there coaching his youngest child. I was surprised he remembered me. Like most people, I was involved with my own club, my family and didn't pay much attention to international events – my kid was eleven! I had vaguely heard that Jimmy, Jr. was doing well and I asked Jim, Sr. for some advice. He said,

*“Always ask yourself if you are doing this for yourself or for your kid. If you can honestly say it is for your kid, you won't go wrong.”*

This month, Jim Pedro repeats his advice in his column and elaborates on it, identifying some situations where coaches need to be wary of putting their own interests first.

Also this month, Jeff Miller, Head Instructor of Acadian Judo Club who frankly states that he was never a World or Olympic medalist, no, not even junior national champion, has written a thought-provoking article on the importance of competition, even, no *especially* for recreational players.



Steve Scott, in the first article in a two-part series, talks about the importance of a coaching. He says that athletes can overcome poor facilities, lousy equipment and no money a lot easier than they can overcome bad coaching. I agree.

Serge Sanchez, the head instructor of the club on our cover, is the subject of an article submitted by his students who wanted him to know how much he mattered in their lives.

My involvement in judo is much different now than it was ten years ago, when I was at judo a couple of hours a week. I was a lot like one of those people at Jeff Miller's club then. It is certainly dramatically different than twenty-five years ago, when I was one of those people Steve Scott talks about, with no money and poor facilities but lucky enough to have good coaching. Ten years from now, I am sure my experience in judo will have changed in new and unexpected ways. When I won my first junior national championships, winning every match by matwork, I could not have predicted that thirty years to the day I would be on the mat and someone would yell at my partner,

*"Hey, you better get up! You're being pinned by a tiny grandma!"*

In the end, what matters to me is both selfless and selfish – that there continues to be judo in this country and that I continue to have a great time doing it.

## **Serge Sanchez: An Inspiration**



*Me, throwing my sensei and dad. Photo submitted by Sergio Sanchez, Jr.*

Two years ago, Ryoku Judo Club opened its doors with few other assets than the Head Instructor Serge Sanchez's love for judo. Fortunately for Nevada judo, that turned out to be enough. As anyone knows who has ever tried it, starting a new judo club is never easy. There are

students to be recruited, bills to pay. While struggling to keep the school open at first, Serge still managed to take his students to tournaments in Nevada and California

The students of Serge Sanchez, a USJA coach in Nevada, wrote to Growing Judo with the suggestion that we acknowledge his dedication, hard work and perseverance in growing judo in a state that has not been a traditional bastion of activity for our sport. Photos were submitted for this article by his teenage son. Members of his club and family wanted to surprise Serge with their public recognition of his devotion to judo. A famous poem by Ralph Waldo Emerson reads, in part, “What is success? To win the respect of intelligent people and the affection of children.” By that definition, Serge is a great success.

On the front cover of this issue is a photo Sergio, Jr. submitted entitled “Serge and his army”. What makes Serge special is what makes all of our USJA coaches special. Without them, we would not have any players, any officials, any clubs. Without them, judo would die. We often give attention to the leaders of large clubs, and they certainly deserve it. However, the life of judo, now, and in the future, is in the hands of those who found and maintain against all odds hundreds of judo clubs around the country. You probably don’t realize how much you are appreciated – until your club sneaks an article like this in on you! Thank you, all of you!

## **Jita Kyoei – A Different Mindset**

*by Jeff Miller, Acadian Judo*

*Mutual Benefit and Welfare* is a founding tenet of Judo. All Judo is supposed to be based upon it. Jita Kyoei is sometimes easy to recognize, as when two Ikkyus help each other for their Shodan tests. In other cases, it may be harder to recognize, like the “Mutual” part of a Godan instructor working with a Rokkyu student.

In Shiai, it may appear that Jita Kyoei is not very important or may even be detrimental. How can trying to win by getting your partner to penalty out, foot-sweeping his bad ankle or applying a joint lock be Mutual Benefit and Welfare? These behaviors almost sound like unsportsmanlike conduct, not like Jita Kyoei. Actually, though, Shiai is one of the ultimate expressions of Jita Kyoei, not in spite of that all-out effort to win but because of it.

For even the most hard-core, elite level competitive Judoka, Shiai is still a very small portion of Judo training. A person who practices Judo twice a week for an hour, fifty weeks a year, has 100 hours of Judo training per year. If that same person competes 25 weekends a year, and in each one averages 4 matches that last 3 minutes each, then that Judoka has 300 minutes, or 5 hours, of actual competition per year. This is less than 5% of his total Judo training. Most Judoka who train only 2 hours a week **might** have 8 tournaments a year, and any Judoka who averages more than one tournament a month probably averages much more than 2 hours a week of Judo training, so Shiai really is less than 5%.

Drills, Randori, technical training, Kata, Ukemi, etc. are the substance of most Judoka's training, not actual competition. In most of those activities, Jita Kyoei is obvious. Many Judoka don't participate in competitive Judo because they believe either that it does not reflect Jita Kyoei or that Shiai actually goes against it. The fact that Shiai is such a very small part of Judo is proof to some that it is not important.

In Randori, which seems similar to Shiai, and which many instructors believe can take the place of Shiai, partners can agree to go hard and fast and strong against each other. However, in Randori, there is always the unspoken idea that partners are going to hold back a little. One may apply an arm-lock, but won't really break the arm, so the other knows he or she can practice escapes a little bit longer. A Judoka will work around a partner's bum ankle, so the injured partner does not have to be as concerned. Partners will warn each other against stepping out of bounds because it means they are about to run into someone or something. While Randori partners are really working to push each other to improve, Randori is always somewhat reserved, even hard, tournament-style Randori. We know that Randori is clearly much more important to Judo development than competition is, but there is a level of intensity in Judo that one just cannot reach through Randori alone. Although Randori is almost always in the spirit of Jita Kyoei, there are clearly some benefits that Randori cannot provide.

In Shiai, partners are usually from different clubs. They may not know each other at all, or they may have met multiple times. Unlike Randori partners, Shiai partners willingly allow, expect, and want their partners to use EVERYTHING they can, within the rules, to try to defeat them as fiercely and quickly as possible. When one faces a Shiai partner one cannot expect that partner to prevent one from walking out of bounds, or expect the partner to go easy on the bad ankle, or that the partner will hesitate to apply that joint lock fiercely. Shiai partners not only agree to push each other hard, but agree to be pushed hard as well. Each partner is willing to put himself in harm's way, risk loss of the match, accept and give pain, and otherwise be driven to the limits in a way not found in Randori.

Your partner in Shiai is stating "Here I am. Hit me with everything you've got. Skill, endurance, strength, quickness, strategy, tactics, mind games, whatever. Don't go easy because you fear to embarrass me or to cause me pain. Respect me enough to give your all. I will do the same for you."

For the recreational Judoka, almost more than for the competitive Judoka, the experience and training in Shiai, and the understanding of how Jita Kyoei is vital to the proper understanding of competition Judo, simply cannot be reproduced in Kata, in Randori, or in drills. Shiai is simply the place to give and receive the gift of Judo to strangers at an intensity level that surpasses the recreational Dojo.

Obviously, Judoka must do more than just Shiai. Randori, Kata, Ukemi, drills, and techniques should be the majority of Judo training. Shiai, though, allows partners to work more intensely than can be achieved in Randori or any of the others, because in Shiai they have agreed rules, and independent monitors of those rules, to allow them to focus on pushing their partner.

They agree to respect each other enough to exert fierce effort. They treat their Shiai partners as capable, challenging Judoka who not only can take care of themselves, but against whom they have to use every legal advantage.

At first, it may not appear that Shiai follows Mutual Benefit and Welfare. However, when we consider the potential risks of Shiai, the possibility of pain or even injury, the knowledge that our partner may shine in victory while we are cast to defeat, and when we consider the effort each partner brings to a Shiai match, with a partner who is not part of their club and whom they may not even know, then it becomes very clear: Shiai is not merely based upon Mutual Benefit and Welfare. Judo competition is the ultimate expression of Jita Kyoei.

***About the Writer:*** Jeff Miller, Yodan, is Head Instructor of Acadian Judo in Lafayette, Louisiana. He is not a former World, Olympic, Pan American, National, or even Junior National Champion, and his sole National Gold Medal (Collegiate Nationals) was for Kata. He is not a coach or trainer of Elite Level Players or phenomenal Junior competitive teams. His club, Acadian Judo, is practically the definition of a recreational club, teaching beginning Judo, self-defense Jujitsu, and Kata; and training referees and table workers. Acadian Judo's students compete mostly in local and regional tournaments.

*The writer would like thank Carl Hayes for his assistance in editing this article.*

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## JUNIOR NATIONALS GOES DIGITAL

You can now register ONLINE for the upcoming 2008 USJA Jr. Nationals.

<http://www.pedrosmartialarts.com/JA08/home.htm>

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## **COACHES CORNER: Leading Your Players in the Right Direction**

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

I think coaches should continually re-evaluate what they think is best for their players. As I have matured as a coach, there are many decisions I make differently than when I first started out. Sometimes, we as coaches make wrong decisions because we don't have all the information. Sometimes we are misinformed. You have to watch out for the politicians who come along, like salesmen trying to sell us used cars that don't run, telling us, "Your athletes need to go to this event, so they can get points. They don't need to go that event because it has no points."

In my opinion, one way players are often led in the wrong direction is by being encouraged to spend a lot of money to go to an event where the focus is on "making the team", instead of time on the mat or matches. Especially for younger and inexperienced players, who comprise the large majority of our competitive population, they are far better served by a week or two at camp than an international event where they can compete in two or three matches.

An example is the junior Pan-American circuit. Since I've been in judo the USA has always had people who say we have the best junior players in the world, in part based on our performance in Pan-American events. As much as I would like to believe this is true, it is just not so. If we have the best juniors in the world, why is it that we don't have very many senior Olympic, World or International champions, not to mention that we have only had two world junior champions.



We send juniors to the junior Pan-Americans to fight in small divisions and still don't win many gold medals. Even those who do win gold medals often quit judo altogether or lose as seniors.

With all of the National champions I have produced over the years, I couldn't name you more than three or four kids over the years who went to the Pan-Americans. I can name you one, my son, and he got his way paid to the tournament. It's not that it is bad to attend these events if you are very wealthy and can afford it, and if your student can miss the time away from school. What concerns me is when I hear coaches encourage families to sacrifice to make these events a priority. The record just does not bear out the junior Pan-Americans as a predictor of either success in judo or even staying in the sport.

I focus on matches, mat time and moving a player to the next level. When Ronda Rousey was in her early teens, she skipped the junior Pan-American championships in Brazil and used the money to attend three weeks of summer camp. This year, she was the only number one player who did not need the points who went to the U.S Senior Nationals and fought any way. In



my experience, mat time is important and if you can get several matches for short money, you should do it.

Coaches need the courage and integrity to focus on what is best for their athletes and not what makes them look the best. If you catch yourself bragging about how many kids you had on a Pan-American team or any other traveling team, stop and ask yourself is it really about those kids or did you want the prestige of saying you had three or four kids competing in tournament X? There may not be as much prestige in it for you as a coach to say,

“I have two athletes training at a camp in Germany and then they are going to compete in a regional competition.”

However, if the athletes would benefit more, then it is the right thing to do. It's not as easy as it sounds. It won't make you popular to tell someone organizing a team that you are not going to ask the parents to pick up the bill. The truth is that often the best players don't go because they can't afford it and your player may be number two or three on the list, with not much chance to win more than one or two matches. This is when you need to look to your own knowledge and ask what is best for that player. We coaches spend more days a week and hours doing judo on the mat than all the officials put together. There is a vested interest in all the students and athletes and we shouldn't sell ourselves short. You know if your athlete would benefit more by three weeks of camps in the U.S. than by two matches in a country two thousand miles away. By ignoring our better judgment, we are letting down our athletes.

A few years ago, I had two number one juniors who made the Junior Pan-American team. The ticket was over a thousand dollars and they would miss a week of school. One stayed at home and went to school. The other spent her money competing in the Austrian Open, a tough senior event in which she didn't place, followed by three weeks of training camps in Germany. When people asked me how many players I had on the Junior Pan-American team, I answered, “None,” and I felt good about it.

Now, Mikey is in medical school and Ronda won the last Austrian Open. Even if it had not turned out as well as it did, I would have still felt good because I made every decision in their best interests to the best of my knowledge. I fulfilled my responsibility as a coach.

## **THE TRAITS THAT MAKE A GOOD COACH (First in a Two-Part Series)**

*by Steve Scott*

I have had the good fortune of traveling to quite a few judo and jujitsu clubs throughout the United States and world. It is my sincere belief that the real heart and soul of judo development is in the clubs and dojos, not only in judo, but all the martial arts. Dedicated and hard-working people who usually serve as the head coach, janitor, bookkeeper, and do just about anything else that must to be done head these clubs. It is these coaches who make the difference

in people's lives. Most of us who coach don't get rich or famous, but we enjoy it immensely, and wouldn't trade our life's experiences for anything.

Coaching is an art, a creative process. Yes, a good coach will base his approach on rationally applied factors rooted in scientific fact and real world experience. But, coaching is an art because anytime we work with people and anytime we have to be creative that can be interpreted as an art. And, if you have any experience at all working with people, you know you have to be creative to successfully work with the many personalities that make up any group of people. So then, coaching is indeed a creative process, and if you approach it that way, it will always keep you hooked. I still get a kick out of watching good judo, really good judo, and enjoy thinking about the many ways one human body can manipulate another human body. It's fascinating and just about every coach I know shares my opinion.

It's not easy teaching people to do anything, much less something like judo, jujitsu or other complex skills in the martial arts. Basically, we are teaching people how to fight, and along with that comes the responsibility for us to teach them how to do it responsibly and with good judgment. It takes large amounts of discipline, skill, physical fitness, effort, humility, sportsmanship, patience and maturity for someone to find success in judo. A good coach can bring out these qualities in his students and athletes, realizing that it takes time to do it right.

Judo is one of the most comprehensive methods of physical education ever devised. Jigoro Kano was a brilliant man and he gave us a wonderful gift. I believe it's our obligation to teach the skills of judo to the best of our individual abilities, and continue the work that Prof. Kano started. With this in mind, let's take a look at the traits that make a good coach.

*1-Organizational Ability.* This includes such things as the actual class organization, class preparation, advertising of the club, recruiting new students, how often the club competes in tournaments and at what level, which martial arts organizations to join, planning and annual awards banquet, developing a booster club, getting donations for the team to travel, and all the other aspects of organization necessary for a successful club or program. It's a job, and usually not one that pays much (if anything) to the coach...at least in terms of money.

*2-The Coach's Personality.* Personality goes a long way in coaching. I have known coaches who are excellent technicians but have the personality of a bowl of oatmeal. If an instructor's personality is unbending or inflexible, or if he can't work well with people, then he'll probably never be much more than a mediocre coach. Then, on the other extreme, there are the coaches who have great "people skills" but lack the technical ability to be effective. Another important point is that if the coach is weak-willed and lacks the ability to run a disciplined practice, then he is setting himself up for failure. It's important to be a "friend" to your athletes or students, but remember, they are coming to you, as the coach, for instruction in judo or jujitsu. You need to keep a distance between you and your athletes...a friendly distance, but still keep your relationship on a professional level. Getting too chummy with your students is bad news.

*3-Technical Ability.* A coach should have a solid base of technical ability. He doesn't need to have won a world title, or even a national or regional title, but he should know the skills necessary to develop students who can go on to bigger and better things, and maybe win that world title. I believe that if a coach has a good technical ability and the ability to teach skills well, he doesn't have to possess the ability to be a great technician himself. Actually, some of the best coaches I have met (in any sport) are excellent teachers and organizers and good, but not great, at the technical applications of the sport. But...these people have the ability to teach what they know with exceptional skill and can convey thoughts through words, voice inflection, hand gestures, eye contact and other means so that the students on the mat know exactly what the instructor is teaching. This brings us to...

*4-The Ability to Teach.* This is the most important factor in a good coach. Coaching is teaching, plain and simple. Don't confuse good personality with coaching ability. They aren't always mutual. Yes, I did say earlier that good personality goes a long way, the fact remains that some coaches are "good guys" but can't teach all that well. However, good teaching does have some element of personality to it, so a coach will find that working on people skills will enable him to be a better teacher. Some people seem to be born with a natural gift to teach. Others have to try harder. Same way with athletes; some are naturals while others have to work harder at becoming successful. Even though someone may be a "born teacher," it would do him well to study coaching techniques and enhance his own natural ability at teaching.

The more a person teaches, the better he gets both as a teacher and in his understanding of whatever he teaches. The old saying that "the best way to learn is to teach" is often true. If you're a coach of more than a few years, look back at the way you taught a move or conducted a training session when you first started and what you are doing now. I would bet that you have made terrific progress in your coaching ability, as well as your technical ability. That's just the way we humans are.

Another factor in being a good teacher is the knowledge that your students and athletes will perform a skill better if they are on the same "wave length" as you. If they understand *why* a particular technique or skill is done, as well as how it is done, they will perform it better and with consistency.

One of the best teachers in the game of football ever was Vince Lombardi, and I always like to quote him. On this subject, he was brilliant when he said: "*Don't just show them what to do, tell them why they should do it.*"

I used to attend the U.S. Olympic Committee's coaching conferences on a regular basis and had the great pleasure of hearing Doc Councilman speak. Doc Councilman was the swimming coach at Indiana University and a legend in his sport. He is a legend in coaching as well because he was one of the best teachers who ever worked with athletes (in any sport). Something he said stuck with me. I wrote it down as he spoke so I would get it right and not forget it.

*“The coach is the most important link in sports. If not for the coach, then the sport would die. The coach is the person who recruits people into the sport, teaches them skills and lessons of life, and can assure success...or failure...in society.”*

He went on to say that an athlete could succeed even if he has inferior training facilities, lack of financial aid or poor equipment. But if an athlete has a bad coach, then that athlete will be stymied from ever achieving his or her potential, either as an athlete or as a human being. A bad coach can do more harm to an athlete than bad facilities, no money or lousy equipment. Doc Councilman put it all in perspective.

## COACH CERTIFICATION: REMINDERS AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

It has been over two years since the coach certification program was revised, but it appears that certain people have decided to have lives, jobs, families, and judo clubs and have not spent their hours studying the coach certification requirements. Yes, hard to believe, but true. As an effort to serve those individuals, the coaching program is briefly described below.



1. All coach certifications at all levels require passing a background check. The cost is \$16 and the form and check are NOT sent to the USJA office but to the company that conducts the checks.
2. All coach certifications at all levels require a coach application form mailed to the USJA National Office. Coach certification is good for four years and costs \$25. USJA Coach badges are free thanks to generous sponsorship from Zebra Mats. Send a 300 dpi photo to the USJA office to get your badge. Please include your name and address. As much as we love all of our USJA members our office staff does not know you all by sight. Sorry.
3. We now have Level E, D and C.
4. An assistant coach is a level E. This allows a person to coach at tournaments. If you are already a certified coach, to be re-certified as Level E you need documentation that you coach 50 hours per year - this can be your club web page, flyer, letter from your head instructor. You must be at least a third-degree brown belt (sankyu).
5. Coaches who complete a certification course, have a minimum rank of shodan and document that they coach at least 100 hours per year will be initially certified as Level D. To renew Level D certification, it is required to attend two continuing education clinics over four years. These would include any USJA camp, e.g. the one in North Carolina, Camp Bushido in northern California, the one held after junior nationals, any coaching clinic, USJA coaching summit, etc. Usually events will advertise that they are eligible for USJA continuing education credit.
6. Coaches who attend a coach certification clinic AND complete four continuing education activities within four years, coach at least 100 hours each year and have a minimum rank of shodan can apply for Level C certification.. The reason we don't dictate specific activities is that we believe by the time coaches reach this level their needs are varied. Some are interested in increasing the size of their program overall. Some want to increase or improve their junior program. Some teach at colleges and don't teach any juniors at all. Some are interested in coaching high level competitors. We look at this sort of like a master's degree, which you can get with a specialization in a lot of different areas.
7. **Course instructors:** we have certified approximately the top 10% of those taking the coaching course as instructors. Requirements are outstanding (not just very good) demonstration of skill during the on the mat session of the coach certification clinic, minimum of five years coaching experience, current active coach and additional evidence of outstanding ability. Examples of the latter include thirty years of experience coaching at levels from preschoolers through college students, a practicing attorney with experience in risk mitigation, a physician with experience in sports medicine, an Olympic athlete or world level coach. The next three clinics for anyone interested in being certified as a course instructor are: April 26-27 in Rhode Island, June 21-22 in Carlsbad, CA., June 30 - July 2 in Massachusetts. All of these clinics offer Level E and D certification as well.

## **UPCOMING COACHING CLINICS**

APRIL -26& 27 Rhode Island – contact [judolady210@aol.com](mailto:judolady210@aol.com)  
May 24 – Lafayette, LA – contact [jefmlrjudo@yahoo.com](mailto:jefmlrjudo@yahoo.com)  
JUNE - 21-23 Carlsbad, CA --- contact [ptnippon@verizon.net](mailto:ptnippon@verizon.net)  
JUNE - Carolinas Camp -- contact [rucker@carolina.rr.com](mailto:rucker@carolina.rr.com)  
June 30-July 2 USJA Junior Nationals camp – contact [jimmypedro@zebramats.com](mailto:jimmypedro@zebramats.com)  
JULY – northern California -- Camp Bushido West – contact [judo@SYIX.COM](mailto:judo@SYIX.COM)  
AUGUST - New York - YMCA Camp – contact [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)  
NOVEMBER -- Michigan – contact [defrgs6@cs.com](mailto:defrgs6@cs.com)  
DECEMBER 7-8 – southern California – contact [g.goltz@verizon.net](mailto:g.goltz@verizon.net)

Anyone wanting to schedule a coach clinic for initial certification, please contact Jim Pedro, Sr. at (978) 335-5216 or [USJACoach1@yahoo.com](mailto:USJACoach1@yahoo.com)

## **GROWING JUDO IN LONG ISLAND**

*by Marc Cohen*

I wanted to let everyone know how totally successful our recent scrimmage was. There were 43 kids ranging in age and size from 5 years of age to 18 years of age. Baldwin PAL, Go Rin Dojo, East-West School, Great Neck and Syosset PAL were involved. The kids ranged in experience from a month to six or more years and were ranked white through brown belt.

Each of the kids fought at least twice in their individual sections and then fought in the Kohaku. This is the most perfect setting and result for kids who are looking to stay in Judo. For those who have never competed, it gives them the opportunity to try shiai without any pressure. It gives seasoned competitors a chance to try things that they would not try in shiai for the first time, and on someone other than their own classmates. All in all, a great success, thanks to all the instructors, the parents and the kids.

This is how we support Judo on Long Island. This is the third event like this we have done in the past five months. We also have begun our own Judo league that will become active in the fall of '08 with ten clubs participating. We had everyone attend Celita Schult's clinic last month and we have had a very active shiai season. The Great American workout is our next large event.

## **JUDO IN JULY - - A week of Amazing Events**

Are you going to the USJA Junior Nationals? Try this on for size. First, compete in the National Championships in Boston. Second, attend a training camp with World Champion Jimmy Pedro, Jr., the whole Mayo Quanchi judo team (the only judo team in the country to also have won their State WRESTLING championships), Ronda Rousey and a host of Junior and Senior National Champions. THEN, either stay for more camp in Boston, or head up to Rhode

Island. In either of the two camps, you will get hours of randori and personalized training. THEN, athletes from Boston will make the trip to Rhode Island for a bonus day of camp on Thursday. Two camps, one price, your pick.

Why? Because more judo with more people makes you better. Because having time with fewer people and more individual attention to work on your techniques makes you better. Now you don't have to choose. You can have the best of everything.

For more info on the Mayo Quanchi camp contact [judocoach@cox.net](mailto:judocoach@cox.net)

For more information on the USJA Junior Nationals and camp

<http://www.pedrosmartialarts.com/JA08/home.htm>

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## **Terry Kelly All Female Invitational Judo Tournament**

Wichita Falls, TX USA

Saturday, May 24, 2008

The flyer with complete information can be found at: [www.texomajudo.com](http://www.texomajudo.com)

**Location:** Bill Bartley Branch, Family YMCA, 5001 Bartley Drive, Wichita Falls, TX 76302.  
There will be 2 competition areas divided by age, 12 and younger and 13 and older.

**Eligibility:** Open to FEMALE (only) holding current USJI, USJA or USJF membership cards.

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## **USJA Coaching Clinic in Lafayette, Louisiana**

Event: Level E Coaching Clinic "USJA Coaching Clinic in Lafayette, Louisiana"

What: Workshop

Host: Louisiana Judo

When: Saturday, May 24 at 8:00am

Where: Acadian Martial Arts

## **CONGRATULATIONS TO DYNAMO JUDO CLUB OF BEVERLY HILLS**

**DYNAMO is a relatively new club to the USJA and already placed 3rd as a team in the Silver State Championships.**



- **1st place winners: Justin Brezhnev, Bagus Rahadian, Romeo Soofiani, and Ali Abbas**
- **2nd place winners: Daniel Berman, Armand Farrokh, Joey Schwartz and Murtaza Abbas**
- **3rd place winner: Irvin Huang**



## The Great American Workout

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Saturday, April 26th & Sunday, April 27th  
Mayo Quanchi Judo Club  
751 Main Street  
West Warwick R.I. 02831

FOR: All Judo coaches and players, adults and teens/children ages 7 & up.

Save these dates and join us for a very special JUDO clinic!

- \* Two days of judo instruction and training for both coaches and players
- \* Learn from a variety of great instructors, both the “Old Guard” & our Rising Stars

Clinicians will provide small group instruction and plenty of personal attention for all participants!

USJA Coaching Certification will be offered.  
Contact Bill Montgomery  
(email: [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com); phone 860-917-6318) for more information

### Scheduled clinicians:

- |                   |                 |
|-------------------|-----------------|
| * Jim Pedro, Sr.  | AnnMaria DeMars |
| * Ronda Rousey    | Kayla Harrison  |
| * Bill Montgomery | Parnell Legros  |
| * Serge Bouyssou  | & more!         |

This clinic also satisfies the continuing education requirement for USJA & USJF certified coaches.

HOST: Serge Bouyssou, Head Coach, Mayo Quanchi Judo Team

For directions, go to:

<http://www.mayoquanchijudo.net/contact.html>

For more information and an information/registration packet, contact:  
Joan Love, USJA Regional Coordinator

## Camp Bushido West '08 Goes International!

July 27 – August 1, 2008

### Camp Staff:

Charles Robinson: 8th Dan, Senior Skills Review  
Judo Program: Jin Iizumi, Butch Ishisaka  
Mark and Lisa Guerrero: Youth Instructors  
Hans Ingebretsen: JuJitsu Program

### Special Guest Instructors

- James Bregman; World and Olympic Judo Medalist
- Steven Nicholls; England/ JuJitsu Program
- Gary Goltz; Judo Program

Sponsored By Twin Cities Judo Club  
For full information follow this link, <http://www.twincitiesjudo.com/>

## **NEIL OHLENKAMP CLINIC**

AUGUST 26, 9 TO 11AM – FEATURING : Judo Unleashed, by Neil Ohlenkamp is a modern judo textbook that covers all official Kodokan techniques, plus variations and combinations.

Sensei Ohlenkamp has been head instructor of the Encino Judo Club since 1985. In 1995 he created The Judo Information Site, the first web page devoted entirely to judo. To date it has been visited by over 5 million people and is considered the most highly acclaimed, most popular, and most comprehensive judo resource on the Internet. Sensei Ohlenkamp has been a coach and adviser to the Braille Institute of America's Judo Team since 1976 where he pioneered the national judo program for blind athletes.

Location:  
GOLTZ JUDO CLUB  
Alexander Hughes Community Center  
1700 Danbury Road  
Claremont, CA 91711  
[www.goltzjudo.com](http://www.goltzjudo.com)

FEE: \$5 USJA members, \$10 non USJA members

## **Mayo Quanchi Judo Team Announces: Elite Summer Training Camp 2008**

Open to judoka of all levels. Coaches are welcome.

This camp is a great opportunity to train with some of the best judoka from around the world. This year we will include travel, stay and coaching if needed for the USJA Junior Nationals in Boston as part of camp. You will be responsible to send your own registration for JA Nationals.

We will be running 2 camps, the dates will be: June 23,th - 29,th and June 27th- July 3rd We realize that the camp dates overlap. We will be on a first come first serve basis. In the application below you will need to provide the dates you wish to attend. Multiple weeks are possible.

Place:  
Mayo Quanchi Judo club  
751 Main Street  
West Warwick R.I. 02893

Contact Serge Bouyssou (401) 647-4678 or [Judocoach@cox.net](mailto:Judocoach@cox.net)

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## **Hey Y'all, Rhode Island and Louisiana Meet for One-Day Judo Event**

Serge Bouyssou, Head Instructor of the Mayo Quanchi Judo Club, is coming to Lafayette, Louisiana to do a 1-day clinic on Saturday, June 7, 2008. The Mayo Quanchi Elite Summer Training Camp, hosted in Rhode Island, might be the top U.S. Training Camp in the country, and we are fortunate enough to have him come to Louisiana to give us a preview of what is coming this year.

For those of you in the area, we would love to have y'all come out for this clinic. I've attached registration forms to this post. I hope to see y'all there.

### Where:

University of Louisiana at Lafayette  
Bourgeois Hall  
225 Cajundome Blvd  
Lafayette, LA 70508

### Hosts:

Acadian Judo ULL Judo Club  
Louisiana Judo Council, Inc. United States  
Judo Association

Contact: Jeff Miller 337-303-2096 [jefmlrjudo@yahoo.com](mailto:jefmlrjudo@yahoo.com)

## **The Greatest Camp on Earth!**

June 19 thru 22, 2008

Belmont Abbey College  
Belmont, NC

### **Featuring**

Neil Adams  
Olympic Medalist, World Champion

Nick Lowe  
European Champion & Coach

Igor Yakimov  
Sambo World Masters Champion

Luis Tognio  
Brazilian JiuJitsu

Nick Goodly  
IJF-B, Referee training

Tom Ryan  
Pete Pukish  
Danzan Ryu Jujitsu

Pat Burris  
Two-time Pan-American Gold Medalist

E-mail questions to [GreatestCamp@att.net](mailto:GreatestCamp@att.net)

# **USJA Junior National Judo Championships**

**Boston, Massachusetts, June 27-29, 2008**

Competition Site:  
HYNES Veterans Memorial Convention Center  
Auditorium  
900 Boylston Street Boston, MA 02115

Presented by: Pedro's Judo Center  
Zebra Mats

Tournament Director: Jimmy Pedro  
Phone: (800) 510-4026  
e-mail: JimmyPedro@ZebraMats.com

Training Camp: June 30th – July 2nd  
at Pedro's Judo Center, Wakefield, MA 01880

A copy of the entry package and more information can be found on  
<http://www.pedrosmartialarts.com>

To be held at the Academy by the Sea 2605 Carlsbad Blvd Carlsbad CA 92008

# The 2008 Judo Forum International Summit and Camp



- \* Three days and two nights on the beach in Carlsbad, California for only \$199.00 clinics, food and lodging included (Ca. locals \$135.00 for clinic and meals only)
- \* An international gathering of judoka on three full mats
- \* Juniors, seniors and masters
- \* Competition, kata and training
- \* An outstanding location including a large gym, competition swimming pool, and private beach in a campus environment
- \* 40 minutes by car from San Diego airport, 60 minutes from Orange County airport, and 5 minutes walking from Carlsbad Amtrak station.

Come and tune up for the summer tournament schedule!

Contact Bill Caldwell  
+1-858-675-8274 or  
Paul Nogaki +1-949-  
322-8557



### Schedule of Events

- June 20 at 3PM – check in and welcome in the gym
- June 20 at 5PM – dinner in dining hall
- June 20 at 7PM – session #1
- June 21 at 6AM – beach run or warm-up swim
- June 21 at 7AM – breakfast in dining hall
- June 21 at 8AM – session #2; 10 AM – session #3
- June 21 at noon – lunch in dining hall
- June 21 at 1PM – session #4; 3PM – session #5
- June 21 at 5 PM – barbecue dinner on the beach
- June 21 at 6:30PM - demonstrations
- June 21 at 7:30 PM – movie and entertainment
- June 22 at 6AM – beach run or warm-up swim
- June 22 at 7AM – breakfast in dining hall
- June 22 at 8AM – session #6; 10AM – session #7
- June 22 at noon – deli lunch
- June 22 at 1PM – session #8 and closing ceremony

Sponsored by San Shi Judo Club 150 Cedar Rd. Vista, CA 2083 USA [sanshijudo.org](http://sanshijudo.org)

# FLAVIO CANTO SEMINAR

**May 17th & 18th  
12 - 3pm**

**Hosted at AKA  
1830 Hillsdale Ave.,  
San Jose, CA 95125**

**Early Registration Discount**

~ \$ 90 Both Days by May 9th

~ \$50 One Day by May 9th

After May 9th \$110 both days \$ 65 one day

**Online Registration Info:**

<http://dcacademy.info/flaviocanto.shtml>

Call or Email (408) 890 0100

[shumei@davecamarillo.com](mailto:shumei@davecamarillo.com)

Ages 12 and above welcome

Open to registered participants only.

Filming will be in session from 12 - 3pm



Sponsored by **MMAINSTRUCTIONAL.COM**

**2007 USJA National Awards**

<b>Outstanding Male Competitor</b>	<b>Kirk R. Hoffmann</b>
<b>Outstanding Female Competitor</b>	<b>Marti L. Malloy</b>
<b>Outstanding Male Masters Competitor</b>	<b>Dennis Scheib</b>
<b>Outstanding Female Masters Competitor</b>	<b>Destinee Tartuffe</b>
<b>Outstanding Life Member Contributor</b>	<b>Dr. James M. Lally</b>
<b>Outstanding Kata Competitor</b>	<b>Kerry Forster</b>
<b>Coach of the Year</b>	<b>Jimmy Pedro, Jr.</b>

**2007 USJA State Awards**

<b>State</b>	<b>Categories</b>	<b>Outstanding Competitors</b>	<b>Coaches of Outstanding Competitors</b>
ALABAMA	Junior male	Tayvon Charles	Ernest R. Doss, Jr.
	Senior male	George Lemonakis	Ernest R. Doss, Jr.
ARKANSAS	Junior male	Brent Aaron Michael Kolen	Jarvis C. Kolen
	Junior female	Serenity Danielle Koler	Jarvis C. Kolen
CALIFORNIA	Senior male	Jarvis Cherron Kolen	Jarvis C. Kolen
	Junior male	Chris Harriss	Rory Rebmann
	Junior female	Victoria Burke	Rory Rebmann
	Senior male	Nicholas Gohn	Rory Rebmann
	Senior female	Tara Clark	Rory Rebmann
	Masters male	Bradley Karmann	Gary Goltz
	Masters female	Tuoi Taylor	Gary Goltz
	Junior female kata team	Kendyl Post & Victoria Burke	Rory Rebman
CONNECTICUT	Junior male	Dakota Cox	Larry M. Bumpus
	Junior female	Mariah Drescher	Larry M. Bumpus
FLORIDA	Junior male	Luis Almanza	William E. Andreas
	Junior female	Shea Favorite	William E. Andreas
	Masters male	Earl Wright	Dr. H. G. Robby Robinson
GEORGIA	Mixed kata	Shea Favorite	William E. Andreas
	Junior male	Derek Wojcik	David A. Wojcik
	Junior female	Breanna Wojcik	David A. Wojcik
	Senior male	Gavin Shank	David A. Wojcik

<b>INDIANA</b>	Masters male	David A. Wojcik	David A. Wojcik
	Junior male	Tallon Boling	Richard E. Hahn
	Junior female	Kelsi Bostic	Vickie Daniels
	Senior male	Gabriel Brown	Bruce Bender
	Senior female	Crystal Puente	Bruce Bender
	Senior female kata team	Robyn Culley & Crystal Puente	Bruce Bender
<b>IOWA</b>	Junior female	Jasmine Bailey	Richard Finley
<b>KENTUCKY</b>	Junior male	Josh Elliott	Fred Barnett
	Junior female	Shelby Schlicht	Fred Barnett
	Senior male	Mike Elliott	Fred Barnett
<b>LOUISIANA</b>	Junior male	Blade Ducote	James Wall
	Junior female	Hailey Callahan	James Wall
	Senior male	Andrew Wilson	James Wall
	Masters male	Dan Jones	James Wall
	Senior male kata team	Andrew Wilson & John King	James Wall
	<b>MARYLAND</b>	Junior male	Andrew A. Nichols
Junior female		Sarah McElhaney	Marshall R. Coffmann
Senior male		T. Preston Kirkham	Marshall R. Coffmann
<b>MASSACHUSETTS</b>	Junior female	Alyssa Quaintance	Robert Bridges
<b>MICHIGAN</b>	Junior male	Alexzander Simmons	Howard Hannon
	Junior female	Jasmine Strickler	Robert Treat
	Senior male	Dusty Moran	Robert Treat
	Senior female	Theresa Salcedo	Howard Hannon
	Masters male	Richard Boehme	Robert Treat
<b>MISSISSIPPI</b>	Junior male	Daniel Miller	Scott Tucker
<b>MISSOURI</b>	Junior male	Andrew Dodd, III	Randy Pierce
	Senior male	Randy Pierce	Randy Pierce
	Masters male	Randy Pierce	Randy Pierce
<b>MONTANA</b>	Junior female	Rylee, J. Trude	Gregg R. Trude
<b>NEVADA</b>	Senior male	Marlon Lotoc	John B. Weiner
	Senior female	Nicole Good	John B. Weiner
	Masters male	John B. Weiner	John B. Weiner
<b>NEW HAMPSHIRE</b>	Junior male	Brendan Lenfest	Roger Lenfest
	Junior female	Gabrielle Ania Proksa	Robert Proksa
	Masters male	Kevin Fritschy	Roger Lenfest
<b>NEW MEXICO</b>	Junior male	Julius T. Galles	Lorenzo Schipp
	Senior male	Gabriel Little	Lorenzo Schipp



<b>NEW YORK</b>	Masters male	Ethan Tsao	Lorenzo Schipp
	Junior male	Bradley Atkins	Charles Schweizer
	Junior female	Rene Gangarosa	John Farrar
	Senior male	Kevin Guinto	Charles Schweizer
	Senior female	Claire Chadderton	Charles Schweizer
	Senior male kata team	Jeff Giunta & Heiko Rommelmann, Jr.	Heiko Rommelmann, Jr.
	Mixed kata	Heiko Rommelmann, Jr.	Heiko Rommelmann, Jr.
<b>NORTH CAROLINA</b>	Junior male	Austin M. Cook	Darien Stokes
	Junior female	Kyra Deeter	Jimmy Riggs
	Senior male	Aaron Allison	Jimmy Riggs
	Senior female	Paige Snowden	Jimmy Riggs
	Masters male	Jimmy Riggs	Jimmy Riggs
	Masters female	Melody Deeter	Jimmy Riggs
	Junior female kata	Paige Laugisch	Victor L. Reavis
	Senior male kata team	Barry Flynn & Christopher Eubanks	Victor L. Reavis
<b>OHIO</b>	Junior male	Anthony Kalani	Mark Hunter
	Junior female	Trinity Wobler	Mark Hunter
	Senior male	Justin Hunter	Mark Hunter
	Senior female	Rebecca Bradner	Mark Hunter
	Junior female kata team	Jessica Hunter & Hannah Radabaugh	Mark Hunter
	Junior male	Terrick Jackson	David Seidner
<b>OKLAHOMA</b>	Senior male	John Ben Seidner	David Seidner
	Junior male	Zane Graham	Tom Reiff
<b>SOUTH CAROLINA</b>	Junior female	Daniella Ramirez	Tom Reiff
	Senior male	Ryan Schilling	Dr. Ronald Allan Charles
	Masters male	Michael McClendon	Dr. Ronald Allan Charles
	Junior male	Alex Teal	Fred Barnett
<b>TENNESSEE</b>	Masters male	Fred Barnett	Fred Barnett
	Junior male	Devin Sobay	Roy L. Hash
<b>TEXAS</b>	Junior female	Samantha Raine	Roy L. Hash
	Senior male	Griffin Phillips	Roy L. Hash
	Senior female	Mary Anderson	Roy L. Hash
	Masters male	Douglas Newcomer	Ron Stokes
	Masters female	Sid Silvano	Roy L. Hash
	Senior female kata	Suzanne Newcomer	Roy L. Hash

**VIRGINIA**

**Junior male**

James T. Lynn, Jr.

E. R. Spruiell