

* G R O W I N G *

J U D O

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the Development
Committee of the
United States Judo
Association

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Editorial: What's Happening with the USJA

by Dr. AnnMaria DeMars

Madame President

To steal a favorite line of my daughter's ...

"Well, I'll be damned!"

So, Jim Webb resigned and according to the USJA by-laws, our corporate counsel and about 500 years of precedents, that makes me the president. I am not unaware of the fact that whenever I end up in a position like this it is definitely to the great gratification of some and the great dismay of others. It usually happens because I just get really tired of seeing things not get done the way I think they should be, fume,

"Somebody should do something about this!" and then some smart-alec like Hayward Nishioka or Martin Bregman steps up and whispers in my ear,

"You know, you're somebody."

On my list of 43 things (www.43things.com), becoming USJA President is not even in the top 43. Actually, my list only has five things. Maybe I better make a longer list.

Actually, I think I'll probably be a better president because of that.

A few serious thoughts from my president's letter, found on the USJA website -

In Michigan, Deb Fergus, Bob Treat and co. are running the All-Women's Tournament in November. The USJA will be supporting the coaching clinic and athlete clinic, with Olympic bronze medalist (and my little pumpkin) Ronda Rousey, long-time coach Vickie Daniels and other top female coaches from the Midwest.

In Rhode Island, Serge Boussyou is already planning the next Great American Workout, an event that drew well over 100 coaches and players from New England, New York and throughout the northeast. In the south, James Wall and Jeff Miller continue to grow the USJA through clinics in every area from kata to referees to coaching. Roy Hash, in the southwest, is hosting camps, clinics and tournaments to grow judo in Texas. Heiko Rommelman and Jeff Giunta are teaching kata throughout the east coast, from the YMCA camp in New York to a clinic in Connecticut organized by our chair of regional coordinators, Joan Love. Four members of their club, along with USJA Board member Michelle Holtze and her partner all qualified for the IJF kata championships. Dr. James Lally may be moved up from Donor of the Year to Donor of the Decade.

I am sorry there is not enough space here to mention all of the outstanding judo leaders, instructors, players and parents throughout the USJA. Please do know that your contributions are appreciated.

Feel free to email me your comments or suggestions at any time. Together we can grow judo in the U.S.A.

Thank you for supporting the USJA!



ON THE WEB.....

You can find more about the people and activities in the USJA on our website

<http://usja-judo.org/>

For more thoughts on moving from junior to senior judo, the West Coast Judo Training Center , Sneakerdoodle Zebra Judo and more, you can check out my blog at <http://drannmaria.blogspot.com/>

If you are interested in being part of a USJA Facebook group, please email rondarousey@gmail.com or samanthers@gmail.com

A Letter From Ronald Charles...

Hi, friends.

As I mentioned at our past two Greatest Camp jujitsu meetings, I actively solicit jujitsu articles for American Judo Magazine, our online professional publication on the USJA website. I very much want to keep our jujitsu presence in the minds of members who read our publication. If you have ideas for articles, please run them by me or write the article and send it to me for my "touch." I am very user friendly, as all who have worked with me will attest.

Guidelines: 450 - 800 words, with photos as appropriate, plus a head and shoulders shot of the author and a line or two of biographical information about yourself. These are only guidelines. Some articles require more words.

When you send me your material, I will make changes as needed and return the piece for your consideration.

You accept or reject what you will, make further changes of your own, and return it to me. I do likewise, returning it to you for your approval. Sometimes this takes only one exchange, sometimes several, but in the end, I guarantee it will be your work and nice indeed. Not everyone is a great writer, but through this process we can polish and improve material and our writing skills. I know each of our leaders has some good ideas, but some of you evidently are shy about sharing them in writing. I encourage you to write something to share, then send it to me.

Some of you may like to write technical material, how something works or why a technique is successful.

Others may like to write enthusiastic articles about participating more or going to camps or clinics. Perhaps you attend or host a clinic worth reporting about. You could have one of your

students who writes well to describe it. With action photos, this might turn into a nice article. My favorite articles to read are about YOUR personal experiences, where jujitsu may have saved you from unpleasant consequences. I bet quite a few of you have had encounters worth sharing. Readers might save themselves grief by learning from yours.

My turnaround time is pretty fast, sometimes within an hour, unless I am traveling. Let's let our USJA know we have members keen on jujitsu by writing some jujitsu articles. I would like to see at least one jujitsu article per issue. And don't limit yourself to articles about jujitsu. We also want judo articles.

We have four issues each year, and the next one is nearly ready. Our editor Martha and Publications Officer

Connie Halporn decide what goes in and when, but eventually most articles receive exposure through publication.

One last note, publications officer Connie Halporn reminded me that all articles and photos still belong to the person who created them, to the writer and photographer...the USJA does not take copyright of these, so you retain all rights to your material.

Thank you for considering my request. I await your draft.

Your friend,

Ronald Allan Charles

Associate Editor, American Judo Magazine

What Judo Means to Me: A Letter to Sensei Michael

Dear Mr. Michael

I just wanted to thank you for all that you have done, do, and will continue to do for me and the rest of the members of the club. This is the very least, and just about the only thing I can do for you, and that's to try and describe in words what your servitude towards us has meant.

What Judo means to me.

For me Judo has been a hard path, not in that I could not meet the difficulty of the challenge, but it required, and still requires me to change my core person. Judo is physically challenging, it requires discipline, dedication, diligence, and most difficult I think, time, a life long amount of it too. The thing for me is I am challenged to get out of the comfort zone of my way of life. To me life should be lived cautious, with careful planning and consideration before acting. "Better to be cautious and take your time to make sure it is done right the first time" has been my mental state on most things. I hate mistakes and I hate making them even more. I like to counter situations that come my way, but not committing full fledged so I can still be ready for that curve that I had not noticed. In stark contrast Judo requires 100% commitment. So every time I come I have to fight my

very self and force myself to over commit every time (in my mind at least). "Better to charge ahead and fail than to do things half heartedly or you will surely fail every time" is the new mindset that I have to force onto myself. This is extraordinarily tough for me to do. I have worked hard to create a levelheaded approach to life

for most of it, but instead I find in Judo I have to fight that very core belief. I must in fact act without thinking. My motions must be an automated response to an opening I see, or a feeling I get due to weight and motion either created by myself or by my counter part.

But enough on those thoughts :) back to the reason for saying thank you! I wanted to thank you for your sacrifices your making not just 2 times a week for a few hours, but almost every day of the week. You think about us, plan for us, dedicate your time to us, and all for just the love of the sport. You don't do it for the

money, for the fame, for the sparing, and not for any of the normal reasons. You do it because Judo means something to you and it energizes you to the core. You most likely want us to experience what you have from

Judo, and thusly sacrifice your precious time for us. So on behalf of all of your students I want to do my very least to return something to you and thank you for your immeasurable sacrifice.

Best Regards

Pupil, and hopefully one to continue your legacy through the way I live my life.

Update on USJA Activities: From President AnnMaria DeMars

As one of my first acts as president, I wanted to reach out to our life members who have made the USJA what it is. So much is happening in the USJA! We have an agreement with Golden Tiger Martial Arts, negotiated by our Chief Operating Officer, Gary Goltz. Any USJA member receives 10% off everything GTMA sells and the USJA receives a donation from GTMA. Speaking of Gary, he runs the USJA/ USJF Winter Nationals every December. Now entering its third year, with nearly 600 competitors, this event offers junior, senior, masters and kata competition for everyone from white belts to black belts.

We're all over the Internet! We have a monthly electronic magazine on development called Growing Judo. You can download it here for free - <http://www.usja-judo.org/GrowingJudo/index.htm> . We also have a free site of on-line resources here <http://www.usja-development.com/resources/>

Our coach education program, led by Jim Pedro, Sr. has become the model to imitate. With forty years of coaching experience, Jim thinks that if we take coaches' valuable time they should receive more than just a certificate, they should receive knowledge they can use in teaching and running their clubs.

We have mini-camps with Paul Nogaki as our coordinator. We have supported weekend camps in Rhode Island, Oceanside, Boston and Los Angeles.

There is a USJA/ USJF West Coast Training Center where gifted athletes can get together for two practices every Saturday to train with one another and volunteer coaches.

Joan Love oversees a network of regional coordinators who help clubs throughout the country organize camps, clinics, tournaments and other USJA events.

If you could afford to support these activities or any others, your donation to the development fund would be greatly appreciated. We are always looking for funds for camp scholarships, support for clinics in areas without a lot of judo opportunities and any ideas our members want to suggest. My email is DrAnnMaria@fractaldomains.com . Please feel free to contact me any time with your suggestions or concerns for the USJA. The national office phone number is 877- 411- 3409. You can call to make a donation by credit card. Please specify the Development Fund, and if you want your donation to go to a specific activity such as camp scholarships, or development in the Midwest, just let us know. Our mailing address for checks (make out to USJA) is still USJA 21 North Union Blvd., Colorado Springs, CO 80909

I hope to hear from you soon!

Dr. Martin Bregman's Acceptance to Chair the USJA Election Committee

Editor's note: Dr. Martin Bregman chaired a committee appointed by the former USJA President, Jim Webb to examine and make recommendations on the USJA Election process. His final report is below. In the interest of continuity, Dr. Bregman has been asked, and accepted, to chair the USJA Election committee, overseeing the election to be held in 2009.

Dear President Webb,

The following are the recommendations gleaned from the emails that you sent me concerning the last USJA Election. Due to the perceived problems of that last election though not serious it is suggest that the following steps be undertaken before the next election:

- 1) That an effort be made to locate and obtain an email or residence address for all of the USJA Life Members. When we became Life Members we were told that we would always have the full privileges of membership. Purchasing annual memberships after becoming Life Members were not part of the original contract. Once all life memberships are located it will be possible to determine whom of them wish to participate in the future (also whom of them are no longer living.)
- 2) That an election web site be established on the USJA website for a period of two months prior to the next election with the list of candidates and instructions to vote for 11 of the listed members. An electronic "button" vote (as does AOL on its news blurbs) can then be set up keyed to the USJA Membership or Life Membership number. Once that member votes he/she will not be able to vote again in that election.
- 3) That a biographical form be filled out by each candidate and made available electronically on that website so that our members know whom they are voting for (example attached). In addition to this form a statement of purpose for running by the candidate would be in order, and also should be available to the voter.
- 4) That notice of the election be indicated on all mailings and electronic mailings going out from the USJA for a period of not less than 6 months prior to the election informing the members that the election is upcoming and where they can log on to vote.
- 5) That a notice on all paper mailings to the members, indicate that if they do not have computer access, to contact the central office and a form will be mailed to them. If they do not contact you then it can be assumed they have no interest in voting.
- 6) That the final paper vote count be tabulated on October 15 and added to the electronic cite on that date. The regular mail ballots must be postmarked prior to the deadline for voting (September 30), but one additional week after that deadline should be allowed for those ballots to arrive at your tabulating location.

These suggestions, if enacted will alleviate the need for and cost of flying vote counters in to a central location as the majority of votes will be tabulated electronically. One person, not running for the board, nor an employee of the organization, can be solicited to count the paper ballots.

Yours in Service to Judo,
Dr. Martin L. Bregman

Master's Division Debate

Lately there have been questions whirling around about whether or not the Master's Division is fair to all competitors. There has been discussion to start the Master's Division at age 30 to 39 and then create 5 year increments thereafter. There have also been talks of combining the age/weight divisions in case there are not enough competitors. The 5 year division is still ideal but the main problem with all of these ideas is the fact that there may not be enough competitors in each division to compete. And unless there is a pre-registration the host will not be able to modify the event in a way that will benefit the players. That being said the older players are left in a predicament of whether it is fair or safe to compete with the younger divisions. If they do feel it is unsafe or unfair then they will not have the chance to compete. If they feel otherwise, they risk a greater chance of injury.

Here are the comments from our USJA Members:

“What if a tournament director allows competition between two players with a ten year age spread, with little competition activity for the older player and during the timed event he is seriously injured?”

The question of a waiver will be raised and I bet he'll say unless that waiver was notarized, it may not stand, or the tournament director is at fault for not recognizing a vast age difference and using common sense prevented the match, or because all other age brackets after age 39 are broken down in five year segments, why was this bracket not designed that way, or why were following age brackets broken down in five-year segments and under what considerations was this accomplished and was there documented research on the probable or improbable number of injuries that would derive from age ten-year age spread versus a 5-year age spread? And the big question, What about litigations, what is the most probable conclusion a judge or jury would derive at taking all these various considerations and balancing the common sense rule against all other considerations!

Would a law suit be filed against the tournament director who is just following the accepted rule of thumb of the parent organization. Or would the USJA be sued because they issued a sanction for the tournament under the provisions established by the USJA and under those provisions established by the USJA, what provisions or guidance has been promulgated concerning Master Division competition or other issues or conditions that could cause possible injury that could have been avoided if researched and prohibited as unacceptable, directing tournament directors to avoid situations that could be outwardly harmful to competitors e.g. shime waza and kansetsu waza rules for various age groups. The judge may opine that it seems there are safeguards in place for everyone except those in the Master's Division where the incidence of injury may be the greatest or offer the highest potential for catastrophic accidents!”

(R. Pensacola, 2008).

“As a master player I think its not the age as much it is the weight. I just competed in the golden state in the 40 older group. I am 54 and fought a 41, 48, and a 47 year old, placing 2nd. I did pull a muscle because of waiting all day and not getting the chance to really warm up. I believe that people competing in masters should all know that you are competing at your own risk. We sometimes have to compete in 10 year increments to have enough competition. If you not willing to take a chance and knowing you could get injured you should not compete!” (B. Karmann, 2008).

“I have read all the information provided for division for the Masters. One reason that there is a limited number of players is the age and weight spread. As you know at the National and World, there is a specific division based upon age, (5 years between), and specific weight divisions. It took several years to develop enough players in each weight and age category at the Nationals, but now there are few division with less than three. At the beginning you took a chance of going and not having anyone to compete with. However, thinking about competing in only three weight division gives all the old players some problems. My input would be to have the same divisions as the World Masters and continue to develop the program. If you do not have enough competition in a division at first, within a few years, I believe there would be two or three players in each weight division by age. That would give us two matches. As you know, when you get to my age and others, you have some anxiety, but we love to compete. But knowing the OLD players, we still want and can compete at our own age and weight, just not or with others younger or heavier. I just wanted you to know my feelings and what I had to overcome to compete again, as you know. I certainly would continue to compete in my division, M8, but remember, I'm old” (A. Johnson, 2008).

Shout Outs

Claudia Smith, a USJA member since being a white belt and now godan and her partner Barbara Anderson of the Houston Budokan placed 2nd in Juno Kata at the World Judo Masters held in Belgium June 24 - 29

2008 . There were 1200 Judokas who competed in both shiai and kata. There were 157 kata teams. Over 50 nations were represented. Claudia and Barbara were the only American kata team that competed.

Destinee Tartuffe (at right) coach of Santa Rosa Junior College, one of the top 20 USJA clubs every single year was named the 2008 Female Masters Player of the Year .

Jim Pedro, Sr. , USJA Coach Education Chair, Winner of Special Goodyear 'Get there' Award' Sponsored by the Goodyear Tire & Rubber Company, the “Get There” award is given to three individuals who have been most responsible for helping an athlete get to the Olympic games.

“Ronda Rousey, a Californian, is favored to become the first American to win Olympic gold in Judo this summer, largely due to the dedication of her coach, or sensei, Jim Pedro of Salem, N.H. Pedro, a native of Wakefield, Mass., was a U.S. World Team coach and was inducted into the Black Belt Hall of Fame as Instructor of the Year in 1978. He has spent the last five years training Rousey without compensation, traveling the world extensively as her coach at his own expense and even inviting the athlete to live in his family home during the months of intensive work that led to the Athens Olympics Games. He insists that all athletes who train with him finish high school or college, and most of them also volunteer or get jobs in the community. “



Source: Reuters

<http://www.reuters.com/article/pressrelease/idUS157+494+28-Jul-2008+PRN20080728>

What Can One Person Do?

by Dr. AnnMaria DeMars

Several people have written congratulatory letters (thanks!) and offered to help if possible. I know we are all busy so here are several things that take varying degrees of time and money.

1. Send articles and pictures for Growing Judo. This is a popular activity of the USJA and the more support we can get of things going on in our local areas, the better. Just email anything to me. BRAG! Include pictures from your club, any ideas you have done lately.
2. Send money. Any amount, even \$5 is appreciated. There are always three requests for every dollar we get. Send it specifically marked for the development fund and it can only be used for activities of development, e.g., to underwrite clinics, camp scholarships, etc. You can be more specific and state "for development in the Midwest" or "collegiate activities" or whatever your soft spot is, and we will support those.
3. Organize an event in your area - a coaches clinic, a joint workout where people from the area get together, work out for four hours and eat pizza afterward.

Please feel free to email me at DrAnnMaria@fractaldomains.com . I want to start a new column called TRY THIS AT HOME ! Let me know what you are doing to support judo in your area, so we can share it with others.

Coaches Corner

James Pedro, Sr. , Chair
Coach Education

Protecting Our Kids

It's about time that all coaches and parents in judo start to take responsibility for our students and kids. We need to establish a no tolerance policy for behavior that is harmful to our students. I've seen coaches allowing minors in nightclubs or bars without saying anything. One reason may be that when a coach is to be picked, the players will want them to go, thinking this coach will allow them to do what they want to do. Just imagine what junior high and high schools would be like if we let students vote on what teachers they wanted. Well, many of our young competitors are of that age. We need to develop a more nurturing, protective culture for them.

I think there has been a culture in judo for a long time, that allows coaches to have sex with students and minors and everybody turns a blind eye. One reason is so that they can be in the inner circle, or what they believe is the inner circle in judo. When allegations are brought forward against any coach or person about having sex with

minors, allowing them to smoke pot or drink, they should be temporarily suspended immediately until the charges are found to be untrue, not given weeks, or in some cases, decades, to answer these charges and allowed to continue to travel and potentially put children at risk. To me, this behavior has been condoned, and if it wasn't condoned, why has nothing been done? When something is done, why does it take forever to do it? You can get suspended faster for yelling at a referee than for molesting minors.



When these teams go any place the coaches should be held responsible for taking care of any athletes who are

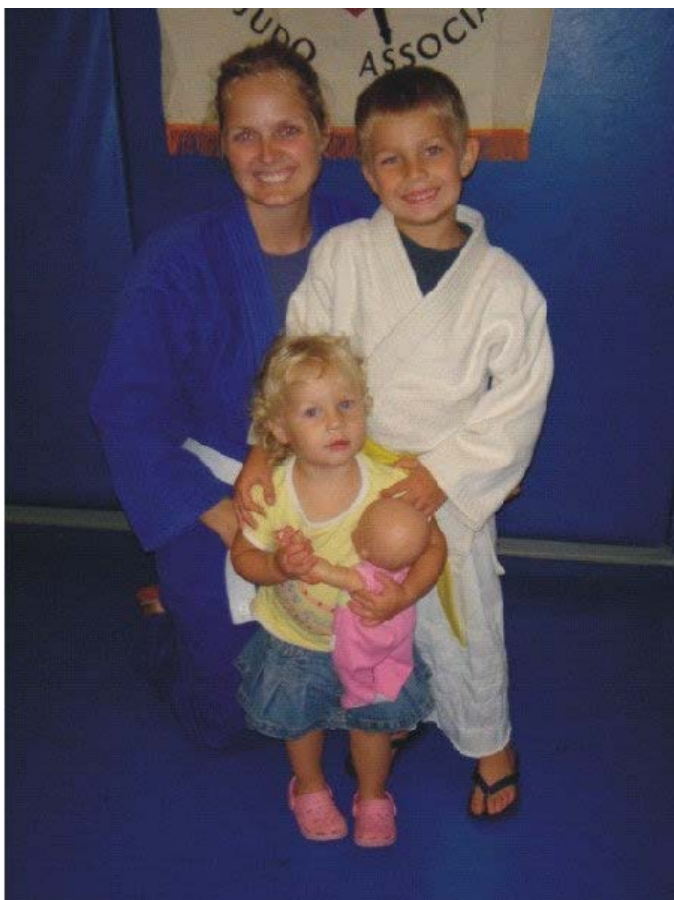
underage. Similarly, as a parent or home coach, you should be held responsible for allowing your students or children to go with coaches that you know nothing about, just so that your child can go to an event. Why take a chance with their lives and potentially have them ruined for life? Why a parent would take a chance with their young kids, to make an Olympic team, junior world team or any team is beyond my comprehension. It may well be because they feel this is a forced choice, that this is what they must do if their child is to succeed at the elite level. Let me assure you that this is NOT true. You do not need to gamble with your child's life to make a team.

If you are going to send your students or kids any place, make sure who is going to watching out for them. If you are not 100% sure about that person, don't send them. Would you let your 14-year-old son or daughter go to a foreign country with some adult they met on the Internet? Of course not! So, don't send them overseas unless you know the coaching staff or can go yourself.

On this one, I "walked the walk". I very seldom let my children, Jimmy and Tanya, attend events without me when they were minors. When I did, they were chaperoned by people who gave me their word to watch them. The level of supervision was to the point that when Tanya stuck her head out of the room, someone like Ken Sunada would say, "What are you doing? Where do you think you're going?" She didn't like it, but it was in her best interest.

When I took Ronda Rousey to Europe at age 16, I made sure she was in her room at night and absolutely did not allow her to go out alone ever. When she trained with me, she complained that I never let her do anything. However, as an adult, she and I have a good relationship because she understands that everything I did was done out of a desire to give her the best possible future in judo and the rest of her life.

I want to support you parents and coaches who are trying to protect our young competitors. NOT everyone is out drinking at a young age and going to parties. "All" elite coaches do not allow their players to drink and behavior irresponsibly. You can ask Jimmy, you can ask Ronda, I have NEVER allowed minors on my team to drink or act in any way that would reflect negatively on their parents or their country. I am not saying everyone on my team, or even my own children, have always been perfect. I am not naïve. However conscientious you are as a parent or coach, sometimes young people will slip out and make some bad decisions. However, it is our responsibility to look out for them and try to minimize those opportunities for mistakes that can too often end in tragedy.



I think it's about time that there was a no tolerance policy for any behavior that can be detrimental to our young players, including underage drinking and coaches having inappropriate relationships with minor athletes. I think our kids are too valuable. Better late than never.

Get Involved! Organize a Coaches' Continuing Education

To be certified as a coach you need to attend an approved coach certification clinic. Initially, brown belts are certified as Level E (Assistant Coach) and black belts as Level D (Coach). Certification is good for four years.

To maintain your Level D, you need to attend two

continuing education clinics over the four years. If you have done that, at the end of four years, you send in the documentation of your continuing education and a background check and you are Level D for another four years. If you have NOT done any continuing education, you send in your renewed background check and application form and you are renewed at the E level, Assistant Coach. If you have attended four (or more) continuing education activities over the past four years, you will be renewed as Level C (national coach).

Important point!

Anyone can request to be approved for continuing education activities. Just send an email to

USJAcoach1@yahoo.com - Jim Pedro, Sr.

Include a paragraph or two about the activity as well as the instructor, e.g.,

There will be a six-hour clinic on judo games. The morning session will include games for juniors, the afternoon session will include drills or conditioning exercises that can be run as games for all ages, for example, different types of relay races. The instructor will be James Wall, USJA Certified Coach, head instructor of Wall to Wall Martial Arts and the Judo Games columnist for Growing Judo.

(I just made that example up, but it sounds good. I should try to talk James into doing it.)

If your program is approved for continuing education you are very welcome to include that on the flier.

When completed you can do either or both forms of documentation.

1. Give everyone a certificate of completion they can send in with their coach application.
2. Send a sign-up sheet to the chair of USJA coaching.

ANOTHER IMPORTANT POINT ...

If you would like to have a coach certification clinic in your area, contact Jim Pedro, Sr. at USJAcoach1@yahoo.com

Clinics coming up

Kalamazoo, Michigan – November – contact Deb Fergus DeFrgs6@cs.com

Connecticut – November – contact Joan Love judolady210@aol.com

Los Angeles December – contact Paul Nogaki pnogaki@verizon.net

Michelle & Kathy - US Open Kata Gold

Next Stop, Paris World Cup in November

\$\$ Assistance Appreciated

The dynamic duo did it again, big time. They captured gold at the U.S. Open last weekend in Colorado Springs, doing Ju-No-Kata. They have been asked to represent the Pan American Union at the Paris World Cup, in just a few short weeks, weekend of November 21st.

They have already accepted the challenge, but there's one bit of bad news with the good. They will only each be given \$500 to assist with their entire expenses. Even this money the women will get to assist them in this expensive endeavor will not be paid out until after the first of the year. Anything we can do, before or after their trip to Paris will be beneficial.

Here are some ideas for fundraising.

- Have a kata clinic (any kata) at your place. Charge the attendees. Or use club treasury money. I've heard several senseis talk about doing this "sometime". Now would be a really good time.
- Buy some private or small group kata lessons.
- See if you or someone can wrangle up a corporate sponsor.
- What's in your wallet? Maybe you don't need or want any kata, and you would just like to help out.

SHARE YOUR THOUGHTS. If you have a great fund raising idea, something simple and effective. Please share it.

NEXT STEP: Direct Contact is the best plan. Northstarjudo@att.net or contact Michelle directly at 612-616-3635 (cell)



A **USJA Board of Directors meeting** will be held at the Winter Nationals **December 6, from 6:30 until 8PM** in the conference room at **Damien High School's Gym, 2280 Damien Avenue, La Verne, CA 91750.** This meeting is **open to the public.** All interested parties are invited to attend.

ANNOUNCEMENTS:

2008 ALL WOMEN'S JUDO CHAMPIONSHIP

Open to all Female Judoka, National and International

Saturday, November 8, 2008 the 2008 All Women's Judo Championship will hold the **Women's Shiai and Kata Competition** at Hackett Catholic Central High School. Come join **special guests** including *Coaches and*

Competitor Clinician, Ronda Rousey, Olympic Bronze, World Silver Medalist; Referee and Clinician, Iris Mair, Austria, Nat. A Referee; Kata Clinicians, Sensei Eiko Shephard Class A and Frances Glaze Class A.

Clinics will also be held prior to the competition on Saturday at 9 am. and for Coaches and Referees on Friday, November 7, 2008 at Hackett Catholic Central High School. There will also be a Kata Clinic on Sunday, November 9, 2008 at the new Southside Dojo location. The **Pre-Registration Deadline in October 24, 2008** for individuals OR Kata pairs for \$35 and on-site registration for individual OR Kata pairs for \$45. **Don't forget** to attend the **COOK OUT** after the the Saturday tournament at Southside Dojo for **MUSIC and DANCING!** For those that want to keep playing, you are free to use the mats.

Coaches/Referee Clinic: **FRIDAY, November 7, 2008**

Hackett Catholic Central High School

1000 W. Kilgore Rd, Kalamazoo, MI 49008

Registration: 7 pm

2008 All Women's Judo Championship: **SATURDAY, November 8, 2008**

Hackett Catholic Central High School

1000 W. Kilgore Rd, Kalamazoo, MI 49008

Registration: 8 am

Kata Clinic: **SUNDAY, November 9, 2008**

New Location: Southside Dojo

8534 Portage Rd, Portage, MI 49002

Start: 9 am

Contact: Tournament Director: Robert M. Treat

Robert.M.Treat@Pfizer.com

Competitor Liaison: Deborah L. Fergus

Defrgs6@cs.com

Tournament Registrar: Ron Blake

RonBlake@chartemi.net

43rd Annual 2008 Dallas Invitational Judo Championships

Saturday, November 29th

Hilton DFW Lakes

1800 Hwy 26 East, Grapevine, TX

Doors Open: 6:30 pm

\$1000 will go the 1st Place Prize Winner for the Men's and Women's Olympic weight classes. Final and Bronze medal matches will be held at 7 pm. **Admissions is \$5.00.** Registration, weigh-ins and competition will all take place at the Hilton DFW Lakes Hotel in Grapevine. If you wish to make room reservations mention the tournament for the special \$84.00 rate. **Eligibility is granted for those with current USJI, USJF or USJA membership.** Applications are available upon registration. The Entry Fee for Juniors, Senior Novice and Masters is \$35 for mail-in registration received by November 15th. \$50 at tournament site. Please mail completed registration form with entry fee to: Dallas Judo Invitational, 4924 Woodall Steet, Dallas, TX 75247. Make checks payable to: *Dallas Judo Invitational*. Entry Fees for Senior Male and Female are \$65 for mail-in registration received by November 15th. \$100 at tournament site. Please mail completed registration form with

entry fee to: Dallas Judo Invitational, 4924 Woodall Steet, Dallas, TX 75247. Make checks payable to: *Dallas Judo Invitational*.

For more information on location, eligibility, entry fees, and registration call: 214.762.2222 or email kscialo@tx.rr.com.com

This is a U.S. Judo Class E Points Tournament, featuring some of the country's Olympic hopefuls. Sponsored by: Dallas Judo. Sanctioned by: TJI, USJI.

2008 Louisiana Open Judo Tournament

Saturday, November 8th

Hebron Baptist Church Gymnasium

24063 Hwy 16

Denham Spring, LA 70726

The **2008 Louisiana Open Judo Tournament** will be held on **Saturday, November 8th**. Kata will begin at 9 am (Nage No, Katame No, Goshin Jitsu). Masters and Juniors will begin at 11 am; Seniors will follow. This tournament will be open to all members holding a current USJA, USJI or USJF membership. USJA memberships will be available on site. **Awards consist of 1st, 2nd and 3rd place for individuals and teams with points being granted for Junior, Senior and Kata teams. 1st place will be awarded 3 points, 2nd place, 2 points and 3rd place, 1 point.** Please **weigh in and register** on *Friday, November 7th, 8-10 pm or Saturday, November 8th, 8-9 Kata and 8-10 Shiai*. **Fees** for Shiai are \$25 if received by November 1st, \$35 during weigh in, \$10 for each additional division. Kata fees are \$5 per person for each Kata division entered. *A separate entry form is required for each division.* Juniors will not be allowed to compete in 2 or more weight divisions. They may (if 15 yrs or older) enter the correct senior division for the additional fee.

Rules: *IJF rules modified with regard to mat size. Shime: age 13 or older; Kansetsu: Seniors only (Juniors playing in Senior Divisions will paly by Senior rules). 3 minutes matches: Juniors and Masters, 4 minute matches: Senior Women, 5 minute matches: Senior Men. Modified double elimination if 4 or more in division. Round Robin in divisions of 3 or less.*

If there are any questions regarding directions please feel free to contact the following: James Wall; Cell# - (225) 921-7923; Home# - (225) 612-0934; Email - wallmartialarts@cox.net

Judo Development Clinic: Featuring 2008 Olympic Medalist Ronda Rousey

Who: All judo and jujitsu players 10 years old and up who want to improve their technique, especially those teens and 'tweens who are just putting together their own competitive style.

What: USJA/USJF West Coast Training Center away workout.

When: October 18, 2008 10 to 11:30 AM and 1 to 4 PM

Where: San Shi Judo Dojo 150 Cedar Road Vista, CA 92083

Why: Because judo is fun, and winning at judo even more so.

How (much): \$13 for USJF/USJI/USJA members; lunch and refreshments included. \$90 for non-members includes one year national membership.

Lunch will be served to all participants.

Sanction pending

Contact Bill Caldwell at caldwell-b@sbcglobal.net for more information.

Bring your autograph book!

Coach Certification Available for USJA, USJF or USA Judo

*This is a coaching clinic **hosted by** Henry Arroyo & Victor Otero,

New Britain Judo Club with Bill Montgomery, Godan, USJA

Coaching Committee as your clinician.

A comprehensive weekend on coaching education will be held on Saturday, November 15th and Sunday, November 16th, 2008! Add to your knowledge of teaching approaches and functional judo techniques. A wide range of topics will be covered, including: **Core Skills:** gripping, newaza drills, developing tachiwaza drills; **Lesson Planning and Goal-Setting; Liability and Safety;** and **Student Retention.** Time will be provided for technical practice and collaboration with colleagues. *This event is for Judo instructors and assistant instructors:* Level D certification is available for ranks of shodan and above. Level E certification is available for ikkyu-sankyu ranks. The **schedule** is Saturday: 9:00 a.m.—12:00 Noon and 1:30 p.m.--4:30 p.m and Sunday: 10:00 a.m.—12:00 Noon and 1:30 p.m.--4:30 p.m. at the **New Britain Judo Club 83 West Main St., New Britain, CT.** **Clinic costs** are \$50 per participant for all or part of the clinic with discounted price of \$40 if PRE REGISTERED (postmarked by 11/7/08). **Certification fees** are \$25 for the application (certification is valid for 3 years). The Background check fee is \$15 (valid for 4 years). Bill Montgomery will have application forms available at the clinic. In order to be eligible participant must be a member of either USJA, USJF, or USJI and show proof with a valid card at the door. USJA forms will be available at the door. This event is sanctioned by the USJA.

Note: This will be an active practical clinic. Participants must bring their judogi and a notebook!

For more information, contact:

- Henry Arroyo & Victor Otero, New Britain Judo Club (860-224-3689); henryarroyo@sbcglobal.net or vao06@sbcglobal.net
- Joan Love, USJA Regional Coordinator, (860-334-3347) & Bill Montgomery, USJA Coaching Committee (860-917-6318); NorwichJudoDojo@aol.com



STRATEGIC AIR COMMAND JUDO FIGHTERS

Link: <http://mysite.verizon.net/resplsi6/sacstrategicaircomandjudofighters/index.html>

Very few people know the large part that Judo played during the Cold War with the Strategic Ar Command during the 1950's, 1960's and even the 1970's. The website above is dedicated to telling the story of some very influential Judo Fighters who served on the Air Force. These practitioners include George Harris, Millon Smith, Phil Porter, Leonard Shull, Tosh Seino, Kiochi Kusano, Raymond Steve Hoyt, Elwood Stevens, Fred Liles, and Harold Ronbinson. Some of you may find these names familiar so feel free to visit this website and invest some time in the history of your sport. The

writer focuses on the earlier years of these fighters including how they got started with their Judo careers. You will find that most players did not start out with Judo instead they began with martial arts, contact sports, even boxing. But somehow all 10 players were able to combine their love of Judo with their desire to join the armed forces and create history within their sport and for their country. When visiting the website click on "Judo" in the sidebar for detailed stories of these practitioners. There you can read about Strategic Air Command Judo Tournaments between 1960 to 1963 as well as the accomplishments of these 10 inspirational individuals.



NIKE DEMO IN HOLLYWOOD

By Gary Goltz

At the Ricardo Montalbán Theatre in Hollywood, CA, Nike sponsored a tribute to the 1964 Olympics by showing a Japanese documentary on the subject. They invited my club to do a demo and had Jim Bregman fly in to be on stage with a panel of other medalists from the 64 Games. AnnMaria was also on hand. I was able to present proclamation from Los Angeles Council Member, Tom LaBonge to both Jim for being our first male medalist and Ronda for being our first female medalist. It was a terrific night for judo!

(Photo taken at the Nike Demo shown above)

USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 5 & Saturday, December 6, 2008 Sanctioned by the USJA #08-010

The USJA National Coaches Clinic with USJA Coach Committee Chair Jim Pedro, Sr., and USJA Chair of Development, Dr. AnnMaria Rousey DeMars. Special Guest Clinicians include current #1 ranked player, Ronda Rousey and 1964 Olympic Bronze Medalist, Jim Bregman. This clinic is being held in conjunction with the 2008 USJA/USJF Winter Nationals. The Coach Certification Clinic will be conducted at Goltz Judo.

What would YOU like to make happen in judo?

Want to give scholarships for kids to go to camps? Support young brown and black belts to become coaches? Promote women's development? Fund a clinic in your area of the country?

Make a donation to the USJA Development Fund. Call (877) 411-3409 and tell them you would like to make a donation to the DEVELOPMENT FUND. We take credit cards.

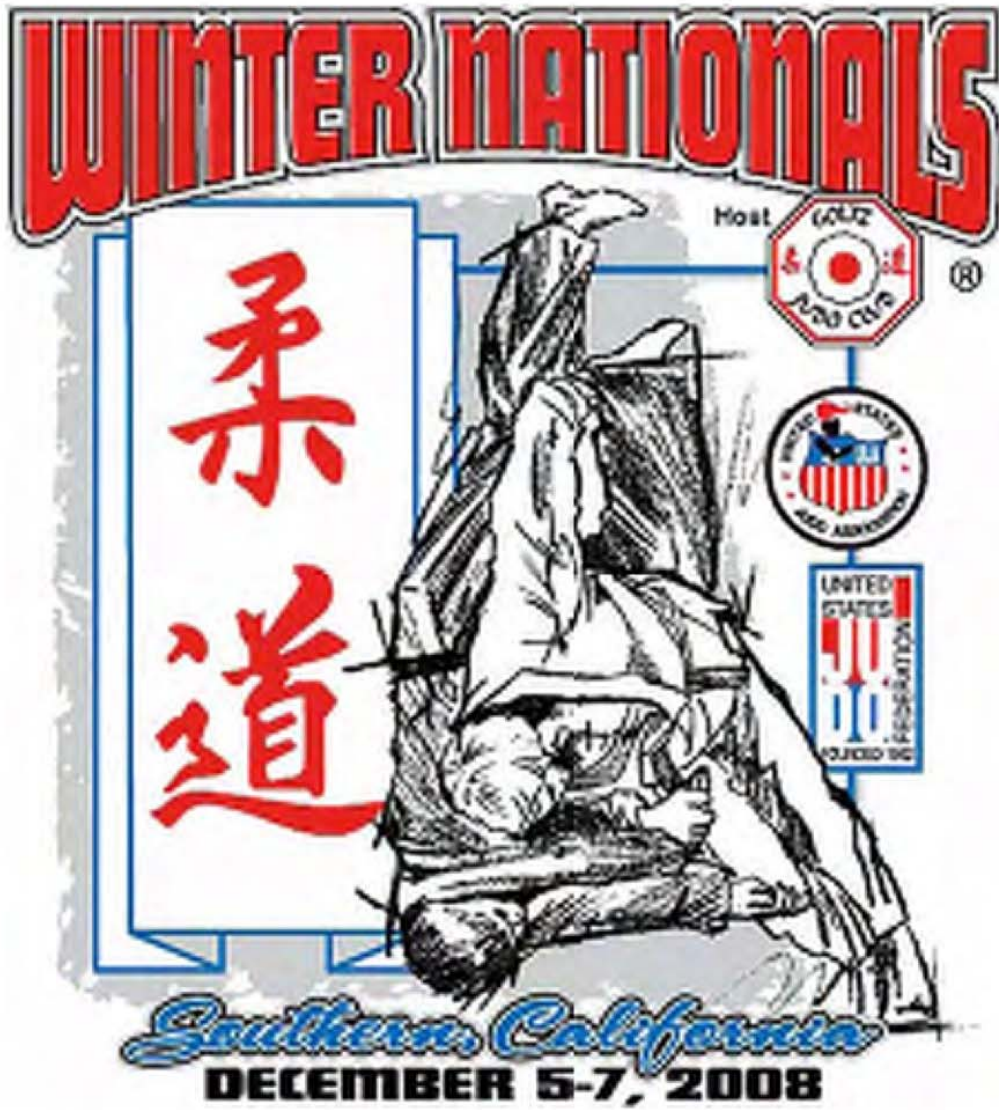
You can specify if you would like the donation to be made to junior judo, senior judo, camp scholarships, coach education or just a general donation to the development fund.

Or you can make a check to USJA Development and mail it to:

USJA 21 North Union Blvd, Suite 200 Colorado Springs, CO 80909-5742

Any amount helps and we really do appreciate your support; 100% of funds go to support activities such as the camps and clinics you read about here.

SENIORS MASTERS JUNIORS KATA



Grassroots Judo

Building Friendships and Better People Through Judo



2008 USJA/USJF WINTER NATIONALS
Seniors, Masters, Juniors, & Kata
Saturday & Sunday December 6th & 7th
Coach Certification Clinic, Friday December 5th

TOURNAMENT DIRECTOR: Gary Goltz

HEAD REFEREE: Hayward Nishioka

EVENT PHYSICIAN: Dr. James Lally

AWARDS: High quality unique medals to be given for 1st, 2nd, and 3rd Place

ELIGIBILITY: USJA, USJF, & USA Judo current members, (Sanctioned by USJA #08-010)

VENUE: Damien High School's Gym, 2280 Damien Avenue, La Verne, CA 91750, (new location)

HOTEL: [Red Roof Inn](#), 204 N. Village Court, San Dimas, CA 91773, (909) 599-2362, (Judo Rate \$59)

FEES: \$35 all divisions, Advanced Registration, **POST MARKED BY THURSDAY NOVEMBER 20th**
Tournament T-shirt will be provided free to advanced registrants only; There will be no exceptions!

- \$40.00 at Damien, Friday 5:30PM to 7:30PM December 5, 2008, (Junior registration will be accepted at Damien, Saturday 11:00AM to 4:00PM December 6, 2008)
- \$50.00 at Damien the morning of event from 7:00AM to 8:30AM

Make all checks or money orders payable to Goltz Judo Club
- \$2.00 Adults, \$1 Kids Spectator Fee requested, (to be donated to the Damien Foundation)

WEIGH-IN: 5:30PM to 7:30PM Friday at Damien High School, December 5, 2008, all contestants, Saturday December 6, 2008, Seniors, 7:00AM to 8:30AM, Juniors, 11:00AM to 4:00PM at Damien

LATE REGISTRATION & WEIGH-IN: Saturday December 5, 2008, Seniors, Masters, and all Kata, 7:00AM to 8:30AM, Juniors, 11:00AM to 4:00PM at Damien, Sunday December 7, 2008, Juniors, 7:00AM to 8:30AM at Damien

Mail all entries & fees to:

USJA/USJF Winter Nationals
 Attn: Tony Farah
 3252 Robin Way, Pomona, CA 91767
 (909) 596-8199 or (951) 288-5296 (cell)
tony@farahfamily.com



COMPETITORS CLINIC FEATURING: RONDA ROUSEY, JIMMY PEDRO, JASON MORRIS, DR. ANNMARIA ROUSEY DEMARS, JIM BREGMAN, GEORGE HARRIS, TONY OKADA, JIM PEDRO, JIN IIZUMI, HAL SHARP, AND MANY OTHERS, SATURDAY DECEMBER 6TH FOLLOWING THE CONTEST



TATAMIS PROVIDED BY ZEBRA MATS
These will be sold at a discount prior to and during the event
 Contact: Jimmy Pedro, (978) 973-6238, jimmypedro@zebramats.com

USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 5 & Saturday, December 6, 2008

Sanctioned by the USJA #08-010

The USJA National Coaches Clinic with USJA Coach Committee Chair Jim Pedro, Sr., and USJA Chair of Development, Dr. AnnMaria Rousey DeMars. Special Guest Clinicians include current #1 ranked player, Ronda Rousey and 1964 Olympic Bronze Medalist, Jim Bregman. This clinic is being held in conjunction with the 2008 USJA/USJF Winter Nationals.

The Coach Certification Clinic will be conducted at Goltz Judo Club and at Damien High School the tournament venue. It includes mat and classroom sessions and lunch on Friday and the tournament session, the Jim Pedro Jr. Judo Clinic and the final classroom session on Saturday.

Successful completion of this clinic will satisfy all of the USJA and USJF requirements for Coach Certification and Maintenance of Continued Coach Certification.

Dates: Friday December 5, Saturday December 6, with make-up session Sunday December 7

Times: Friday: 9:00 AM to 5:00 PM at Goltz Judo Club

Saturday: Start at Referee Meeting. Final Classroom session will complete 1 hour after

Jim Pedro Jr. Clinic (which starts at the Close of the Last Division)

Cost: \$50.00 per person payable to "Goltz Judo Club". This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the Jim Pedro Jr. Judo Clinic or admission to the Tournament Site. This does not include the cost to obtain the USJA Coaching Certificate which is an additional \$25.00.

Locations: Friday at Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road,

Claremont, CA 91711

Saturday at the USJA Winter Nationals, Damien High School Gym, 2280 Damien Avenue, La Verne, CA 91750.

Eligibility: All participants must be members of the USJA, USJF, or USA Judo.

Clinicians: Mr. Jim Pedro Sr., Chair, USJA Coaching Committee

Dr. AnnMaria Rousey DeMars, President, USJA, 1984 World Champion

Ronda Rousey, Senior/Junior World Champion and Olympian 2000, 2004

Jim Bregman, 1964 Olympic Bronze Medalist

Organizer: Gary Goltz, USJA COO

Coordinator: Paul Nogaki, USJA Coaching Committee

Content: Psychology, Physical and Specialty Populations, see next page for detailed topics.

USJA/USJF JUDO NATIONAL COACH CERTIFICATION CLINIC TOPICS

PSYCHOLOGY

- Character Development: Modeling, via Practice, Shiai, and Social Construction of Experience
- Cognitive Development
- Socioemotional Development
- Motivation: Self and Athletes
- Communication: Body Language and Conflict Resolution
- Stress Management: Relaxation and Anger Management
- Mental preparation: Relaxation, Imagery and Focus / Refocus

PHYSICAL

- Nutrition: Nutrients Macro & Micro, For Health & Performance and Weight Gain & loss
- Weight Training: General, Periodization, Plyometrics, Anaerobic, Aerobic and Circuit
- Care & Prevention of Common Injuries: Evaluation, First Aid / CPR and Taping
- Technique: Gripping, Newaza and Tachiwaza
- Tactics: When Ahead, when behind and when even
- Mat Side Skills: Referee Interaction, Competition Rules and Verbal Instruction

SPECIALTY POPULATIONS

- Coaching Physically Challenged: Blind, Physically Disabled and Deaf
- Coaching Mentally Challenged: Post Traumatic Stress Disorder, ADHD and MD

- Women's Development: Recruitment, Retention and Safety

Children: Developmentally Appropriate and Cognitive Development

Masters: Injuries

CLINIC SCHEDULE

Friday December 5, 2008: Goltz Judo Club, Alexander Hughes Community Center

9:00 AM: Registration

9:30 AM: Classroom Session: Psychology

10:00 AM to Noon and 1:00 PM to 3:30 PM: Mat Session: Physical

Noon to 1:00 PM: Lunch provided

3:30 PM to 5:00 PM: Classroom Session: Specialty Populations and Special Topic

- Coaching Women and Girls with Dr. AnnMaria Rousey DeMars
- Special Topic: Training and Coaching World Class Competitors with Ronda Rousey
- Assignment for Tournament Session

Saturday, December 6, 2008: Damien High School (Make-up Session on Sunday, December 7)

9:00 AM: Attend Referee Meeting

9:30 AM: Tournament Session: Physical

5:00 PM (approximate): Clinic of Champions (completion letters will be distributed at end of session)