



Winner of the five-year-old division at the Developmental Tournament with his dad, Victor Ortiz.
Victor is one of the volunteer coaches at the USJA/ USJF West Coast Judo Training Center.

Growing Judo April 2009

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Table of Contents

Editorial	2
USJA Continuing Coach Development	3
Long Island Scrimmage Report	7
Judo Memories	8
Grassroots Judo in Action	11
Foot Techniques clinic at West Coast	12
Coach Clinic Report	13
Judo in Ohio	14
Randori without ukemi	15
Tap out textbook	17
USJA Meetings	19
The Judo Beginner	20
Upcoming Judo Events	25
Zebra Mats	35
USJA T-shirts	36
DON'T MISS USJA JUNIOR NATIONALS!!	41

SAN DIEGO, CA JUNE 19-21, 2009

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or here

<http://judoforum.com/index.php?showtopic=33553&st=0>

Editorial: Judo for Everyone

Recently, I was asked what the USJA was all about. My answer: "The USJA is about judo for everyone at all levels." This issue, James Wall from Louisiana was kind enough to be guest editor. As a result, we have more information than usual about the south, including the upcoming World Masters in Georgia in August and the Louisiana Judo Open in April, from the competitors over age sixty at the international level, to seven-year-olds in their first local tournament. There are reports of events throughout the country, the scrimmages between local clubs in New York City, coaches clinics in Maryland and Virginia and the national novice and brown belt championships in San Francisco this weekend (Hot tip: If you want to go to that event, you can get some great last minute deals on Travelocity.)

The USJA is about volunteers like James Wall helping with this issue, like Charlie Robinson offering a coaches clinic in Fargo, ND. (Yes, there is judo in North Dakota! In fact, I used to live there.) There is also a lot of judo in California, as you will see from the articles in this issue. And we even have Sid Kelly writing an ode to the judo beginner. Roy Hash has organized an All-Women's tournament, based on the successful concept piloted by Deb Fergus, Bob Treat and the other fabulous volunteers at Southside Dojo in Michigan. It's about people like Mark Hunter and Gary Goltz reaching out to the USJF and people like Kenji Osugi, Hayward Nishioka, Neil Simon and Mitch Palacio reaching back. We now have joint tournaments and a joint training center. Who would have imagined it?

I often hear people say, "I like going to practice but I hate the judo politics." Do you think my favorite thing to do is attend USJA Board meetings?

Honest, I don't run into a bar and yell, "Whoo-eee, this is fun! Everybody, the next round of USJA board meetings is on me!"

To have judo for everyone, SOMEONE needs to step up and make things happen, not just the fun parts like practice and teaching judo, but the work parts like making up a tournament form, emailing out copies, renting a gym to have a camp, clinic, tournament or joint workout, making copies, registering players. Maybe you do all of those things, but did you ever think that there is someone out there who is organizing all of it, making sure that each and every task is done. It's a lot of work. For all of you, Roy in Texas, James in Louisiana, Marc in New York, Marshall in Maryland, Gary in California and the rest supporting judo at all levels, all ages, for men, women, novice, brown belts, beginners, thank you!

There's an election coming up. If you like the changes that have been happening, get involved! Sign petitions to get people on the ballot. Vote! Change doesn't just happen. YOU make it happen.

USJA Coach Certification: Continuing Coach Development

The following is a brief description of the various coaching certification levels and requirements for initial and re-certification.

Coaching Levels. Three Coaching Levels are recognized:

Assistant Coaches are Brown Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

National Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA and who have demonstrated a commitment to coaching through above average hours of coaching and continuing education.

Requirements for Certification. Certification requires successful completion of a Certification Clinic (usually 6- 8 hours long), conducted by Clinician approved by the Coach Development Committee that covers all topics identified in the Program Plan. All coaches must also submit a coach application form and pass a background check.

Renewal Procedures. Assistant Coaches, Coaches and National Coaches have two options for renewal. They may re-certify or they can apply for renewal to the Coach Certification Chair if they are a) Coaching and b) earning Continuing Education Units as described in detail below

Assistant Coaches must renew every 4 years. They must a) have coached 50 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or b) re-certify

Coaches must renew every 4 years. They must have a) coached 100 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or b) re-certify.

National Coaches must renew every 4 years. They must have a) coached 100 hours per year in the past 4 years, b) been a certified coach for at least four years, and c) attended FOUR APPROVED continuing education activities within the past 4 years. Minimum rank of shodan

Continuing education activity = 4 hours or more of instruction at a Certification Clinic or Continuing Education Clinic approved by the Coach Development Committee.

OR

College Credit in a subject approved by the Coach Development Committee, e.g., a P.E. course on strength training for young athletes, a course on Classroom Management taught in the School of Education, etc.

Frequently asked questions:

How do I get a coaches badge?

EMAIL a 300 dpi photo to Katrina.Davis@usja-judo.org INCLUDE your name and mailing address. The cost is paid through a donation from Zebra mats. (Thank you, Zebra Mats) You will receive your card in the mail approximately one month after all of your paperwork, including background check, is received.

Do I have to be a USJA member to get certified?

No. You need to meet the requirements stated above for USJA coach certification. You do not need to be a USJA member. USJA and USJF have reciprocity. Also, anyone who passes a USJA clinic can submit the application and fee to USJF for their certification for USJF certification.

I have a degree in Child Psychology which I received in 1975. My degree included 10 courses in Child Development, Motivation and related topics. Can I count this as my continuing education activity?

No. Continuing education is just that, continuing education. The National Coach designation is a recognition of those who have made a major effort, often at considerable expense and personal time dedicated to furthering their knowledge of teaching judo. As with other professions, the requirement is for *continuing education*.

How do I know what clinics are approved for continuing education?

Generally these will state on the announcement "Approved for USJA Coach Continuing Education". If you have any question about whether an activity is approved, call the USJA Coach Chair, Jim Pedro, Sr. at (978) 335-5216 and ask. Or email either Bill Montgomery wmontgomery2@aol.com or Hayward Nishioka nishioka7@earthlink.net

Similarly, if you would like to have your clinic or camp approved for continuing education, just email or call one of the above members of the committee and discuss it.

I want to take a class on business management because I think it will help me run my judo club. Will that count as continuing education?

Course credit will be approved on an individual basis. Generally, almost any course in P.E. or Education departments will qualify. There may be some other courses in other departments, but it is not likely that an art class would be accepted just because you were going to make some posters to advertise your club.

OUTLINE OF REQUIRED CERTIFICATION COURSE

On the mat (minimum four hours)

Conditioning assessment and drills

Gripping instruction and drills

Teaching transition from standing to matwork

Teaching matwork

Teaching counters and combinations.

One hour determined by clinician

Classroom session (approximately 2 hours)

Ethics

Risk reduction & liability

Developmentally appropriate instruction

Classroom Management

Coaching women & girls

Clinics may include more than the above and additional topics (e.g., coaching special populations) at the discretion of the clinician. The above are MINIMUM requirements. Further clinicians are welcome to invite specialists to assist, e.g. a minister to discuss ethics, a physician to discuss injury prevention, an attorney to discuss liability, etc.

CONTINUING EDUCATION FOR COACHES - These clinics can be applied toward the requirements to move from D to C level
Upcoming Coaches Clinics

June 8 -12 Wichita Falls, TX - Contact royhash@juno.com

June 12-14 Fargo, ND Contact Vern Borgen nottwicetoday@yahoo.com

June 21-23 San Diego, CA Contact Bill Caldwell caldwell-b@sbcglobal.net

July 19-26 Sonora, CA Contact Charlie Robinson judo@syix.com

August New York

November Las Vegas, NV

December Los Angeles

Below: Practice at Sport Judo - Head Coach Maurice Allen is a member of the USJA Coach Education Committee and course instructor.



Long Island Scrimmage

This is the fast report of today's scrimmage.

Five clubs were represented by about 40 participants ranging in age from about 7 years of age to 17.

Judging by the comments from instructors, parents and participants, we had another raging success.

In two and half hours, we had a full Kohaku, eight team contests and 1 Round Robin.

We cemented friendships and made new ones.

Marc Cohen

I have been talking to Joe Turchaino about AF Judo time and he sent me his information. We worked out all the kinks I think and I typed it up. I thought it might be a good article for your Growing Judo Magazine.

Grady Overstreet.

Judo Memories:

I was in a unique position, being stationed at Yokota Air Force Base in Japan for 4 years--18 to 21 years old. We had a dojo on base and I also trained in a Japanese dojo in town. I used to walk two miles to get there and then limp back to the base. I was an Ikkyu when Bill Miyazaki came to the base. Shortly after Bill arrived I won the PACAF--(Pacific Air Command Air Force), as an Ikkyu, beating several Shodans and a Nidan. It was a two day contest. Many high ranking senseis attended from the Kodokan. They came as a good will gesture. There was even a General and other high ranking officers there. Inokuma refereed one of my matches. He was a flower of the Kodokan from Otaki sensei's university. I then went to the Kodokan for a special test. It was in the foreign student dojo. I did the knowledge test--show me this and show me that, all in Japanese, then they brought a Shodan off the big floor. He was dripping with sweat, I threw him with uchimata and they stopped it. Kotani sensei was over seeing the match, and I received Shodan just before leaving for the states to fight in the Air Force contest in 1962, losing to Tosh Seino and taking second. Not that I was any way near Tosh in experience. He taught me the left foot entry into hane goshi, and it became very successful for me.

After returning to the base, I and Stan Okahara began working out regularly with Bill and he tossed us with his uchimata. He was an Air Force champion. After a year in grade under Miyazaki sensei's training, I did the kata test and was promoted to Nidan. Bill was friends with Otaki sensei. We had a meeting to discuss if he could get Otaki sensei to come to the base 2 times a week. This Otaki sensei did, for 3 ½ years. We trained 5 nights--each week, 3 hour work outs. After the first year, I went back to the dojo in town and tossed all the young black belts that had been giving me a beating. On Saturdays I took the train 1 1/2 hours each way to the Kodokan. I used to train in the foreign students dojo and Donn Dreager would be teaching there.

As you entered the Kodokan, you would walk to the right, then along the wall. Next you would pass a cluster of Godans, and then Yodans. You would just keep walking, for if you did stop, one of them might ask you to do rondori. When I was still a Shodan, I, myself, would usually keep going till I came to the Shodans, where, I would spend a couple of hours fighting. When we were all spent and on our way out, we sometimes would stop at the Godans to get slammed around, just to feel their waza and so it went like that. Most Sundays we were fighting in the local Japanese shiai. I fought in the red and white shiai each month. They would take 60 or so Shodans and make a red team and a white team. My first contest, I threw three in a row and had a draw. I was a little disappointed because Miyazaki sensei had wanted me to get 5 in a row. When I went to the dojo he asked me how I did. I said that I only got three. He went nuts saying it was great. When I asked him how he did his first time? He said, "I got thrown." Later, I got 13 ippons in 7 contests and by then, as I mentioned earlier, I had one year-time-in-grade. After I did the kata test and was promoted to Nidan, I then went over to the Nidan area and had three wins at Nidan.

The training was intense; the magic number was at least 18 hours a week of training. Today most train three to 6 hours a week. When the SAC team came to the Kodokan I would take leave and go in every day, since most of those guys I knew from the Air Force team.

I remember sitting with Harris and Campbell in the Kodokan restaurant and hearing them discuss who was going in the Heavyweight Division and who would be in the Open Division, at the US Olympic Trials, to be held soon. The contest was held at the World's Fair. One weekend it was the Nationals, and the next weekend the Olympic Trials.

I remember once standing in front of the contest mat when Campbell threw Asada, one of the first American judoka to penetrate that high into the Japanese high ranks. Being a 5th Air Force 160 lb winner, I had two trips back to the states with the Far East Air Force team to participate in the All Air Force Championship. Nelson Cross and I flew back to the states with Kotani sensei, who I was close to and he was close to my sensei Tadao Otaki sensei, with whom I had trained with for 3 1/2 years. We were flying in a 4 engine prop. We landed on Wake Island and had a 6 hour delay so we walked the beautiful beach and aqua water, listening to his stories and hanging onto every word. It was so pleasant. We walked past two of our landing craft, rusted out and dug into the sand. We just kept listening to sensei and never mentioned the craft. It was a powerful moment on how far judo had brought us together, with a student of Kano sensei. It impacted my life.

In the Air Force Championship I fought and beat Leonard Shull in the 160 lb Weight class, after he had put 4 guys to sleep. I was standing over him; he was on his back, telling me to come on, come in. No way was I going down on the mat with him. I threw his legs aside and told him to get up and the place went crazy. I later caught him with harai for wazari and won the decision. I was just a kid, he was a seasoned pro strangle expert.

The 1963 All Air Force team was made up of Tosh Seino, Jim Jarvis, Dean Towers, Roby Reed, Nelson Cross, my mentor and Heavyweight Champ. I was discharged from the Air Force in 1963 and returned home to New York and joined the Waseda Judo Club. After training there for 13 months I was promoted to Sandan. I trained at Waseda dojo in New York City for 7 years. While training there, 5 Godans came in from Waseda University in Japan, I can say I threw each of them from time to time, catching a beating also.....

I was talking to Jim Bregman at the New York Open. I asked him how many Sandans he threw in a row and he said six---that was astounding. In my years at the nationals they let the imports play us and fight it out for the Grand Championship. Of course, a few of the old Champions held their own with them, Seino, Nishioka, Bregman, Harris ,Campbell. I had 4 solid 4th place finishes in the 205 and under, knocking off some past champions along the way

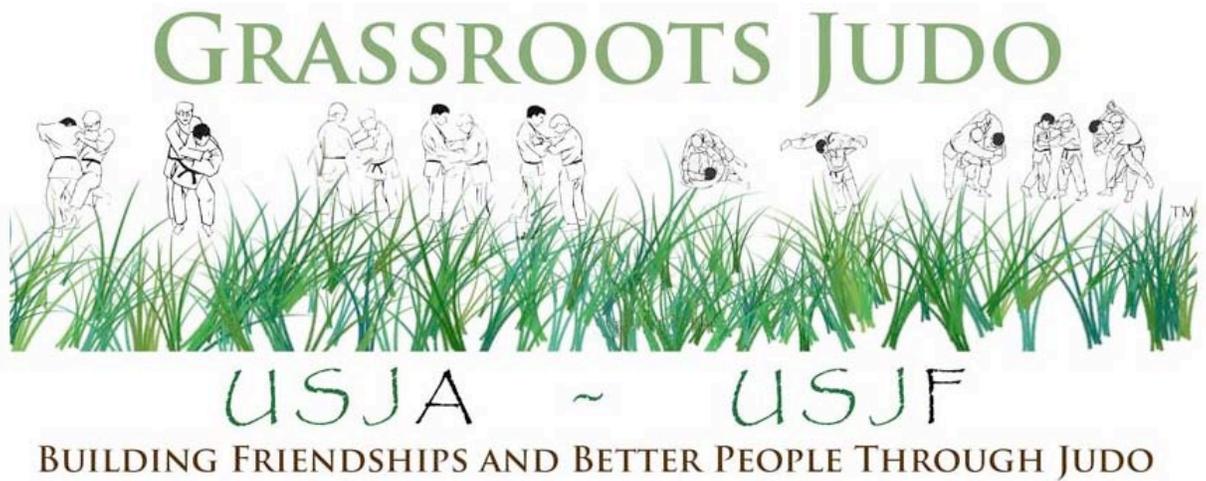
I retired at 30 years old with enough points for Godan which I made under Vince Tamura when I lived in Texas for 12 years. Years later at 38, I won the Southwest Championship in the seniors 205lb. Vince Tamura was promoted to Kudan in 2004.

I will be 67 in March, 2009, just starting out.....each day.....still on the tatami.....

May this story be an inspiration for some of you who go to the Far East with the military, to spend some of your time there, training in one of the martial arts.

It was such a long time ago.....

Joe Turchiano



Sensei George Harris just happened to be in the neighborhood and stopped by the Goltz Judo club for an impromptu clinic on March 4th, much to the surprise and delight of the judo class. Below, Mr. Harris shows that even in his seventies he has no trouble throwing around young black belts. All of the young people, from white belts to black, were in awe of both his technique and willingness to share his judo knowledge with anyone who owns a gi.



Hayward Nishioka and Kenji Osugi clinic at the USJA/ USJF West Coast Judo Training Center.

Here is a photo from a FABULOUS clinic Hayward Nishioka and Kenji Osugi did on foot techniques at the USJA/ USJF West Coast Judo Training Center. There were 16 participants from eight judo clubs, ranging from age seven to uh, way more than seven, from . Kenji Osugi is president of Nanka Judo Yudanshakai, one of the oldest and largest organizations in the USJF. Hayward Nishioka is the author of Judo: Heart and Soul, also Foot Techniques - a book published by Black Belt. He is also the producer of several judo videos. The two instructors took the group through foot sweep drills, set-ups for ashi-waza, combinations, proper technique and much more.



Clinic report

Marshall Coffman

We had two good clinic days, first in Fredericksburg, Virginia with Chuck Wall and his club and second at Budokan Judo Club in Dunkirk.

Four of us traveled from Dunkirk to Fredericksburg Judo Club. Besides the members of the Fredericksburg Judo Club, we met Pete

Mantel and a couple of his students and Mark Smith from Hui O Judo Club in Beltsville, MD. We had a really good day and AnnMaria was

up to her usual par of excellence.

At Dunkirk, we had 17 participants from Pennsylvania, Northeast Maryland and the Washington. DC metropolitan area. Even though we covered the same core materials as the day before, AnnMaria displayed her versatility with an array of different techniques and examples. However, we could not seem to get her away from her passion for Juji Gatame. Wonder why? We had another great day.

I have been receiving good feedback all week.

Thank you AnnMaria and all who helped to make these clinics possible!

Ohio Judo Update

To All Judo Coaches and Players in Ohio,

Please pass on this information to all judo players and coaches who live in the state of Ohio.

The Board of Directors of Ohio Judo, Inc. (OJI) at its last meeting passed (among other actions) the establishment of two new programs as follows:

1) OJI Auxillary Membership - A new category (Auxillary Membership) was established to allow additional people who are interested in the programs and activities of OJI to be officially registered with the organization. It is anticipated that there will be two types of auxillary members - those not registered with USA Judo, the USJA or the USJF and those who are current members of the USJA and/or USJF. **Note: Those who are current members of USA Judo are already individual members of OJI and there would be no benefit to Auxillary Membership.** Those who are not registered nationally would not be entitled to take part in any physical judo activity (club practices, on-the-mat clinics, demonstrations, competitions, etc. but their "auxillary" status would provide a mechanism to financially support the OJI and perhaps participate in some of the non-physical activities of the organization. Those who are current members of the USJA and/or USJF will, upon becoming Auxillary Members of OJI, be eligible for several programs offered by OJI (e.g. Traveling Team, potential financial support for special activities, the OJI Scholars Program [see item #2 below], etc. To meet the requirements of such programs, Judoka must maintain current membership in USA Judo, the USJA and/or the USJF. Please use the attached "OJI Auxillary Membership Application" if you are interested in becoming an auxillary member.

2) The OJI Scholar Judoka Program - The OJI wishes to recognize its members (all of whom are also USA Judo members) and OJI auxillary members (who also hold current membership in the USJA and/or USJF) who achieve academic excellence in high school. Two levels have been established: OJI Scholar Judoka (GPA=3.0-3.499 on a 4.0 system) and OJI High Honors Scholar Judoka (GPA=3.5-4.0 on a 4.0 system). This recognition will be given at the end of 9th, 10th, and 11th grades, as well as April of the 12th grade. All 12th grade applicants who qualify as OJI High Honors Scholar Judoka will be ranked according to their normalized GPA (taking into account AP classes) and the top 5 who attend either a 4 year or 2 year college the following Fall will receive a partial scholarship (\$100 in 2009) to put toward their expenses. Additional information can be obtained from me by e-mail russell_scherer@sbcglobal.net or phone (937-427-5836).

In service to Judo,
Russ

KELLY'S CAPERS
RANDORI WITHOUT UKEMI
and
THE BULL AND THE MATADOR
By Sid Kelly 8th Dan Judo 6th Dan Ju-Jitsu

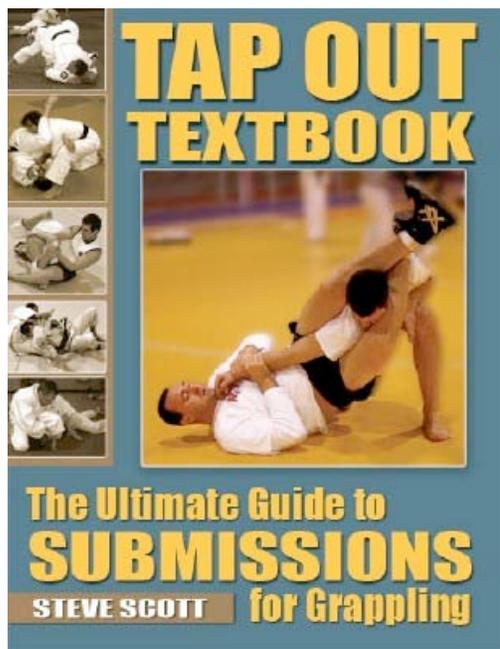
Kelly's Capers attempts to tackle what must be the most neglected area of teaching judo: preparing the beginner for the skills required to apply and defend throwing techniques in randori. A caper, as defined by Webster, is a gay, playful, jump or leap. Kelly's Capers guides the judo beginner down a non-traditional, innovative path, by way of playful jumps, or small steps. The Capers consist of the two methods that familiarize the beginner with the skills of randori.

1. Randori Without Ukemi.
2. The Bull and the Matador.

Randori Without Ukemi is practiced from the beginner's first lesson up until he begins randori (6 months or so). The Bull and the Matador is introduced about 3 months after a beginner starts judo. The final Bull and the Matador exercise is called, 'The Road to Randori.' At this point, the beginner has been gradually familiarized to the skills that occur in randori, and is now prepared to participate in the regular exercise of randori.

Mastering the throwing skills of judo is a very difficult challenge. It requires a fine degree of skill, physical fitness, and a correct mental attitude. This challenge is met and played out in the time tested judo

exercise of randori. How beginners are introduced to this difficult, demanding, strenuous exercise, is the probable reason why unrecorded millions of beginners have quit judo. And the reason for this is, what beginners are initially taught has next to nothing to do with what they will later experience in the rough and tumble of randori. It seems that ever since the formation of judo, the judo community has, unbeknown to itself, denied or even shirked its responsibility for the beginner's welfare. Traditionally, beginners are taught how to break fall, learn some throws on a cooperating partner, and then told, this is randori, sort the rest out for yourself. Of course the truth is, most of it you do have to sort out for yourself. But how prepared should, or can the beginner be, before he is asked to sort this difficult challenge out for himself? Is only slightly knowing two skills (some throws and falls), enough? How many stick at it until they are able to randori is the proof to the answer to that question. Kelly's Capers introduces the beginner to thirty (30) skills that occur during the exercise of randori, by methods that are gradual, and user friendly. It is the introductory learning environment that determines the eventual outcome of a beginner's skill, and whether he will experience sufficient satisfaction and enjoyment to continue in his practice of judo. The over riding goal of Kelly's Capers is to improve judo class retention. This will boost the judo population, increase financial stability, and give a larger base to draw elite players from. If judo is to have a healthy future, what is more important than having a large judo population?



“If you make your opponent tap out, he’ll never forgive you and never forget you!”

TAP OUT TEXTBOOK

\$29.95

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This is a big book; 8 ½” by 11” in size with 475 pages and over 1,200 photographs. Written in clear, concise language with clear, easy-to-see photographs, this book has about 430 different armlocks, chokes and leglocks.

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Pre-order directly from Steve Scott and pay only \$29.95. Shipping and handling is free (U.S. residents only) if you order before April 15. Send check or money order to Steve Scott, 8000 Jefferson, Kansas City, Missouri 64114. If you train with Steve Scott, bring cash (preferred) or check with you to practice. BOOKS SCHEDULED TO ARRIVE FROM PUBLISHER IN EARLY APRIL.

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Upcoming USJA Meetings

USJA Board Meetings for 2009 will be at USJA events:

USJA Junior Nationals in San Diego, June, 19, 2009

USJA/ USJF Winter Nationals, Ontario, CA, December, 2009

There will be both a Development Committee meeting and a Coach Education Committee meeting at each of these events. Board meetings and committee meetings will be open to the public and all USJA members are invited and welcome to attend.

Other committee chairs may have meetings at other events.

A list of committees can be found here:

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

If interested in a specific committee meeting schedule, contact the chair for information.

DON'T MISS THE USJA JUNIOR NATIONALS!!

SAN DIEGO, CA JUNE 19-21, 2009

Download application form here:

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

or here

<http://judoforum.com/index.php?showtopic=33553&st=0>

HOPE FOR THE JUDO BEGINNER

By Sid Kelly

8th Dan Judo 6th Dan Ju-jitsu

For a beginner, judo must be unique,
Because when his enthusiasm is at its peak,
And he applies what he was taught,
He finds in standing randori, it all comes to naught.

But stubbornly this beginner does his best,
And always steps up to the plate for the test.
He first performs the standing bow,
Ensuring what follows is not a row.

He then secures his favorite grip,
And attacks all out with his leading hip,
But he is met by what seems a thousand padlocks,
With stiff arms, as impenetrable as Fort Knox.

But steadfastly he gives it another go,
And tries his favorite throw, his *O-soto*.
But again it's a thousand padlocks,
With the stiff arms of Fort Knox.

The next attempt he pulls one arm free,

Growing Judo

21

And attacks relentlessly with his *Ippon Seoi-nage*.

But again it's a thousand padlocks,

With the stiff arms of Fort Knox.

Repeatedly, his throws he would try and try,

But he was either blocked or would fly.

After flying, his falls were one of a kind,

Either hard on his back, or soft on the behind.

Besides the problems of falling, and Fort Knox,

He just couldn't seem to think outside the box.

With most other problems he could find a way,

But randori, it seems, would have the last say!

At swimming, tennis, and karate,

The judo beginner was a dilettante.

In swimming, when using his strokes he could swim,

Not restricted as in judo, making life grim.

In tennis, he was not restrained to hit the ball,

Or be disillusioned by a hard fall.

In karate, nobody inhibited his punch or kick,

Even though, only fresh air saw the trick.

This beginner knew judo could be fun,

If only he could get into how it was done.

Growing Judo

22

But sadly, because of how his judo was introduced,
His hopes and optimism were continually seduced.

Then one day he was informed,
That someone, somewhere, was concerned.
The concern was for improving student retention,
And how it was implemented caught his attention.

A new system is now in place for retaining beginners,
Unequivocally, unconcerned with producing winners.
Randori is now introduced gradually,
Logically and methodically, but never abruptly.
Introduced first, is *Randori Without Ukemi*,
Encouraging movements naturally and playfully.
Taught simultaneously are falling and throwing,
Preparing for later, when randori really gets going.

Next is the exercise of *the Bull and the Matador*,
Preparing the beginner for when he meets the floor.
In this exercise the Bulls actions are mandatory,
Constantly charging and never dilatory.

The Bull must, without hesitation attempt to throw,
Not waiting, or hesitating, as if he doesn't know.
Guidance now is clear and unambiguous,
As attacking and defending is made without fuss.

The new system develops skills that are subtle.

Which are impossible to develop during hard battle.

Distance judgement, harmony, and timing,

Are some such entities, that give randori its rhyming.

This beginner just couldn't wait to get going,

As now his adrenal juices were really overflowing.

But why, he thought, was the present myopic system used,

Where mind, body, and skill development, were abused?

After some investigation he found out why,

Confusing his emotions, as to whether laugh or cry.

He realized ingrained habits are hard to break,

Even when a judo population growth is at stake!

Judo, of course, came from Japan,

Having brought much fulfillment to many a man.

But how randori is introduced in Japan,

Can, if copied, ruin another countries judo plan.

In Japan's institutions where judo is taught,

Judo students are a captive audience, and not sought.

With classes still full, and a few years along,

Students become battle bruised, skillful and strong.

Even if reluctant, Eastern students return to class,
Not having the luxury of giving hard training a pass.
Western students, pay a class fee,
And when training is too hard, have the luxury to flee.

Slowly, patterns of judo populations are revealed.
Some hold their own, while the fate of others are sealed.
In some, it matters not how randori is introduced,
In others, it's the cause of judo populations being reduced.

So the beginner searched the web page,
As here, all can be located in this day and age.
Masteringjudo.com is where *Kelly's Capers* was found,
He then tracked down and found a class like a hound.

By using *Randori Without Ukemi*, subtleties are evolved,
Causing randori's mysteries to be solved.
Although mastering standing skills will always take years,

The beginner now had hope, without cognitive tears.

Upcoming Judo Events!!

Goltz Judo

Over the next 3 Saturdays we will have some great clinics at our dojo.

The first is a follow-up clinic with Paulo Augusto who is equally as good at judo and Brazilian Jiu Jitsu. He will be showing ground work techniques from BJJ that help win judo matches. Following his clinic I will be reviewing the Nage and Katame no Katas

The next clinic is Sid Kelly a world renowned instructor. My good friend Hal Sharp who arranged this visit will also be on hand. Sid Kelly, created and scientifically engineered Kelly's Capers (The Road to Randori)--a five part system that progressively prepares the judo beginner for randori. The main goal of the system is that of improving retention rate in the dojo. While this clinic is oriented towards instructors it's open to everyone as we need students present to demonstrate Sid's teaching methods.

The third clinic entails a visit by the 22 member Tahitian Judo team. Thanks Kenji Osugi the entire team will be at our dojo! Following the practice we will hold a pizza party nearby open to everyone. But that's not all; after pizza we will then head to Little Tokyo to do a judo demo at the Cherry Blossom Festival!

I hope to see lots of judo instructors, competitors, referees, and recreational players at these outstanding grassroots events. Call me if you have any questions. Thanks.

Gary Goltz

Upcoming Judo Events Contd.!!

Mayo Quanchi Judo Team Announces

**Open to judoka of all levels. Coaches are welcome.
This camp is a great opportunity to train with some of
the best in the USA.**

Place: Mayo Quanchi Judo club
751 Main Street
West Warwick R.I. 02831

Due to the number of judoka we will be breaking our camp up into 2
5 day segments: Week 1 June 29th- July 3rd **Week 2, July 3rd – 8th is
already completely full you may apply for week 2 with the understanding
that you will be on a waiting list,** We will be on a first come first serve basis
for week 1 and the waiting list for week 2. In the application below you will
need to provide the dates you wish to attend. Multiple weeks are possible.
We may add a 3rd week for later in July the dates are TBD.

Camp fee for home stay and all meals included will be: \$325 if received by
May 10th, May 10th - June 1st will be \$375. If space is still available after
June 1st the cost will be \$425. Family discounts are available please call
for a quote.

Camp fee for staying on your own \$200

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

Please make checks payable to Serge Bouyssou and mail application and waiver to
Serge Bouyssou 290 Matteson road Hope R.I. 02831

Upcoming Judo Events Contd.!!

2009 US A NATIONAL SENIOR WHITE & BROWN BELT JUDO CHAMPIONSHIPS

The 2009 US A NATIONAL SENIOR WHITE & BROWN BELT JUDO CHAMPIONSHIPS will be held on Sunday, April 5, 2009, at the Community Health & Wellness Center on the main campus of CITY COLLEGE SAN FRANCISCO, 50 Phelan Avenue in San Francisco. The entrance to the Wellness Center is located on Ocean Avenue.

This event is hosted by CITY COLLEGE OF SAN FRANCISCO JUDO CLUB and is sponsored by the UNITED STATE JUDO FEDERATION (USJF), UNITED STATES JUDO ASSOCIATION (USJA) & CALIFORNIA JUDO, INC. (CJI). The tournament is sanctioned by USJF. The Tournament is open to all male and female contestants, at least fifteen (15) years of age on the day of the competition. All contestants must be registered members of and in good standing with the United States Judo Association (USJA), United States Judo Federation (USJF) or USA Judo (USJI).

Online registration, for \$50 entry fee, is available until April 1, 2009. All tournament entries will be processed through ON-LINE TOURNAMENT REGISTRATION FORM._ Payment will be accepted through Paypal or credit cards.

Late walk up registration, for \$100 entry fee, is available on the day of the tournament and you will be directed to computer workstations to process your entry form.

All contestants must present their valid USJA, USJF OR USJI membership card at the time of registration. USJF membership cards may be purchased at the tournament site. All contestants must be familiar with the sport of Judo and the rules in connection thereto and have sufficient ability to safely compete in the tournament. **White Judo Gi's are mandatory; blue Judo Gi's are optional. Competitors must supply their own white & blue belts.**

All athletes must check in with tournament officials at the tournament site, in person, between 4 pm and 7 pm on Saturday, April 4, 2009, at City College of San Francisco Wellness Center/Martial Arts Room and complete all required forms and pay all appropriate fees. The official weigh-in for all contestants will be from 4:30 pm to 7:00 pm on Saturday, April 4, 2009, at City College of San Francisco Wellness Center and athletes must present their tournament-issue identification card. Contestants will be alone only ONE time on the scale.

Competition floor pass credentials will be provided to nationally certified coaches ONLY. Minimum "E" level issued by USJF, USJA or USJI.

First, second and third place medals will be awarded in each division. For more information, contact Tournament Director Mitchell Palacio, mpalacio@ccsf.edu.org.

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Upcoming Events in Georgia



The World MasterAthlete Championships has one of the, if not the, highest competitor turnout for any judo event in the world. And the attendance hardly does anything but grow by the hundreds each year. It has been held all over the globe: from North America, where the tournament began over a decade ago in Canada, to Europe, South America, and to the very Mecca of judo, the Kodokan in Tokyo, Japan. The World Masters is the first World Championship for Master level competitors that is still in existence. As for who competes in the World Masters; our senseis compete, our moms and dads compete, and our former Olympians and World Class fighters compete. The heart that pumps the blood through judo competes.

Atlanta is already a hugely important city to American, Olympic, and World Class judo. Jimmy Pedro won the first of his two Olympic bronze medals here. Atlanta is where the great Koga was upsetted for his second gold.

I will always cherish the memory of being my father's uki at the 2003 World Masters in Tokyo. As he practiced his special techniques in one of the many antedojos of the Kodokan, and in the main dojo—I couldn't help but to really appreciate where I was and how fortunate I was to be there with my dad. Having just received my shodan two years prior, the Japanese mothers bowing to me as they escorted their young children to judo class in the Kodokan stair well was something that was otherworldly and almost certainly from another time. Randori and kumikata sessions with the kind '76 Olympian, Teimoc Johnston-Ono -- whose wise words, "Judo will be there," rang so true some years later when I needed them to the most. And all of the medals that I have watched my pops win... I still have a few years before I can fight in the World Masters, but already it has become such a wonderful part of my life...

So, I say to you, if you haven't been a part of this tournament as a competitor or a volunteer or spectator, then you should. As a judo player, a student of the sport, a native Atlantan, and a proud son I am more than a bit biased. So, please don't take my word for it, come out and support the World Masters yourself this August 19th-23rd, in Atlanta, Georgia and see what the World Masters could mean to you.

Sincerely, R. Matt Scheib , Tournament Director,

11th World MasterAthlete Championships

99 Peachtree Street, Suite 203, Atlanta, Georgia 30303

Telephone: 404.805.6316 | Facsimile: 404.688.0870

matthew@atlantajudomidtown.com

Upcoming Events in Louisiana

On Saturday, April 4th there will be two Referee and Technical Official training sessions held in Louisiana. Both are completely free to attend!

One session will be held at Acadian Martial Arts in Lafayette, LA.

The second session will be held at Wall to Wall Martial Arts in Watson, LA.

For more info contact the following:

Acadian MA – Dave Shorey - a048331@allstate.com

Wall to Wall MA – James Wall – wallmartialarts@cox.net

On Tuesday, April 7th there will be a Judo/Grappling session hosted by D'Arbonne Martial Arts in Farmerville, LA. Clinician will be James Wall.

Wallmartialarts@cox.net for more info.

On Tuesday, April 14th there will be a Referee training session held at Barksdale Judo in Shreveport, LA. Clinician will be James Wall.

wallmartialarts@cox.net for more info.

The 2009 LA State Judo Championships will be held in Lafayette, LA on April 25th. The event is being hosted by Acadian Martial Arts. The event flyer is attached below.

2009 Louisiana State Open Judo Championship

April 25, 2009

Hosted by The Louisiana Judo Council, Inc.

For more information contact James Wall wallmartialarts@cox.net

Sanction: USJA & LJCI

Location: Teurlings Catholic High School Gymnasium

139 Teurlings Drive, Lafayette, LA 70501

Eligibility: Open to members holding current USJI, USJF, or USJA cards. Proof of membership must be presented at registration. Applications for USJI and USJA will be available for on-site registration.

The Louisiana State Open Judo Championship is open to all competitors

Rules: Current IJF rules (modified). Modified Competition Area (6m X 6m). The tournament director retains the right to adjust divisions as necessary. The use of blue and white gis is encouraged.

All competitors must have at least a white gi. A match between two blue gis will not be permitted. For matches with two white gis, blue and white belts will be provided by the tournament.

Shime-waze (chokes) not allowed for juniors 12 years old and under, **kansetu waze** (arm locks) not allowed for juniors under 16 years of age. Juniors 14, 15 and 16 yrs. of age will be allowed to compete in senior competition under senior competition rules **PROVIDED PARENT AND COACH SO NOTE ON RELEASE FORM AND SIGN THE FORM**

Method of Competition: 2 Competitor Division: Best 2 out of 3.
3-4 Competitor Division: "Round Robin"
5 or More Competitor Division: Modified Double Elimination.

Match Duration: All junior and master matches are 3 minutes. All novice and senior men's and women's matches are 5 minutes.

Weigh-in and Late Registration: To increase the tournament efficiency and flow, please weigh-in Friday night if possible.

Schedule of Events:

Saturday, April 11th, 2009: Pre-Registration Deadline – Postmarked by 4/11/2009

Friday, April 24th: 6:00 p.m. – 9:00 p.m. All Athletes' Weigh-in and Late Registrations

Saturday, April 25th: 8:00 a.m. – 9:30 a.m. Kata Athletes' Weigh-in and Late Registrations

8:00 a.m. – 10:00 a.m. All Athletes' (non-Kata) Weigh-in and Late Registrations

Competition Schedule:

Referee / Coaches Meeting To Be Announced

Kata Competition Starts: 9:30 a.m.

Opening Ceremonies & Junior Roll Call 10:30 a.m.

Junior and Master's Competition Starts: 11:00 a.m.

Novice and Senior Competition Starts: 1:00 p.m. (will not start before 1:00 p.m.)

Hotel Information:

Comfort Inn

1421 S.E. Evangeline Thruway

Lafayette, LA 70501

337-232-9000 or 800-800-8752

www.comfortinnlafayette.com

Judo Fun and Games

“Popcorn Pins”

It’s been quite a while since I wrote a new game article for Growing Judo. Since taking a new job last February my schedule has become much more hectic and busy (and I didn’t think that was possible)

This month I thought I would try to put together a quick ground-based game/drill that I thought some of you might enjoy. It’s called Popcorn Pins and here’s how it goes.

Start by dividing your group into pairs with the partners being as close in size as possible. Have each pair pick a spot on the mat and then have the partners lie down on their backs with their heads pointed in opposite directions. They should lay fairly close to each other and place their arms beside their bodies on each side.

At the command of Hajime the players each try to pop up as fast as possible into a sitting position and then attempt to pin the other person onto the mat. I typically only give them about 5-10 seconds to either pin or get pinned.

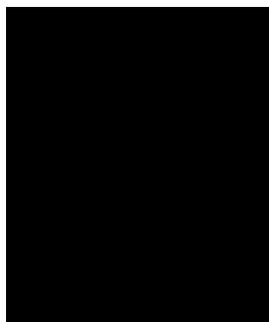
I typically run through about 3 or 4 repetitions of this and then change things up a bit by having the pairs now lie down on their stomachs instead of their backs.

Another fun variation is to “fake them out” by using words like “ready, set,wait!” occasionally. This is always good for a few laughs since invariably there will be some pairs who jump the gun in their eagerness. It also has the added side-effect of forcing the students to really focus on their actions and on your commands.

James Wall

Wall to Wall Martial Arts

Watson, LA.

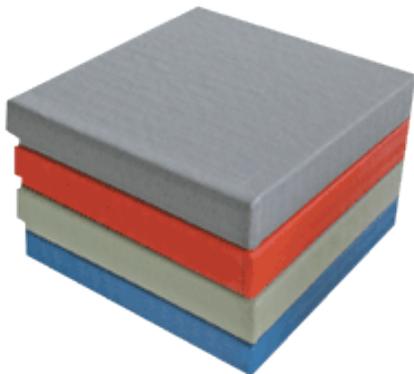


ZEBRA™ is proud to be the Official Mat Sponsor of the 2009 World Masters Athlete Judo Championship.

As the official mat sponsor of the 2009 World Master Athlete Judo Championships, ZEBRA™ is making its high quality tatami-style mats available to you at a significant discount. Purchase the mats from the 2009 World Master Athlete Judo Championships and SAVE \$\$\$*. Contact ZEBRA today at 1-800-9898-8085 and mention the World Master Athlete Championships to reserve the mats. (25% deposit is required).

Contact us today – these mats sell out quick!

1-800-989-8085 or jimmypedro@zebramats.com



Zebra Grappling mats™ are available in **Red**, and **Blue** from this event. Custom colors can be ordered. Give us a call and ask how to order custom colors. 800-989-8085

* Discount is taken off our normal retail price for orders of 20 or more (\$124 per mat)

To order call toll free 877-411-3409, Fax: 719-633-4041, email: orders@usja-judo.org,

Website: www.usja-judo.org/ or mail to USJA, 21 N. Union Blvd., Ste 200, Colorado Springs, CO 80909



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Card No: ____/____/____/____ Exp. Date: _____

Name on Card: _____

Authorized Signature: _____

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SHIPPING AND HANDLING CHARGES				Sub-Total	
Up to \$6.00	Add \$3.00			S & H	
\$6.01 to \$15.00	Add \$5.75			COD 9.50	
\$15.01 to \$30.00	Add \$8.50			Sub-Total	
\$30.01 to \$75.00	Add \$9.50				
Over \$75.01	15 % of total			TOTAL	



Terry Kelly All Female Open
Judo Tournament
Saturday, May 30, 2009

Sanctioned by USA Judo, Inc and the United States Judo Association

(Sanctions Pending)

Location: D. L. Ligon Coliseum, Midwestern State University, 3410 Taft Drive, Wichita Falls, TX 76308.
There will be 2 competition areas.

Eligibility: Open to **FEMALE (only)** holding current USJI, USJA or USJF membership cards. Proof of current membership must be presented at registration. Applications for USJA and USJI will be available for on-site registration.

Rules: Current IJF rules (modified). The use of blue and white Gis is encouraged. All competitors must have at least a white Gi. **Matches between two players in blue Gis will not be permitted.** Players in white Gi or their coach are responsible for providing their personal blue and white belts to insure proper sizing.

Method of Competition: Round Robin for divisions with 5 or less competitors. Pool system, with top 2 places in each pool advancing to final for brackets with 6 or more competitors.

Match Duration: All junior matches 14 years and younger are 3 minutes with 2 minute Golden Score. Juniors aged 15-16, novice and masters' matches are 4 minutes with 2 minute Golden Score. All senior women's matches are 5 minutes with 5 minute Golden Score.

Awards: Medals for 1st, 2nd, and 3rd place in each category will be given. Team trophies will be awarded for 1st, 2nd, and 3rd high point teams in the junior and senior divisions.

Coaches: All coaches with a current **Coaching Badge from the USJI, USJA or USJF** will be admitted at no charge. Coaching chairs will be provided. **Lunch will be provided for all coaches.**

Spectator Fee: 7 and younger no fee, Ages 8 to 16 - \$1.00; Ages 17 and up - \$2.00. 1 Adult family member admitted free with a junior player participating in the tournament.

Referees and Volunteers: We could not do this tournament without the help of our volunteers. All event volunteers for the 2009 Kelly Open will receive lunch. Table workers and event volunteers will be entered in a drawing for a \$50 gift card. Referees will receive a \$50 Gift card. Out-of-state national or higher referees will receive a free hotel room with two referees per room.

Kata Categories: Nage No Kata, and Katame No Kata, **All kata teams MUST pre-register.**

All players must complete a "Certificate Regarding Non-Black Contestants" that must be signed by competitor's judo instructor and include a copy of the instructor's rank verification. This is required as part of the tournament sanctioning agreement with USA Judo.

A JUNIOR player may move from the appropriate age category or to a higher weight division in order to obtain competition. Approval to move to a different division will require parental, coach and tournament director approval. Junior players will not be allowed to play up more than 1 age group, 1 weight class or in a junior division with a greater than 15% difference in body weight. Junior players wishing to play in adult divisions will be placed in the adult division based on their equivalent rank. NO EXCEPTIONS will be made to this policy.

Junior Girls: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16 (Divisions will be made with a MAXIMUM of a 15% pound weight spread)

Senior Women Novice (Green and Under): 105, 115, 125, 135, 150, 170, 170+

Women's Masters Novice: (30+ years with a rank of Green and Under) (Light, Medium and Heavy)

Women's Masters: 30-39, 40-49, 50-59, 60+ (Light, Medium and Heavy in each group)

Senior Women: Olympic Weights

Entry Fee: *DO NOT MAIL AFTER 5/18/09 OR WITH "SIGNATURE REQUIRED" DELIVERY. THIS WILL ONLY DELAY YOUR REGISTRATION.* Registrations postmarked before May 19, 2008 may register at a

discounted rate of \$25.00, with each additional division at \$20.00. **All Pre-Registered Athletes will be entered into a drawing for a BLUE Double Weave Gi from HSU! One gi will be awarded to Junior, Senior, and Master's Divisions for Pre-registered Players in these divisions.** For those registering at the door, the entry fee is \$35.00. Juniors, Senior Novice and Novice Master Players may compete in multiple divisions, with each additional division entered for \$25.00 at the door. Kata teams are \$35.00 per team for the first kata, and \$25.00 per team for second kata. **Pre-registration is required for kata teams.**

Weigh In and Registration: Registration and Weigh-in on Friday, 5/29/09 will be held at the Bill Bartley Branch YMCA, 5001 Bartley Dr, Wichita Falls, TX. Registration and Weigh-in on 5/30/09 will be held at the D.L. Ligon Coliseum, Midwestern State University. To increase the tournament efficiency and flow, please weigh in during the weigh time appropriate for your age and division.

Friday, May 29: All athlete registration 6:30 PM – 8:00 PM

Bill Bartley Branch Family YMCA

5001 Bartley Drive

Wichita Falls, TX, 76309

Saturday, May 30: Masters (Novice & Advanced) 7:30 AM – 8:30 AM

Saturday, May 30: Junior Girls (5 – 16 YO) 8:00 AM – 9:30 AM

Saturday, May 30: Novice & Senior Women 8:30 AM – 09:30 AM

Competition Schedule:

Kata Competition Starts 8:30 AM

Masters (Novice and Advanced) Competition Starts 9:30 AM

Junior Competition Starts 10:30 AM or completion of masters

Novice & Senior Competition Starts 12:00 PM or completion of the juniors

Tournament Director: The Tournament Director is Roy Hash, Head Coach of TEXOMA Judo of Wichita Falls. Coach Hash may be reached at (940) 733-7330, email to royhash@juno.com or regular mail to 3351 FM 368 South, Iowa Park, TX, 76367-6717.

40th Annual USJA Junior National Judo Championships 16th Annual USJA Junior National Kata Championships San Diego, California June 20-21, 2009

Tournament Headquarters/Location

The Town and Country Hotel and Convention Center

500 Hotel Circle North

San Diego, California 92108 (800) 772-8527

Room Rates \$135 per night. Please mention **United States Judo Association**

Deadline for room reservation: June 10, 2009

Host Club:

Unidos Judo Clubs

Tournament Directors

Jesse Jones (951) 461-1661 (Home) JesaJoa@aol.com

Mark Hays (619) 596-6759 (Home) MandDHays@cox.net

Registration Chairperson

Jenifer Leith-Beckett (619) 276-1725 JenSweetFeet@Yahoo.com

Head Referee

Mark Yamanka

(Yeah, it's pretty tough cutting weight in San Diego – not!)

