

GROWING JUDO

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Editorial: Judo for me & you & you & you & you

By AnnMaria Rousey De Mars, USJA President

I love this month's cover because it shows the people of the USJA, adults – Tony Comfort, former U.S. team member and now judo coach and electrical engineer, pins teenage college student Gavin Purdy, in the next photo, a younger teenager is smiling at camp and in our last photo we have two little orange belts doing what little orange belts do best – rolling around on the mat.

In this issue, we have reports on everything from clinics in northern Louisiana and central Virginia to tournaments in the Dominican Republic and Israel. There is a judo reunion (see page 24) of judo players from the 1960's – 1980's organized by, among others, my competitor in my youth, Vickie Daniels. Vickie and I remember when it was a fight to even get women in competition and now it goes without even mentioning that the coach for the Maccabiah Games is a woman, Stephanie Moyerman originally from Liberty Bell Judo in Pennsylvania and now at USJA stalwart club Judo America. Well, I guess I just mentioned it.

Some of you have asked for more technical information on judo. We heard you and have an *extensive* article by USJA Secretary George Weers. You've asked for information on local events and we have that, too, both announcements and reports. You've asked to have your judo organizations working more together. The USJA and USJF have regular joint planning meetings. We are offering a camp after the USJA Junior Nationals open to ALL ages with support from USJF, USJA and two area yudanshakais. We co-sponsor the national novice and brown belt championships. If you missed this great event this year, you can read about it here <http://drannmaria.blogspot.com/2009/04/mitch-palacio-maurice-allen-mark-hunter.html>

Judo has grown over the last year. There are two new clubs opened up in the past several weeks in my own area, and this despite a tough economy (see page 26). Our Chief Operating Officer, Gary Goltz, continues to think outside the box (I actually don't think Gary would fit in a box) with our new partnership with Black Belt Magazine, yet another benefit offered USJA members.

Maybe it is my old age, maybe it is that it is 1 a.m. or the glass of Chardonnay sitting here, but I think I know the secret of growing judo. It is to never give up and never give in. When I was young, there were people trying to keep women and girls from learning judo. Later, there were efforts to stop USJA members from competing in tournaments. I have heard officials who want to deny the opportunity to train and compete to everyone from people in a blue judo gi to those from jiu-jitsu or mixed martial arts schools. The USJA stands for the exact opposite of that. You are all welcome at everything from our tournaments to our camps and clinics to the USJA Board of Directors meeting on June 19 in San Diego. Together. we're growing judo.

Obituary for Virgil Bowles

It is with great sadness that we announce the death of long time USJA board member and supporter, Virgil Bowles.

Virgil James Bowles, Sr. Age 75 of Indpls., died April 9, 2009. Virgil was a quality inspector for 41 yrs. at Ford Motor Co. He was a U.S. Army veteran of the Korean War obtaining the rank of Sgt. Virgil had quite an extensive career where he owned Virgil's Judo Barn, obtained Hachidan (8th degree black belt) in Judo, and was also one of three nationally to have the esteemed honor as Professor of Judo. He also has been entered into the Judo Hall of Fame. He taught the art of Judo for over 40 years to well over 200 students. He was a member of the United States Judo Association (USJA) where he served as founding member and was on the Board of Directors. He taught Judo as a means of self-defense in classes at IUPUI. He also taught at various YMCA's in Indianapolis, and also taught for 27 yrs. for Mudokwan Judo and Karate School. He also served as a National Judo Referee.

Virgil also was a Scout Master, an Eagle Scout, and taught guitar.

He is survived by his loving wife of 56 years, Mary Jean (Harrod) Bowles; his children, Virgil James Bowles, Jr., Brenda Jean Bowles Harber, and Walter "Wally" Wayne Bowles; grandson, Joshua Payton Bowles and granddaughter, Amy Nicole Bowles.

Funeral services were held on Saturday at 11am (4-18-09) at Legacy Funeral Center at Memorial Park. Memorial contributions may be made to: Virgil's Judo Club c/o the funeral home. www.legacyfuneralcenter.com

You can learn more about Virgil's life and judo, inextricably intertwined, at his club website: <http://virgilsjudo.datapitstop.us/>

EVERYTHING ABOUT JUDO: Thoughts from George Weers, USJA
Board Member & Secretary

It is imperative that the USJA Board of Directors provide guidance and direction on a grassroots level! Heretofore, the guidance, provided by the national Judo organizations, has been little more than collection of the membership's money, dictatorial edicts and the perpetuation of success fantasies regarding the performance of American Judo players at the top level.

Without doubt American Judo has experienced some success on the international scene in the past few years. HOWEVER, that success has come through the efforts of only one Coach. You have to ask why no other coaches are developing players to compete on the international level.

Let's be perfectly clear. When I say 'compete on an international level' I'm not talking about acting as a warm-up match for the top players. I'm not talking about moderate success at the 'B' level international events. I'm talking about being legitimate contenders for the medals. I'm talking about filling the opposing Coach trepidation when he, or she, sees that the next match is against an American. American Judo enjoyed that reputation for a brief period. What happened?

One contributing factor, perhaps the most prominent factor, is the simple fact that, the power house Judo nations, employ a systematic approach to player development. Take the examples of Great Britain and Belgium. When a British or Belgian player comes to the mat the players and Coaches pay attention. They know that the Brit or Belgian must be dealt with, they must be observed and analyzed; they must be respected as contenders. Yet the Brits and Belgians come from, relatively, small countries. How do they do that?

Our British and Belgian friends are contenders because they employ a structured development system. The British system was fathered by Geoff Gleeson and the Belgian system influenced on the Soviet approach and Russian/Soviet training system changed the face of international Judo forever.

Moscow, Russia: Baby boomers were raised to believe Moscow the very fount of evil. The name engenders visions of Kruschev; shoe in hand, Mayday parades featuring ICBMS amidst a sea of precision troops and Siberia.

To this, Judo playing boomer, the mention of Russia recalls names like Stepanov and Mischenko (the only occidental ever to defeat Okano). The name recalls musty articles describing the unorthodoxy of Russian Judo, the derision, of said unorthodoxy, thinly veiled; the envy of Russian success, clearly obvious.

What is it that made Russian Judo so very different? How did the vaunted Russian unorthodoxy lead to such success? I was going to find out. I was going to Russia!

Six of us; Gregg, Cory, Ryan, Adam, Emmett, and George departed from

Davenport, Iowa on a hot June morning. Gregg, our group leader, has a long standing with our hosts. He has taken several training trips to Russia. He also brings them to the US to conduct clinics.

The trip to Moscow is not for the faint of heart or uncalled-for posterior. We endured 16 hours of travel. On arrival your body must cope with the disparity of nine time zones and, during the summer, the white nights of Moscow. Notwithstanding, we got there, we were with friends and we were ready to learn Judo.

The training arrangements were, to say the least, fantastic. Our base was Club Boretz, a relatively new, small club, of 900 students. We also trained at Europe's strongest club, Sambo 70 (1000 resident students, 4000 athletes) and, just for variety we spent a day at the State Academy of Physical Education and Sport.

The credentials of our Coaches were even more impressive. Yuri Alekhin; Merited Coach of Russia, Coach of World Champion Kosorotov; Alexander (Sasha) Yakolev; Merited Master of Sport, former Coach of the Russian World Junior Team; Sergei Lichev; Merited Master of Sport, former Coach of the Russian World Women's Sambo Team; Sergei Tabakov; Merited Master of Sport, Chief Judo and Sambo Coach, State Academy of Physical Education and Sport and Igor Kourinoy; Merited Master of Sport, 3 time World Sambo Champion, Russian international Judo representative. Even the assistant Coaches were Russian international Judo representatives.

Last, but certainly not least, is our most important ally, our interpreter, Linna Moratcheva. In her younger days Linna was a gymnast for Russia. Her duties now include acting as interpreter for Vladimir Putin.

Training was strenuous. We worked-out twice daily; calisthenics, drills and randori with no water breaks. (Our Russian hosts don't believe in water breaks. Thankfully they looked the other way when the more physiologically minded Americans slipped a sip.)

Training partners were plentiful, helpful, courteous and always friendly. No one was out to prove that Russian Judo/Sambo is stronger than American Judo. We already knew that Russian Judo/Sambo is stronger than American Judo. That's why we were there! Our hosts only wanted to help us improve. And improve we did!

BUT!! Did I find a big secret to the success of Russian Judo? Coach Alekhin and I discussed the Russian system of training Judo players. Herein lies the difference between Russian and American Judo. The secret to their success is that the Russians have an established development system. The Russians also have a very different attitude about developing Judo players. We trained with five, count-em five, prominent figures in the Russian Judo program. Each of these men told us the same thing. Russia does not have a program specific to

Judo! Russians players are trained in Judo, Sambo, Greco-Roman and Free-Style Wrestling. Russians simply “compete to the rules of the day” (Sergei Tabakov; Chief Judo and Sambo Coach, State Academy of Physical Education and Sport).

Wow, what a concept, learn all you can about wrestling sports and then apply your knowledge to a wrestling sport...

If we, as members of the Board of Directors of the United States Judo Association, believe that we can, indeed, influence the development of American Judo, then the obvious question is “Where do we start?”. (If you feel that the direction of American Judo needs no correction then perhaps you should be on another Board of Directors.)

IMHO: The answer to the question is obvious. We need to start with the basics. We need to provide our, grass roots, Coaches with a simple formulaic approach to developing players to their potential.

Outlined below is just such an approach.

Conditions of Learning

Flowers need the right soil conditions to grow. Learning needs the right conditions to take place. Very logical, but what are the right Conditions For Learning?

The dictionary tells us that a condition is a restricting or modifying factor. Just as the amount of water and fertilizer are restricting or modifying factors in the growth of a flower, the way a skill is presented, practiced and feedback given to your students are restricting or modifying factors to learning.

The USJA Coaching Education and Certification Program has identified 13 Conditions of Learning Judo. The Conditions of Learning are;

- | | | |
|----------------------|-------------------------------|--------------------------------|
| 1) Performance Goals | 5) Transference | 9) Form |
| 2) Movement | 6) Foundation | 10) Series and Sequence |
| 3) Activity | 7) Meaning | 11) Reinforcement and Feedback |
| 4) Simplicity | 8) Satisfaction and Enjoyment | 12) Cooperation |

Each of these conditions is important in developing and maintaining an optimal learning environment. Each condition will be discussed in detail.

We'll begin our discussion of the Conditions of Learning with Performance Goals because the proper use of Performance Goals develops success, satisfaction and self worth.

Suggested Player Performance Goals for all Mechanical Principles and all of the Practical Situations of Judo have been included. I've also suggested a Coaching Performance Goal for each of the Conditions of Learning.

Performance Goals

Performance Goals are simple keys to the performance of the intended skill. Do you remember Pavlov and his dogs? Pavlov discovered that simple actions can trigger complex results. Notably he discovered that ringing a bell, just prior to feeding his dogs, conditioned the dogs to salivate upon ringing of the bell. The

dogs learned to associate the sound of the bell with food. In-point-of-fact, the association was so strong that the dogs exhibited involuntary behavior (i.e. salivation) upon hearing the bell. Simple key points to the performance of skills should have the same effect as Pavlovs' bell. Successful execution of the key point should trigger a sequence of events that leads to completion of the desired maneuver.

The idea of a simple key, or Performance Goal, works even more effectively when applied to the larger and more complicated situations of demonstrating Kata or competing in shiai. Your players need something to focus on when faced with the intimidating situation of an audience or aggressive opponent. That focus, that Performance Goal, must give the player a key to dealing with the situation.

For shiai, my players concentrate on Grips and Gripping control. The primary shiai Performance Goal, for my players is to; **Drive the Sleeve End Down**

In actuality it's not enough that the player drive the Sleeve End Down. There must be attacks and defense and all the rest that goes to make a Judo contest. The attacks and everything else happen because players are able to Drive the Opponent's Sleeve End Down. The attacks, etc., follow the Sleeve End Control because that's the way we practice. We've set our Performance Goal and we practice to use the Performance Goal in Practical Application.

I have not offered a Performance Goal to the demonstration of Kata because kata is not my area of study. However, the idea of using a Performance Goal for the demonstration of a Kata is none-the-less valid. Kata demonstrators need a focus as much as, if not more than, Shiai competitors. If your area of specialty is Kata then it is your responsibility to develop Performance Goals for your players.

Performance vs. Outcome

Performance is what a person does. Performance does not take into account the way things turn out, which is called the Outcome, because the performer does not have control over Outcome. Outcome is influenced by things such as the Referee, the opponent and all the other little things that go into making a contest or performance of Kata unpredictable. The performer only has control over his Performance, the things that he, or she, actually does.

Performance Goal Requirements

As stated above, performance goals are simple keys to accomplishing a task. Your performance goals however need to fulfill certain criteria in order to be effective. The components of an effective performance goal are;

- Performance Oriented**
- Specific**
- Measurable**
- Achievable**
- Realistic**
- Timely**

Performance Oriented

Performance Goals absolutely must be something that the performer

accomplishes. Key points cannot be something that depends on the actions or judgment of a second party. For example, throwing your opponent is NOT a valid key point or performance goal because the performer cannot control the defensive abilities of the opponent or the opinion of the Referee. The performer can, however, control where his/her power hand and driving leg are placed, etc.

When Performance Goals are set you must be very, very, careful that Goals such as doing your best, beating a certain player or winning a Championship are not allowed. These are things that depend on Outcome, and Outcome is a naughty word to Coaches. They are also, very heavily, influenced by outside conditions. Remember, if the performer does not have complete control over the Goal then it is not a Performance Goal and is not acceptable!

Specific

Remember, also, to keep the Performance Goal specific to the skill being practiced or the situation that the skill will be used in. Tucking your head and executing a shoulder roll is an excellent Performance Goal for a competitive Uchimata but I don't believe that a Kata Judge would appreciate the creativity of the performance. Be sure that you and your players understand how their skills will be used before deciding on a Performance Goal.

Your player's Performance Goals also need to be understandable. If your player does not understand what is expected to be done then he, or she, cannot be expected to do it!

Measurable

You and your players must KNOW, beyond doubt, when the key point has been executed. If you can't see, touch, taste and smell the key point/performance goal the instant that it occurs then it's not measurable and it's not a key point or performance goal.

You must be able to measure Performance Goals! If performance goals are set that have no way of keeping track of what is supposed to be performed, by your player, how will you know when your players have done it? You can't know when you have accomplished a goal that can't be measured. Doing your best can't be measured, counting attacks can. Moving every time you Touch your opponent can be measured. What the attacker does when he grabs the opponent's Gi can be measured. The defensive reaction to an attack can be measured. Keep Performance Goals measurable! If goals can't be measured neither can success.

Using Performance Goals as a Condition of Learning is important because Performance Goals give your players a way to define and measure progress and success.

Achievable

If performance goals aren't achievable then your players will never succeed. Performance goals must be clearly defined so that your players understand exactly what needs to be done and how to go about doing it. If the task is clearly defined then the task can be achieved. Be careful to set goals that can be reached. If the goals are challenging beyond your players abilities they may get frustrated and seek their challenges else-where.

Realistic

When you help your players set their first Performance Goals you must help them to keep the goals realistic. It is not realistic for a beginning player to have a goal of qualifying for the Olympic Games. What is realistic, for a new player, is to remember to move every time that he, or she, touches the opponent. If a goal is not realistic it cannot be achievable. If a goal can't be achieved frustration is imminent.

Timely

When choosing a performance goal be sure that your players are ready for the challenge. A young brown belt may be ready to attack every randori partner five times with his, or her, favorite throw. For brand new player it may be enough just to get his hands on the opponent. Carefully consider what development stage your players are in.

Performance Goal for Coaches

The Coaching Goal for using Performance Goals, as a Condition of Learning, is to;

Give your players a Performance Goal for every Situation.

Every Performance Goal that you or your players use must meet the requirements discussed here. Remember, as long as the requirements for Performance Goals are met you will be using one of the strongest Coaching tools at your disposal.

Using Performance Goals

You must make a practice of reminding your players of their Performance Goals just before entering the situation where they will use those Performance Goals. While your players are actually in the situation where they need the Performance Goal you need to remind them of what needs to be done. It also a good idea to remind your players of their Performance Goals as soon as possible after they are out of the situation. In other words they have finished a kata performance, at the end of a drill, or when the match is over. For example;

A Performance Goal for learning a specific skill;

- 1) Before the players begin practicing explain the Performance Goal for the skill and how you will measure success with the Performance Goal.
- 2) As the players practice remind them of the Performance Goal that they are trying for.
- 3) Immediately, the players finish practicing the skill, remind them of the Performance Goal that they were striving for and ask them if they achieved the Performance Goal.

A Performance Goal for Shiai;

- 1) As your player prepares to go on the mat review his, or her, Performance Goals.
- 2) Before the opponents come to grips remind your player of Performance Goals.
- 3) Every time there is a break in the action remind your player of Performance Goals.

4) As soon as your player comes off the mat remind them of the Performance Goal that they were striving for and ask them if they achieved the Performance Goal.

Performance Goals for the demonstration of Kata should be reviewed before the player goes to the mat and immediately after the demonstration.

Movement

Judo is Movement! All effective skill is based on the need for your players to apply attacks in a moving and changing environment. Movement must be present in all elements of training. From the first contact with a partner to ground play exchanges.

Large Movements First

Players should be introduced to large free movements from the very beginning of training. When you teach skills as large movements you're making it easy for your players to imitate what they see. As players get to be familiar with the movement requirements of a skill you'll be able to help refine his, or her, movement and develop a personalized form of the skill.

Developing Movement

Movement is not difficult to develop if you, as the Coach, keep in mind that everything happens as a result of something else happening first. In other words, Judo is a game of causes and effects.

- ◆ In Kata action begins when Uke grips or strikes at Tori.
- ◆ In competitive situations, throws take place because the defender is trying to avoid the attacker's controlling grips or the defender attempts to maneuver into position for his own attack.
- ◆ Ground Play takes place because of throwing attempts.

These are examples of events that happen and cause other things to happen. You, as the Coach, must keep in mind that whatever is being practiced or demonstrated happens because of something else being caused to happen by the reactions of one player to the other's moves. You should use this cause and effect approach when you demonstrate skills. You should also emphasize the cause and effect in your training drills to help develop your player's understanding of Movement.

For example, when you demonstrate skills;

- ◆ Show a gripping exchange before a throwing attack.
- ◆ Use throwing skills to lead into Ground Play.
- ◆ A throwing attack can be the Cause before learning a Counter Throwing skill.
- ◆ Counter throwing attacks can be turned against the counter thrower by using a combination of throws skills.
- ◆ Above all make sure that your players understand that nothing will happen by itself!

You have two choices for the Coaching Performance Goal of Movement;

**Always use a skill to lead in to your demonstration or
Use the Touch and Move Rule**

If you always use another skill to lead in to the skill that you are demonstrating you will set a good example for your players as well as fulfill the Movement, Condition of Learning, in your demonstrations.

Using the Touch and Move Rule, which is described later in the text, is also a good idea because it is one of the suggested Player Performance Goals. Besides, using the Touch and Move Rule during your demonstrations teaches strong gripping skills.

Activity

Learning physical skills requires physical experience. You, as the Coach, need to make sure that your players are spending their time doing what they are on the mat to learn. You also need to know what is going to be learned from the drills and demonstrations that you are presenting.

You must be careful that throwing demonstrations do not begin with you, or your demonstration partner, standing still. Throws do not happen that way in Kata or competition. You should not lecture while you have a grip on your partner. If you want to discuss the skill, to be presented, discuss it before the skill is demonstrated. You may point out important points as the demonstration is being done but keep the verbal portion to a very minimum. If you want to discuss the skill further, or take questions, release your partner to speak. When you are done talking you may return to demonstrating.

Class time should be kept to 20% lecture 80% activity. The Coaching Performance Goal for Activity is;

Keep you demonstration to less than one minute at a time

By keeping your demonstrations short you must limit the technical content that you demonstrate. This is good! You won't be running the risk of confusing your players with more than they can handle at one time. You can use several short demonstration which;

- 1) will keep the class moving
- 2) prevent basic problems because you can see them more easily when the players are kept to small technical advances each time
- 3) keep your players very interested

Simplicity

It's great to be in front of an audience that hangs on your every word and is impressed by anything that you do. It is so easy, in this situation, to want to show off and really impress everybody with the skill you've worked so hard to develop. This is, of course, a very serious Coaching error.

The demonstration of any skill must fit the technical ability of your audience. You must take time to;

- 1) decide how much your audience understands
- 2) decide what large movements are needed to make the skill work
- 3) decide how best to demonstrate so that those large movements are emphasized
- 4) point out the large movements during demonstration

5) reinforce the large movements during practice

This means that you should demonstrate a very simplified version of the skill. A simplified version gives your players a good example of large movements that make the skill work. More importantly a simplified demonstration gives your players an example to imitate that has lots of room for variation and success.

Form should be taught in a progression from the simplest to more difficult. The first version of any skill should be made of large free movements. The first version of any skill should be nothing more than a very general form of the skill being taught. As your players become familiar with moving and applying skills while they are moving you can work to refine skills.

The Coaching Performance Goal of Simplicity is to;

Emphasize Large Movements

When your demonstrations emphasize large movements you are giving your players room to;

- 1) experience success, because you have given them a task that is understandable to them
- 2) be creative and exercise individual traits

Transference

Skill transference refers to the ability of a skill to be used in different situations. In the case of Judo we apply our skills in practice sessions, during kata performance, self defense situations and competition. Judo skills are learned through practice and drills. However, these same skills are actually intended to be used in the practical situations listed above. This is the reason that the skills and the way that you practice these skills must have Transference.

You develop skill transference through practice under conditions as close as possible to the conditions that you encounter during practical application. Some of those conditions are;

Movement;

The player and partner should move about a great deal during practice and drills. In randori your players should move about the entire mat area and not restrict themselves to one small corner. In Kata the partners should go through the full range of movement with each skill.

Cause and Effect;

No event takes place by itself! Something is done by the attacker which causes the defender to react which creates a new situation, etc., etc., etc.. The "something" which causes the defender to react, might be a preparatory move, a throw that leads to ground play or a feinted attack. Whatever causes the opponent's reaction is a very important part of Judo skill and must be practiced as much, if not more than, our other skills. When you demonstrate a maneuver you must include the preparatory moves that lead into the skills, about to be practiced. During practice you must insure that the preparation is practiced as much as the skill.

Defensive opponent;

In Kata the defender's role is clearly defined and must be practiced accordingly. In Shiai or Randori the defender's role is not so clear cut but must

be practiced all the same. Competitive opponent's are defensive by nature. In order to provide for competitive conditions partners should offer some, pre-determined level of defensive response. The degree of defensiveness must be determined before starting a drill or practice session. However, a competitive defender should always train to avoid being thrown to his back or prevent ground play attacks. If you keep this in mind and allow defensive maneuvers as a response to offensive moves you will provide defensive skill training along side offensive skill training.

The best way to be sure of skill transference will be to ask yourself; "Can this skill, as it is taught and practiced, be applied to the practical situation that it is intended to be used in?". If the answer is no find a way to get practice conditions closer to actual conditions.

Your Coaching Performance Goal for Transference is;

Always teach skills as they will be used.

Foundation

Every skill, taught today, is going to be improved, added to and act as the Foundation for the skills of a mature player. You must be sure that you do not teach, today, what your players will have to unlearn tomorrow. Two examples of this problem are;

Static Uchikomi:

Static Uchikomi is the practice of two players standing in one place while one of the partners makes only part of an attacking maneuver. The defensive partner is expected to stand there as stiffly as possible. There is no Foundation or Transference to this practice because there is no movement, from either player, the skill does not have a preparation maneuver, the opponent is not offering defensive resistance and the skill is not taken to it's conclusion. Static Uchikomi is destructive to skill development because all Judo skill requires that players be MOVING!

Falling on the back:

When a person falls on his, or her, back during competition his opponent is awarded a score. So why would a Coach teach his player's to give the opponent free scores? The answer is, of course, that the Coach will tell his player not to fall on his back during competition. It won't matter if the only response that the player knows is to fall on his back. Even though the players have never practiced any other falling skills Coach will still expect him/her not to fall on his/her back.

Back Falls vs. Acrobatic responses to throws:

The controversy of teaching or not teaching your competitors to fall on their backs is, probably, the oldest in modern Judo. From the very first lesson, my players are conditioned to turn to their hands and knees or stomach, as their response to a throw by the opponent. Our team has not experienced injuries from this practice. If you, as the Coach, are uncomfortable with the idea of not teaching methods of falling onto the back then, at the very least, teach your players both methods of back falling and acrobatic responses. This way your players will be familiar with avoiding scores prior to entering the competitive

arena.

This is Foundation! If you don't want players to do it later don't teach it today. If you want your players to be able to do something, down the road, give them a simplified version and build on the Foundation.

The Coaching Performance Goal for Foundation is nothing more than asking yourself this question before teaching;

Can this Form be built upon to create a fully functional skill or will this training need to be unlearned before moving on?

Meaning

Your players want to know why they're doing what you're asking them to do. Knowledge develops self worth and gives your players incentive to work harder. You do not need to, indeed should not, go into technical discussions and explanations. Give your players an explanation that they can understand and use when practicing their skills. Remember, when your players can understand Why, they'll be more willing to work on the How.

The Coaching Performance Goal for Meaning involves your understanding of what your players are getting from your demonstration or discussion;

Encourage Questions!

Ask for questions before a demonstration to be sure that no one is confused about anything before you move on. Ask for questions after a few repetitions of your demonstration. Demonstrate a few more times and ask for questions before allowing practice of the skill. If there are further questions be sure to demonstrate the skill a few more times before having your players practice.

Perhaps, more importantly, you should ask questions of your players to be sure that they understand what you are asking them to do. Remember, it's very easy to say you understand because you don't want to stand out in the group. To be certain that your players understand ask questions about the Performance Goal, about the skill, or about the general movements.

Satisfaction and Enjoyment

If your players aren't having success with the skills that you're asking them to perform they're not going to be satisfied and enjoy Judo. You, as the Coach, must be very careful about how, and what, you ask your players to perform.

- 1) Remember to keep skills to the level of performance your group is able to meet.
- 2) Start out very simply and build in difficulty as your players gain confidence.
- 3) If your players are having problems with a skill, it might be necessary to go back and make the skill more simple.

An alternative to consider; If your players are confused and getting frustrated with a skill, MOVE ON TO SOMETHING ELSE. Whatever you move on to, make it extremely simple, make it extremely fun. Just get away from the trouble and come back at a later time.

Ask yourself; can our group experience immediate success in performing the skill being practiced? If there is no success there can be no satisfaction!

Your Performance Goal for Satisfaction and Enjoyment is to;

Present your players with skills that they can do on the first try!

This Performance Goal is very easy to measure. All you have to do is present a skill and watch the results. If your players can produce a fairly close imitation with one or two attempts then you're doing very well. On the other hand if they are having trouble beyond two or three tries you need to simplify your demonstrations.

Form

The form, the way Judo techniques look, in text books or on video tapes, should be used as nothing more than a Coaching guideline and reference. Technical Form, the way a skill is done, is a very individualized matter and changes with each player as well as several other factors.

Some factors influencing Technical Form;

- ◆ Form changes with movement.
- ◆ Form changes with the technical ability of the group.
- ◆ Form changes with the individual player.
- ◆ Form changes with the practical situation.
- ◆ Form changes with the level of fatigue.

The question of correct Form is very simply answered. If a player's attack, or skill, works against an opponent the Form is good!

The Coaching Performance Goal for Form requires that you ask of your player's performance;

Did the skill work?

You must ask yourself this question before stepping in to correct a player's Form. If the Mechanical Principles were solid and the defender fell down or was pinned then the Form was good. The particular Form may not work for anyone else but for this particular player it's good Form. This measure of practicality holds true for Kata skills as well as shiai. There is latitude in Form, although not as much as with Shiaii skills, in Kata Skills. You, as Coach, must allow as much individuality as possible, in all performances.

Series and Sequence

Skills are made of a Series of moves that build on each other to get the job done. Example;

- 1) We're able to get a controlling grip due to foot work.
- 2) We influence the opponent's mobility from our grips.
- 3) The opponent's mobility indicates which of our attacks will work.

We need to keep this in mind when teaching and demonstrating. Every skill that you teach should be part of a larger design to build a Series of moves that will develop a complete series of maneuvers.

Here's an example of a Series of moves designed to build a competitive Taiotoshi;

First move in the Series;

Cross Sleeve Grip:

The attacker makes his first gripping contact by taking any grip available. In this case we will start with a Cross Sleeve Grip.

Second move in the Series;

Back Grip:

After the first gripping contact is made our attacker improves his gripping control by taking a Back Grip.

Third move in the Series;

Kosoto Gake:

We have a controlling grip so we must attack! The reason for the attack is to make the opponent react.

Final move in the Series;

Taiotoshi:

When the opponent reacts he will expose himself to further attack. This Series of moves is finished with a strong Taiotoshi.

A **Series** of skills should be arranged in a logical **Sequence** that best addresses all learning considerations. Your Sequence must also promote optimum performance in both offensive and defensive roles of the situation. In other words, **both players must play an active role in the Sequence of events.**

Example;

- 1) **Throw:** Using the Taiotoshi series from the example above, our player makes a throwing attack.
- 2) **Turn-out:** The defender responds by Turning Out of the throw to avoid a score.
- 3) **Transition:** The attacker continues his control by following right into Ground Play.
- 4) **Defensive Ground Play Posture:** The defender attempts to protect himself by a defensive ground play posture.
- 5) **Turn Over:** The attacker applies a Turn Over skill.
- 6) **Hold Down:** The attacker keeps his control, which was started in the Turn Over skill, and drives directly into a Hold Down skill.
- 7) **Escape From Hold Down:** The defender escapes from the Hold Down and the players return to the starting position. This time the players change roles, the defender last time is the attacker this time.

The Coaching Performance Goal for Series and Sequence is;

Build a chain of events with the skills that you teach.

All you have to do is make sure that each new skill can be, logically, connected to the skill that came before it.

Reinforcement and Feedback

Giving players praise for what you want them to perform or correcting them when they perform in a way that you would rather not have them perform is reinforcement. When you praise or correct you are reinforcing the performance or behaviors that you want to see.

It's important to help your players feel that they're accomplishing something by telling them that they are doing a good job. So long as a player is making an honest effort to perform the skills that you're teaching, then the results that he, or she, might attain CANNOT BE WRONG. It may need improvement but it is not wrong.

Every time a player does what you want him, or her, to do praise that person for it. This is reinforcement. Reinforcement helps your players to feel good about working hard and doing what you've asked of them.

Be lavish with your praise, at first. Remember, your players are trying to learn skills that are unfamiliar. Any attempt that comes close to what you want the person to perform should be praised. As the person becomes more comfortable with the skill, begin limiting your praise to attempts that look more like what you want your players be doing. Finally, when your players begin to get a grasp of the skill, praise only the very best performances.

Be careful not to leave the praise at just saying good job or way to go! You must be specific about what's being praised. If you're praising the placement of a Driving Leg then say, good Driving Leg Placement. On the other hand, if you do not like the Driving Leg placement, then tell your player. "Your Driving Leg Placement needs to be improved." However, you must never simply say, bad Drive Leg placement and leave it at that. Tell the player;

- 1) That you don't like the Driving Leg Placement.
- 2) Why you don't like the Driving Leg Placement.
- 3) How to improve the Driving Leg Placement.

This is Feedback. Reinforcement and Feedback go hand in hand to build a player's confidence and skill.

Your Performance Goal for Reinforcement and Feedback is to;

Always use because.

Whenever you offer praise or criticism of a performance your players must know what was right or wrong about the performance. If you make a habit of using BECAUSE your players will always know WHY they're being praised or corrected. If you make a habit of using BECAUSE, when offering comments, your players will always know HOW to improve.

Cooperation

Judo is a competitive sport and we, as Coaches, are developing competitive spirit in our players. Unfortunately the competitive spirit may, occasionally, get out of hand during drills and training sessions. Players need to understand that a certain degree of resistance and competitiveness should be used in practice situations. However, the competitiveness must not get to the point that partners are putting more effort into overcoming resistance than executing the skills being practiced.

Cooperation may range from full cooperation in Kata to utter chaos in randori. You need to explain the degree of resistance and cooperation, expected in each practice situation, and then keep an eye on your players to be sure that the resistance does not go beyond allowable limits. If competitiveness goes beyond what is expected, stop the players and remind them that learning will not take place without Cooperation.

The Coaching Performance Goal for Cooperation is to;

Establish the level of cooperation before each drill

When you set the level of cooperation before the drill, or practice of skills, begins you will save yourself frustration and your players potential injury.

Creativity

Each session should be fun and have variety. Creativity in training sessions is the responsibility of the Coach.

The ability to play in a Creative way is, probably, the most important quality that a player can ever have. The development of creative play is a partnership between Player and Coach. The more the player is challenged and allowed to experiment the more creative he, or she, will become. The more creative your players become the more they will be able to cope with challenging situations.

Encourage your players to experiment. Encourage your players to have fun. Encourage your players to make mistakes! Mistakes are the only way we learn things. If we're not making an occasional mistake then we're not taking any chances and we're certainly not learning.

The Coaching Performance Goal for Creativity is to;

Allow your players to Experiment!

Allowing your players to experiment is nothing more than standing back and letting them work out minor problems. Remind your players of their Performance Goals and stand back until they ask for help. You may be surprised how creative young players can be.



Some of the attendees at the clinic at D'Arbonne martial arts.

Judo Clinics in North Louisiana

James Wall, Wall to Wall Martial Arts

I recently had the pleasure of doing 2 Judo clinics in North Louisiana.

On May 7th my wife Patty and I visited with Sensei Rodney McPherson at D'Arbonne Martial Arts in Farmerville, LA. His club is a traditional Karate and Tae Kwon Do school and does not currently have a Judo or grappling program.

We had a great time teaching them a few basic throws and then moved on to some pinning drills and other basic groundwork. All of the participants were fast learners and by the end we were able to do some controlled ground randori.

Sensei McPherson and I are planning to collaborate on ways to start a Judo program there at his school in the near future. He himself has dabbled in several different grappling arts over the years so he isn't a complete stranger to the basic techniques. He says that his students have a huge interest in learning more about grappling arts like Judo. Hopefully we'll be able to get a small, satellite program started there. Currently there just isn't much Judo in that part of LA.

On May 14th I was in the Shreveport area to conduct a Referee training session at Barksdale Judo. This came at the request of Sensei Mark Duffield, the head instructor of the Barksdale Air Force Base Judo club. After hearing Jeff Miller and myself complain long enough about the lack of trained Referees in our area he decided to step up and help do something about it.

While an assistant instructor led the junior class through warm-ups and drills I conducted a brief tutorial on basic calls and penalties. After that I served as center referee for quite a

few practice matches put on by his junior players, stopping along the way to explain why certain calls were made. After the junior class we had another short classroom session and then had practice matches by the senior players. Sensei Duffield and several of his students took turns working as either center referee or side judge while I critiqued and answered questions.

All in all it was a great session and I think that we will eventually get a few referees from the club out on the circuit helping with local and regional tournaments. My thanks to Sensei Duffield and his students for being willing to step up and take an active role in helping Judo in our area.



USJA Board Member, former USJA President, Olympic and world medalist James Bregman receives the Lifetime Achievement Award from the New York Athletic Club

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



Hosted by TEXOMA Judo of Wichita Falls

Location: D. L. Ligon Coliseum, Midwestern State University, 3410 Taft Drive, Wichita Falls, TX 76308.

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.

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.

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

Referees and 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.**

Junior Girls: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16

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)

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

Senior Women: Olympic Weights

Entry Fee: 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!**

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

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

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.

AMERICAN REPRESENTATIVES AT MACCABIAH GAMES

The following athletes will represent the USA at the 18th Maccabiah Games July 10 - 24, 2009 in Israel. Over 10,000 athletes from 65 countries are expected for the games. Competition will take place all over Israel.

open team:

60 kg Linsey Durlacher Cohens judo IL
73 kg Adam Moyerman Liberty bell PA
81kg Kevin Toll liberty bell pa
90 kg *Aaron Cohen (at right) Cohen's IL*
100kg Barry Friedberg NYAC NY
100+ Anatoliy Kenis Liberty Bell PA
52kg Anya Volyn Liberty Bell NJ
63kg Cleo Grinberg Spartak/JMJC NY
Coach Stephanie Moyerman Judo America CA

There is one more spot available on the open team - anyone interested should contact Todd Volyn Judo chair volyn@comcast.net

Junior Team

David Volyn Liberty Bell NJ
Max Bermont Menomonee IL
Andrew Varga Menomonee IL

Benjamin Feiger Menonee IL

Coach: Todd Volyn Liberty bell NJ

There are spots open on the junior or youth team.

Lou Moyerman - will serve as associate team manager and help run the USA team expected to be over 1,000 strong in 28 sports.

Lastly - each of these athletes has to raise or contribute (3,300 open , 6,600 juniors). Any and all support would be greatly welcome. If you can assist, please contact Lou Moyerman LMoyerman@aol.com



The Koessler Center at Canisius College - Buffalo, NY

**Are you ready for some
TOUGH competition? Do you have what it takes ...
to WIN!?! at AM-CAN! . . . ?
Wanna find out?**

Register by May 15th, 2009 and SAVE!
[AM-CAN Registration](#) ← CLICK HERE
Questions? Call AM-CAN at (585) 234-1374
To all Players, Coaches, Parents and Officials,

Time flies when you're having fun! AM-CAN turns 37 in 2009 - Wow!

The AM-CAN International Judo Challenge is a nonprofit development tournament, run by an all volunteer staff of judo lovers, for the sole purpose of providing up and coming judo players and aspiring olympians with an international venue to test their skills!

From great competition for all ages and skill levels, and the high quality of officials we attract as a National Referee Certification testing site, to appearances from past judo olympians to award trophies to the winners, and breathtaking opening ceremonies - complete with bagpipes, we're in it to build American judo!

We would love to see you at AM-CAN 2009! If you're new to the AM-CAN we look forward to welcoming you into the AM-CAN family! If you've been here before we'd be thrilled to see you back! And if you're an "old timer" be sure to make your annual pilgrimage to Buffalo to share your wisdom and experience with the first-timers!

May is just around the corner so be sure to make your travel plans and hotel reservations soon! And don't forget to register by May 15th to take advantage of our pre-registration discounts!

Our AM-CAN Committee is looking forward to seeing YOU in Buffalo this May

JUDO on the Net – News you can use

HEY ! CLICK ON THIS LINK & FILL THIS OUT !

[USJA Member Satisfaction Survey](#)

<http://www.oclifemagazine.com/thismonthapril09/thismonth.html> - p. 39, OC Life Magazine's article on Sensei Juan Montenegro

Senior Pan American Championships

If you are interested in attending a senior Panamerican Judo Union event in Panama City, please contact Nick Mechling.
mechling@gmail.com

Information on the tournament can be found here.

<http://www.softjudo.com/panamericans.htm>

WORLD MASTERS JUDO CHAMPIONSHIPS

August, 2009 in Atlanta, Georgia

www.atlantajudomidtown.com/worldchampionships

JUDO REUNION – Judo Players from 1960's, 1970s. 1980s

Decatur, IL

July 3-4

<http://site.judoreunion.com/>

LETTER ON ELECTIONS FROM USJA EXECUTIVE OFFICE MANAGER

Before we know if the Elections will be here. Be assured I am prepared to comply with what our Bylaws state. Here is a list of what I have been doing to prepare for this:

1. I have Chuck Hudson, who is the man that manages our needs for our new data base working on programming labels for all USJA Chartered Clubs.
2. I have contacted a couple of independent accounting firms to obtain a quote for counting the ballots. When the accounting firm is chosen I would like to have preprinted envelopes that go out with each ballot addressed to the accounting firm. Envelopes are fairly cheap and depending on the club size, enough envelopes would be sent to each Club Coach for their senior life members and senior current annual members. Instructions will be sent with the ballots that all ballots must be mailed separately by the member, there cannot be a group of ballots in one envelope, one ballot per envelope and only 11 names can be checked off. Access to our database will be given to the accounting firm so that they can verify that the person is eligible, i.e., 17 years of age, a life member, and or a current annual member.

According to our Bylaws, Article VII, F. "Ballots will be distributed during the month of August of each election year. The ballots will contain the names of the individuals nominated to serve on the Board of Directors beginning with the next meeting held after the election. Ballots not post marked to the (our Bylaws state) "the Executive Office Manager by September 30th, (however, they will have to be postmarked to the accounting firm by Sept. 30th), shall not be counted in such election, and the final count for each election will be made on October 15th, of each election year".

The nomination form has to be postmarked no later than July 31st to the National Headquarters so we can verify all the names on the Petition. Unfortunately, the nomination form on our website does not state this date.

I think we should have on the front of our website an election link that states all this from our Bylaws, Article VII. When you go to our website you don't know where to go to get all this information except to our Bylaws and then you have to go through each section to find it. We should make it easy for our members and have it earmarked "Elections" with the criteria spelled out plain and simple.

We are looking at around \$500.00 to send the ballots out to all our USJA Chartered Clubs.

Please let me know what you think and if I am forgetting something.

Thank you for your time,
Katrina R. Davis
USJA Executive Office Manager
21 N. Union Blvd., Suite 200

Colorado Springs, CO 80909
katrina.davis@usja-judo.org
877-411-3409



*Opening of new judo club in the Gracie-Barra Corona Dojo, Corona, CA
Tom Reusing is the instructor. For more information, email:
tom@drsconsulting.com*

AND ANOTHER NEW CLUB – Empire Judo

Our club "Empire" is new to the community but it is definatly growing. Senseis Victor Ortiz, Jess Duran and Mike Sambrano started with about 4 to 6 kids. We are now pushing 40 with 31 of them actually signed up. We're composed mostly of kids 5 - 15 yrs but our adult class is also growing steadily (some of them parents of the enrolled kids). It's nice to see families on the mat.

Actually, we are to the point where it is unsafe for all of us to work out on our small mat area. We are looking into a lead on some used mats, but if anyone knows of someone getting rid of their old mats (for sale or donation) or of any available grants, our humble judo club could really use them.

Periodically we have been having guest instructors that have been really motivating our students and parents. We are always welcoming guest instructors, so come on down anytime.

Empire meets in the city of Fontana at the new state of the art Heritage Neighborhood Center. We meet on Tuesdays from 5:45--7:15pm (kids) 7:15--8:45pm (adults) and on Thursdays from 7pm to 8:30pm for everyone.

JUDO FOR LIFE – Walk !

By Michael Dobbs

What are we as Sensei doing to help our Judoka understand what Jigoro Kano meant by “Mutual Welfare and Benefit?”

Our Dojo, ARK JUDO, is walking in the local MS Walk. It is a great way to do something together while we teach our Judoka to add back. Join us. Find out when your local walk is and form a team for your dojo. Ask your Judoka to join. Make a competition for the Judoka who raises the most money. AND spread the word to other Clubs!!!

It’s not hard, and I can help you with any of this. Please join us. Below is a note that I sent to my Judoka. You can use the links to find out more or to sponsor me. If you can not walk or form a team, please do sponsor me!!!

By the way, you can use the walk to recruit students and as a PR event. I’ll bet you won’t find a Karate or Tae Kwon Do club at the walk adding back to the community.

NOTE TO MY JUDOKA:

By now many of you know that we have decided to do the MS walk together. I really hope you can ALL join us, even if you have not been to the Dojo for some time.

One of the major principles of Judo is “Mutual Welfare and Benefit.” We are meant to help others as we progress on our own journey. The ARK JUDO Dojo has decided to create ‘**Team ARK JUDO: Throwing out MS.**’ Please join us if you are a Judoka, friend, or just have interest! If you can not walk with us, please help by using the link below to support me in this walk!

Please walk with us! The walk is on May 9. It is not a long walk. 1 or 2 miles.

If you can not walk, then please SPONSOR ME. The links are below:

To join our team, go to:

<http://main.nationalmssociety.org/goto/ARK.JUDO>

To sponsor me directly, go to:

<http://main.nationalmssociety.org/goto/Michael.Dobbs>

Thank you for helping us to “Throw out MS!”

Sensei Michael

Naval Postgraduate School Judo Club - Special Seminar

On April 25 of 2009, the NPS Judo Club was pleased to host a special seminar by Sayaka Matsumoto, a member of the U.S. 2008 Olympic Judo Team. Attached is a group photo taken at the end of the seminar. Some attendees are missing from the photo due to a need to leave early for other appointments.

Matsumoto-sensei is in the front row in a blue Judogi. In the back row, also in blue, is Siddharth Seth, a member of the 1992 Indian National Team. Standing next to Mr. Seth is Nathan Torras, a multi-time U.S. National Champion. On the second person from the left, you will see Mr. Gary Parker, now one of the instructors at NPS Judo Club. Mr. Parker is assisting with the kata training for our members, having won a kata state championship several years ago before coming to Monterey. There are some other visitors shown in the photo.

The focus of this event was for inspiring women's Judo through the presence of Matsumoto-sensei. There were spectators invited to the event, and several of them, including some of the women spectators were definitely inspired by the seminar. Some have indicated an interest in trying Judo.

Our registered membership is currently around 31, including both male and female. We also have quite a few members from the Defense Language Institute (DLI). Practice sessions are usually from eight to twelve persons, but sometimes quite a few more come out for practice. Our Hokka Yudanshakai mentor is Sensei Bob Uemura from Salinas Judo Club. Uemura-sensei has opened his dojo, especially his Saturday practices, for our members to learn more about referee skills as well as his way of teaching Judo.

This email includes both current members and former members of the NPS Judo Club. We would love to hear from those of you who were with us in the past – especially if you have news of your own progress in Judo.

Finally, I will be in the Washington, DC area during the from June 13 through Jun 16 and in the Philadelphia area from June 18 through June 24. If you wish to reach me while I am visiting the East Coast, my cell phone number is 831-262-0651. I am hoping to visit some of the other dojos while in that area, and also hoping to see some of the former members of the NPS Judo Club.



Tohkon Classic XIV Junior, Senior and Master Shiai & Kata Judo Tournament

The Junior, Senior, and Master Shiai and Kata Judo Tournament will be held Saturday, June 6, 2009 at the University of Chicago Henry Crown Field House, located at 5550 S. University Ave. in Chicago. FREE parking is available at the Ellis Avenue Parking Garage on Friday after 4 p.m. and all day Saturday. A valid card from USJF, USJI or USJA *must* be presented at registration by all competitors. Competitors who are citizens of other countries may show a valid card from their country's national judo organization. There will be no exceptions.

a reduced entry fee of \$25 will be charged for the 2nd, 3rd and 4th registrations from the same family (or for an individual competing in his or her second division). The day-of registration fee is \$50 per competitor per Shiai division. No multiple division or family discounts will be allowed with day-of registration. Please register early! The Junior Kata registration fee is \$25 per team, and the Senior Kata registration fee is \$40 per team, advance or day-of. All spectators will be admitted free of charge. Registration Forms and Fee Waivers are available at <http://www.tohkon.com/events/tcxivreg.pdf> along with the tournament schedule, and additional information.

The Queen of Judo

By Chuck Wall Fredericksburg Judo Club www.kids-judo.com

On an unseasonably cold weekend in April, Ronda Rousey flew across the country to give a two day clinic at the Fredericksburg Judo Club in Central Virginia. Young Judo players from across Virginia and Maryland showed up to meet up with their Judo Hero. Little did they realize that Judo was not the only thing they would be learning when they came to the dojo that day. Ronda shared some of her favorite warm-up exercises with the kids and moved right into instruction. She demonstrated some classic Ronda techniques and soon had the kids practicing combinations and throwing each other around the mat. Her abilities as an instructor are extraordinary, Ronda has a unique ability to connect and communicate with kids. They enjoyed her easy going attitude love of Judo and they gave back to her every once of attention and energy that had.

After several hours of instruction the kids sat down with Ronda and spent some time asking her questions. As only kids can do, they came with some great questions. One young girl asked Ronda what she would do if she was the Queen of Judo. Ronda responded by telling the class that she would have her coaches running up and down hills until they puked and cried, and she would be their coach for the day. Ronda also described to the kids the feelings of being a two time Olympian and the excitement of becoming the first American Woman to win and Olympic Medal.

After the clinic was technically finished Ronda asked to have a few minutes alone to sit with the young girls. She shared with the girls her personal stories and experiences that I can only comment on. It's fair enough to say that those private moments made profound impacts on each of those young girls. Overall time spent with Ronda will not be soon forgotten by any of the kids in attendance.

Also in attendance were some other special instructors, Sensei Gene Shin from the SSal Shin Jo Judo Club and Mike Darter of the Oklahoma Defensive Tactics Judo Club. Thank you to these instructors, the parents and most importantly to Ronda to making the long trip and sharing her beautiful spirit and knowledge.



USJA AWARD WINNERS

	A	B	C	D
1		2008 USJA National Awards		
2	Outstanding Male Competitor			Jeff Fong
3	Outstanding Female Competitor			Ronda Rousey
4	Outstanding Male Masters Competitor			Arthur Canario
5	Outstanding Female Masters Competitor			Deborah Fergus
6	Outstanding Life Member Contributor			Dr. James M. Lally
7	Outstanding Kata Competitor			Ray Hosokawa
8	Coach Of the Year			William E. Andreas
9		2008 USJA State Awards		
10	State	Category	Outstanding Competitor	Coach of Outstanding Competitor
11	Alaska	Senior Male	Michael J. Pitaro, Jr.	Jacob Dempsey
12	Arizona	Senior Male	Alexander Malinovskiy	Walter Van Helder
13		Junior Male	Brent Aaron Michael	Jarvis Cherron Kolen
14	Arkansas	Junior Female	Serenit Danielle Kolen	Jarvis Cherron Kolen
15		Senior Male	Jarvis Cherron Kolen	Jarvis Cherron Kolen
16		Junior Male	Bradley Maratea	Rory Rebmann
17		Junior Female	Kendyl Post	Tara Clark
18		Senior Male	Grayson Lindstrom	Rory Rebmann
19		Senior Female	Natalie Laursen	Rory Rebmann
20	California	Masters Male	Joey Silva	Rory Rebmann
21		Junior Kata	Josh Rodrigues-	Tara Clark

53		Masters Male	Norman Valentine	John B. Weiner
54		Junior Male	Nathan Alper	Cal Potter
55		Junior Female	Gabrielle Proksa	Robert Proksa
56	New Hampshire	Senior Male	J.J. Melfi	Cal Potter
57		Senior Female	Nona MacMaster	Cal Potter
58		Masters Male	Jake Freedman	Cal Potter
59		Junior Male	Julius Galles	Lorenzo Schipp
60		Junior Female	Alisha "Lee" Galles	Lorenzo Schipp
61	New Mexico	Senior Male	John Gabriel Little	Lorenzo Schipp
62		Senior Female	Tee Ya Nee Williams	Lorenzo Schipp
63		Masters Male	Lorenzo Schipp	Lorenzo Schipp
64		Junior Male	Patrick Baum	Marc Cohen
65		Junior Female	Casey Bento	Charles Schweizer
66		Senior Male	Joseph Tamburello	Charles Schweizer
67		Senior Female	Claire Chadderton	Charles Schweizer
68	New York	Masters Female	Maria DiDio	Charles Schweizer
69		Junior Kata Male	Suresh Singh	Charles Schweizer
70		Junior Kata Female	Gianna Casini-Lendino and Andrea Laisure	Charles Schweizer
71		Senior Kata Male	Paul Larocca and Brian Schweitzer	Charles Schweizer
72		Senior Kata Female	Kirsten Weisbeck	Heiko Rommelmann
73		Mixed Kata	Vidya Singh and Suresh Singh	Charles Schweizer
74		Junior Male	Rodney Shepard, III	Darian Stokes
75	North Carolina	Junior Female	Camilla A. Kaluzny	Ken Nazemetz
76		Senior Male	Jesse Wells	Joseph Wells
77		Masters Male	Jason Baldwin	Roger Rodolphe
78		Junior Male	Anthony Kalani	Mark Hunter
79		Junior Female	Allison Cofrancesco	Mark Hunter
80	Ohio	Senior Male	Joseph Cofrancesco	Mark Hunter
81		Senior Female	Susan Cofrancesco	Mark Hunter
82		Junior Kata Female	Jessica Hunter and Hannah Radabaugh	Mark Hunter
83		Junior Male	Marc Enriquez	David Seidner
84		Junior Female	Taya Sloan	David Seidner
85	Oklahoma	Senior Male	John Ben Seidner	David Seidner
86		Masters Male	Billy Golden	Jason A. Junkens
87	Pennsylvania	Junior Female	Sierra Widmar	Joseph Bufagna

88		Senior Male	Nicholas James Price	Dr. Ronald Allan Charles
89	South Carolina	Masters Male	Sorin Avadenei	Dr. Ronald Allan Charles
90	South Dakota	Junior Female	Bailey Weavil	Johnny Tureaud
91		Junior Male	Buddy Knox	Ronald C. Thompson
92	Tennessee	Junior Female	Miriam Thauer	Ronald C. Thompson
93		Senior Male	Justin H. Shields	Ronald C. Thompson
94		Senior Female	Jessica Meyer	Eric P. Schwalm
95		Junior Male	Douglas R. Newcomer	Mike Woodson
96		Junior Female	Mina M. Fiorentino	Roy L. Hash
97		Senior Male	Aaron Mahurin	Roy L. Hash
98		Senior Female	Mary Anderson	Roy L. Hash
99		Masters Male	Carl Plummer	Roy L. Hash
100	Texas	Masters Female	Sid Silvano	Roy L. Hash
101		Junior Kata Male	Douglas R. Newcomer	Mike Woodson
102		Senior Kata Male	Wil Newcomer and Douglas Newcomer	Mike Woodson
103		Mixed Kata	Douglas H. Newcomer and Suzanne Newcomer	Ron Stokes
104	Virginia	Senior Female	Michelle Simmons	Peter C. Mantel

JUNIOR PANAMERICAN RESULTS

Reported by Nick Mechling

I am pleased to report on the results of the 2009 Junior and Juvenile Panamerican Judo Championships, held April 23-26 in the Dominican Republic. With support from the United States Judo Association, a group of four athletes from dojos in the USA joined in the competition and all gave good performances against athletes from many different countries including Brazil, Puerto Rico, Nicaragua, Dominican Republic, Haiti, Bolivia, Panama, Aruba, Chile and Venezuela.

All four athletes represented their country and their dojos well and in a manner befitting American representatives of judo.

We are grateful to the Panamerican Judo Union (PJU), and to the Dominican Republic Judo Federation, for hosting this event which provided our athletes an excellent opportunity to test their judo skills in competition with other talented players, and to become more engaged in the global culture of judo by forming new international

friendships (and perhaps also developing a few good-spirited rivalries).

Here are the names of the American players, their respective weight classes, and the results they achieved:

Angela Ross - 48 Kg

- . Bronze in 2009 JUVENILE PANAMERICAN JUDO CHAMPIONSHIP
- . Bronze in 2009 JUNIOR PANAMERICAN TEAMS CHAMPIONSHIP
- . Silver in 2009 JUVENILE IBERO-AMERICANO JUDO CHAMPIONSHIP

Maddyson Post - 52 Kg

- . Silver in 2009 JUNIOR PANAMERICAN JUDO CHAMPIONSHIP
- 3F: . Bronze in 2009 JUNIOR PANAMERICAN TEAMS CHAMPIONSHIP
- . Silver in 2009 JUNIOR IBERO-AMERICANO JUDO CHAMPIONSHIP

Ruth Thompson - 63 kg

- . Bronze in 2009 JUNIOR PANAMERICAN JUDO CHAMPIONSHIP
- . Bronze in 2009 JUNIOR PANAMERICAN TEAMS CHAMPIONSHIP
- 0. Silver in 2009 JUNIOR IBERO-AMERICANO JUDO CHAMPIONSHIP

Bradley Maratea - 73 Kg

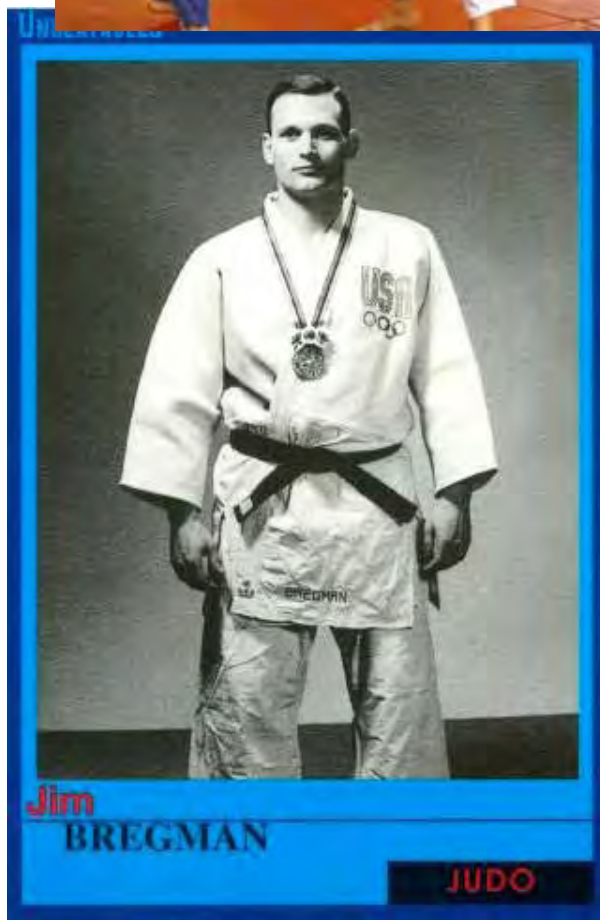
- . Silver in 2009 JUVENILE PANAMERICAN JUDO CHAMPIONSHIP
- . Bronze in 2009 JUNIOR IBERO-AMERICANO JUDO CHAMPIONSHIP

Angela, Maddyson, Ruth and Bradley all showed good sportsmanship and good judo skills, and I think their teachers, families and friends ought to be proud of what they did. Hopefully we will see all four of them continue to improve their abilities and compete in more international competitions in the future.

JIM BREGMAN INDUCTED INTO WAKEFIELD HIGH SCHOOL HALL OF FAME

Thank you, Dr. Stein, and all the members of the Wakefield Education Foundation for this special honor. I was very fortunate to attend Wakefield High School for it was here in this school that my future was foretold.

The educators and school staff were and are of the highest professional level in our country. They provided me and my classmates with the tools to move forward. They provided me with the



confidence that I lacked. As a young student, I was insecure and some what fearful of the future. I had learning problems and was frequently discouraged. My experience at Wakefield changed all of that.

Henry Ford was one of American's greatest CEO's. He said, "If you think you can or you think you can't, you are right."

The one single factor that I was taught by my parents, my judo instructors and, especially, the faculty and staff at Wakefield, was to understand deep inside that "I could"!! I could read! I could learn! I could do athletics and, with the help of friends and team mates, I could be a part of a successful, positive and productive society called America.

Life is not all pleasantries, it has its ups and downs. The key is how we all handle the ups and downs. Persistence, patience, perseverance, will see you through. Seek the positive and strive to simply "do your best". If you do "your best", the outcomes will be self satisfying and fruitful.

I would like to thank Coach Stein, all of my teachers, my Wakefield Class of 1960, and all those associated with this fine educational laboratory which continues to produce wonderfully well educated and productive citizens. I would also like to thank the current Wakefield student body, faculty and staff for continuing a tradition of excellence. Providing our youth with the opportunity to move forward in life with a positive and cheerful outlook, well equipped for the challenges to come, is all our responsibility. "Pay it Forward".

USJA / Judo Forum All-American Judo Camp

Co-sponsored by Pacific Southwest Judo Association and Nanka Judo Yudanshakai

Monday June 22 & Tuesday June 23

Two practices a day, plus lunch for the modest sum of \$50 for USJA or USJF members, \$60 for all others.

OPEN TO JUDO PLAYERS OF ALL AGES AND SKILL LEVELS.

Each day, you can choose two of six sessions including randori, technical training & drills or kata. Coach certification is also available, but extra classroom sessions will be required during the camp.

Instructors include:

Paul Nogaki, Head Instructor, Temecula Valley Dojo, USJA Development Committee
AnnMaria De Mars, President, USJA, 1984 World Champion
Kenji Osugi,, Head Instructor, Sawtelle Dojo, President, Nanka Yudanshakai

NEIL OHLENKAMP

Author of Judo Unleashed (McGraw-Hill, 2006)

US Judo Team Head Coach, 1998 Paralympic Games

Founder of JudoInfo.com, JudoForum.com, JudoBlogger.com and other Judo web sites serving over 400,000 visitors per month

Rokudan, 1999 USJA Coach of the Year

Jin Izumi - Head Instructor, San Diego School of Judo, Producer of the Soft Judo DVD series

Location:

San Diego Judo

(located in the San Diego Dojo)

3350 Sports Arena Blvd. #H2, San Diego, CA 92110

(858) 361-9593

2009 USJA Junior National Judo and Kata Championships

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

(619) 297-6006

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

NOTE:

USJA BOARD OF DIRECTORS MEETING

Town & Country Hotel

June 19, 2009

Open to the public

A Development Plea by USJA Member Mark Dillingham

Dear Judoka, parent, spectator or anybody interested in developing Judo in the US!

This is exactly what it appears to be-----a shameless plug for money! We need your help! Tired of not having enough judoka to train with and gain valuable insight to different techniques and methods?

Are you tired of American Judoka going to international tournaments only to come home empty handed?

Are you tired of our best and brightest stars not having the resources to train properly?

Help us help you and all of our judoka!

Your money TAX DEDUCTIBLE contribution will help us identify, train, equip, and transport our up and coming new stars!

With your help we can conduct clinics and training sessions far off the “*East Coast-West Coast*” mentality of traditional American Judo. We can help provide our best and brightest with multiple training opportunities.

We have a target goal of \$20,000 dollars! We can't do this without your help. Help move American Judo into the 21st Century in our goal to develop good people, strong communities and great athletes. Your pledge of \$10, \$15, \$25 or more will help us accomplish this.

Thank you for your Support!

We accept all major Credit Cards!

Contact us at www.usja-judo.org or call us at 877- 411- 3409.

Remember, your tax deductible contribution will help shore up American Judo by providing multiple training opportunities for our judoka young and old. Donations can be made to the General Fund, Development Fund or the Endowment Fund.



BLACK BELT
World's Leading Magazine of Martial Arts

• Katrina Davis, General Manager • Gary Goltz, Chief Operating Officer • Dr. AnnMaria DeMars, President

We are pleased to announce starting May 1, 2009 Black Belt Magazine will offer an exclusive to USJA members for half off their subscription price along with a 20% discount code towards purchases of videos and books from their extensive on line martial arts catalog, shopblackbelt.com. Black Belt also plans to feature more articles on judo and a section devoted to the activities of the USJA!

Attached is our new membership application form which reflects the Black Belt Magazine option. In addition to this exciting new benefit, the USJA is still the best value of all the national judo organizations as we include with your membership the following:

Free Liability Insurance: As soon as a club registers five or more members, it receives free liability insurance coverage. This insurance covers all club officials at the club practice sessions. It includes the coach, assistant coach, president, secretary and all other club officials.

Privileges of Making Nationally Recognized Promotions in Judo: USJA ranks are recognized nationally. Other ranks may not be recognized at the national level. The USJA issues a rank certificate and rank membership card to every individual promoted by the USJA. This is an important benefit.

The Right of Exclusive Sanctions for Judo Tournaments: USJA chartered clubs can apply for exclusive sanctions for their tournaments and other events. Each year the USJA co hosts the widely attended Junior Nationals followed by the Winter Nationals which is open everyone!

Club Charter Certificates: Each USJA chartered club receives a beautiful certificate as soon as it registers five members or when it progresses to a higher charter level. There is a certificate for each level and all are issued free of charge. All USJA chartered clubs are recognized on our website usja-judo.org on a continuing basis via our highly efficient and up-to-date-database.

Family Memberships. The USJA offers a family membership plan as another way for a family to save money. If you have three or more members in the same family you qualify for a significant discount.

USJA Summer Camps. Each year the USJA sanctions a series of summer camps at many locations throughout the United States for both juniors and seniors. These camps feature certifications in all USJA certification areas, as well as promotion exams, competition techniques and fun for the entire family.

USJA Grassroots Clinics. As a USJA member, you will have an opportunity to attend clinics given by top coaches and competitors every year. These clinics give you an opportunity to meet, talk to, learn from, and practice with some of the best judo leaders throughout the country.

Coach, Rank Examiner, Kata, and Referee Certification. The USJA has developed and administers a comprehensive certification program in each of these areas. This means that you will receive the best coaching and officiating possible as a USJA member in a USJA club, school, or competitive event.

Purchasing Power. The USJA currently has agreements in addition to Black Belt Magazine with Golden Tiger Martial Arts, Zebra Mats, and several other companies. These arrangements offer USJA club leaders and members significant discounts on gis, tatamis, and other equipment.

National Board or Directors. The USJA is a highly democratic organization that is responsive to the needs of our members. The USJA has a national board of directors who are elected by the senior membership. As a USJA senior member (18 years of age and older), you are eligible to run and vote for the leaders of your choice giving you the member a direct and clear voice at the national level.

Note: If you are already an active member and want to take advantage of the Black Belt Magazine offer please contact our office at 877-411-3409 or membership@usja-judo.org. We also encourage everyone to confirm with us that we have your up-to-date information on file.