

GROWING JUDO

JUNE 2009



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

USJA Junior Nationals June 19-21, San Diego, CA

Download Entry Forms Here <http://www.usja-judo.org/>

USJA Board Meeting, Open to the Public

June 19, San Diego, CA 5-7 pm

Why?

Do you ever think why we teach judo, play judo, support judo? Each of us has a different story. For many, a judo instructor made a difference in their lives when they were young, unsure of themselves and friendless in the world. Now they teach to help other young people grow in to healthy, confident adults. I know coaches who could have been great athletes but never received the opportunity. Just like so many parents want to give their children things they never had, these coaches want to provide the support for young athletes that they missed in their prime. Some people came to judo as teenagers or adults, for a great many reasons – they wanted to develop strength, self-defense, social skills or they simply saw it as a positive way to contribute to their community.

The United States Judo Association tries to support all of those different people living those different stories. June 19-21st we will be holding our 40th Junior National Championships in San Diego, California. A family event, in the beautiful Town & Country Resort, it gives children the opportunity to test their skills and is in a great location for a family vacation at Sea World, Legoland and the world famous San Diego Zoo and Wild Animal Park. The junior nationals is open to judo players born in 1990 or later. (Download the application form from the USJA website at http://www.usja-judo.org/tournaments/USJA_Jr._Nationals_2009.pdf)

After the tournament, June 22-23, is the USJA Camp, co-sponsored with the Judo Forum, open to ALL ages. There are experts in kata, coaching and competition, as well as private lessons available. You can also certify as coaches here. It's not too late to register. You can find more information on the Judo Forum

<http://judoforum.com/index.php?showtopic=36715>

We continue to have volunteer activities aimed at judo players throughout the country. Volunteer John Moe maintains our website, Connie Halporn and Ronald Charles edit American Judo, Charlie Robinson hosts Camp Bushido, Deb Fergus has been organizing Fight Like a Girl events, supported by Roy Hash, Terry Kelly and many others. For profiles of these individuals and more, please check the June issue of Growing Judo magazine.

One question I have gotten lately is about various emails sent out defaming the USJA. I did not want to allow this issue to distract anyone from the great work our people in the USJA are doing. There have been wild allegations thrown around that I can summarize it in three words – “politics as usual”. There is a USJA board meeting June 19 in San Diego, and a USJA election this summer. You might recall that exactly four years ago at this time, a lot of claims were made about the USJA, none of which were ever substantiated. The facts are this:

ANYONE with a USJA, USJF, USJI card or membership in a foreign judo organization is eligible to compete at all USJA-sanctioned events. USJF has a reciprocal agreement with USJA in coach certification and sanctions. All USJA players can also participate in all USJF events. For many years this was true with USJI (also known as USA Judo) as well but a few years ago they decided that no one could compete in their events without joining their organization. The USJA

sanctions events within the United States hosted by USJA member clubs. We do not sanction events outside of the U.S.

Our focus in the USJA continues to be growing judo at all levels. In upcoming months I will be attending the AAU National Judo Championships in Kearney, MO, the World Masters Judo Championships in Atlanta, GA. and Panamerican Masters in Massachusetts. We need to begin reaching out to the many organizations promoting judo. We are also discussing sponsoring a judo tournament within larger fitness/ martial arts expositions. This is just one of the ideas that I think could get more people involved in teaching and learning judo in the U.S. If you think judo can be a positive force in people's lives, which I do, it only makes sense to seek out ways to expand and improve our ability to reach new and current participants.

There is any election coming up (hence all the nasty rumors flying). Change can be frightening for some people. Improvement, though, requires change, in fact that is the very definition – changing for the better. My personal goal is to see the organization of judo in America get better. I loved competition, personally, but development isn't about getting one gifted kid to one tournament (okay, I admit it, I stole that line from Julie Koyama, vice-president of USJF). Gold medals are great, I know, but 99% of our members come to judo for their own goals – to learn technique, to lose weight, to find some good friends, to have a good time. We need to be an organization that focuses on those goals. Whatever we can do, from camps to coach education to on-line communication to scholarships to whatever ideas YOU the members bring to us, that needs to be our goal in the USJA. That is why I am running for the board again. Judo helped me meet a lot of goals and I hope to help others do the same. Please join me and the rest of the USJA in

making judo better!

AnnMaria Rousey De Mars, Ph.D.
USJA President

drannmaria@fractaldomains.com

June 6, 2009



JUDO IN ARKANSAS

On May 31, 2009, ARK JUDO put on a seminar in North West Arkansas. We flew in Sensei Hank Kraft from New York City. Sensei Kraft was the person who taught Michael Dobbs (ARK JUDO's founder and instructor) the art and the beauty of Judo some 30 years ago. He is a great teacher, and has trained 55 national and international competitors who have ranked 1st, 2nd, or 3rd in their division.

Sensei Kraft was here for just one weekend and he gave a 2 day seminar. In this time, he taught the basics of Kodokan Judo. This was not a seminar about flamboyant technique. We broke down and studied Ukemi, Ashi Wasa, Osoto Gari, Ouchi Gari, Ippon Seonagi, Morote Seonagi, Tio Toshi, Harai Goshi. The basics of Judo. Interesting? Was there much for us all to learn? Oh yes. We all dream of the perfect throw...what is it? Uchi Mata? Sutemi Waza? Some great combination? Maybe great Judo is not that complex...maybe it's about fundamental Judo. Basic Judo. We keep working on the basics, perfecting them.

Sensei Kraft took each technique and broke them down into the basic parts. He worked with each Judoka individually. He also took the time to show some great drills, teaching the instructors present how to strengthen our Judoka's technique.

This was a great event for everyone. White belts were engaged and learning...as were Black Belts. We learned and enjoyed. We can all learn from a master. Another point. All of the clubs present at this event were USJA. Sensei Kraft is USJF. What's the difference...it's all Judo!

PHOTO OPS

ARK JUDO Clinic by Hank Kraft



(Hey, I recognize some of those people from when I was in southwest Missouri a couple of years ago. I hope to see you again in July in Kearney or maybe this year at Christmas – Editor.)

BOEING JUDO CLUB CLINIC by TONY MOJICA



Boeing Satellite Judo in El Segundo, Ca. hosted a mini-clinic with Tony Mojica, 6th dan. Sensei Mojica shared his extensive knowledge at the Boeing Satellite Center Recreation center Monday, June 1. After a demanding day in the office, what better way for engineers to release their frustration and stress. Sensei Mojica showed how to "add assertiveness" to your chokes (shimewaza), pins (osaewa) and joint locks techniques (kansetsuwaza). Obviously it's a dramatic change to an engineer's mood and behavior. Thanks Sensei Mojica!

USJA Outstanding 2008 State Competitor Award ICO Major Dunford.

Presented on Wednesday, 11 June 2009



(L2R) Colonel John P. Albano, Army Associate Director, Naval Aerospace Medical Institute (NAMI) presents the prestigious United States Judo Association (USJA) Outstanding Senior Female Competitor for the state of Florida during 2008, to Major Nicole Powell-Dunford, MC, NAMI, Naval Air Station (NAS), Pensacola, Florida, with Dr. H. G. Robby Robinson, Senior Coach and Advisor, Armed Services Judo and Jujitsu Academy (ASJJA), NAS, Pensacola, representing the National Headquarters of the USJA.
(photo by Renee Robinson, ASJJA)

FEATURED TECHNIQUE

SEOI NAGE (SHOULDER THROW)

VICTOR ORTIZ DEMONSTRATES A LEFT SEOI FROM A RIGHT GRIP





USJA Jr Nationals LATE FEE WAIVER

In an effort to test the level of readership of Growing Judo, USJA Junior Nationals Tournament Director Jesse Jones graciously agreed to waive the late fee for junior national registrations mailed by TUESDAY, June 16. Simply put on the entry form GROWING JUDO. Pay \$60 instead of \$100 ! Save yourself \$40 ! It has to be postmarked by Tuesday to be sure it is received by Friday.

Please Visit Our Site

WWW.JUDOREUNION.COM

Are You Coming To The Reunion?????

This is quick update to remind everyone to register for the upcoming reunion. We are down to our last thirty or so days so please take the time to register for the event. We are making final arrangements for the banquet and picnic and need to lock down on final numbers. Please send us a quick reply to let us know if you are coming or fill out your [registration](#) form.

Decatur Conference Center and Hotel
 (217) 422-8800
 4191 US Highway 36 West
 Decatur, IL 62522

Reunion Cost:\$25 (Cost will cover both Banquet and Picnic)
 \$5 Fee will be charged for those that can only attend the Picnic

Event Agenda

Friday July 3rd, 2009 7:00PM

Judo Reunion Banquet

Cocktail Reception and Appetizers

Location - Decatur Conference Center

Conference Room - JR

Agenda - 6:30 - 7:00 Event Sign In

7:00 - 7:30 Cocktail Mixer and Appetizers

7:30 - 7:40 Welcome and Opening Remarks - Vickie Daniels

7:40 - 9:00 Head Coaches Remarks

Bonnie Korte

George Weers

Ron Yoshida

Quentin Thompson

Bill Maxey

Bill Horve

9:00 - 11:00 Reunion Mixer

Saturday July 4th, 2009 1:00PM

Judo Picnic - Spittler Park

705 Spittler Park Drive, Mt Zion, Illinois 62549

Preventing Child Abuse in Judo

Mike Buckle

The issue of child abuse in sports is not a new one. For decades, youth sport organizations worldwide have struggled with bringing this problem under control by establishing policy, procedures, education, research, evaluation measures, and effective interventions. Similar to other sports, youth Judo in the US has been negatively impacted by child abuse for decades. Although much has been done to ensure adherence and effectiveness to child protection plans, they have proven insufficient.^{17,20} The goal of this article is to provide evidence-based information for parents, coaches, referees, Judoka, and Judo administrators to help guide best practices in the protection and safe development of our youth.

Often, when we think about child abuse, we consider only illegal sex between an adult and underage child. However, in addition to sexual abuse, the term ‘child abuse’ encompasses physical, emotional / psychological abuse, and neglect.⁸ Certainly, unlawful sex between adults and minors has captured the majority of our attention and resources when confronting child abuse. Yet other forms of abuse can be equally damaging and when left unattended can create attractive contexts and opportunities for more severe or deviant abuse to emerge.

Cases of reported abuse in US Judo have mirrored that of other sports around the world. It can be argued that despite established safeguards, leaders and administrators in US Judo have been ineffective in curbing, educating, or even administering discipline against abusive behaviors. Like responses from other sport organizations, organizers in the US have responded by playing the blame game. We have to understand that this is not unique to US Judo.^{4,7,15,24} Unfortunately, the state of our Judo union in the US is in a shambles and can be characterized as a political quagmire. Often, when communities are seen as socially and politically disorganized, levels of illegal activity and / or deviance flourish. With the reality that we have three governing bodies within US Judo, often at political and philosophical odds, opportunities increase for child abusers to operate successfully while avoiding detection or discipline. All too often, our three organizations exhibit excessive defensiveness as they hide in their protective shells. These ‘defensive shells’ can lead to blindness to the dire need for appropriate action.⁷ While it’s not the intent of this article to be a political commentary, it bears mentioning at the outset and I recommend strongly that the three national organizations come together to close existing gaps and form one unified front supporting this important initiative.

Curbing child abuse in youth sports is a difficult proposition. Too often, youth sport environments are seen as opportunities for parents to use as child care. Other times, parents seek personal recognition and fulfillment through the excellence and performance of their child, also called achievement by proxy. Still others seek character development through involvement in sport. In all three of these cases, the coach-athlete relationship can become the most important relationship in the child’s life.^{9,12,17,20} Many times, we assume that our coach is reliable, morally and ethically strong, and knowledgeable. This can be especially true in martial arts type activities where the coach, Sensei, or ‘Black Belt’ is seen as omnipotent. Parents and students with little experience and training in this area, or sport training in general, make these assumptions.

Unfortunately, some clubs, parents, students, and organizations have not been trained or

equipped with information to help them feel safe to challenge their own assumptions. Avoidance of confronting these assumptions can be exacerbated by the fact that some parents and organizations simply measure success by medal counts.¹⁹ This is especially true in youth Judo in the US over the last 10 years. This demand for youth to specialize too early has given “credibility” to coaches that use abusive and outdated training methods,²⁰ has increased the frequency that youth are alone or travel with adults not belonging to their own families,²⁴ has increased the frequency and intensity of training, has removed the parent / caretaker from the developmental decision-making process, and has effectively ignored children’s voices in the entire process.

While we must confront institutional and systemic factors that allow abuse to occur, it is critical that we educate ourselves and our clubs about what child abuse is, what it looks like, and how to effectively guard against it. Although background checks and three-hour coaching certifications are helpful, they fall far short of effective management and recognition of the problem.¹⁴ Therefore, it is important to understand what risk factors, environments, behaviors, attitudes, and beliefs common to physical, emotional, and sexual abuse look like. Of course, simply exhibiting one or some of these characteristics does not imply that child “abuse” is occurring. However, research has indicated that often, abused athletes report multiple forms of abuse²⁷ and parents should pay close attention if they observe any risk factors emerge at their club or competitive environment.

Physical Abuse in Youth Sport

The issue of physical abuse in youth sport is largely neglected and misunderstood despite improved training and education in recent years.²⁰ There are numerous factors that create this misunderstanding, including incongruent parent-child expectations and motivations for involving in sport, early specialization in one sport, lack of professional development and training for coaches, and insufficient parent / athlete education.

Particularly in youth Judo in the US, there remains an alarming trend for young athletes to seek specialization too early. An entire system of grading and awarding of points to junior athletes exists, which can cause some families to travel to up to five national or international competitions within six months, not including local and state championship competitions. At times, parents of young athletes derive a great deal of fulfillment if their child performs well. Typical reasons for parents involving their children in sports are to build character traits or teach healthy behaviors and attitudes. Unfortunately, with competitive success, some parents desiring personal recognition fall into the trap of allowing their children to push harder, train longer, and endure harsher methods of communication and training. At the extreme end of this, parents engage in very risky sacrifices that can lead to abuse. This is known as achievement by proxy.^{22,23}

The typical youth tends to join sports for fun, to learn skills, and meet friends.²⁵ As children begin experiencing competitive success, they become more willing to endure abusive practices out of the fear of disappointing parents paying high prices for club membership and coaches dedicating resources and time to their training. Additionally, youth typically are not empowered to speak up and have a voice in their training, physical, and emotional needs.¹¹

Most experts agree that the typical parent and youth coach do not set out to be abusive. However, through a lack of training, professional development, and education, they lack the ability to employ the most developmentally appropriate, safe, and research-based training methods. Often, they resort to tradition or intuition, resulting in increased

occurrences of sport related injuries or maladaptive coping strategies in their athletes, such as eating disorders²¹, substance abuse, or withdrawal from family and friends. One of the most unfortunate outcomes of these approaches is that children in these environments tend to win early and win often. The initial success of these youth and the feelings and attributions of why they win feeds into a dangerous cycle of engaging in harder more intense, frequent training sessions throughout the year at the expense of skill development.¹⁰ Parents fall prey to this as well.

Occasionally, we do see overly aggressive and angry coaches that cannot problem-solve or manage conflict appropriately. Typically dominance, control, and power are central themes in their approach. To the trained eye, these coaches are easily recognizable. However, to the untrained parent, the lines between an untrained well-meaning coach and an abusive person can become blurry. Regardless, both can be dangerous to the young athlete. The following are some recommendations for parents, referees, and coaches of characteristics to watch out for that can lead to, or be considered physically abusive:

Corporal punishment for mistakes – If you see a coach or parent that slaps or physically hits their athletes for losing or making mistakes, this is a “red-flag” behavior. Some athletes ask their coaches to slap their faces or bodies before matches to help with motivation and warming up. This should not be confused with the coach or parent that is hitting their crying child after losing a match.

Throwing objects at players – Researchers have found that abused athletes sometimes report having objects thrown at them during training. This practice has been found to negatively impact the athletes physically and psychologically, particularly when the object actually hits the child athlete.

Excessive drills or exercise for making mistakes – The use of excessive drills and exercise for making mistakes can be a dangerous practice. Often, people cite the use of these tactics by the military as appropriate methods of elite training; however, children can assign different meanings to these actions.

Lack of an individualized, scientific approach – Children and adolescents can respond positively to physical training.^{3,18} Most importantly, children are very different than adults in many ways with regard to exercise physiology. It can be physically and psychologically dangerous if adult training regimens are inserted into programs for children.³ If you or your coach has limited training or experience in these concepts, it is strongly recommended that you consult with trained professionals and / or your physician when embarking on a training program.

Training in excessive heat – There is evidence in the research on children’s exercise physiology to indicate that children generally do not tolerate exercise in the heat as well as adults partially due to differences in thermoregulation.¹⁸ When training in the heat, it is recommended that you watch for possible signs of distress in your child, such as dizziness, headaches, nausea, abdominal discomfort, and inability to persist. Experts should be consulted when training children in heat if your coach is unfamiliar with these concepts.

Pushing children to cut weight – This is a banned activity that can be highly dangerous. I have seen children as young as nine in plastic suits and sweats before weigh-ins running in the sauna to shed water. The banning of this behavior has pushed it behind closed doors and often teams will “stay home” to cut weight

with inappropriate techniques to avoid detection. They then get to the weigh-ins last minute. Do NOT allow any coach to talk you into involving your child in this activity.

Beware of the coach that removes you (the parent) from practice sessions – Some coaches will hold closed door sessions to avoid detection of their abusive techniques.

Deliberate mismatching – Cooperative learning and cross-aged teaching can be highly effective and healthy training practices with youth; however, coaches with abusive tendencies often purposely mismatch their students in competitive situations to “prove a point” or develop toughness. Sometimes, rather than playing accordingly, the more advanced student will be directed to “mop up” the floor with the less skilled student. Don’t allow this.

Performing developmentally inappropriate techniques on children – Recently, a video emerged on the internet depicting a coach choking unconscious a child as part of a promotion ceremony. These types of activities should be avoided at ALL costs and reported to the governing organization.

Hazing – Students should not be allowed or encouraged to haze one another. These occurrences can easily get out of hand when you are not there. Hazing behaviors can easily degrade into sexual assaults.¹

Inattention to medical needs – If your child is injured or in need of medical attention, don’t allow the coach to push them to work through serious injuries. This is especially dangerous when the coach makes absolutely no attempt to assess the injury before requiring more work. Educate yourselves in the basic areas of sport medicine because you can’t assume that your coach has. There are dangerous injuries common to Judo that need medical attention immediately, such as concussions or heat related injuries.

Denying access to food or water during intensive training – This is a dangerous and potentially abusive practice that can lead to dehydration and higher rates of injury.

Emotional / Psychological Abuse

Like physically inappropriate methods, emotionally and psychologically damaging behaviors and attitudes in the dojo can be difficult to spot. First, for those parents that use sports programs as a drop off spot for day care, you will never be present to hear and observe what’s being communicated. For those that attend every practice and competition with your child, don’t assume that you will hear what’s being talked about on the mat or on the competition floor. Third, for those that send their children on travel teams, you run the risk of not knowing the extent to which your child experiences abusive behavior. Lastly, emotional abuse is difficult to define.²⁰

Typical forms of emotional / psychological abuse in sport settings occur through bullying, sexual harassment, inappropriate references to body image / size, failure to exercise gender equity, neglect, and questionable motivational methods. While a strict definition of emotional abuse is elusive, some assert that children forced to assume adult roles and adult responsibilities too early are suffering from a form of emotional abuse. Others see emotional abuse as a pattern of inappropriate emotional responses to a child’s emotional experience and behavior.¹⁹

Again, the average coach in youth sport settings is well intentioned. Being well

intentioned and even highly experienced in sport competition doesn't ensure that the coach will use appropriate communication and motivational methods for children. Motivation and youth development paradigms in youth sport have changed considerably over the last 20-30 years. Without a strong grasp of the psychosocial and motivational processes that operate in these settings, healthy emotional and psychological outcomes are left to chance. Often, they are negatively impacted when coaches use outdated or inappropriate methods.

The following are some common forms of emotionally abusive coach behaviors that research has shown can negatively impact youth athletes' levels of confidence, fear, self-worth, mood states, and levels of depression:¹²

Public Humiliation

Belittling

Shouting

Scapegoating

Rejecting

Isolating

Threatening

Ignoring

While it might seem like common sense that these behaviors are inappropriate, it should be noted that these coaching / parent behaviors tend to increase as young athletes progress up the competitive ladder.^{9,12,19,20} Coaches and parents can feel that they have invested so much time and resources in their athletes that they employ negative behaviors and communication habits when they perceive their athletes' effort and performance is less than optimal. Care should be taken to identify these coaching / parent behaviors and confront them when they occur. You must establish a clear and honest line of communication with your child since there are powerful forces operating in the youth sport environment that make disclosure of embarrassing and painful events difficult for children.^{11,26} It is also critical that you understand how the coach-athlete power dynamic often results in youth not disclosing emotionally damaging events to you, the parent, or even their peers.

In terms of motivational processes, decades of research have provided valuable insight into the best practices for motivating youth sport participants.¹⁰ Experts agree that the healthiest approach to developing adaptive motivational orientations is to stress skill mastery, personal improvement, de-emphasize winning, and emphasize cooperative learning. Intra-team rivalries and comparisons between players should be avoided. The following is a list of behaviors that should be avoided in the dojo:

The coach only stresses the importance of performing better than your opponent

– This sounds counterintuitive, but an excessive emphasis on normative performance (winning) against others has been shown to correlate with increased worry, anxiety in competitive situations, and ultimate withdrawal from the activity.

The coach pits his/her own players against each other during practices.

The coach spends more time in training phases than skill development phases.

The coach / parent only value the best competitive performers.

Only the best performers are given recognition.

Recognition is given only for winning rather than effort and personal

- improvement.**
- Parents make frequent comparisons of their children to other children.**
- The coach comments on fat content / body image / weight / or eating habits often to cause guilt and induce weight loss.**
- The coach makes sexually inappropriate comments about gender, sexual preference, body attributes, or rival competitors.**
- The coach only works with one gender while neglecting the others.**

Sexual Harassment and Abuse

Certainly, the thought of exposing our children to potential sex offenders occupies the thoughts of most parents that involve their kids in youth sports. The recent introduction of criminal background checks into the recruitment and hiring of youth leaders has acted as an effective “gatekeeper” preventing prior sex offenders from entering our coaching ranks, however, they have been shown to be inefficient and ineffective against individuals that haven’t been caught, prosecuted, or offended yet.¹⁷ While it is virtually impossible to predict exactly who will sexually offend, research in this field has uncovered certain behaviors, attitudes, and beliefs common to sex offenders. As previously mentioned, physical and emotional abuse can be highly correlated to sexual abuse. Unfortunately, common structures inherent in youth sport make it a perfect context for abuse to occur. Youth are typically trained to be quiet and obey what the coach tells them.^{9,12,17} Rarely is the child athlete asked for their opinion. As previously noted, the athlete-coach relationship is often built from unconditional trust, loyalty, and obedience. This can result in relationships that are stronger and closer than that of the parent / athlete. Coaches are often seen as friends, heroes, or role models that are admired.¹⁷ Children can fear disappointing their coaches. Therefore it should be the consideration of every parent that coach-child relationships are powerful. Thus, all parental safeguards and attention should be directed toward the interactions and communication that children have with their coaches.

While much of the research in this field has been driven by feminist theory, boys are equally susceptible to victimization and more likely to cover it up. Interestingly, some researchers estimate that up 98% of perpetrators of young boys “appear” to be heterosexual.¹⁶ Young boys tend to be more at risk of abuse from those outside the family than girls. Often, the perpetrators hold formal and/or professional roles in the boys’ life. There are negative stigmas attached to male victimization that make it difficult for them to disclose, such as appearing helpless or homosexual.¹³ Victims of sexual abuse often fear embarrassment and parental anger if they disclose abuse. Needless to say, abuse of young boys is largely underreported and underrepresented in the research on child sexual abuse in sport.

Also underreported and underrepresented in the literature on child sexual abuse in sport are the statistics on female abusers. Common societal beliefs, such as women being more sexually passive, that child sexual abuse by females is rare, and women having more leeway in terms of physical interactions with kids often leads to under-recognition of females as abusers.^{2,13} Some conservatively estimate that between 1% and 10% of abusers are women, however, due to the societal beliefs noted above, these numbers may be far too low.²

Some researchers in the field of sexual abuse in sport settings define sexual harassment and sexual abuse as multiple points along the same continuum.⁶ At one end of the spectrum is mild sexual discrimination and at the other extreme is sexual abuse. Sexual harassment is unwanted behavior on the basis of sex.^{9,11} With sexual abuse, the perpetrator grooms (tests) or coerces the victim to “secure apparent consent.” Many experts assert that both harassment and sexual abuse are forms of abuse with sexual abuse being the most severe.

One important consideration when examining harassment is that of personal boundaries. In contact sports like Judo, boundary lines can easily become blurred. It is critical that students, coaches, and parents understand and make clear where these lines are drawn. Interestingly, researchers have shown that coaches often report perceptions and beliefs about what is acceptable behavior, yet their behaviors don’t match their beliefs.²⁸ Harassment often occurs when the coach and athlete have different perceptions of what is acceptable.

Experts in the field of child abuse in sport have identified a helpful typology of the harassing coach, although they admit that more work needs to be done in this area.¹¹ Based on their initial work, researchers have listed three main types: (1) The Flirting-Charming Coach; (2) The Seductive Coach; and (3) The Authoritarian Coach. Offending coaches tend to adopt a combination of all three as the situation dictates. The Flirting-Charming Coach is characterized by repeated flirting, joking, wrestling with, or pinching the body to test if either weight has been gained or to comment about natural female development. The Seductive Coach is characterized by taking behaviors further with unwanted sexual advances or attempts to “hit on” athletes. The Authoritarian Coach is characterized as having a degrading, dismissive, negative view of women in general and believes that women should never question or have a voice. At the extreme end, the Authoritarian Coach may feel that women don’t even belong in sport. Some interesting findings in the research of these typologies are that the offending coaches exhibited overlapping behaviors. Also, victims reported that the Flirting-Charming and Seductive Coaches were more likely to engage in unwanted touching and unwanted sexual hinting. Authoritarian coaches tended to abuse their power as coaches through humiliation or ridicule more often.¹¹

The following is a list of behaviors that commonly represent sexual harassment and should be avoided:

Unwanted sexual attention, glances

Making lewd and unwelcome jokes, comments

Taunts

Innuendos

Sexist remarks

Homophobic comments

Making negative judgments about the athlete’s body, athletic performance, or marital status.

Stalking

Unwanted physical touching

The process of sexual abuse in sport begins with the types of relationships associated with the sport context and can progress in stages. The use and abuse of power is typically a central theme.^{5,11} Elite coaches often hold the most power as they dictate who is on the

team, who travels with the team, or who receives recognition. As previously described, the athlete-coach relationship often becomes stronger than even the child-parent relationship. The athlete often relies on the coach to make decisions for them. This can be especially true in Judo since students are typically and traditionally not allowed to question or have a voice in their training or needs.

The abusive process is established based on the motivations of the offender.⁹ Once the abuser has developed a motivation, he/she progresses to the stage where inhibitions are overcome. The offender then overcomes general physical boundaries or barriers. At this point, the offender coach selects a victim and overcomes specific physical barriers. This is a critical point in the process as grooming (testing) of the victims occur. Indicators to watch for at this stage are: (1) Negligence, lack of attention in the family or at home; (2) Isolation from fellow athletes or peers; (3) Training camps; (4) Massage; (5) Taking home / inviting home; (6) Sleep-overs.

At this point, the actual abuse occurs. Personal athlete factors that are more likely to indicate or lead to abuse are: (1) Low self-image, need for confirmation/attention; (2) Background of negligence or psychological maltreatment; (3) Age, Sex; (4) Lack of knowledge of sexuality/sexual abuse/normal interactions; (5) High ambition, sporting achievements; (6) Isolated position in the club.

Relationships with the coach that indicate or lead to abuse are: (1) Unusual bond of trust / emotional dependence; (2) Amorousness; (3) Power of the coach over athlete. Emotional barriers include: (1) Feelings of guilt, fear, shame not recognized as abuse.

Critical to the abuse process are lack of interventions by third parties. These can include: (1) Institutional denial; and (2) Fear of losing the coach.

The offender has now overcome the resistance of the athlete, the abuse has occurred, and either the abuse ends or continues. The end of the abuse is typically followed by continued victimization through harassment.

When we search for factors that motivate a person to allow their inhibitions to erode to the point of sexual abuse, a common factor that appears in the literature is the lack of institutional sanctions and punitive measures, which give rise to the abusers confidence.⁹ This key point is clearly a problem for many sport organizations including those in US Judo.

Many parents and responsible adults report that they either cannot identify potential indicators of future abuse or lack the specific education and training to confidently identify problem indicators as the abuser selects victims. Researchers have noted that some helpful indicators to watch for include the coach that spends an overabundance of time with a particular athlete, exhibits a very authoritarian attitude, attempts to control activities not associated with the dojo or sport, is jealous of other men that the athlete associates with, and uses physical violence or threats of physical violence when not obeyed.

Also important to watch out for are the coaches that attempt to isolate their teams, malign other coaches or parents, have few friends in the Judo community, and poor relationships with parents and families in the club.

Other risk factors can include Coach Variables, Athlete Variables, and Sport Variables. Common Coach Variables include: The sex is male; Age is older, physique is larger and stronger, accredited qualifications are good, standing in the sport/club/community is apparently high, previous record of crime is unknown, trust with parents is high, chances

to be alone (trips, competitions) with athlete are frequent, Use of car is frequent, and commitment to national coaches association codes of conduct is weak/none. Athlete Variables include, sex is female, age is younger, physique is smaller/weaker, level of awareness of sexual harassment is low, rank status is potentially high, self-esteem is low, relationship with parents is weak, medical problems like disordered eating medium to high, total dependence on coach, devotion to coach is complete. Sport Variables include, opportunity for trips away are frequent, employment, recruitment controls or vetting is weak to none, use of national sport-specific codes of conduct and ethics weak, use of parent and athlete contracts is none, and a climate for debating sexual harassment is none.

Identifying and predicting who will sexually offend and when is virtually impossible. Clearly, there are warning signs and risk factors that we can watch for. It is also critical that we in the Judo community don't ignore or deny when other forms of abuse are occurring, such as physical and emotional abuse. These types of abuse are as damaging to the health of our young athletes and have been to potentially have a high correlation to future sexual abuse. We have a long way to go toward the education and prevention of abuse in our sport since simple background checks and coaching education have proven inadequate and insufficient. Parent, coach, and athlete education and uniform certifications are recommended as the first steps toward developing effective interventions and risk management practices in US Judo.

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Everyone,

If you want to stay up on freestyle judo and AAU judo, go to www.martialconversations.com and register. There are several groups there, including one for freestyle judo. This will be a good way to stay in touch and discuss freestyle judo. Also, go to www.freestylejudo.com as well.

Steve Scott

A few highlights from the Chief operating officer's report

The USJA has over 8,200 active members
We currently have \$18,000 in the bank, \$30,000 in our endowment fund and over \$3,000 in our development fund.

Our financial position continues to improve every year, despite giving out more camp scholarships, sponsoring more clinics and expanding our coach certification – or maybe it is BECAUSE of those things!

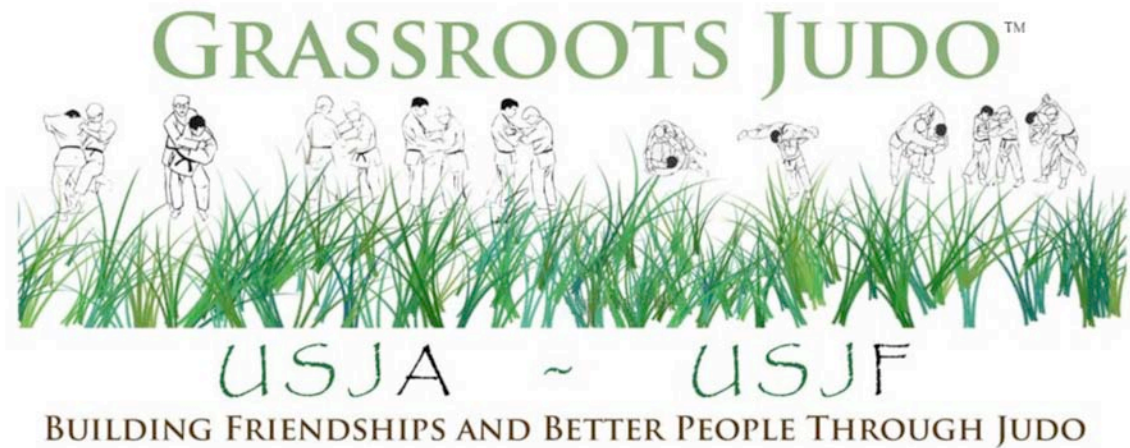
Short Term Goals

- **Hold Fair & Well Run Election**
- **Aduci Database Coach Portal**
- **Website Into Central Office**
- **Complete Handbook Updates**

Major recent accomplishments

Signed agreement with Black Belt Magazine for members
Agreement on Grass Roots Judo with USJF

(For more details on both, see below)



The leaders of Grassroots Judo™ are the President and COO of the USJA and President and Executive Director of the USJF. Our aim is to grow Judo and enable people to contribute to society. We are the organization of choice for coaches and students to train in the fundamentals of “big” Judo. [Judo spelled with a big “J” means the holistic contribution of Judo to society. Judo spelled with a little “j” is the sport and recreational (technical) aspects of Judo]. We hope to facilitate a way for the most skilled and talented instructors, competitors, coaches, and referees in the country to give back to Judo through the USJA and USJF.

I. Grassroots Judo™ Core Values (We Believe In)

Perfection of the human character
 Mutual benefit and welfare
 Maximum efficiency with minimum effort

II. Grassroots Judo™ Bold Goals

Overcome current stagnation of US Judo and grow Judo
 Enable every coach and teacher to be able to market Judo
 2 major research efforts exploring the benefits of Judo

III. Grassroots Judo™ Products

Instructional knowledge manuals
 Knowledge and skill Clinics, Tapes, and DVD's
 Recognition; points and certification programs
 Website; www.grassrootsjudo.com

IV. Current Grassroots Judo™ Championships

Grassroots Judo™ Winter Nationals
 Grassroots Judo™ High School Championship in Hawaii
 Grassroots Judo™ Joint Jr. Nationals
 Grassroots Judo™ White & Brown Belt National Championship

BLACK BELT®

World's Leading Magazine of Martial Arts



UNITED STATES JUDO ASSOCIATION

Membership Application

21 North Union Boulevard Suite 200, Colorado Springs, Colorado 80909-5784
 Telephone: (719) 633-7750 • Fax: (719) 633-4041 • Toll Free: (877) 411-3400
 Web site: www.usja-judo.org • Email: membership@usja-judo.org

See reverse side for additional information and instructions



Section 1 - Membership Information

Name: _____ Current USJA Life Member
 Address: _____ New Member
 City: _____ Renewal (Member Number) _____
 State: _____ Zip: _____ Occupation: _____
 Home Telephone: (____) _____ Business Telephone: (____) _____
 Fax: (____) _____ Email: _____ Martial Art: _____
 Rank: _____ Date of Rank: _____ Date Started Martial Art: _____
 Birth Date: _____ Age: _____ Sex: Male Female
 U.S. Citizen? Yes No Junior (up to 16) or Senior (17 and over)

Section 2 - Club Information

Return Membership Card to: Club Coach Club Secretary Individual

Club Name: _____ Club Coach: _____
 USJA Club Number: _____ Address: _____
 Date Registered by Coach: _____

Section 3 - Individual Membership Plans

Individual Membership Fee: Choose Regular/Primary, Secondary or Sustaining Life Member • Excess Accident Medical Insurance is included with the Regular/Primary & Sustaining Life Membership • NO INSURANCE with Secondary. Secondary Membership expires with USJA/USA Judo Primary expiration date. Please attach copy of Primary USJA/USA membership card.

REGULAR/PRIMARY

- \$60 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$45 Membership alone

LIFE MEMBERSHIP

- \$415 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$400 Membership alone

SECONDARY

- \$40 with USJF Primary Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$25 with USJF Primary alone
- \$40 with USA Judo Primary Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$25 with USA Judo Primary alone

SUSTAINING LIFE MEMBERS

- \$40 Includes Insurance, a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$25 Insurance alone

Section 4 - Family Membership Plans

The USJA Family Membership Plan is limited to seven family members. All family members must be covered by insurance, reside at the same address, select the same membership plan and belong to the same club. Please indicate your membership plan and list all additional family members on the other side in Section 5. (The primary family member is indicated in Section 1.)

3 MEMBERS

- \$130 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$115 Membership alone

4 MEMBERS

- \$159 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$144 Membership alone

5 MEMBERS

- \$181 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$166 Membership alone

6 MEMBERS

- \$202 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$187 Membership alone

7 MEMBERS

- \$217 Membership Includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
- \$202 Membership alone

* Payment information on back.

Top 20 Clubs as of June 2009

Club Name	Coach Name	State	Total	Rank			
Goltz Judo Club	Gary Goltz	CA	193	1			
Carolinas American Judo Assoc	Patrick Szejter	NC	192	2			
Tomodachi Judo Club	Michael Szejter	FL	138	3			
AMERIKAN JUDO	Mark Hunter	OH	114	4			
Samurai Judo Association	Ronald Allan Charles	SC	105	5			
School of Hard Knocks Judo Club	Andrew Connelly	TX	83	6			
USJA Armed Services Judo and JJ Academy	Harold Robinson	FL	82	7			
Texoma Judo/Jujitsu Academy	Roy Hash	TX	72	8			
Southside Dojo LTD	Robert Treat	MI	71	9			
Wall to Wall Martial Arts	James Wall	LA	71	10			
Vineland Judo Club	Raimundo Marquez	NJ	62	11			
Marion Pal Club Judo	Bruce Bender	IN	62	12			
Samurai Judo and Jujitsu	David Parritt	FL	60	13			
Bushido Judo Club	Darian Stokes	NC	58	14			
Derry Judo Club	Roger Lenfest	NH	57	15			
Ohio Judan Judo Club	Gary Monto	OH	52	16			
Budokan Judo Club	Marshall Coffman	MD	52	17			
Nokido Ju-Jitsu and Judo	Earl Delvalle	FL	52	18			
Glennville Martial Arts Academy	Terry Boulineau	GA	52	19			
Boys and Girls Club Judo/Ju Jitsu	Craig Freeland	FL	47	20			



WHAT ARE YOU DOING AFTER THE USJF JUNIOR NATIONALS? HOW ABOUT A CLINIC BY A WORLD AND OLYMPIC MEDALIST, OPEN TO ALL AGES ?

RONDA ROUSEY CLINIC

Location: San Francisco City College

DATE TIME Clinic

Monday July 13th 2009 2 PM – 4PM Kids Ne-waza

Monday July 13th 2009 6:30 PM – 9 PM Intermediate Ne-waza

Tuesday July 14th 2009 2 PM – 4PM Kids & Adults Tachi-waza

Tuesday July 14th 2009 6:30 PM – 9 PM Adult Tachi-waza

Contact Information

Vinh Chung / CCSF Judo

650-585-2188 vin@kodokangear.com

WORLD MASTERS UPDATES

From USJA Women's Committee Chair, Deb Fergus & Tournament Director, Matt Scheib

Hi All,

I have included the web site for the World Masters Judo and the letter from R. Matt Scheib, the tournament Director that can be found on the site.

If you are a Master Athlete that has played in this event, you know what a great competition it is. It truly is a time for Masters from around the world to meet, greet and compete.

With that said please come to the WMJA site and register, volunteer and just browse the past events and photos.

There is also a page you can check to see who has registered to date and see the competition you will have.

At the bottom of the section there is a list of competitors that need to contact the WM office. If you know these people please let them.

Be well and play hard.

<http://www.masterathlete.com>

Deborah L Fergus

United States Judo Association Women's Committee Chair

Benton Harbor, Mi. 49022

269 208 1068 cell

Member: USJA, USJF, WMJA, IWJA, USJI

Moderator: <http://sports.groups.yahoo.com/group/WomensJudo/>

Cofounder: International Women's Judo Alliance "IWJA.net"

From the Director:

Dear Judoka:

I just want to take a moment to give everyone an update on the progress of the

11 th WORLD MASTERATHLETE JUDO CHAMPIONSHIPS.

We are looking good. Better than that, this promises to be one of the best World Masters yet. We are on course with, for some time now, having secured tournament insurance, an amazing venue (Georgia International Convention Centre) and host hotel (Atlanta Airport Westin) and an awesome mat provider (Zebra Mats). Let me assure all of you that those of you that are planning to attend this year's Masters in Atlanta, Georgia – this tournament is only growing every day.

We have had an incredible boost in competitor, referee and volunteer online registration. Over 20 countries have registered and we are expecting more than double that number when we have the final numbers.

If Dr. Kano himself were to show up we know that he would agree that this tournament was done in the true spirit of judo (read Dr. Kano's book 'Mind over Muscle' there are lots of reference to Masters Judo). Countries from all over the globe will come together as one judo mind, but in the spirit of fierce competition for everyone, both shiai and kata . And win or lose – players will learn something about themselves, enjoy the process.

With that in mind, please do not forget to bring your bathing suits! Atlanta is HOT in August, and the banquet/judo memorabilia auction will be poolside.

Looking forward to seeing everyone in August.

All the best,

R. Matt Scheib

Tournament Director

rmscheib@gmail.com

Everyone -if you would like to say a few words about the sport of Masters Judo – we would be very happy to publish your thoughts.

CAMP SCHOLARSHIPS AVAILABLE TO USJA OR USJF GOLD MEDALISTS

I am very pleased to announce that as part of our joint efforts in support of Grass Roots Judo, winners of the 2008 USJF Junior Nationals OR the 2009 USJA Junior Nationals will be able to attend the USJA/ Judo Forum Camp in San Diego, CA free of charge. June 22-23.

Since that is a mouthful, let me explain what you need to do to be eligible for free admission to all camp activities.

1. Have won the 2008 USJF Junior Nationals OR the 2009 USJA Junior Nationals
2. Be a USJA or USJF member

The camp is two days of judo, group sessions twice a day, and half-hour private lessons available. Clinicians will include Jim Pedro, Sr., Ronda Rousey, AnnMaria Rousey De Mars, Paul Nogaki, Kenji Osugi, Dawn Beers, Neil Ohlenkamp and Jin Izumi. The camp is open to ALL ages at a bargain price of \$50 for two days or \$30 for one day. Coach certification is available, but extra classroom sessions will be required.

We will have the participants divided into three or four separate groups, by age and experience. Instruction includes kata, shiai and coaching. You are not too young or old to attend. Minors staying without a parent will be assigned a room with adult chaperon at the Town & Country resort, at a cost of \$50 per night, made payable to Temecula Valley Judo

Contact Paul Nogaki, Camp Director, for more information.
ptnippon@verizon.net

New Judo Social Networking Site

Hey, hope all is well with you all. I would like to invite you to a new site that we will be introducing in the near future. It is in beta now, but is very cool. It is a social networking site for judo, and can be found at www.judojabber.com or at <http://blogs.thejudopodcast.com/wpmu/>

It is a social networking site for judoka around the world, and it started with a conversation earlier today with Lance Wicks from the UK. We were talking about the possibility of a social site where judoka could go and have access to other profiles, judo blogs, and groups to share ideas and information. Upon searching, we found a structure to do so. It is like a forum, but I think it adds a whole new dimension. You can create and join profiles, groups and see news as it is happening around the world as related to judo. When you have some time, please check it out and see what it has to offer. I have created my profile and also a group for coaches called the coaches corner. Please share this email with others who may be interested. I could see this as a great communication tool for future groups, including referees, organizations, freestyle, etc. Lance, a group for the Bath Univeristy Masters Program would be cool! Gene, how about a group for your Yudankashai? Eve
ntually, I hope that it can support media uploads such as photo, video, audio...

Thanks, and have a great day-

Mike Darter

Upcoming Coaches Clinics

June 21-23 San Diego, CA Contact Paul Nogaki ptnippon@verizon.net

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

July 19 – Kearney, MO Contact Kenny Brink KBrink8952@aol.com

August New York contact Bill Montgomery wmontgomery2@aol.com

November Las Vegas, NV Contact AnnMaria De Mars

drannmaria@fractaldomains.com

December Los Angeles Contact Paul Nogaki ptnippon@verizon.net

Check here next month for photos from the clinics just completed this month in Wichita Falls, TX and Fargo, ND.



ANA'S Game

I learned a lot at the Nanka Shorai practice held at Kouhaku Judo Club in the Gracie-Barra school in Corona. I'll have more next time but for now, here is what we are calling "Ana's Game" after Sensei Ana Hankins who ran the practice. One player is in the middle, with his/her hand on the mat turning around in a circle. The other players are all moving around in a circle standing. This teaches them to move correctly without crossing their feet. When the instructor says, "Go", the inside player gets up (slightly dizzy) and runs from one player to the next in the circle throwing. This teaches the player to throw while moving. When the instructor says "Stop!" the next student takes a turn in the circle.

USJA /USJF GRASS ROOTS ROSTER

THESE ARE THE PLAYERS WHO SCORED THE MOST POINTS AT THE THREE GRASS ROOTS TOURNAMENTS- THE USJA JUNIOR NATIONALS, USJF JUNIOR NATIONALS AND THE USJA/ USJF WINTER NATIONALS

Did you know that the maximum possible points is 15 and NO ONE got it this year? The best anyone did was Crystal Butts & Elizabeth Wright, each with 13.

Player	Dojo	Total Points		
Aaron Fukuhara	Gardena	5	Ani Kiouregian	Antelope Valley
Aaron Kunihiro		5	Judo 5	
Aaron Wu		5	Anjena Mendias	Industry Sheriffs
Abigail Diaz	Rising Sun	5	Judo Club 1	
Adam Valdez	Barstow Judo Club	6	Anna F. Petrov	3
Adrian Lomibad		3	Anna Karapetyan	Kenams Judo 1
Aeris Stewart	Goltz Judo Club	5	Anna Kielkucki	5
Aesa Ramirez		8	Anthony Fraumeni	5
Aidan Carrillo	Simi Valley Judo Club	1	Anthony Igne	Mojica Judo Club 5
Aidan Yamada	San Gabriel Judo	3	Anthony Katrdzhyan	Hayastan 5
Aileen Hernandez	Ryoku	5	Anthony Prado	Ogden judo 3
AJ Pedro	Pedro Judo Center	10	Anthony Sek	3
Akbar Iminov		5	Anthony Vennitti	3
Akram Iminov		5	Antoin Rutledge	3
Albert Karapetian	Hayastan	3	Antonia Vinciarelli	5
Aleesha Allen	1		Antonino Marino	3
Alex Hayek	1		Aram Tarkhanyan	Hayastan 5
Alex Indzheyan	Hayastan	1	Ariel Hines	3
Alex Murray	1		Armand Farrokh	Dynamo 5
Alex Oh	LA Judo Club	5	Armando Gonzales	Industry Sheriffs
Alex Shustorovich		1	Judo Club 1	
Alexander Dubinkin		3	Armani Ellison	3
Alexandra Dean		5	Arno Aghababyan	Glendale 1
Alexus Taylor		1	Arsen Matevosyan	4
Alliyha Diae	Encino	5	Arthur Adjamoglian	Kenams Judo
Alyssa Quaintance		5	Club 1	
Amanda Bean		1	Artur Ghukasyan	Kenams Judo
Amanda Eugenio	Nor-Cal Elite Team	5	Club 5	
Amanda Galib		1	Arturo Guilen	Gatos Salvages 3
Amanda Gomez		3	Arutyun Altunyan	Antelope Valle 5
Amani Tavarez		3	Ashley Fernald	Carlson Gracie
Ana Moreno	Rising Sun	3	San Marcus	3
Andranik Alaverdyan	Mojica Judo Club	3	Ashley Fernando	Heisei Judo Dojo
Andrew Stone		3	5	
Andrew Topanian		1	Ashley Hunt	1
Andrew Varga		1	Ashley Levitt	New Mexico Judo Institute
Andrew Vorobev		3	3	
Andrey Kozhukhou	Heisei Judo Dojo	1	Audrey Pettigrew	5
Aneta Kielkucki		3	Austin Cavanaugh	1
Angel Gonzalez	Ogden Judo	3	Austin Cook	3
Angela Ross	Nor-Cal Elite Team	5	Autumn Bates	3
Angelica Romero	Rising Sun	3	Ava Metz	Santa Monica YMCA 3
			Ben Feiger	3
			Ben Zbinden	1
			Benjamin Branson	4

Benyatip Toonrud	Ozeki Judo Dojo		Christopher Roman	5
3			Christopher Sandoval	Mojica Judo Club
Berenice Montano	Ozeki Judo Dojo		3	
1			Clayton Graves	1
Brad Bolen	10		Cody Kollman	5
Braden Riggs	1		Colin Navickas	Cleber 3
Bradley Maratea	Nor-Cal Elite Team		Colin Robinson	5
5			Collin Hardigan	5
Branden Hinger	Industry Sheriffs		Collin Metzgar	1
Judo Club	1		Colton Stephenson	1
Brandie Sullivan	5		Connor Lenfest	1
Brandon Neal	Industry Sheriffs Judo		Crystal Butts	LACC 13
Club	3		Daisy Belden	5
Brandon Walensky	Team Elite Judo		Dalena James	3
3			Dalton Ahern	3
Bree Wellendorf	Discover Judo	1	Dane Tanaka	Orange County Kodokan
Brent Yasukochi	San Shi	3	Judo	1
Brian Orshansky	3		Daniel Kaufman	3
Brian V. Hope	1		Daniel Kruglyak	3
Brianna Padron	10		Daniel Nikitine	5
Bridget Mason	5		Daniel Shleyger	5
Brooke Furukawa	3		Danielle Kem	5
Bryanna Sullivan	5		Danny Satinsky	5
Bryce Oishi	5		Dante Vinciarelli	5
Bryson Sherman	Nor-Cal Elite Team		Darcy Kagawa	3
1			Darian Vinesar	3
Caedin Miller	Goltz Judo Club	1	David Arsenyan	Kenams Judo
Caitlin Searles	1		Club	1
Caleb Brown	J W Judo	8	David Bynum	2
Camaryn Butler	Nor-Cal	5	David Cook	1
Cameron Kato	5		David Gomez	3
Camilla Kaluzny	5		David Gray	4
Carlin Stiehl	Sawtelle Judo	1	David Hoetzletn	Santa Clara Judo
Carlos Morau	5		3	
Carly Knutson Kobold		5	David Honda	South Bay Judo
Caroline Irons	5		David Karapetyan	Kenams Judo
Carter Armendarez	Goltz Judo Club		Club	3
5			David Kuberski	3
Casey Kenney	1		David Prieto	Rising Sun
Casey Pedro	Pedro Judo Center	10	David Tavera	5
Catherine Bradley	3		David Toledo	1
Chase Oishi	5		David Yefroyev	3
Cheyenne Morgan	1		Dennis Shtatnov	1
Chris Jessup	1		Denzel Hunt	5
Chris Neal	Industry Sheriffs Judo		Derek Edwards	8
Club	5		Destiny Mcconf	3
Christian Fabrizio	Team Katame	1	Devin Hurst	3
Christian Merrill	Antelope Valley		Devin Sobay	5
Judo	1		Deyan Kolev	5
Christian Navida	Team Elite Judo		Diana Okamura	3
5			Diane Mikuni	3
Christianna Sasso	Fresno Judo Club		Dino Artayan	Hayastan
1			Dominick Cervantes	Orange County
Christina Gonzales	Industry Sheriffs		Kodokan Judo	3
Judo Club	3		Donald Moseman	3
Christopher Kwmuntis		1	Drake Busby	Tucson Dojo
			3	

Dustin Freund	1		
Dylan Madron	3		
Dylan Skelley	3		
Ean Katagihara	5		
Eder Flores	Ozeki Judo Dojo	1	
Eduard Akhverdyan	Hayastan	5	
Eduardo Ruiz	Gatos Salvajes	1	
Edward Flores	Corona Judo	1	
Edward Grist	1		
Edward Kam	5		
Edward Lacson	5		
Eileen McNair	San Gabriel Judo	1	
Elianna Oken	3		
Elijah Jones	Gardena Judo	1	
Elisha Lum	1		
Elizabeth Wright	Barstow Judo Club	13	
Ellie Keen	1		
Emily Abreu	1		
Emily Lilly	5		
Emin Avetyan	Glendale Judo Academy	1	
Emma Montanile	3		
Eric Baldwin	5		
Eric Kalajyan	Hayastan	5	
Eric Katrdzhyan	Hayastan	5	
Eric Oshima	8		
Erica Mallon	1		
Erica Mihalca	Deleon Judo Club	5	
Erica Oliver	5		
Erich Sauer	5		
Erin Butts	LACC	5	
Esthela Favela	Gatos Salvajes	3	
Ethan Davis	1		
Ethan Farrell	1		
Ethan Skarmas	Stockton Judo	5	
Everet Desilets	8		
Ewelina Szewczuk	5		
Felipe Ovalle	Industry Sheriffs Judo Club	5	
Fernando Marquez-Duarte	Gatos Salvajes	3	
Francis Molina	Mojica Judo Club	3	
Freddy Koss-Kersey	5		
Gabriel Palos	1		
Gabrielle Proska	1		
Garnik Kazarian	Glendale Judo Academy	5	
Garrett Dean	3		
Garrett Scher	3		
George Truong	5		
Gevork Akhverdyan	Hayastan	5	
Gijung Lapeyrouse	Team Elite Judo	1	
Giovont'e Ortiz	5		
Giuseppi Inserra	5		
Gordeau Watkins	1		
Grant Furukawa	1		
Grant Johnson	1		
Gregory Zaw	J W Judo	8	
Greta Flaig	5		
Hagop Yeghukian	1		
Haigo Kizirian	Glendale Judo Academy	5	
Haikus Genaro	Hayastan	5	
Haley Meara	3		
Hana Carmichael	5		
Hannah Paige	3		
Harut Sarkisyan	Hayastan	5	
Harutyun Akhverdyan	Hayastan	3	
Harutyun Petrosyan	Kenams Judo Club	5	
Hee Soo Cho	LA Judo Club	3	
Helen Woodruff	1		
Holden Heller	3		
Hunter Nagai	Sawtelle Judo	4	
Ian Traversy	5		
Igor Basilevich	8		
Inas Naji	1		
Inna Rokhvarg	1		
Isa Lehrmann	Team Elite Judo	5	
Isabel Flores	Gatos Salvajes	5	
Isabella Coulter	San Gabriel Judo	5	
Isaiah Ramirez	Barstow Judo Club	8	
Isaiah Romero	Industry Sheriffs Judo Club	5	
Ishmael McGinty	3		
Isom Kamilov	San Diego Judo	1	
Ivan Khvaline	1		
Izabel S. Cedeno	5		
J. r. Foster	1		
Jack Baldwin	3		
Jackson Butler	Nor-Cal Elite Team	5	
Jacob Hurt	3		
Jacob Statires	3		
Jade Heuer	Ozeki Judo Dojo	3	
Jaemi Englebrick	Team Elite Judo	5	
James Braye	5		
James Lynn	3		
James Stonecipher	Nor-Cal Elite Team	1	
James Topputo	Sawtelle Judo	1	
Janelle Sullivan	3		
Janessa Diaz-Sosa	3		
Jared Gussman	1		
Jared Torres	Visalia YMCA Judo Club	1	

Jarett Moreno	Rising Sun	3	Justin Lawrence	5
Jaycie Malesky		5	Justin Vodoff	3
Jayde Katagihira		5	Kachatur Houhannisyan	Kenams
Jazmin Reyes	San Shi Judo Club	1	Judo Club	3
Jelena Veskov		8	Kainoa Marumoto	1
Jenna Aina		3	Kala Barnes	1
Jenna Enoka		5	Kalie Crothers	Temecula valley Judo 5
Jenna Miller		1	Katelyn Bouyssou	Mayo Quanchi
Jeremy Galib		5		10
Jeremy Lan	Industry Sheriffs Judo Club	1	Katelyn Obana	Venice Judo Club
Jerriuate Hardin		1		3
Jessamine Lan	Industry Sheriffs Judo Club	3	Katherine Heffernan	5
Jessica Irons		10	Katherine Jordan	5
Jessica Lee	LA Judo Club	5	Katherinne Lieby	1
Jessica Scremin		1	Katie Germain	3
Jessica Shell		1	Katinna Rodriguez	5
Jimmy jr Ferguson		1	Katrina Hoskyns	1
John Boyle		5	Kayla Campbell	3
John Cheatwood		3	Kayla Hall	5
John Jayne		5	Kayla Harrison	5
John Mediros		1	Kaylin Deschenes	5
John Rocco Kazalas		5	Kaylyn Fukuhara	1
John Tucker		3	Kelcie Boling	3
John Wright	Barstow Judo Club	5	Kelly Au	5
Johnny Nagy		5	Kelsey Lenfest	1
Johnny Weiner	Ozeki Judo Dojo	1	Kendall reusing	Corona Judo 3
JoJo Vega	Southwest Mixed Martial Arts	3	Kendyl Post	Nor-Cal Elite Team 5
Jonathan Deschenes		1	Kevin Arriola	3
Jonathan Kenis		1	Kevin Holman	3
Jonathan Kuramoto	Fresno Judo Club	5	Kevin Shea	5
Jordan Nagai		5	Kevin Wu	5
Jordan Nagai	Sawtelle	5	Kiana Abellera	Sawtelle Judo 5
Jose Gonzalez	Rising Sun	3	Kimie Taketa	Gardena 1
Jose Pantoja		1	Kolya Kerboyan	Kenams Judo Club 3
Joseph Alvarado		1	Kristyna Smith	5
Joseph Parker Tenri		1	Kyle Birnbaum	3
Joshua Curtis	Goltz Judo Club	1	Kyle Taketa	Gardena 3
Joshua Gobencion		5	Kyle Tsubota	5
Joshua Noury		3	Kyle Vashkulat	5
Josiah Selegea		5	Kyra Deeter	1
Joslyn Deschenes		1	Lauren De Smidt	3
Julia Boyle		1	Lauren Kikuchi	5
Julia DeMars	Sawtelle	10	Lee Galles	New Mexico Judo Institute
Julian Somers	J W Judo	3		5
Julian Vasquez	Kenams Judo Club	1	Liam Williams	3
Julien Legros		3	Logan Moria	Team Katame 5
Julius Gallus	New Mexico Judo Inst	1	Lucas Molak	1
Julyeiska Colon		3	Lucas Wickham	1
Justin Ford		3	Luis medina	Gatos Salvages 5
Justin Irons		5	Luke Boyle	3
			Luke Holman	5
			Lydia Au	5
			Maddyson Post	Nor-Cal Elite Team
				1
			Madeline Crowell	3

Madison Geores	1	
Madison Hatch	6	
Madison Lubbe	1	
Malik-Jibril Taylor	3	
Malinda Bridges	1	
Mandi Race	1	
Maria Baker	South Bay Judo	1
Mariah Abelha	1	
Mariel Gomez	Gatos Salvajes	5
Marie-maude LaFrance		3
Mark Botello	5	
Mark Cagalawan	Antelope Valley Judo	5
Mark Okamura	3	
Mark Spencer	Goltz Judo Club	1
Marshall Graves	3	
Mason Kumashiro	Orange County Kodokan Judo	5
Mason Steffes	5	
Mathew Brady	3	
Matt Sullivan	5	
Matt Tsubota	3	
Matthew Blois	3	
Matthew Koch	1	
Matthew Landry		1
Matthew Puzhitsky		3
Max Bermont	3	
Max Golembo	10	
Max Johnson	3	
Max Kafka	8	
Max O'connell	1	
Max Rogers	5	
Maxamillian Schneider		10
Maya Adams	Team Elite Judo	3
Mckenzie McDaniel	Kaizen	5
Megan Ishibashi	1	
Megan Roberts	3	
Meghan Arena	5	
Meghan Armocida	3	
Mel Garcia	Visalia YMCA	3
Melissa Myers	1	
Mercedes Tibett	1	
Michael Alonso	1	
Michael Assels	3	
Michael Berucci	1	
Michael Flaig	1	
Michael Harrison	3	
Michael Kinkov	5	
Michael Liu	West Covina Dojo	1
Michael Scott	1	
Michael Soler	Emerald City Judo	5
Michael Tarrant	1	
Michelle Macura	5	
Mikayla Platt	Goltz Judo Club	5
Mike Bowelled	J W Judo	1
Millen Wan	5	
Miriam Thauer	3	
Miriam Thauer Jackson	YMCA	5
Mirielle Graves	3	
Misale Macias	Nor-Cal Elite Team	5
Mitchell Van Herwynen		1
Monika Burgess	1	
Morgan Nakayama	3	
Muhammed Lehrmann	Team Elite Judo	3
Myles Honda	South Bay Judo	1
Nadav Laemmle	Dynamo Sports Club	3
Nahapet Serobian	Hayastan	1
Naomi Oken	5	
Natalie Rygielski		5
Nathan Maratea	Nor-Cal Elite Team	3
Nathan Navida	Team Elite Judo	3
Nathan Ross	Nor-Cal Elite Team	3
Nathan Sowers	3	
Nathaniel Colicci	1	
Naum Shuster	5	
Navy Shouler	1	
Nefeli Papadakis		3
Nerses Hamboyan	Hayastan	3
Nicholas Lum	1	
Nicholas Martino		3
Nicholas Sandoval	Mojica Judo Club	3
Nick Gil	Encino	5
Nick O'connell	1	
Nickolas Peters	Tinaza Judo Club	3
Nicolas Botello		3
Nicolette Garrety	Encino	3
Nicolos Abelian	Hayastan	3
Nikita Afanasyev		3
Nina Brown	Goltz Judo Club	1
Olivia Winsor	5	
Olivia Yerian	1	
Omar Shabazz	3	
Oriyana Juarez	Fresno Judo Club	3
Paris Casal	1	
Patrick Hickam		3
Patrick Le	West Covina Dojo	5
Patryk Obiedzinski		1
Paul Shim	LA Judo Club	1
Peter Bertucci	1	
Peter Ray	5	
Phoebe Belden		3
Pricila Fernandez	Gatos Salvajes	3
Quentin Cook	8	
Quentin Hovis	5	

Quinten Hope	3	
Quinton Mason	1	
Rachael Butler Nor-Cal	1	
Rachel Garcia Guerreros	5	
Rachel Knutson Kobold		5
Rafael Azizyan	Hayastan	5
Raffi Tokhalyan	Hayastan	5
Rashid Osmahov	Judo America	1
Rebecca Regan	10	
Reece Heller	5	
Reid Furukawa	1	
Rene Gangarosa	3	
Ricky Pedro Pedro Judo Center	6	
Ricky Undesser IV	3	
Ricondo Cole	10	
Riley Isozaki Industry Sheriffs Judo Club	1	
Rito Hasegawa	Judo America	5
Robbie Sullivan	5	
Robby Schultheis	5	
Robert Abrahamian	Hayastan	5
Robert Arsenyan	Kenams Judo Club	3
Robert Beverly	3	
Robert Gomez Guerreros	5	
Robert Svestka	3	
Robert Tanaka Jr.	3	
Rodman Salangdron Jr.		5
Roland Fernando	Heisei	5
Rolando Ruiz	3	
Romeo Soofiani	Dynamo Sports Club	5
Romik Houhannisyan	Glendale Judo Academy	3
Ronni Aragona	3	
Rosario Cerna-Prado	3	
Ryan Mannebach	3	
Ryan Neals	3	
Ryan Oshima	5	
Ryan Shawn Santa Monica YMCA	1	
Ryan Talamantes	Guerreros	1
Ryan Wong	3	
Rylee Roloff	5	
Sabrina Rostkowski	3	
Sabrina Sasso Fresno Judo Club	1	
Sage Heller	1	
Saki Watanabe	3	
Saki Watanabe	Sawtelle Judo	3
Salvatore DeSimone	4	
Samantha Peters	Tinaza Judo Club	3
Samantha Reilly	Heart	3
Samuel Faynleyb	1	
Sandra Chevalier	3	
Sang Hyuk Lee	LA Judo Club	5
Sara Czarina	Fresno Judo Club	3
Sarah Cosgrove	1	
Sarah Crosby Discover Judo	3	
Sariah Varnado	3	
Sarkis Tadevossian	Hayastan	3
Semeon Tartakovski	3	
Serge Bouyssou	5	
Sergio Sanchez	Ryoku	3
Seryozha Asatryan	Kenams Judo Club	5
Shannon Laurin	Santa Clarita Judo	3
Shant Avetyan	Glendale Judo Academy	3
Shayn Levesque	1	
Shea Favorite	6	
Shelby Schlicht	1	
Sheridan Sebastian	1	
Shunichiro Uno	3	
Sierra Widmar	10	
Simeon Jackson	3	
Skye Bruce	Simi Valley Judo Club	1
Sofia Greco-Bryne	5	
Sofia Mani	3	
Solomon Jackson	3	
Sonia Ran	3	
Sonya Savici	3	
Sora Kime	Orange County Kodokan Judo	1
Stefan Cardenas	Ryoku	3
Stephanie Ovalle	Industry Sheriffs Judo Club	3
Stephen Sanders	3	
Steven Rangel Barstow Judo Club	5	
Sumi Kime	Orange County Kodokan Judo	3
Summer Truong	5	
Sydney Freund	5	
Takashi Koizumi	3	
Tallon Boling	5	
Tanner Kim	5	
Taylor Skelley	3	
Taylor Snider	Tucson Dojo	1
Teannie Hernandez	4	
Tera Higashi	1	
Thomas Capra	5	
Thomas Moreau jr.	3	
Thomas No	LA Judo Club	1
Thuc Tran	4	
Tigran Mossman	Hayastan	3
Tigran Simonian	Glendale Judo Academy	3
Timothy Korottchenko		5
Tommy Svestka	5	
Tony Sangimino	5	
Torazo Karagiannis	3	
Torie Oishi	5	

Trevor Allen	5		
Trevor Hirata	5		
Trey Fowler	1		
Trinity Valentine	Ozeki Judo Dojo		
	3		
Tyler Allen	5		
Tyler Chen	USA Stars of Salt Lake		
City	3		
Tyler Elliott	1		
Tyler Fabrizio	Team Katame	3	
Tyler Kim	5		
Tyler Noury	5		
Tyler Okada	Orange County Kodokan		
	1		
Tyler Riggs	1		
Tyler Shimamoto		1	
Tyler Svestka	5		
Vache Makvosyan	Glendale Judo		
Academy	5		
Vahe Nikogosyan	Glendale Judo		
Academy	3		
Vahe Poghosyan	Hayastan	5	
Valodia Shakhbando	Vyan	Glendale	
Judo Academy	3		
Vanessa Calimquim	South Bay	1	
Vanessa Vega	Southwest Mixed Martial		
Arts	3		
Veronica Graves		5	
Victor Ortiz	Judo America	5	
Victor Wong		3	
Victoria Burke	Nor-Cal Elite Team		5
Victoria Cook		3	
Victoria Goncalves			5
Viktorua Sokolovska			5
Villy Grapp		1	
Vincent Amoroso			1
Wendell Ebesu			5
Whitney Lohnes			3
Wilessa Rivera			3
William Chen		1	
William Chen	USA Stars of Salt Lake		
City	1		
William Okamura			5
William Wright	Barstow Judo		
Club	5		
Willow Heller		5	
Yael Oken		3	
Yanick Tremblay			5
Yesina Rodenzo	Team Katame		1
Yitzhak Molina Mojica	Judo Club		1
Yoshimar Rodriguez	Barstow Judo		
Club	3		
Youssef Mahgoub			3
Yuto Tejero	South Bay Judo		3
Zachary Burkhardt			1
Zachary Clark	Industry Sheriffs Judo		
Club	3		
Zachary Gershkowitz			