

**SEPTEMBER**  
**1996**

# Are You Insured?

By John R. Ellis

**W**ouldn't it be wonderful if all a judo sensei had to do was show up and teach his (or her) class? In this ideal world, tournaments would be informal gatherings to test judo skills.

The sad fact is we don't live in an ideal world, and club leaders had better understand some of the potential downfalls of the real world. It's full of opportunists who think nothing of gathering fortunes at another's expense.

Let me first state that I have nothing against lawyers. Like judoka of differing skills, there are good and bad lawyers. But it is a fact that there are a whole lot of them trying to make a living. One statistic I've heard is that there are more lawyers in this country than people in our military! Personal injury claims are a great source of income for lawyers, and in a contact activity such as judo, people occasionally get hurt.

I hope you are with me so far. Judo instructors are vulnerable to the legal process in the event of an injury in their dojo or at their tournament. Their shield against such vulnerability is in the insurance provided by membership in our national organizations. All three (USJA, USJI, and USJF) have insurance carriers, so everybody plays by the same rules. It is essential that we, as judo leaders, protect ourselves by cooperating with our insurance company. Otherwise, we may find ourselves personally at risk.

First, from the first day a new student walks onto your mats, register them with a national organization. In some ways, new students are more likely to get hurt because they don't know what they are doing and are liable to make mistakes. You generally know nothing about your new students and their hidden motives. I know that many instructors do not register their students until they are ready to enter their first tournament. If an unregistered student should get hurt and sue you, do you really expect the insurance to cover you?

Second, every student must be registered before participating in a tournament. As his or her instructor, ensure each student is registered well in advance of tournament participa-

tion. Tournament directors should not accept "it's in the mail" in lieu of a membership card. I hear that all of the time and too often (as USJI registration chairman), I find out that it was not true! No tournament director should accept less than membership confirmation for each entrant.

It is essential that all clubs use the current liability waiver form and insist that signatures on the forms are legitimate. Where a parent or guardian signature is called for, someone else may sign only if they have a notarized power of attorney permitting them to act on behalf of the parent or guardian. Judo sensei are generally not empowered as a parent or guardian for their students. Students should have parents fill out the entry forms before they leave home if they do not attend the event with their children.

It would be sad if some of our dear friends found themselves at the wrong end of legal proceedings because they did not take the procedural requirements of our insurance company seriously. Protect yourselves—register your students and have entry forms properly filled out! □

## INSIDE

<b>Does Your Club Have a First Sgt.?.....</b>	<b>2</b>
<b>All Others Are Obsolete .....</b>	<b>2</b>
<b>Why Should My Child Learn Judo?... .</b>	<b>3</b>
<b>Latest USJA Membership Figures .....</b>	<b>3</b>
<b>Judging the Kata .....</b>	<b>4</b>
<b>Changes Are Coming! .....</b>	<b>4</b>
<b>Now Available from USJA Supply .....</b>	<b>4</b>
<b>Can You Name These Throws? .....</b>	<b>5</b>
<b>Dear Coach .....</b>	<b>6</b>
<b>1996 USJA Summer Camps .....</b>	<b>7</b>
<b>The USJA Lineup .....</b>	<b>8</b>



# Does Your Club Have a First Sergeant?

**M**any factors contribute to a successful club, but I'm sure that everyone agrees that the best clubs have the best administration.

We now have over 1300 clubs registered with the USJA, and we have a staff of eleven that handles the day-to-day administration and communication with these clubs. With our over 26,000 USJA members, it is a Herculean task. No one really likes paperwork, but it is a necessary evil. Your club is like a small association—a little USJA. When someone joins your club, applies for a Life or Annual Member-

ship, or seeks to be promoted, the administration of these matters must be done rapidly and correctly, or your students will become frustrated and unhappy.

Most of our club coaches have full-time careers and families. The time that they spend teaching judo is very limited; only a few hours a week. If the club *sensei* has to explain why everyone needs insurance, or takes the time to be certain that membership or promotion forms are filled out properly, it can take quality teaching time away from the students. What we are suggesting is that every coach find someone, a mother or father of one of their students,

or even one of the older students, to act as a "First Sergeant" for the club.

This club secretary or administrator can be an invaluable resource for your students, and can, in many instances, act as the liaison between the club and the USJA. They can lift some of the paperwork burden from the coach, increase communication, and help us to help you. Volunteers are everywhere; all you need to do is ask. If no one comes forward, then appoint someone! None of us can be all things to all people. Most of our successful clubs have a "First Sergeant," and we of the USJA staff highly recommend it! □

## All Others Are Obsolete

**T**his has been a year of change for us here at USJA Headquarters, and in 1996 most of our forms and program summary outlines were changed too! We gave them a standardized "look" and the revisions reflect some new or changed policies and procedures. The current forms and summaries are listed below. The dates correspond to the dates located in the lower left-hand corner of each form.

National Club Registration, May 1996

How To Get Your Club Registered With the USJA, May 1996

Benefits of USJA Chartered Club Status, May 1996

How to Get the Best Possible Service from the USJA, May 1996

Sixteen Important Reasons Why You Should Be a USJA Member, May 1996

Limited Life Membership Offer (expires December 31, 1996), July 1996

1996 Membership Application, June 1996

Junior Recommendation for Promotion (old

form is still current - no date)

Judo Senior Recommendation for Promotion, August 1996

Jujitsu Recommendation for Promotion, August 1996

Other Martial Arts Recommendation for Promotion, December 1995

Request for Validation of Rank, May 1996

National Judo Rank System, May 1996

How to Register New Senior USJA Members Who Have a Rank, May 1996

Is Your Judo Rank Valid?, May 1996

USJA Sanctioning Program, May 1996

Application for Sanction, May 1996

Injury Report/Report of USJA Sanctioned Event (old form is still current—no date)

Coach Certification Program Summary, May 1996

Coach Certification Program Application, July 1996

Judo Rank Examiner Certification Program Summary, May 1996

Application for Certification as a Certified Martial Arts Rank Examiner, May 1996

Kata Instructor Certification Program Summary (old summary still current—no date)

Application for USJA Judo Kata Instructor Certification, May 1996

USJA Judo Referee Certification Program Summary, May 1996

Application for Certification as a USJA Certified Judo Referee, May 1996

1996–1997 Certificate of Insurance Application, September 1996

USJA Accident Claim Form (old form is still current—no date)

Warning, Waiver, and Release of Liability/Agreement to Participate, April 1996

USJA Student Club Registration, May 1996

Please be certain that you are using current USJA forms. *All others are obsolete and cannot be honored.* If you need replacements, just call the USJA Headquarters at (719) 633-7750 and we can mail or fax the current one to you. □



# Why Should My Child Learn Judo?

By Roger Pryor

There was a time in this country when a parent could expect that our institutions would reinforce the values that were taught at home. It seemed no matter how diverse our situation, we all agreed on what it was our children should learn. This is no longer true. Many criminals and the less noble among us actually target children. Your search for a course of instruction that allows your child to defend against these predators is well-founded.

I can assure you that no small child can stop an attack by a determined adult. Most adults cannot stop an attack from a determined adult. To do so, without injury, takes a great deal of training. The earlier you begin, the better able to adapt your body movements and thinking to defense. With children, this soon becomes second nature, and it truly must be second nature if it is going to work.

If parents have a fear about their child learning a martial art, it is that they do not use their newly acquired skills to become a bully. This is a valid concern, and judo can help a parent to impart a message of non-violence. Because judo is a full-contact sport, it stresses safety and respect for others; two things that help control any urge to bully. According to the May 1993 issue of *Economist Magazine*, "Psychological studies have confirmed that more advanced students (of judo) have much less aggressive personalities than the average person. Nor are injuries commonplace. Out of 250,000 judo practitioners in America, only about 70 (0.028 percent) per year report any serious injury; much fewer than in most active contact sports. This is because, along with the physical training, comes an education in East Asian philosophy."

Judo can transfer its lessons to the real world. For example, there is a certain amount of fear and stress when you step

- **One woman in three is likely to be raped before age sixty.**
- **One forcible rape occurs every six minutes.**
- **One out of every five families will become a victim of a violent crime within the next year.**
- **An unprovoked assault occurs every ten seconds.**
- **One out of every twenty-five males is involved in a criminal assault during any twelve month period.**

Department of Justice statistics, quoted from Special Projects Magazine

out onto the mat for competition; especially  
*(Continued on page 7)*

## LATEST USJA MEMBERSHIP FIGURES

Latest USJA membership figures show tremendous growth in the first three quarters of 1996. Our current database records show our total membership to be 26,602. This is an increase of 1,265 members since January first. Life Membership is up, and stands at 17,781, an increase of 640 in 1996, and represents almost 68 percent of our total membership. USJA clubs now number 1,324 as compared to 1,220 at the end of 1995. Almost 800 of these, or 60 percent, are Chartered Clubs (having ten or more members). Below is a listing of our top 25 clubs (most members) from our 1996 third quarter report.

New London Judo Club ..... 321  
National Judo Institute ..... 295

Jundokai Judo & Jujitsu Club .....	255	Virgil's Judo Club .....	142
Omaha Public School Judo Club.....	252	Harrisburg Judokai .....	140
Ohio Judan Judo Club .....	231	Roanoke Judo Club.....	139
Vineland Judo Club.....	224	Fayetteville/Ft. Bragg Judo Club .....	136
Samurai Judo Association .....	205	NAU Judo Team .....	128
Tremont Judo Club.....	194	Jute-Judo Association .....	126
Tarheel Judo School.....	165	Maryland Academy of Martial Arts....	126
Unidos Judo Clubs .....	160	Yellowhill Judo Club.....	125
Cahill's Judo Club.....	158	Martin County Judo Club .....	123
Goltz Judo Club .....	155	Rendokan Dojo .....	119
Epizoundes Martial Arts .....	144	Yukon Kuskokwim Judo Club .....	119
Desert Judo Club.....	144	Thanks for your continued support! □	



# Judging the Kata

By Gary Monto,  
"A" Certified Kata Judge

**W**ith the renewed emphasis of *kata* in competition, it has become more important that we, as an organization, strive to bring the judging of *kata* to the same level of competence as that of the referee in *shiai*. This can only be accomplished if the high dans and club coaches really want this to happen, and only when these higher ranks take the time to be certified in the *kata* and do the judging.

It is important to remember that when judging a *kata* competition, the judge must, above all else, be fair and consistent in the scoring. You do not do justice to the teams that are competing or the other judges if your scores are "all over the board." As a judge, you will see many different forms of the same *kata*. You must however, strive to judge each *kata* on the same basis in order to keep the competition on a level playing field.

Also, if you have questions concerning something that you have seen or heard, try

your hardest to find out the correct answer before the next competition so that you can be the very best judge possible. USJA Summer Camps and weekend clinics are great for getting the latest information.

*Kata* competition has the right to be every bit as important to judo as *shiai*, so once you become a *kata* judge, it is important that you keep on learning and stay up to date with any rule changes. After all, you didn't stop learning judo once you became a black belt or a *shiai* referee! □

# Changes Are Coming!

**C**hanges are coming in the Examiner Certification Program and in the promotion evaluations. These changes are being made to insure that the most qualified black belts are certified as examiners, and that all USJA members testing for their black belt ranks will have equal and fair opportunities for advancement in rank.

The promotion requirements are being completely revised. The revisions will allow each individual the opportunity to select many of the items to be tested on. Additionally, a much broader range of judo skills will be included. Mr. Greg Fernandez is completing the monumental task of

rewriting the Senior Handbook.

Changes in the Examiner Program will include performance levels of skills at each rank level. For example, not only will a sandan perform some of the same skills as shodans and nidans, but the sandan will also be required to demonstrate at a more exacting level of performance with greater comprehension than lower ranks.

As in the past, all black belts can recommend promotions for other USJA members up to one grade below their own. In the near future, all examiners will be sandan or above. All black belt promotions will be signed by an examiner. All yodan

promotions and higher must be approved by the Promotion Board.

To insure that all ranks are valid, the USJA is returning to some of our original policies. Examiners will only be certified at one of the USJA camps or at an Examiner Certification Clinic conducted by a Master Examiner.

There must never be any question as to the validity of any USJA rank. Our promotion system must be conducted in such a manner as to be beyond any doubt as to the level of knowledge and performance that must be accomplished by USJA members. □

## Now Available from USJA Supply



USJA Level I  
Coach Certification Manual .....\$15

With binder & cover .....\$20

USJA Level II Coach Certification Manual  
(Xerox copy only, layout in progress)..\$10

USJA Kata Judge Certification Manual  
(Xerox copy only, layout in progress)..\$10

The Code of Bushido by Roger Pryor  
\$3 each or \$2 each for 10 or more

## Coming Soon from USJA Publishing

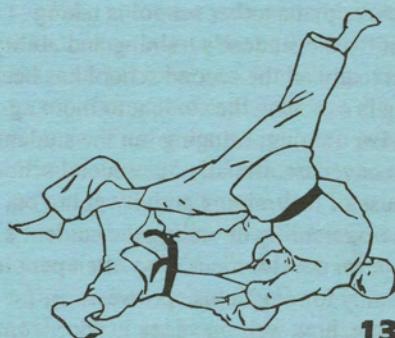
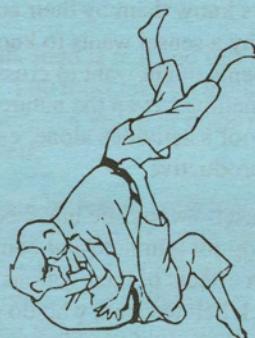
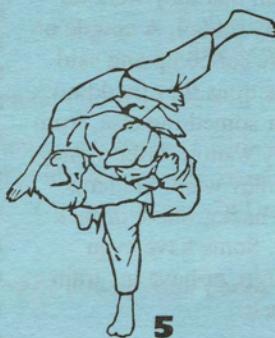
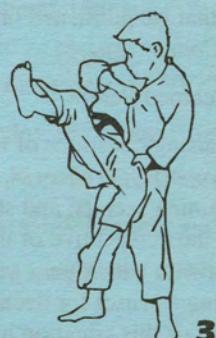
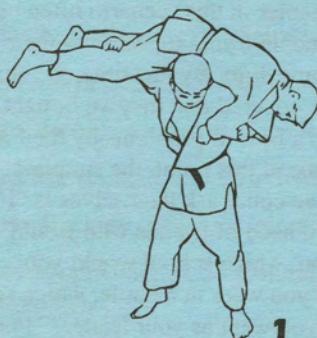
Fighting Back from the Ground—Self-  
Defense for Women by John Massaro

The New USJA Senior Handbook edited by  
Greg Fernandez

The New USJA Jujitsu Manual edited by  
the USJA Jujitsu Committee

USJA Level III Coach Certification Manual

# Can You Name These Throws?

*Answers on page 8*



# Dear Coach...

The following was sent to us in response to the letter that we published in the July issue of *USJA Coach*.

Dear Concerned Parent:

You are raising questions of loyalty, integrity, hypocrisy, crudeness, a school retaining training secrets, and stupidity. Look at it from the perspective of the sensei and the school with which your son was registered. Being a sensei for decades, I have run up against this situation many times.

It usually goes something like this. The sensei warns students ad nauseam, both in word and written form, that they must get permission from their sensei before cross-training at another school. The sensei points out the many pitfalls that can occur. Sometimes a student is passively impolite while the sensei grumbles, again and again, about the many problems involved. The sensei may even hear the student grumbling. Why don't we do things differently? The student may become obnoxious and may fail to tell their sensei that they are cross-training at another school, but eventually the sensei will find out. Remember, the student's sensei has been investing considerable time and effort in training the student. In my case, I charge students very low rates. One might consider what some sensei would be charging if they charged based on their experience, education, and professional training. A good sensei is not a cheap commodity.

Then one day the student's primary sensei discovers that another school is taking credit for the student's training and ability, when really all the second school has been doing is exposing the student to more aggressive training; bringing out the student's aggressiveness. Usually, the second school, because of the training activity going on, ends up retarding or ending the student's long-term development. Too often people look only to roughhouse prowess, or, for example, how well one does in sport competition, which is only a small part of one's

martial art prowess.

Let's talk about the sensei of the second school. I have had sensei from these schools promote my student several ranks at once! Now, ask yourself: "Do these sensei know that what they are doing is wrong?" Dear parent, would you believe that, based on those promotions, some of these sensei may be after promotions for themselves? A few have announced down the road that *they were only trying to obtain secrets from my school*. By this time, I have told the student that they were no longer welcome at my school. A couple of times, the sensei have called up and said that because of my actions they could no longer get secrets, or something else, from my school. Now they want to offer money directly to get what they want. Students should look into the background, or lack of it, of these sensei. Some have even wanted to rent my dojo, or have me train them to be a black belt.

It gets wilder. A few of these sensei have wanted me to train some of their new students. Ask yourself why? A few have sent spies to my school to see if they can learn anything else. Sometimes, when these people are caught, they readily admit guilt. Ask yourself—if you were me, how would you be taking all this? I'm merely pointing out a few dimensions of this problem. These sensei lack integrity, and in my opinion this behavior disqualifies them as legitimate black belts. What many of these sensei want is respect from their peers, but their peers know them by their actions. This is why a sensei wants to know who their students might want to cross-train with. Sometimes, even the nature of another school's activities alone, can be counter-productive.

These sensei—would-be black belts—should stop for a minute and consider the long-term effects of their actions. They need black belt teachers who do the day-in and day-out work of teaching students. If the situation gets bad enough, the real

teachers disappear and along with them, the bulk of the students. Then guess who will have to train the remaining students, if they can? Business-wise, it's a situation of declining returns.

The last chapter in this scenario often ends with the student trying to return to their original home dojo. By this time, the student has discovered that they've bought themselves a host of problems by their actions. Maybe at this point, the simplest question one could ask themselves is "If you were in need of friends who would stick by you, which school would you choose? If you were in a battle, which sensei would you want as your leader?" For those students who figure all this out, it's a hard lesson. For most of the others, they're not going to amount to anything. It is unfortunate that some people, due to no fault of their own, find themselves caught up in this morass.

By this time, the original home dojo sensei wants no part of any of this. If you take these students back, you'll constantly mistrust them. You'll end up not wanting to teach these students very much, and you'll curtail your teaching efforts when this person is around. This is a good way for a sensei to develop an ulcer. It's very disruptive to other students. Taking these students back, merely aids and abets what is occasionally criminal fraud on the part of others. If you're aiding and abetting those with no integrity, then you have no integrity.

I don't want to leave the reader with the impression that I'm against cross-training. There can be big advantages to it. Some of my students train in other disciplines. I train students from other schools, and I've trained at several schools at the same time, but there are rules and boundaries that some of us will *not* step across. □

## Caught in the Politics

My son's coach joined another organization and is no longer supportive of the USJA.

My son indicated that he would like to attend a USJA camp and told his coach, who in turn informed my son that he should not

(Continued on page 8)



Traditionally, Labor Day says goodbye to summer, and here at the USJA we have also put our 1996 summer into our ever-growing scrapbook of memories.

## 1996 USJA Summer Camps

Sun Devil .....	Tempe, Arizona.....	Harry Bishop, Director
Catawba College .....	Salisbury, North Carolina.....	Dr. Carl Girelli, Director
High Sierra .....	Clipper Mills, California.....	Charles Robinson, Director
Tomodachi .....	Boca Raton, Florida .....	Mike Szrejter, Director
Bryn Mawr .....	Bryn Mawr, Pennsylvania .....	Tom Blair, Director
Camp Bushido .....	Colorado Springs, Colorado.....	Ed Szrejter, Director
Mississippi Univ.....	Columbus, Mississippi .....	Dr. Chris Dewey, Director for Women
Glass City .....	Toledo, Ohio .....	Russell Burke, Director
Northwest .....	Corvallis, Oregon .....	Bob Van Patten, Director Clint Murphy, Co-Director

\*\* Each camp had a staff of volunteer instructors from all parts of the country.

The backbone of our Summer Camp Program is our group of Directors and their Instructors. A hearty "thank you" to you all! And to all of our camp attendees, because you are what makes these camps so worthwhile, "*One gai ishimas*" (Thank you for letting me learn with you.)

Plans for our 1997 camp season are being made now, so don't book your summer calendar without consulting us!

(Continued from page 3)

for the first time. This same kind of anxiety may exist at a job interview, or when you stand to speak in public. On the tournament mat, you learn to deal with these feelings and use them to your advantage. Judo helps you to see that the challenges of life are not so difficult when you face them head-on.

For children, the USJA has developed a twelve-step promotion system toward the coveted "black belt." This system allows young people to progress in small, easy steps; never really taking their eyes off the prize. Accepting small rewards, while moving toward a larger goal, is well-suited to children. It tells them where they are, where they are going, and it holds their interest, which is necessary for those who do not yet have a developed attention span.

Judo teaches you respect for yourself and for others. It teaches fairness and the value of learning new things. Whether you win or lose, it teaches you to evaluate what you

have done, correct your mistakes, and to be analytical about your own actions. It teaches you that *you* control what you do and how you do it. In short, that you are the master of your own fate.

The two principles of Kodokan Judo, established by Dr. Jigoro Kano in 1882, are *maximum efficiency and mutual benefit and welfare*. These are two hallmarks of any educational endeavor: to do the best that you can, and to do it with concern for others.

Best of all, judo is real and full-contact all the time. You must take its theories to the contest area and prove or disprove them for yourself.

Judo cannot be learned in a few weeks. It is a challenge that lasts much longer than that. The value is not only self-defense, but the lessons that judo teaches can be transferred to life's other challenges... and that is an education for a lifetime. □

## Congratulations

to James A. Pedro, winner of a Bronze Medal for the United States in the men's lightweight division at the 1996 Olympic Games in Atlanta, Georgia.

### Profile

**Age:** 25   **Birthdate:** 10/30/70

**Years in Judo:** 19   **Rank:** Sandan

**Club:** New York Athletic Club

**USJA:** Bronze Life Member, joined 1983

**Why did you start judo?** My father was a judo instructor.

### What do you like most about judo?

Representing the USA and winning medals.

**Other interests, hobbies, sports:**  
wrestling, golf, weightlifting, and running.

**Education:** College—Brown University, Business Economics—Received BA in 1994, Honors—GPA 3.75, Captain, Brown University Wrestling Team, 1993–94

**Future Goals:** To own my own business, possibly a Judo/Fitness Center, get a Masters in Economics, and raise a family and "future Olympians"

**Favorite Technique:** Tai-otoshi and matwork

## You Asked For It!

We now have the capability to tailor your club mailings. Do you have someone at your club who is designated to handle membership? A promotion person? Do you want your general club information sent to the club address, but your personal coach mailings to go to your home address? Through the miracle of computers, and our Systems Administrator, Bud Williams, we can do just that... and more. Just let us know and we will be happy to make certain that your mail ends up in the right hands! Contact DeeDee Moore at USJA National Headquarters to establish this new service for our coaches.



## The USJA Lineup

President.....	Jesse L. Jones, California
Vice-president.....	Terry Kozell, Arizona
Treasurer.....	James Webb, Texas
Legal Counsel.....	Michael W. Sillyman, Esq., Arizona

### Committees

Awards .....	Dr. Ronald Charles, S. Carolina
Law Enforcement .....	Richard Fike, Ohio
Referee Certification .....	Rick Celotto, Connecticut
Examiner Certification .....	Charles Robinson, California
Coach Certification .....	George Weers, Illinois
Kata Certification .....	Gregory Fernandez, California
Kata Judge Certification .....	Dr. Joel Holloway, Oklahoma
Chairman, Promotion Board .....	Ronald Hansen, N. Carolina
Standards Committee .....	John Powell, Ohio
Co-chairmen, Tournaments .....	Jesse Jones, California Terry Kozell, Arizona
Club Accreditation .....	Raymond Conte, New York
Collegiate .....	Philip Rasmussen, N. Carolina
Camps and Clinics.....	Edward Szrejter, Colorado
Karate Division .....	Dr. Millege Murphy, Florida
Taekwondo and Sombo Divisions.....	George Nobles, Virginia
Jujitsu Division .....	Ben Bergwerf, Illinois
Co-Chairmen, Aikido Division .....	Brett Mayfield, Vermont Louis Perriello, Massachusetts

### USJA National Headquarters

Executive Director .....	Ed Szrejter
General Manager .....	Katrina Davis
Office Manager .....	Debby Mills
Data Entry .....	DeeDee Moore
Life Membership .....	Barbara Gallegos
Membership Services .....	Len Samson
Executive Secretary .....	Norma Fogel
Systems Administrator .....	Bud Williams
Graphic Design .....	Justin Kubicek
Editor .....	Judy Barrett-Juska
Printer.....	John DeJong

(Continued from page 6)

attend. My son, and my wife and I, told the coach that he *would* be attending the USJA camp. During class the coach held this young boy up to ridicule in front of his peers.

After enjoying a week of camp, my boy was terrified to return to his judo club in fear of recrimination.

Is this man truly a coach? And what is the

best way to handle this dilemma?

—What should I do?

**Editor's note:** Each quarter, we will publish concerns with responses from you. We want to use the collective experience of all of our coaches, and hope that you will respond to these letters. If you have a problem or concern that you want some input on, we will try to publish it and forward the responses to you. Please send

### Why Wait for Snail Mail!

The USJA has a web site on the internet!

Our Systems Administrator, Bud Williams is in charge of keeping it up-to-date and informative. He takes his job very seriously, and is constantly adding and revising information as well as making improvements to this avenue of communication with the judo community. Our web page can be accessed at:

<http://www.usa.net/~usja>

### Answers from page 5

1. Shoulder Wheel (*Kata Guruma*)
2. Minor Outer Reap (*Ko Soto Gari*)
3. Scooping Hip (*Sukui Nage*)
4. Knee Wheel (*Hiza Guruma*)
5. Winding Sweeping Hip (*Harai Makikomi*)
6. Minor Inner Reap (*Ko Uchi Gari*)
7. Rear Hip (*Ushiro Goshi*)
8. Major Outer Drop (*O Soto Otoshi*)
9. Winding Major Outer Reap (*O Soto Makikomi*)
10. Inner Thigh Sweep (*Uchimata*)
11. Dropping Shoulder Throw (*Seoi Otoshi*)
12. Circle Throw (*Tomoe Nage*)
13. Floating Technique (*Uki Waza*)

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your answers and/or questions to:

Dear Coach, c/o Ed Szrejter, USJA,  
21 North Union Boulevard,  
Colorado Springs, CO 80909

**Coaches, this is your newsletter! We gladly accept your thoughts and input. Feel free to contact us at any time at the National Headquarters.**