

DISCIPLINE

JULY
1997

Discipline begins with FUN!

by Ricki Kay, Shodan, Judo/Sandan, Karate

For children, the martial arts class is a wonderful place. They can run, jump, roll, kick, punch, yell, and let out all their energy. At the same time they are learning to think, memorize, concentrate, and have fun doing it. What better place could there possibly be?

The physical aspect is only a small portion of the workout a child experiences in class. There is always the parent who tells me, "I want my child to learn discipline." Overall, I usually do not have discipline problems at my club. No matter how much trouble a child may be at home, in the dojo, the mere setting takes care of most of the problems. For safety purposes, the class is kept in organized chaos. I prefer to use understanding and positive reinforcement rather than punishment. Fun is the key word. Discipline will slip in through the back door. Another question that I get is, "Will my child become violent?" I quickly point out that the martial arts does not teach children to be violent. Violence is a reaction to fear; a loss of power; a feeling of frustration. Violence comes from within yourself. Also, today's parents are concerned with self-defense. They ask, "Can she defend herself?" Of course not! A child can be taught specific techniques of self-defense, skills of refusal, and many avoidance techniques, but a child's safety is always the responsibility of the adult. In the dojo, the instructor has the opportunity to teach right from wrong, and for the older children, how to analyze a situation for self-defense. The emphasis in the dojo is not to fight your way out of a situation, but rather to learn to see a difficult time coming and how to avoid or work around it.

The challenges of teaching children are small compared to its rewards. As a teacher of children of all ages, I know that when I see a lot of fidgeting, talking, or the children losing interest, I change activities. The pace is quicker, the details less, and the laughs more.

And what about the special children? Children with Attention Deficit Disorder (ADD) perhaps will need more hands-on or individual instruction. I may pair these children with a selected buddy for each class, and I usually keep them away from any extra distractions,

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Message from the President

Greetings:

As expected, the "rumor mill" has been very active since the change in administration of the National Governing Body, United States Judo, Inc. (USJI). There have been numerous documents transmitted by mail, facsimile, and the Internet regarding the status of American judo.



Jesse L. Jones

These documents may be perceived as negative, and do not take into account the efforts required for progress in all areas of development. Especially notable is the well-publicized letter from the new President of the USJI. As one reads the letter, opinions and conclusions are formed as to what we may expect in the future. It is important when forming opinions and drawing conclusions, that we have facts before us.

Allow me to offer some facts, not rumors. The USJA was established for the purpose of serving all of its members—competitors and non-competitors. We have aggressively planned for development in the competitive community and supporting activities. These activities are not limited to the jurisdiction of the United States, but international training and competition as well. Financial obstacles have prevented our program from flourishing during the past few years, but very soon we will be back on schedule. Recently the USJA received several requests to visit foreign countries for training and competition. We will be financially able to participate in these events in the near future. In preparation for this, the USJA Executive Director has been requested to establish junior and senior competitive teams so that we can take advantage of international training camps and competition. We will select the team members from place winners in the

Junior and Senior Nationals and other events where competitors have shown potential. These individuals will comprise the USJA's elite teams, and they will be ready to travel. As we request more approvals to participate in these events, we will have a greater dependency on competitors and coaches

to maintain peak performance so that the United States will be well represented.

Many of our members are unaware of the obstacles that the USJA has overcome during its development years (1954-1980). Many hours were spent in litigation over equality and status, but through it all, our growth has surpassed all expectations due to our loyal membership throughout the years. Of particular interest is a historic event which allowed our Association to flourish. On July 20, 1977, an order granting full equality to the USJA, and settling the anti-trust lawsuit between the United States Judo Federation (USJF) and the AAU, the governing body at that time, was entered by United States District Judge Gerhard Gesell. The signing of the order in Washington was attended by then USJA attorneys Michael Rosenberg and Rick Harrington. Some of the key provisions include the following:

"The old AAU-USJF exclusion belt rank agreement is of no force and effect. USJA and USJF have executed identical Articles of Alliance giving each organization the same recognition as the other in all areas. All existing USJA and USJF referees at all levels are recognized by the AAU. The governing body is prohibited from discriminating in any way against the USJA and its members, and the USJF and its members, with respect to the opportunity to compete,

referee, manage, coach, and with respect to belt rank, travel permits, kata judge certification, competitive awards, and any other aspects of judo."

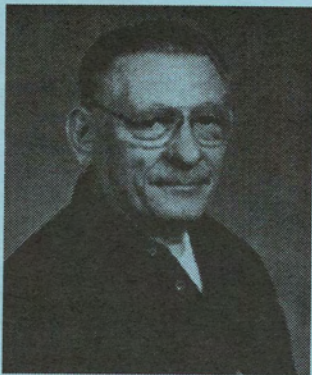
This historical data is important to consider when comparing organizations and evaluating the growth, development, and national programs made available to the entire judo community. Each of the national judo organizations serve important functions in the development of national and international judo, but we should be proud that the USJA has taken innovative and aggressive steps to improve the quality of coaching and to encourage this quality at the club level. The USJA survived strong opposition during its infancy period, and recently, through negotiations with the Internal Revenue Service and other government agencies, we survived the financial legacy of our previous administration. With expert legal assistance, and by the grace of God, we have survived it all.

This organization was built by dedicated and loyal members over the years. The USJA is not simply a judo organization—we're a family that will stand up and protect what we have built in an effort to develop the sport we all love to be a vital part of. The question now is, are we giving up this organization to merge with another? Any loyal member of the USJA family can answer that question. This does not mean that we will not cooperate with other judo organizations to improve and expand our sport. We are dedicated to that mission, with or without the help of others. We have strong leaders in the field, and that is our most valuable asset. July 20, 1997 marks our twentieth year of independence with equality. Let us celebrate by setting a goal of registering new members into our Association and carrying this effort forward, year to year, with vigor and enthusiasm. Every member is encouraged to partici-

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From the Executive Director

Some time ago, I sent a letter to club coaches asking them to consider hosting clinics this year, from June through December. This program was designed to help the clubs, the students, and the USJA. If just one-third of the clubs contacted would respond, the program will be a great success. Coaches—let's hear from you! Some of the clinicians available to you are:



Edward N. Szejter

Chris MacDonald, top seeded U.S. athlete
Bonnie Korte, past National Champion and Kata Champion
Kathryn Buys, past National Kata Champion
Pete Lacroix, past National Champion, former NJI coach
Todd Brehe, U. S. Champion, World Team member
Elaine Meyer, former NJI Team Captain, past National Champion
Greg Fernandez, ten-time National Kata Champion
Charlie Robinson, USJA Coaching Staff, Chairman, Board of Examiners
Ed Griffin, National Masters Champion
Barbara Gessner, self-defense and JuJitsu expert
Louis Perriello, Aikido expert
Ed Szejter, USJA Executive Director
Jim Colgan, past National Champion and International Referee
Ronald Hansen, USJA Promotion Board Chairman, past National Champion
Gus Carper, National Coaching Staff
Mike Szejter, National Coaching Staff
Virgil Bowles, National Referee and kata instructor
Dr. Chris Dewey, National Coaching Staff and kata instructor
Sid Kelly, National Coaching Staff, former British Champion

These are some of the highly qualified instructors who have volunteered to conduct clinics, and there are more. Please call me if someone you would like to conduct a clinic is not listed above, and we will endeavor to obtain their services.

For those of you who need mats, the following may be a solution. On June 19, 1997 Garry James Rhoden wrote via Internet (Judo-L): "Nike, Adidas and Reebok do

more than just produce tennis shoes, so I don't think it would be odd for them to get involved. The main point is you need someone with money, influence and exposure. The previously mentioned companies have that; mat makers do not. At least not in this country. Many moons ago, someone in Florida managed to get the Coca-Cola Company to spring for a nice set of tatami that would travel around the state to be used at various shiai. The red border area was made with trademarked Coca-Cola lettering and the white ribbon flowed around the entire boundary. Apparently, it's not out of the realm of possibility if the right people are approached with the right pitch. I can easily see where manufacturers such as Nike, Ford, etc., would donate or match funds for mats or mat covers that could potentially see use for decades, as long as their logo is displayed."

There are opportunities for mats, a workout area, supplemental funding for the disadvantaged, police athletic league assistance, etc. Just look at your community, make a plan, and then execute that plan. Alternative funding success stories abound in all sports in the U.S.

Our NTC Stewardship Program is progressing—slowly. This is an opportunity for each member to have their name

inscribed on a plaque which will be placed on the wall of the National Training Center, either in their name, or in honor or memory of anyone they select. Use the enclosed form to send in your donation to this great cause.

During the year, our insurance premium is paid for over a ten month period; we have July and August in which to save \$29,000 for the first month's payment in September, and then each of the nine months thereafter, our monthly payments are \$11,000 per month. June, July and August are traditionally slow registration months at the USJA, and therefore it is sometimes a struggle to meet this payment schedule. All Life Members, please check your membership cards to see if you are up-to-date. A minimum \$25.00 Sustaining Membership donation will insure your coverage for a year. Think—and act now.

The long-awaited USJA Jujitsu Manual will be completed by August 1, 1997. It has doubled in size, and although paper and printing costs have increased since the 1994 version, we are still able to offer it at \$39.95. Our first printing will be only 250 copies so order early!

Although back in February, club coaches were requested to send action pictures that might be included in the new USJA Senior Handbook, very few have responded. Editor Greg Fernandez needs current photos—please send them directly to him: Gregory L. Fernandez, 11328 Archway Drive, Whittier, CA 90604.

Note: All photos will become property of the USJA. The copy is completed, and we will be ready to go to press as soon as enough photos are received. Our sincere thanks to all those members who unselfishly contribute their time and expertise to the production of our USJA publications.

USJACOACH

The Spirit Within

from James Lynch, Burlington Judo Dojo, Washington

I take note that you use information provided by various coaches and staff in your newsletter. Although I am the coach of a small dojo, please consider the following for your next newsletter. The subject is the spirit of judo and the spirit within. I forewarn you that the individual involved is my son, but I have remained honest and accurate while relating this information.

Just prior to Thanksgiving 1996, Bryan Lynch (LM #17859), a student at Burlington Judo Dojo, was severely injured in an auto accident. While returning home from finals at Western Washington University, he fell asleep and drove his car into the end of a guard rail.

The rail penetrated the front of the car, entered the driver's compartment through the firewall, sheared the driver's seat (with Bryan in it) from the floor of the car, and pushed both Bryan and the seat to the back of the car. Law enforcement officers and medical technicians at the scene felt Bryan "would not make it."

A piece of the car's floor was torn loose and penetrated Bryan's thigh just above the knee, traveled up along the femur, and shattered his right hip. There were five other breaks in his pelvis area, and his left foot and several toes were fractured. After being air-lifted to Seattle's Harbor View Medical Center, two operations and one month in the hospital, Bryan returned home by ambulance. (Home is his apartment which is attached to the dojo). Unable to get in or out of bed or his wheelchair without assistance, Bryan required constant attention.

Just before the accident, I was trying to

figure out a way to tell Bryan we would have to close the dojo. We had spent all of our savings, and the student base was not paying the bills. The accident seemed to clinch the deal. With over two hundred thousand dollars in hospital and doctor bills (three-quarters covered by insurance), we were at our financial end. Further, our schedule includes judo seven days a week and I could not keep that up without Bryan's help.

I walked into Bryan's apartment one evening after teaching

class with the intention of telling him I had to close the school. I guess the look on my face gave me away before I said a word. To my surprise I got a pep talk from my son, complete with options on how to keep the school alive. Bryan, from his bed, then called his friends to come learn judo and soo bahk do karate. He called Gary Steward, Coach of Oak Harbor Judo Club and Phil Hanvey, an ikkyu from Oak Harbor. Both of these gentlemen had attended and taught class for me in the past. All of this is due to my son's efforts from his bed and wheelchair. Needless to say, the USJA has yet to receive a letter from Burlington Judo Dojo saying "we're through."

Because Bryan was a student at Western, he represented the Western University Judo Club when he competed. In competition, Bryan always placed! Almost always it was first place. Bryan's surgeon has told us that his hip will not be the same after recovery, and was looking for Bryan to

walk again as a test of that recovery. Apparently the doctor is not aware of the spirit that drives many judoka. (Editorial note: judoka defined as judo man, not player!).

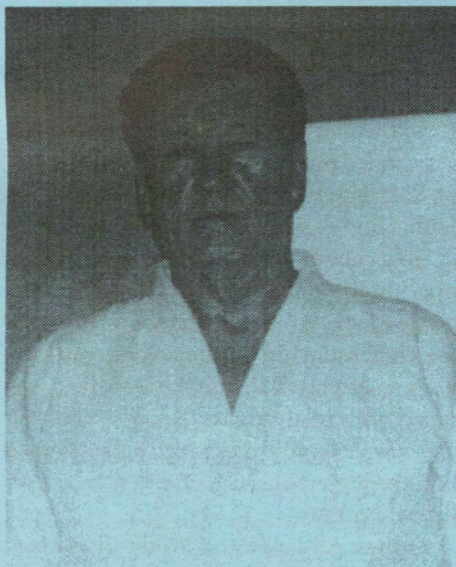
While we were lining up for class in February of this year, my son wheeled himself into the school dressed in his gi. Bryan lowered himself from his wheelchair to the mat and bowed in as best he could. While the class warmed up, Bryan did the low crawl around the mat (not an easy task without the use of one's legs). Since then, Bryan's recovery has been remarkable and his attendance at class exceptional. Now my son limps onto the mat (still can't take a fall) to practice *uchikomi*.

Bryan's dream of national competition may be shattered along with his hip, maybe not, but I can assure you his spirit and love of judo will never be broken. **USJACOACH**

Noteworthy

The USJA National Training Center's own Kathleen O'Connell, her training partner, James Bradley, and her coach, Gene Hall were featured in the April issue of *Paraplegia News*, a slick monthly, published by the Paralyzed Veterans of America. The article demonstrates, through pictorial essay, how wheelchair victims can defend themselves against assailants. In many of the photos taken by Gene Hall, Kathleen's USJA gi patch is clearly displayed along with her Yonku and Life Member patches. Kathleen has been training with Gene and the NTC club since 1995, and although she hasn't had to use her training in real life, she is confident that she can defend herself if necessary.

Profile of a Judo Leader



Lee W. Frakes
W. Owen Fighting Arts
 2555 Sykes Creek Road
 Wimer, Oregon 97537
 1-800-777-JUDO (5836)

I first became serious about judo in 1955 when I was stationed with a Marine detachment at Naval Air Station Buckley in Colorado. I began playing at the Denver Judo Dojo, an all Japanese dojo, and continued training with them for the next three and a half years. I earned my first three brown belts there.

In 1958, I was transferred to Atsugi, Japan, and continued to practice and compete in local tournaments. I competed in the Kenagawa Promotional with about 200 Japanese shodan hopefuls. I was lucky, and ended up as overall tournament champion. On July 16, 1959, the Kodokan awarded me my first black belt. It's a good thing that I played well that day, because I flunked my kata (smile).

Marine Corps duties kept me very busy over the next few years, but judo was still very much a part of my life, and on September 1, 1966, the Kodokan awarded

me my nidan and in 1972, my sandan. I continued playing and teaching judo throughout the rest of my Marine Corps career and after I retired in 1976. In April 1982, USJA awarded me my yodan, and in February, 1991, my godan.

I have always hoped that someday I would be good enough; be worthy of the red and white belt, and on June 13, 1995, I was honored to accept my rokudan from the USJA for a judo career spanning just over 40 years—forty years in a sport that I enjoy so much.

Through the years, I have always tried to stay in contact with the many friends I have in judo, and especially with my mentor, sensei Fukumoto, Hachidan. I have lost contact with many of you out there however, and I would love to hear from you again. Judo has always been my second family. **USJACOACH**

Discipline begins with FUN!

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such as posters or targets. The hearing impaired child can be in the front, and even the child with cerebral palsy will succeed. Each child moves at the pace that is best for them. One of the most challenging individuals is the child whose intellect surpasses their present physical level of ability. This child thrives on having fun, being presented with minute details of information, as well as being the teacher's helper from time to time. One of my very first children's class had a young boy with epilepsy. He had always been told that he would be a slow learner and could not go far. Through the martial arts he quickly saw and felt himself get stronger—from ten push-ups one week to twenty the next. He was able to learn katas and memorize techniques. It took him seven years to achieve black belt rank . . . longer than most. During that time, he was able to participate in and graduate from mainstream classes in his

high school, and go on to become an apartment manager. He never gave up. The martial arts carried him through. This has to be one of an instructor's greatest rewards.

The greatest challenge I have though, is the parent who often asks me, "When will my child test?" The expanded rank system we have designed for children usually allows all children to move at whatever pace is best for them; they may even take two tests in one. However, I usually tell my students to keep both their eyes on their techniques, and I will keep an eye on when they are ready to test. To teach children successfully, I had to go through some thought processes of my own. An adult usually takes 4 to 5 years to achieve the rank of black belt. A child that starts the martial arts at 6 or 7 years old is not mentally or physically ready for higher rank within the same 4 or 5 year period. Let go of the idea of rank completely. See the bigger picture. The martial arts can be a lifetime endeavor if we see it through the eyes of a child.

The rewards of teaching children the martial arts are numerous and daily. They give me more laughs and enjoyment than any television show. Their smiles and hugs are continuous and genuine. Seeing the growth and development of each child is like watching a flower unfold before your eyes. In the true fashion of the yin/yang, my understanding of the techniques and how to teach them has grown immensely.

Fun through movement. Fun through the martial arts. If it's fun, and we see the constant challenge to ourselves, then we have taken a step on the path with lightness in our heart. The discipline will carry us like a wave. What more could we, as instructors, hope to instill in our younger generation? **USJACOACH**

COACHES! Please share this newsletter with your students. At this time, due to financial constraints, we are only mailing to our black belts, but we'd love to communicate with all of our members through you!

Konno Grabs Second Judo Title

Report and photos by John Robertson, Tokyo, Japan



Jun Konno with his 1997 All-Japan winner's trophy.

Jun Konno, a veteran in the All-Japan judo championships, bided his time from start to finish and ended up winning his second All-Japan title. His first title was in 1994.

Although not known as an aggressive attacker or master technician, Konno decided his first opponent, Yoshio Nakamura, a former Olympic champion, in the second round. The dull contest provided the audience with very little to get excited about and both were warned for impassiveness.

In round three, Konno flipped Chikara Minatoya for a half point and went on to get the decision. To the delight of the crowd, Konno took only one minute and 28 seconds to throw Koichiro Mitani with *ashi-guruma* in the quarter finals.

The semi-final match between Konno and Katsuyuki Masuchi was disappointing as both were repeatedly warned for failure to attack. Konno, the perfect gentleman, bowed to the referee after acknowledging his errors. He finally held Masuchi with *yoko shiho gatame* in five minutes and 36 seconds.

The final between 125-kg 30 year-old Konno and first-time entrant 20 year-old 130-kg Tenri University student Tatsuhiro Muramoto, had most in the audience wondering whether the young student could upset the veteran player.

Konno trapped Muramoto's right arm and rolled him onto the floor for a *yuko* point about 90 seconds into the match.

Although Muramoto fought back with weak arm-throw and leg-trip techniques, he failed to make an impression at all.

At the opening ceremony, Kodokan President Yukimitsu Kano presented Konno with a certificate, certifying his 10 consecutive years as a participant in the All-Japan championships.

Pre-tournament favorites Shinichi Shinohara, the reigning over-95 kg national champion, and defending Kano Cup title holder Yoshiharu Makishi, both dropped out in their third round contests. Two former Olympians—Barcelona gold medalist Hidehiko Yoshida and Yoshio Nakamura, were dumped in early rounds. Yoshida lost to Muramoto in a third round bout, while Nakamura was decided by Konno in the second round.

Although he jumped up and down with joy when he won his first All-Japan title in 1994, this time the subdued Konno simply acknowledged his win with a smile and walked into the audience to shake hands with a few of his friends and supporters.

Interviewed after his win, Konno, referring to himself as an old man, said he betrayed everyone's expectations and took the championship. While no one was paying any attention to him, he said, he competed with relative ease. Konno said the chronic back problems which have plagued him throughout his career, did not exist on judo day, 1997.

Former All-Japan and World Champion, Yasuhiro Yamashita commented after the finals that Konno had sufficient and good stamina throughout the day and did well in the final match. Yamashita was disappointed that the favorites lacked any fighting skill, especially Shinohara, Makishi, and the 18-year old Kosei Inoue, a rising star. He said that Muramoto was unable to penetrate Konno's defense at all and must work hard to win in next year's contest.

Konno said he moved cautiously and carefully and used his experience to win. The younger Muramoto attacked without thinking, said Konno.

The 36 contestants fought for the All-Japan title on April 29 at the Nippon Budokan Hall in Tokyo. **USJACOACH**

THANK YOU JUSTIN

Justin Scott, our graphic designer at the USJA, is leaving to pursue an opportunity with *Bendata Technologies*. We wish him the best of luck, and thank you Justin, for always making us look good.

Chatter

It seems that with the Senior and Junior Nationals in the recent past, the Internet is a-buzz with the referee's perspective. Here are excerpts from two commentaries that we intercepted.

From Jim Haynes, Yodan, Houston, Texas

"... As a player, I have had some very good coaches; as a coach, I have had some very good mentors, and as a referee, I currently have some very good teachers. One day I will become a very good referee, because like becoming a very good player, it takes years of very dedicated practice. Most of us feel that refereeing is a valid part of judo. (It is necessary) to preserve the spirit of judo in the competition phase, to insure the safety of the player, and to help insure fair play. So why is it that when I have my coach's jacket on, people, even those who may not know me, come up, shake my hand, and engage in conversation, but when I put on my referee's jacket, I am treated with disrespect by those who don't know me, and am often the target of verbal abuse? I am not talking only about spectators... but coaches, who are supposed to be role models for their charges and their players. Coaches are supposed to know the spirit and intent of character in judo, and their charges are supposed to be trained in this by these same coaches. There are good referees and a few bad ones, and in the middle, a large number training and trying to be good. True, we often make mistakes, but that is why there are two judges on the mat—to work as a team with the referee to insure fairness. Even then, a few mistakes are made... I am not trying to say, "have pity on the poor referee," but to give way a little to this integral part of competition judo. Just as the bowing protocols for competitors have their place, so do the referees' bowing protocols. It is a matter of respect for the spirit and intent of judo."

From Michael Landstreet, Sandan, Springfield, Virginia

"Let me tell you... compared to my taekwondo and karate refereeing, judo refereeing is MUCH harder! It deserves even more respect. There are no equivalent categories of *yuko* and *koka* for other styles that I have refereed, and the number and severity of penalties are much more numerous and difficult to call. I agree with you that refereeing a judo match is much harder. There are a ton of IJF rules to memorize for a judo match vs a taekwondo or karate match... I have been doing taekwondo for ten years and judo more than double that. I could teach someone to referee a taekwondo match in one easy schooling. Judo matches on the other hand, require many clinics, critiques, and dozens of tournaments to get anywhere near "good." I am a good taekwondo/karate referee, but only a fair judo referee who has to reread the rule book from time to time because there are so many rules and gestures to know. It was a big change going from judo player and instructor to the world of refereeing, and after years of balking at doing it, I am now giving it a serious try."

And on the subject of judo politics, we intercepted this exchange.

From Gerald Lafon, Godan, San Diego, California

"... I agree that one needs support and an exchange of ideas to stay afloat, and I agree that one should at least be aware of what the national organizations are up to, however, to network, you don't need to be involved with national politics and you shouldn't expect your national organizations to provide much support to you when it comes to grass roots development. The big three manage to take a fair amount of our money and provide little in return."

Reply from Tom Reiff, Godan, Ladson, South Carolina (1995 USJA Coach of the Year)

"I must disagree with your comment about getting nothing in return from the national organizations, well, at least two of the three. The USJA and the USJF provide national rank systems that are consistent throughout the country instead of the local or state "dojo promotions" concept. I also disagree with the cost issue. The annual membership fees are mostly made up of insurance costs. If you are teaching in a dojo without insurance in this era of litigation, it will not be long before I will not hear from you, as your home, car, dojo, computer (for email), etc. will belong to someone else who has been injured (real or not) in your dojo. Also, the cost of promotions through the national judo organizations is half to a third of the promotion costs of other martial arts organizations. You propose, in another discussion, to require your students to pay extra for multi-colored belts, but, if I understand correctly, you don't want to give them nationally recognized promotions because of the minimal cost involved. Is the welfare of the students important? The instructors with experience have a responsibility to make new students understand the importance of what a national organization can provide. If you yourself do not understand this, your students that trust you to guide them are being shortchanged in my opinion. As for the grass roots development, I expect and receive such support. My students appreciate the effort I make to bring in other instructors from the national organization to supplement my knowledge and experience. This is a major factor in new students joining my club. They have both my 30 plus years of experience and the rest of the national organization supporting their training. The national support is there if you choose to take advantage of it. **USJACOACH**

COACHES! Another reminder to be sure to use only current USJA forms.

Standards

by James J. Linn, Chairman, USJA Standards Committee

A standard is the specification of a level or levels of desired qualities in something. When someone has the grade of shodan, it is generally assumed that this person has, at a minimum, a certain level of competence in shiai, randori, and kata; has a certain breadth of knowledge in nage-waza and ne-waza; and has some knowledge of the customs and etiquette of judo.

In societies, it seems to be generally agreed that standards are desirable. However, the adherence to these standards varies, as illustrated by a simple reading of the daily newspaper. Sometimes this happens when the standards are too strict, but much of the time it occurs because the standards are not used properly. Not ignored, just not followed very closely. We can speculate on the causes. There may be too many exceptions, instruction may have eroded to the point where the current generation has not been able to develop the necessary levels of achievement, or there may be a grass-roots reaction afoot.

Usually, standards are set by a group. It does not necessarily mean that the standards have been invented or created by this group; they can be borrowed or inherited. In the United States, we inherited our judo standards, and as time passed, we modified and extended them.

Many of us believe that in order to have a strong, vigorous, growing organi-

zation, we must have a fair, attainable, and comprehensive set of standards, and they must be conscientiously followed. Our judo organization has excellent standards, and is developing more as new areas need them. Constant examination and modification is part of the responsibility of having standards. The other, and perhaps more difficult part, is adhering to them. This is the responsibility of every member of the

United States Judo Association, but especially those of dan grade. The higher the dan grade, the greater the responsibility to set a good example by following the USJA standards as well as teaching others to do the same. **USJACOACH**

Message from the President

(continued from page 2)

pate, and as our membership base increases, it will provide the funding that will enhance our development programs.

USJA membership is approaching 24,000. Our goal is to reach the 25,000 mark by the end of 1998. We will reach that goal, and we will continue our aggressive approach to development in the areas of camps and clinics so that we can continue to provide national level training to judo participants throughout the United States. Finally, I will ask our coaches to continue their support. The USJA currently has 1,375 registered clubs. If each of these clubs continues to increase membership as they have done in the past, we will be well on our way to our 1998 goal. An incentive program for coaches to support this growth will be finalized during the month of July 1997.

There is much ado regarding the approach of the millennium. Let us begin now to insure that we have a vital roll in the new millennium of judo. Let's show the judo community what really can be done when our judo family works together to improve the sport. And let's share the pride of being the largest and most aggressive judo organization in the United States. **USJACOACH**

Congratulations...

... to the members of the United States Judo Team. Trials were held at the Olympic Training Center in Colorado Springs in May. The team will travel to Paris, France in October to compete in the World Championships. "Allez-y"

WOMEN

78 kg Hillary Wolf
52 kg Marisa Pedulla
56 kg Ellen Wilson
61 kg Celita Schutz
66 kg Liliko Ogasawara
72 kg Sandra Bacher
+72 kg Colleen Rosensteel
Open Collen Rosensteel

MEN

60 kg Clifton Sunada
65 kg Alex Ottiano
71 kg Jimmy Pedro
78 kg Todd Brehe
86 kg Brian Olson
95 kg Raphael Hueso
+95 kg Oswaldo Norat
Open Joe Felton

Listen Up!

Here's some information that we pulled off the Internet regarding "cauliflower ears."

"Auricular hematoma is the accumulation of blood in the anterior ear usually occurring at the junction of the perichondrium and the cartilage. Swelling is apparent, and the ear is acutely tender to the touch. The hematoma results from trauma or friction, and is common in wrestling, rugby, judo, and other contact sports. Failure to drain the hematoma, may lead to infection requiring intravenous antibiotics. If left untreated, scarring frequently occurs and results in deformation of the ear; hence the name cauliflower ear, scum ear, or boxer's ear.

To prevent cauliflower ear, needle aspiration, performed by a physician, should be done within 24 hours of the injury. If the athlete is not seen until 7-10 days after the injury, surgical evaluation is recom-

mended. After successful removal of the hematoma, a pressure dressing is indicated for 2-3 days. Pressure dressing options include: a compression suture dressing, collodion-cotton cast, plaster of paris cast, silicone mold, or a mastoid dressing. Daily follow-up is recommended. Aspirin, ibuprophen, or other NSAIDs should be avoided, as they may decrease clotting and an accumulation of fluid may re-occur. Ear protectors, head-gear and lubricants, such as Vaseline or Skin-Lube (although not permitted in competition) help prevent hematoma formation. Ice and pressure applied after practice and competition, or whenever apparent problems exist, is also helpful. Research has shown that wrestlers who consistently wear protective head-gear during training and competition, have a 50% decrease in the incidence of auricular hematomas." **USJACOACH**

A Senior National Team?

I would like all club coaches and black belts to give me their views on starting a National Senior Team which would compete annually and have separate divisions for men and women. In your comments, please include a time-frame and your suggestions as to the number of team weight classes, minimum age, and any other ideas you might wish considered.

Who would like to host the first event?

Most nations I have visited conduct an annual team competition, and I have experienced the enthusiasm of that Judo community when they root for their team.

In the 1960s, there were East v. West and North v. South tournaments, with only four selected teams competing. I remember those tournaments as being an inspiration to all. Please let Ed Szejter know your ideas and comments, and if you feel that team competition can be successfully scheduled for later this year, or if we should wait until 1998. **USJACOACH**

Check the USJA web page for the most up-to-date membership information, lists of upcoming events, and newest merchandise.

<http://www.csprings.com/usja>

Bits & Pieces

• We receive many wonderful submissions regarding the results of tournaments around the country. In the limited space of this newsletter, we are unable to publish all of the names of the members who worked so hard to place in these competitions.

However, many of the tournament results are published on the Internet, and we keep a file at the National Office. Please call us if you would like a copy of these results mailed to you. And to those of you who make certain that we get your tournament results and articles in a timely manner . . . our thanks, and keep 'em coming!

• Coaches! Remember to send your USJA National Award Winner nominees to our Committee Chairman, Dr. Ronald Charles, 113 Camellia Road, Goose Creek, South Carolina 29445. We have extended the deadline until August 31, 1997. If you have misplaced your nomination form and instructions, please give us a call at the National Office, and we will get one out to you as soon as possible.

From the Editor

This will be my last issue as editor of USJA COACH. I will be leaving the USJA and Colorado Springs in August to pursue a speechwriting career in the Washington, DC area.

When I began my employ with your association, my exposure to judo and the martial arts had been restricted to an occasional Steven Segal film or someone showing up at a Halloween party in a judogi. During these past two years however, I have learned many things regarding your sport and your art, but mostly I have been included in a community of dedicated, skilled individuals with a passion for something that encompasses so many of my own values and beliefs. I will miss that... and all of you. "One gai ishimas" (Thank you for letting me learn with you)

Kata Judging

by Gary Monto, USJA "A" Kata Judge

Now that kata seems to be enjoying a revival, and competitions are currently being held at many local tournaments and included in all of the national level tournaments, it's time to turn our attention to "the big D." That's right, **DETAILS.**

Kata teams have quickly become very good, and it is often by the slightest of margins that one team wins over another. It is because these teams have become so good, that the kata judge has had to concentrate on the little details, the attitude or the appreciation of the finer points of

kata. There are many judoka who do not understand that judging begins the moment a competitor steps onto the mat and approaches the center of the contest area. With so few points determining the difference between first, second, or third place, any advantage that a team can secure for itself is important. The first impression to the judge, the opening, and closing of the kata is as important as the overall flow and execution of the required forms.

To improve your kata takes practice, and a desire to work toward perfection. Teams must believe that each and every

time that they begin, they are going for the National Championship. To succeed, students must study the kata as long and as hard as they study their competition techniques. Paying attention to the slightest details will not only make a winning kata team, but will improve your overall judo skills—guaranteed. You can look at it as twice the bang for the buck!

How much time do you and your students spend on kata practice at the end of a long, hard session? And when you practice the kata, are you really just going through the motions? You only have so much time to practice, so give it your total attention. Concentrate on all the little details that can and will make you a winning team . . . maybe even a National Champion.

USJACOACH

On a Personal Note...

We hope that this regular column will add a touch of human interest to our quarterly newsletter and bring our diverse USJA family a little closer together. Please let us know of any personal achievements and/or newsworthy snippets from your neck of the woods! Address them to the Editor, USJA COACH, 21 North Union Boulevard, Colorado Springs, Colorado 80909.

Henry Ciul, Yodan, passed away on May 19th at his home in Smiths Creek, Michigan. He was 78 years old and still an active coach at the Port Huron YMCA Judo Club. Henry started judo at age 40 and became USJA Life Member # 495 in

1972. His son Thomas will now take on the responsibility of head coach at that club. Thank you Henry, for your years of service to the USJA and American judo.

Timothy Gibbs, age 30, of Oklahoma City, Oklahoma was killed in an automobile accident on his way to practice at JHOP Jujitsu. The sympathy of the entire USJA community goes out to his wife, his family, and his friends.

Congratulations to Bud Williams, Systems Administrator for the USJA, who graduated summa cum laude this spring from one of the top ten computer programs in the nation. Bud's interest in computers began after his retirement from

his previous career as a licensed practical nurse for the U.S. Army. He combines his patience and bedside manner with his skill as a programmer to keep the USJA database a smooth running, efficient tool for the day-to-day administration of the National Office and our 24,000 USJA members.

Joseph F. Conolly, II, CEO of the Educational Foundation of American Defense Systems has earned inclusion in Marquis "Who's Who in the South and Southwest," a guide to the 23,000 most influential people in the region. Joe is a Bronze Patron Life Member of the USJA, a 3D in judo, 5D jujitsu, 5D karate, and coach of Asahi Dojo in Belle Isle, Florida. Congratulations Joe! **USJACOACH**

Junior Nationals

The following are the results of the 1997 28th Annual USJA Junior National Judo Championships held at Whitman College in Spokane, Washington. Nearly 600 contestants from the United States and Canada competed for honors. The event was sanctioned by the United States Judo Association, United States Judo, Inc., and the United States Judo Federation.

KATA COMPETITION

Nage-no-Kata

1. Thomas Sitzler and Jeffrey Sitzler, Mesa, AZ
2. Darby Taylor and Pasquale LaMontagna, British Columbia, Can.
3. Mary Matthews, Northglenn, CO and Kenneth Hashimoto, Thornton, CO

Katame-no-Kata

1. Pasquale LaMontagna and Darby Taylor, British Columbia, Can.

CHAMPIONSHIP COMPETITION

JUNIOR GIRLS: 7, 46 lbs.

1. Brenna Clark, Hercules, CA, Salesian
2. Michelle Pock, Palos Verdes Estates, CA, Gardena
3. Kelsey McSpadden, Spokane, WA, Seikikan Jordan Anderson, Spokane, WA, North Spokane

JUNIOR GIRLS: 7, 66 lbs.

1. Ashley Strasdin, Prince George, BC, Can., Prince George
2. Maddie Brown, Spokane, WA, Seikikan

JUNIOR GIRLS: 8, 60 lbs.

1. Karli Fleury, Brooks, AB, Can., Brooks
2. Michelle Nagasawa, Bellevue, WA, US Judo Center
3. Holly Meagley, Spokane, WA, Pacific

JUNIOR GIRLS: 8, 68 lbs.

1. Alexandra Martin, Spokane, WA, North Spokane

JUNIOR GIRLS: 8, 77 lbs.

1. Abbie Haire, Fayetteville, NC, Fayetteville
2. Venus Seda, Mililani, HI, Budokai
3. Kanoë Tani, Kaneohe, HI, Wadokan

JUNIOR GIRLS: 8, +77 lbs.

1. Cara Meyers, Spokane, WA, North Spokane

JUNIOR GIRLS: 9-10, 66 lbs.

1. Adriana Blakely, La Puente, CA, Guerreros
2. Leilani Akiyama, Bellevue, WA, US Judo Center
3. Melissa Beer, Calgary, AB, Can., Ishi Yama
4. Tara Clark, Hercules, CA, Salesian

JUNIOR GIRLS: 9-10, 75 lbs.

1. Chelsea Nelson, Henderson, NV, Tani
2. Katie Asher, Highland Park, IL, Uptown
3. Kayla Heuett, Spokane, WA, Pacific
- Katie Schultz, Fairchild AFB, WA, Fairchild

JUNIOR GIRLS: 9-10, 84 lbs.

1. Erin Reagan, Whittier, NC, Yellowhill
2. Jocelyn McGrandle, Abbotsford, BC, Can., Abbotsford
3. Layne Brower, Spokane, WA, Pacific
4. Nicole Iwaasa, Lethbridge, AB, Can., Raymond

JUNIOR GIRLS: 9-10, 95 lbs.

1. Celeste Yeo, Hercules, CA, Salesian
2. Stacy Haas, Vallejo, CA, Kyodo

JUNIOR GIRLS: 9-10, +95 lbs.

1. Amy Yeo, Hercules, CA, Salesian
2. Theresa Wiggins, Oak Harbor, WA, NAS Whidbey
3. Christina Bowman, Nine Mile Falls, WA, Seikikan

JUNIOR GIRLS: 11-12, 66 lbs.

1. Ivy Lopez, Baldwin Park, CA, Guerreros
2. Jamie Fujioka, Kaneohe, HI, Wadokan
3. Ann Shiraishi, Elk Grove, CA Okubo
4. Mailene Downes, New Britain, CT, NB Judo & Karate

JUNIOR GIRLS: 11-12, 75 lbs.

1. Marti Malloy, Oak Harbor, WA, NAS Whidbey
2. Anastasias Farlow, Mira Mesa, CA, Judo America SD
3. Maika Watanabe, Napa, CA, Napa
4. Jessica Hsieh, Vallejo, CA, To Bay

JUNIOR GIRLS: 11-12, 86 lbs.

1. Sarah Chavis, New Britain, CT, NB Judo & Karate
2. Song Han, Bellevue, WA, US Judo Center

JUNIOR GIRLS: 11-12, 97 lbs.

1. Melissa Orden, Ena Beach, HI, Shobukan
2. Julie Van Helder, Paradise Valley, AZ, America Sports & Fit.
3. Rachel Asher, Highland Park, IL, Uptown

4. Jessica Hart, Billings, MT, Parks Martial Arts

JUNIOR GIRLS: 11-12, 108 lbs.

1. Nicole Mazzaferro, Vallejo, CA, Kyodo
2. Jerlyn Jones, Spokane, WA, Pacific
3. Becky Schultz, Fairchild AFB, WA, Fairchild AFB
4. Kiley Nepper, Sumner, WA, Enumclaw Kihaku

JUNIOR GIRLS: 11-12, 120 lbs.

1. Celina Hernandez, Barstow, CA, Barstow
2. Jamie Hollingsworth, Invermere, BC, Can., Invermere
3. Kristen Hill, Raymond, AB, Can., Raymond

JUNIOR GIRLS: 11-12, +120 lbs.

1. Cindy Imai, Rosemead, CA, Nishi
2. Stefanie Howorun, Brampton, Ont. Can., Kido Kan
3. Danielle Adams, Wembley, AB, Can., Hoku Sei Kan
4. Keara Guevara, Burnaby, BC, Can., Burnaby

JUNIOR BOYS: 6, 42 lbs.

1. Jason Spiker, Honolulu, HI, Shobukan
2. George Banzon, Culver City, CA, Sawtelle
3. Colton Haire, Fayetteville, NC, Fayetteville
4. David Anderson, Spokane, WA, North Spokane

JUNIOR BOYS: 6, 51 lbs.

1. Nicholas Simms, Vallejo, CA, Kyodo

JUNIOR BOYS: 6, 62 lbs.

1. Michael Canton, Spokane, WA, North Spokane
2. Jorell Jones, Spokane, WA, Pacific Judo Academy

JUNIOR BOYS: 6, +62 lbs.

1. Erik Morgan, Long Beach, CA, Ogden

JUNIOR BOYS: 7, 55 lbs.

1. Jakob Kamer, Vallejo, CA, Kyodo
2. Daniel Chow, Honolulu, HI, Shobukan
3. Michael Sims, Vallejo, CA, Kyodo
4. Cody Vandersloot, Bozeman, MT, Big Mountain

JUNIOR BOYS: 7, 66 lbs.

1. Jared Nelson, Henderson, NV, Tani
2. Scott McGrandle, Abbotsford, BC, Can., Abbotsford
3. Jordan Guevera, Burnaby, BC, Can., Burnaby
4. Jamie Hall, Pacific, WA, Tacoma

JUNIOR BOYS: 7, +66 lbs.

1. Phoebus Yannetsos, N. Miami Beach FL, Budokan
2. Jimmy Kim, San Mateo, CA, Cahill's
3. Richard Lambert, Cherokee, NC, Yellowhill

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Once Upon a Time

by Ed Griffin, Master Examiner

In the not so distant past, the United States Judo Association had only a handful of individuals known as rank examiners. Today, judo and the USJA have grown to where we have a Master Rank Examiner assigned to every region in America.

Throughout the year, Master Examiners hold seminars and individual testing for rank advancement and examiner certification. They teach, hold reviews, recommend, and certify, those who qualify. Each of the

USJA summer camps has at least one Master Examiner present who holds an examiner certification class. It is clearly important, as a club coach, to be certified as a USJA rank examiner. If you are unable to attend one of the scheduled clinics or camps, please contact the National Office for additional

information, or to arrange to have a Master Examiner conduct a seminar in your area.

All USJA rank examiners regularly consult with the Chairman of the Examiner

Committee, Charles Robinson. By doing this, we are able to ensure better services and standards for promotions, and immediately address any general or specific problems that arise regarding USJA rank. Through the examiner's communication with Robinson Sensei, reports are easily generated and accessible to President, Jesse Jones, Executive Director, Ed Szejter, each of the Division Chairman, and their respective committee members.

The main focus at the clinics and camps this year is the dan worksheet. A Master Examiner will go over the material contained in the worksheet on a daily basis. Don't miss being at one of these exciting and informative training camps. I'll see you there! **USJACOACH**

With a Little Help from Our Friends

The USJA would like to thank those members listed below, who at the time of this printing, have donated to the USJA National Training Center (NTC) Stewardship Program. Your donations will help refurbish the structure, and enhance the appearance of this monument to American judo.

Richard Andrade, Anthony L. Antin, Judith A. Barrett, Daniel M. Bean, James B. Beyersdorf, Vernon A. Borgen, Virgil J. Bowles, Clark Buchanan, Russell D.

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Burke, Martin I. Burket, Carolinas America Judo Assn., Charles Cavrich, Chaparral Judo Club & Tom Palen, Dr. Ronald Allan Charles, James T. Clifton, John E. Cook, Sr., Leighton Cochran, James J. Colgan, Arthur L. Collins, Andrew Connelly, W. Patrick Connelly, Ronald Crabtree, Michael Cullen, Katrina R.

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Junior Nationals

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JUNIOR BOYS: 8, 51 lbs.

1. Casey Vandersloot, Bozeman, MT, Big Mountain
2. Vincen Sanchez, Vallejo, CA, Kyodo
3. James Jones, Duluth, GA, Waka Mu Sha

JUNIOR BOYS: 8, 60 lbs.

1. Francis Banzon, Culver City, CA, Sawtelle
2. Anthony Hernandez, Barstow, CA, Barstow
3. Andrew Blakely, La Puente, CA, Guerreros
4. John Poston, Berkley, MI, Saito

JUNIOR BOYS: 8, 68 lbs.

1. Nicholas Delpopolo, Westfield, NJ, Cranford
2. Zane Malloy, Oak Harbor, WA, NAS Whidbey
3. Bryan Fujiwara, Kaneohe, HI, Wadokan
4. Matthew Richardson, San Jose, CA, San Jose Buddhist

JUNIOR BOYS: 8, 77 lbs.

1. Shaun Forges, Kaneohe, HI, Wadokan
2. Duane Fukumoto, Waipahu, HI, Shunyo Kai
3. Noah Hatton, Spokane, WA, Pacific
4. Kai Higa, Kaneohe, HI, Wadokan

JUNIOR BOYS: 9-10, 57 lbs.

1. Brandon Low, Honolulu, HI, Shobukan
2. Andrew DeScisciolo, Uncasville, CT, New London County
3. Taren Lacroix, Spokane, WA, Pacific
4. Zachary Thomas, Spokane, WA, Pacific

JUNIOR BOYS: 9-10, 66 lbs.

1. Kenneth Hashimoto, Thornton, CO, Northglenn
2. Jared Willis, New Britain, CT, New Britain
3. Sam Hancik, Tees, AB, Can., Aka-shika
4. Michael Russell, Norwich, CT, New London County

JUNIOR BOYS: 9-10, 75 lbs.

1. Bobby Edwards, Airdrie, AB, Can., Airdrie
2. Steven Chenes, Las Vegas, NV, Sakura
3. James Connolly, Danville, VA, Danville
4. Robert Davis, Tacoma, WA, Tacoma

JUNIOR BOYS: 9-10, 84 lbs.

1. Robbie Rogers, Rolling Hills Estates, CA, Gardena
2. Eric Brantley, Olympia, WA, Budokai Olympia
3. Ross Macbaisey, Rancho Santa Fe, CA, Judo America
4. Luke Waters, Kaneohe, HI, Wadokan

JUNIOR BOYS: 9-10, 95 lbs.

1. Ryan Reynolds, Lake Havasu, AZ, Awesome
2. Mark Poston, Berkley, MI, Saito
3. Justin Harder, Calgary, AB, Can., Hiro's

4. Joel Aiken, Spoke, WA, Seikikan

JUNIOR BOYS: 9-10, 110 lbs.

1. Justin Davis, Spokane, WA, Pacific
2. John Manibusan, Vallejo, CA, Kyodo
3. Andrew Verhulp, Richland, WA, Richland Dojo

JUNIOR BOYS: 9-10, +110 lbs.

1. Aldon Benauro, Waipahu, HI, Budokai
2. Luis Anthony Morales, Las Vegas, NV, Tani
3. Blake Becker, Abbotsford, BC, Can., Abbotsford
4. Tanner Hughes, Benton City, WA, Richland

JUNIOR BOYS: 11-12, 66 lbs.

1. Bradley Nozoe, Kaneohe, HI, Wadokan
2. Eric Lafon, San Diego, CA, Judo America
3. Andre Woodberry, La Puente, CA, Guerreros
4. Ronald Duarte, Baldwin Park, CA, Guerreros

JUNIOR BOYS: 11-12, 75 lbs.

1. Robert Loftus, Yorkville, IL, Yorkville
2. Darren Howard, Thornton, CO, Northglenn
3. Billy Duong, Spokane, WA, North Spokane
4. Robert March, San Bruno, CA, Cahill's

JUNIOR BOYS: 11-12, 86 lbs.

1. Jonathan Spiker, Honolulu, HI, Shobukan
2. Mike Pock, Palos Verdes Estates, CA, Gardena
3. Konrad Wasiela, Richmond, BC, Can., Judo BC
4. Chase Forsyth, Sherwood Park, AB, Can., Tolide Judo Kwai

JUNIOR BOYS: 11-12, 96 lbs.

1. Jonathan Lambert, Cherokee, NC, Yellowhill
2. Eric Sanchez, West Covina, CA, Guerreros
3. Travis Stevens, Tacoma, WA, Tacoma
4. Richard Tan, Richmond, BC, Can., Judo BC

JUNIOR BOYS: 11-12, 108 lbs.

1. Clint Slone, Mesa, AZ, American Sport & Fit
2. Eric Estoista, Sacramento, CA, Team Sacramento
3. Scott Edwards, Airdrie, AB, Can., Airdrie
4. Joel Hougen, Foremost, AB, Can., Joe Meli

JUNIOR BOYS: 11-12, 120 lbs.

1. Christian Haire, Fayetteville, NC, Fayetteville
2. Michael Lissman, Ontario, OR., Ore-Ida
3. Josh Gietz, Fernie, BC, Can., Fernie

JUNIOR BOYS: 11-12, 130 lbs.

1. Scott Burggman, Chico, CA, Chico
2. Andrew Eisentrout, Olympia, WA, Budokai Olympia

JUNIOR BOYS: 11-12, 160 lbs.

1. Prince Brown, Waianae, HI, Bukokai

2. Soren Lacroix, Spokane, WA, Pacific
3. Earl Morgan, Long Beach, CA, Ogden
4. Lee Enos, Elk City, ID, Grangeville

TEEN GIRLS: 13-14, 88 lbs.

1. Lindsey McAlister, Petersberg, Ont., Can., Asahi

TEEN GIRLS: 13-14, 99 lbs.

1. Teresa Ratanasurakarn, Whittier, CA, MHJC
2. Jaana Merivirta, Ft. Saskatchewan, AB, Can., Tolide Judo Kwai
3. Michelle Bowman, Federal Way, WA, Sakurakan

TEEN GIRLS: 13-14, 110 lbs.

1. Deborah Teramura, Richmond, B.C., Can., Judo BC
2. Holly Adams, Wembley, AB, Can., Hoku Sei Kan
3. Natalie Llewellyn, Auburn, WA, Sakurakan

TEEN GIRLS: 13-14, 121 lbs.

1. Brandi Vallesteros, Mililani, HI, Mililani Hongwanji
2. Leigh Miller, Sewickley, PA, South Hills
3. Mandy West, Red Deer, AB, Can., Red Deer
4. Melissa Visser, Airdrie, AB, Can., Airdrie

TEEN GIRLS: 13-14, 132 lbs.

1. Christina Yannetos, N. Miami Beach, FL., Budokan
2. Cindy Imai, Rosemead, CA, Kido Kan
3. Stephanie Howarun, Brampton, Can., Kido kan
4. Celina Shrader, Tacoma, WA, Tacoma

TEEN GIRLS: 143 lbs.

1. Julie Colby, Spokane, WA, Seikikan
2. Ashley Buchanan, Ontario, OR, Ore-Ida
3. Jolynn Seda, Mililani, HI, Budokai

TEEN GIRLS: 13-14, +143 lbs.

1. Erin Iwaasa, Lethbridge, AB, Can., Lethbridge
2. April Seda, Mililani, HI, Budokai

TEEN GIRLS: 15-16, 114 lbs.

1. Morgan McAlister, Petersberg, Ont. Can., Asahi
2. Robin Pucak, Wasilla, AK, Mat-su Judo Club
3. Tracy VonRichter, Oakville, Can., Kido Kan

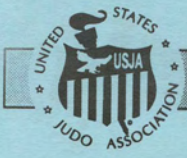
TEEN GIRLS: 15-16, 123 lbs.

1. Gillian Miller, Sewickley, PA, South Hills
2. Izabela Wasiela, Richmond, BC., Can., Judo BC
3. Emily Schultz, Langley, BC., Can., Judo BC
4. Connie Saxton, Pine Lake, AB, Can., Aka-shika

TEEN GIRLS: 15-16, 134 lbs.

1. Amanda Nieto, Culver, CA, Santa Monica Y

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Judo

2. Aspen Gowers, Fort Saskatchewan, AB, Can., Tolide Judo Kwai
3. Candice Shaw, Raymond, AB, Can., Raymond
4. Nicole Heuett, Spokane, WA, Pacific

TEEN GIRLS: 15-16, 145 lbs.

1. Sagrario Hernandez, Los Angeles, CA, Tenri
2. Brigitte Hunt, Surrey, BC, Can., Hajime
3. Connie Henderson, Surrey, BC, Can., Judo BC
4. Heather Weir, Oak Harbor, WA, NAS Whidbey

TEEN GIRLS: 15-16, 158 lbs.

1. Sylvia Hausot, Prince George, BC, Can., Prince George
2. Kimberly Hikita, Richmond, BC, Can., Judo BC

TEEN GIRLS: 15-16, +158 lbs.

1. Wendy Iwaasa, Raymond, AB, Can., Raymond
2. Kristy Andrietz, Fort Saskatchewan, AB, Can., Tolide Judo Kwai
3. Dena Bruggman, Chico, Can., Chico
4. Lisa Alatorre, Kent, WA, Kent Schools

TEEN BOYS: 13-14, 88 lbs.

1. Joshua Heuett, Spokane, WA, Pacific
2. Elisha Grimsley, Vallejo, CA, Kyodo
3. Oscar Palafox, San Francisco, CA, Cahill's
4. Chad Hunt, Lethbridge, AB, Can., Lethbridge

TEEN BOYS: 13-14, 99 lbs.

1. Stephen Wolery, Cincinatti, OH, Renshuden
2. Aaron Raney, Los Altos, CA, Cupertino
3. Eric Tanaka, Richmond, BC, Can., Judo BC
4. Jonathan Hale, Airdrie, AB, Can., Airdrie

TEEN BOYS: 13-14, 110 lbs.

1. Andy Zettl, Waterloo, ON, Can., Asahi
2. Kyle Shewchuk, Brampton, ON, Can., Kido Kan
3. Kevin Julian, Red Deer, AB, Can., Aka-Shika
4. Thomas Matthews, Northglenn, CO, Northglenn

TEEN BOYS: 13-14, 121 lbs.

1. Gerald Manlapaz, Oak Harbor, WA, NAS Whidbey
2. William Lambert, Cherokee, NC, Yellowhill
3. Ian Walden, Airway Heights, WA, Fairchild AFB
4. Scot McAlpine, Lethbridge, AB, Can., Lethbridge

TEEN BOYS: 13-14, 132 lbs.

1. Tyler Boras, Coaldale, AB, Can., Lethbridge
2. Ernest Barker, Calgary, AB, Can., Hiro's
3. Michael Dinsmore, Cloverdale, BC, Can.,

Hajime

4. Aaron Dent, Red Deer, AB, Can., Aka-Shika

TEEN BOYS: 13-14, 143 lbs.

1. Jimmy Overton, San Diego, CA, Unidos
2. Luke Brown, Tucson, AZ, Tucson
3. Brandon Keaton, Dayton, OH, Dayton P.A.L.
4. Hoc Duong, Spokane, North Spokane

TEEN BOYS: 13-14, 156 lbs.

1. Jesse Gregory, Lethbridge, AB, Can., Lethbridge
2. Kolan Brown, Waianae, HI, Budokai
3. Kristofer Hardjono, Port Coquitlam, BC, Can., Judo BC
4. Thomas Sitzler, Mesa, AZ, Chaparral

TEEN BOYS: 13-14, +156 lbs.

1. Matthew Noji, Coaldale, AB, Can., Lethbridge
2. Erick Ortiz, Colorado Springs, CO, NTC
3. Christian Hausot, Prince George, BC, Can., Prince George
4. Jeff Craig, Spokane, WA, Pacific

TEEN BOYS: 15-16, 114 lbs.

1. Dennis Krot, Honolulu, HI, Shobukan
2. Ericson Madamba, Stockton, CA, Stockton Judo Club
3. Christopher Kamal, Vancouver, BC, Can., Seikidokan
4. Eric Schwartz, Kennewick, WA, Columbia

TEEN BOYS: 15-16, 123 lbs.

1. Sean Hantke, Lethbridge, AB, Can., Lethbridge
2. Matthew Phillips, Clarkston, WA, Clarkston
3. Taylor Takata, Wahiawa, HI, Shobukan
4. Eugene Sung, New Westminster, BC, Can., Burnaby Judo

TEEN BOYS: 15-16, 132 lbs.

1. Byron Chiang, Vancouver, BC, Can., Seikidokan
2. Seth Bregman, Katy, TX, Bushido
3. Marciano Canate, Vallejo, CA, Salesian Judo Club
4. Motaz Elsokkary, Ajax, ON, Can., Kido Kan

TEEN BOYS: 15-16, 143 lbs.

1. Bret Crossland, Fairfield, CT, Japan
2. Matt Hale, Airdrie, AB, Can., Airdrie
3. Jimmy Crespo, Miami, FL, Budokan
4. Dan Balcita, Redwood City, CA, Tamayos Judo Club

TEEN BOYS: 15-16, 156 lbs.

1. Aaron Cohen, Buffalo Grove, IL, Uptown
2. Brad Seeman, Lethbridge, AB, Can., Judo BC
3. James McKay, Langley, BC, Can., Judo BC
4. Jordan Maruyama, Lethbridge, AB, Can., Lethbridge

TEEN BOYS: 15-16, 172 lbs.

1. John Rosa, Wahiawa, HI, Mililani Hongwanji
2. Eric Nichol, Vancouver, BC, Can., Judo BC
3. Nick Crane, Sacramento, CA, Okubo Judo
4. Joshua Hsieh, Vallejo, CA, To Bay

TEEN BOYS: 15-16, 189 lbs.

1. Samson Zadmehran, Richmond, CA, Cahill's
2. Martin Kim, Vancouver, BC, Can., Seikidokan
3. Adam Dye, Tacoma, WA, Tacoma

TEEN BOYS: 15-16, +209 lbs.

1. Trevor McAlpine, Lethbridge, AB, Can., Lethbridge
2. Danial McAvoy, Beaverton, OR, Ojukan

JUNIOR WOMEN: 17-20, 106 lbs.

1. Lauren Meece, Pembroke Pines, FL, Budokan
2. Stephanie Tsang, Abbotsford, BC, Can., Abbotsford
3. Morgan McAlister, Petersberg, ON, Can., Asahi

JUNIOR WOMEN: 17-20, 114 lbs.

1. Tomoko Mori, Burnaby, BC, Can., Seikidokan
2. Deborah Teramura, Richmond, BC, Can., Judo BC
3. Francene Kamal, Vancouver, BC, Can., Seikidokan
4. Kimberlee Cuthbert, Lethbridge, AB, Can., Lethbridge

JUNIOR WOMEN: 17-20, 123 lbs.

1. Izabela Wasiela, Richmond, BC, Can., Judo BC
2. Iris Feliciano, Brooklyn, NY, Starret
3. Leigh Miller, Sewickley, PA, South Hills
4. Michelle Franceschi, Baldwin Park, CA, Guerreros

JUNIOR WOMEN: 17-20, 134 lbs.

1. Amanda Nieto, Culver, CA, Santa Monica Y Judo
2. Christina Yannetsos, N. Miami Beach, FL, Budokan
3. Xandra Mejica, Carmichael, CA, Team Sacramento
4. Katie Loehndorf, Prince George, BC, Can., Prince George

JUNIOR WOMEN: 17-20, 145 lbs.

1. Sagrario Hernandez, Los Angeles, CA, Tenri
2. Connie Henderson, Surrey, BC, Can., Judo BC
3. Susan Currier, Kent, WA, Kent Schools
4. Rachel Kuramoto, Ladysmith, BC, Can., Judo BC

JUNIOR WOMEN: 17-20, 158 lbs.

1. Amanda Kushnier, Calgary, AB, Casn.,

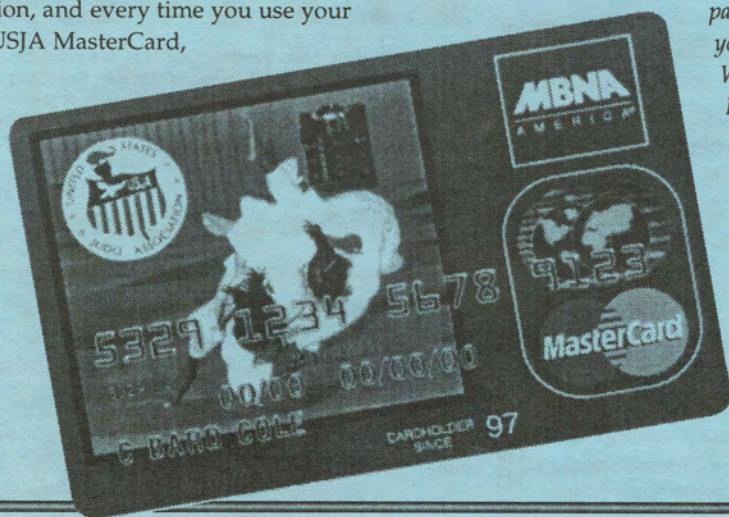
Get a Grip

The new USJA judo credit card is finally here! This beautiful MasterCard from MBNA Bank offers no annual fee and a low introductory Annual Percentage Rate (APR) for balance transfers and cash advance checks. The card features a full-color judo action photograph and the USJA logo. Call MBNA at 1-800-780-5540 to apply, and be sure to mention priority code QNCN. The USJA will receive credit for your application, and every time you use your USJA MasterCard,

MBNA Bank will make a contribution to the USJA. So become a "Card Carrying Member!"

Note: Special thanks to Connie Halporn, USJA Patron Life Member from Brooklyn, New York, for the spectacular photograph that we are using on the USJA Preferred MasterCard, to Norma Fogel, USJA Executive Secretary, for coming up with the

slogan for our ad campaign, "Get a Grip on your Credit," and to Walt Sweet, USJA Bronze Patron Life Member, Scottsdale, Arizona, for allowing us to use his photograph for our campaign flyer.



Help from our Friends

(continued from page 12)

F. Sasaki, Michael J. Schultz, Alfred Schmitt, Justin Scott, Robert E. Simms, D.C., Alan R. Smith, Sr., Ernest R. Smith, Vivian Smith, Starkville Martial Arts Academy, Ronald F. Stultz, E. Dow Suhre, Walt Sweet, Edward Szejter, Michael Szejter, Patrick E. Szejter, Mitchell A. Tarr, Quentin Thompson, William H. Thorndike, Jr., William H. Tinney, Jack M. Turrentine, Joseph E. Walters, George Weers, James R. Webb, Marion (Bud) Williams

There is still a good portion of the dojo area available for stewardships. All donations are tax-deductible. If you need more information, or have any questions about this program, please call the National Office.

Junior Nationals

(continued from page 2)

Hiro's

1. Jill Collins, Napa, CA, Napa
2. Kimberly Hikita, Richmond, BC, Can., Judo BC
3. Anna Eichhorn, Walla Walla, WA, Wa-Hi

JUNIOR WOMEN: 17-20, +158 lbs.

1. Cindy Oliver, Lakewood, CO, Denver University
2. Heidi Rhodes, Coram, MT, Saihoku
3. Kristy Andrietz, Fort Saskatchewan, AB, Can., Tolide Judo Kwai

JUNIOR MEN: 17-20, 123 lbs.

1. Chris Baril, Sherwood Park, AB, Can., Tolide Judo Kwai
2. Daniel Lapinski, Vancouver, BC, Can., Seikidokan
3. Neil Smith, Delta, BC, Can., Judo BC
4. Vallen Mah, Vancouver, BC, Can., Judo BC

JUNIOR MEN: 17-20, 132 lbs.

1. Ehud Vaks, Buffalo Grove, IL, Uptown Judo
2. Dynell Pinder, Brooklyn, NY, Starrett
3. Kevin Joly, Lethbridge, AB, Can., Lethbridge
4. Brian Chang, San Jose, CA, San Jose State

JUNIOR MEN: 17-20, 143 lbs.

1. Jose Bencosme, N. Miami Beach, FL, Budokan
2. Riley Edwards, Lethbridge, AB, Can., Lethbridge
3. David Bonner, Houston, TX, Bushido Dojo
4. Randy Okita, Calgary, AB, Can., Hiro's

JUNIOR MEN: 156 lbs.

1. Rick Hawn, Colorado Springs, CO, Olympic Training Center
2. Aaron Cohen, Buffalo Grove, IL, Uptown
3. Tashi Kinjo, Calgary, AB, Can., Hiro's
4. Kiyohito Suzuki, Richmond, BC, Can., Judo BC

JUNIOR MEN: 17-20, 172 lbs.

1. Steve Ward, Brampton, ON, Can., Kido Kan
2. Marko Orescanin, Surrey, BC, Can., Judo BC
3. Chris Kennedy, Airdrie, BC, Can., Airdrie
4. John Rosa, Wahiaawa, HI, Mililani Hongwanji

JUNIOR MEN: 17-20, 189 lbs.

1. Paul Parsons, Delta, BC, Can., Judo BC
2. Chad Cluever, Spokane, WA, Pacific

JUNIOR MEN: 17-20, 209 lbs.

1. Trevor Howard, Mercer Island, WA, Pacific Northwest Judo
2. Alex Schulz, Deer Park, WA, Deer Park Judo
3. Sean Vallesteros, Mililani, HI, Mililani Hongwanji
4. Corey Larson, Ford, WA, Fairchild Judo

JUNIOR MEN: 17-20, +209 lbs.

1. Christopher Cluever, Spokane, WA, Pacific
2. Tyler McAvoy, Beaverton, OR, Ojukan
3. Thomas Garnica, Walla Walla, WA, Wa-Hi

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