

Message from the President

Greetings:

First, allow me to address the subject of "Unity vs. Individualism With Support". One way or another, judo players in the United States need to pledge allegiance to the development of our sport, whether by total unity and merger or by their organizations remaining separate entities. In any case, they need to provide total support in their matrix of developmental tasks. Let's explore the difference in an effort to generate ideas on the best approach to respect the wishes of the membership of all three organizations, implement measurable skill approaches, and maintain membership growth and autonomy. We all know that the way to success has many varied approaches, and a sure way to fail is in the attempt to try to please everyone!



Jesse L. Jones

just as these differences have inspired organizations to destroy each other by broadcasting non-factual negative statements and the lack of overall program support.

How can we change this attitude? Are we going to wait until the carriers of these ideals

literally "die out", or are we strong enough now to make the necessary changes? It can be done. I am not an advocate of unity for unity's sake, but changes in the way we support each other and our athletes are absolutely necessary.

The most recent situation regarding the timely renewal of our Sports Accident and Liability Insurance Policy, is a classic example of an unprofessional procedure that exposed our members to ridicule and frustration. The

(continued on page 2)

We'll begin by nurturing the philosophical differences the three organizations so vividly portray. Let's identify those areas of expertise each organization can provide that may differ from the others; areas such as innovation, office automation, publishing of technical manuals, rank standard manuals, membership growth programs, national directory service, fund raising programs and on-going clinics, seminars and training camps. All of this is necessary for the survival of an organization and the generation of funds to develop grass roots athletes and the support of our elite competitors for international events. How many judo organizations have all these capabilities, and how can these services be shared to enhance total support and cooperation? Will philosophical differences prevent such cooperation? I think they will,

INSIDE

| | |
|--|----|
| Message from the President..... | 1 |
| From the Executive Director..... | 3 |
| A Different Kind of Respect..... | 4 |
| Profile of a Judo Leader..... | 5 |
| The Significance of Movement in Judo | 6 |
| Chuong Nhu FUNdamentals | 8 |
| A Word from New Zealand | 8 |
| Judo- A Dynamic Motor Skill..... | 9 |
| On The Internet | 10 |
| Eagles of the Mat | 11 |
| Instructing the Katame-No-Kata..... | 12 |
| 15th Maccabiah Games | 13 |

USA JUDO

OCTOBER 1997



Message from the President

(continued from page 1)

have been handled in a more positive way. It reminded me of the continual one-sided feud USJA members experienced during the 1950s and '60s. It reflected an ongoing desire to degrade another judo organization. Surely we all must finally realize how much more can be accomplished by working together rather than expending the negative energy required by trying to destroy or "take over" each other!

Looking ahead, we have a lot to be grateful for. We're still a thriving organization with ideas that will benefit the overall development of judo. Most of you are aware of the many fund raising activities under way to support our programs. Our most recent introduction is our Visa card, and also the address label program. If you have not yet responded to these, please do so. Flyers explaining these fund raisers are included in the mailings routinely sent out from the National Office. Funds generated by these programs will be most helpful in our development and administrative activities.

The USJA has also implemented

procedures to support our athletes competing in the Olympic Games in the year 2000 to be held in Australia. During the past few months, a judo team from Japan has established a dojo in Sydney, as has the Korean team. They have opened their workout sessions to each other and to the local judoka for training. I'm sure that in the coming months other countries will follow their lead. As of October 1, 1997 the USJA will have opened a dojo in Sydney to be available to all United States athletes. Details regarding lodging and other pertinent information will follow in the next few weeks. If we're going to place our emphasis on quality training in preparation for the next Olympic Games, the time is now. This endeavor will require funds, dedication, and commitment to the goals. Some of us have made the commitment and are dedicated to succeed. You can help by making your tax-deductible donation to the USJA to help support this project. We cannot fairly represent the United States at the next Olympic Games without quality training and appropriate support for our team. Remember, the USJA does not receive any Olympic funds, but notwithstanding that, we will certainly assist the team members selected to represent the United States to the best

of our ability.

Finally, October 21, 1997 will mark the two-year anniversary of the current administration. We've managed to increase our membership to almost 24,000, a net gain of 3,777 members in just two years, and our financial status has increased from a "multi sub-zero" position to an operational level. I recently received a call from a loyal USJA member stating that he has made the USJA an equity beneficiary of his personal life insurance policy. This beneficiary program is used to advantage by many non-profit organizations, including churches, and is pursued aggressively.

My friends, we are doing something right. I encourage you to continue to support your Association and your administrators. Be willing to stand up when the next election of Board members takes place; there will be replacement and vacancy slots to fill. While on the subject, I would like to thank our Board members for their hard work. As you know, the last two years were difficult but we've seen them through due to the diligence and support of not only our Board, but of all our loyal members. May God bless you all.

Jesse L. Jones

USJACOACH



Get a Grip

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!"

USJACOACH

From the Executive Director

Summer has come and gone; camps are over for this year, and all major tournaments have been completed. Fall has arrived, the kids are back in school, and now is the time to host clinics. Please call or write and let us have your preferred dates. The clinicians from whom you can make your selection, are below:



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

On another subject, I cannot stress strongly enough the importance of sanctioning your tournaments and diligently checking each person's registration card. To be current means they have insurance. Many of our Life Members forget to send in their Sustaining Life Membership, causing

their insurance to lapse.

Our insurance carrier has informed the USJA that the cost of individual insurance will rise commencing September '97. Registration fees will be increased to \$43, reflecting a \$4 increase from our 1996/97 which was held at \$39.00 for a two-year period. The Sustaining Life Membership fee will be increased from \$25.00 to \$29.00. The insurance carrier informs us that rate increases are brought about by an excess amount of claims in 1997.

Still on the subject of insurance, an excess in claims reflects that our insurance is not only important, but necessary. **I ASK ALL LIFE MEMBERS TO PLEASE CHECK THEIR MEMBERSHIP CARDS TO BE CERTAIN THAT THEIR COVERAGE IS CURRENT.**

We are seeing a steady rise in new memberships and clubs, and to give you an example: in March 1993 there were 16,835 USJA members, and the August 1997 count was 23,812 - a total gain of 6,977. With this kind of growth

we should have over 24,000 by the end of the year and at least another 1,000 new members in 1998. We send our thanks to all our Sensei who believe in and support the USJA. The USJA Stewardship Program is still moving ahead. However, it is moving at a snail's pace. We have received donations of \$13,640. The immediately needed finances for renovation and other work that must be undertaken is \$27,500. So we are looking at a short fall of almost \$14,000. I address all of you who have not yet become stewards of the National Training Center and ask that you please consider a contribution of \$100 or more, which of course is tax-exempt.

Enclosed with this Newsletter is the notice and application for the USJA Junior Nationals to be held in Toledo, OH. Register early - it's not often that the USJA Junior Nationals can be held in the center of the most densely populated part of the U.S.A.

It has been some time since our last notice on printing business cards, stationary and envelopes, or flyers, for your events. Contact Katrina Davis, our Office Manager, for more information and prices.

And a last word about sanctioning tournaments. It is a requirement that you send in your tournament notice or flyer along with the sanction form. Our insurance carrier requests that this procedure be adhered to, otherwise the request for sanction could be denied.

A Different Kind of Respect

a tribute to his father by Chris Schenck of Vancouver, BC (reprinted from the "Toraki" Judo Times"

Many people in the judo community seem to say that a bow is the end-all when it comes to showing respect, but I beg to differ.

In a sport with a comparatively small number of participants, one must look at things somewhat differently. It seems that a lot of the older faces one used to see at various functions is dwindling, and in a family-type of atmosphere, one must ask "why is this happening?"

When we compete in an individual sport, we are led to believe that it is only an individual effort that gets you to where you are. Let's face it, not all of us are meant to be National or Olympic champions. As we compete, we sometimes forget the bonds that have been formed while trying to beat each other to a pulp. It seems that whatever role we play, whether it is as a competitor, coach or referee, the competitive nature in us takes over and we allow our egos to get the best of us. Perhaps this is because we are told that we have to be the best we can possibly be, rather than accept the reality that some people just can't keep up with others. In a community with falling numbers, we really have to insure that our egos and personal pride do not get in our way.

Having competed for a relatively long time, I had the opportunity to form many friendships as well as learn to

respect others, not simply because I liked them, but because of their dedication and their contribution to the sport. If we sit down and try to comprehend the number of hours it takes to help someone reach the level of orange belt, it is mind boggling. What about the countless hours your coach or parents have spent sitting behind a steering wheel, driving you across the country so that you can make a 7:00 a.m. weigh-in or fight for thirty seconds? All of us who have had the opportunity to experience this must realize that we were fortunate; those individuals did what they did not out of a feeling of responsibility, but because they cared, and still do.

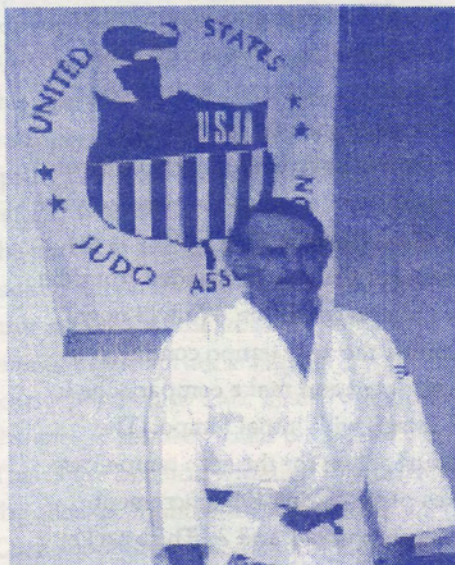
If you have gotten this far in this article, you are probably starting to ask some questions. What I am getting at is, we must ask ourselves when was the last time we thanked any of the out-of-town competitors for coming to an event, if only because they made the event stronger. How often do we go out of our way to thank sparring partners for the great randori session we had with them? Perhaps this goes too far for some people, but we must realize that we would not have been able to get where we are without a partner. What about thanking senseis for the great

practice they engineered, or even a referee for showing up at the competition? Our sport not only turns us into adversaries, but also makes us a family because every aspect of our behavior is vital to the survival of our sport. Without this sort of acknowledgment, how will our sport grow sufficiently to gain the recognition it deserves? Something my Dad taught me was not to dwell on the negative but instead to try and look for something positive in every individual. As a coach or instructor, is this not one of our greatest responsibilities to both the students and their parents? As we all realize, very few people get the opportunity to compete at an International level and actually do well. However, as an instructor or coach, I believe it is our responsibility to help every individual achieve levels they might not have thought possible. If we, as "has beens" and instructors can help an individual obtain those levels, then we have done more than is expected of us.

It all boils down to this: everyone needs to hear a "thank you" every once in a while. Don't get me wrong - most individuals aren't looking for it, and that's what makes it more special. All of us who feel we are really macho individuals should let our guard down for just a moment and give thanks to those other individuals deserving of it. For myself, not only is the traditional bow a form of respect, but I feel we can reach a still higher level by simply saying "thank you".

Thanks, Dad.

Profile of a Judo Leader



Henning K. Henriksen, Head Coach
Ohio Judan Judo Club
 a Silver Star Club
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Rokudan in judo and Shichidan in jujitsu, Henning Henriksen began his martial arts studies in the Fall of 1963 in Denmark under the teaching of Capt. S. A. O. L. Pedersen. By 1965, Capt. Pedersen's students started the Holbaek Judo School, with Henning serving as Assistant Instructor. In '69, a second judo school was formed in Holbaek - the Holbaek Budo Kwai, which Henning helped to establish, was named its head instructor, and where he continued his training in judo and jujitsu, as well as sports instruction. In February '73, Capt. Pedersen awarded Henning the rank of Shodan, issued by the Danish Judo Union.

In March '73, Henning moved to this country - Dover, OH. His love of judo

and his desire to teach others came to Ohio with him. For several years he taught self-defense to small groups in several locations, but his desire to branch out and actively teach judo continued to grow. At the urging of a friend, in 1981 he attended a judo clinic in Wooster, OH, where he was validated as Nidan by the USJA. The following month he organized the Ichiban Judo Club at the Tuscarawas County YMCA in Dover, OH.

As a young man in Denmark, Henning placed in the '68 jujitsu championships. At the time he was a blue belt competing in the brown and black belt divisions. In 1971 he competed in the regional judo championships and qualified to enter the national championships, but was prevented by illness from participating. Since his move to the United States, Henning has seen limited competition. In '84 he was the YMCA National Lightweight Champion. In '87 he competed in the U. S. Nationals at Pittsburgh, PA, placing second in the masters division.

Henning has been active in U.S. judo events since the early '80s. In 1983 he attended Camp Bushido, which was held at Morehead, KY, where he tested for Sandan and received coach and examiner certifications. Henning was the jujitsu instructor at the Glass City Judo Camp in Toledo, OH (just four months after repair of a torn rotator cuff.) He has hosted five USJA clinics in Dover and attends numerous clinics in neighboring cities and States in his quest for certification in kata and as a master examiner. He is a familiar face at judo

tournaments in Ohio and nearby States, serving as both coach and official. He has coached several players who have placed at the Am-Can International Judo Challenge and the Chicago Open, as well as several State championships. Because of limited vacation time, Henning is only able to attend the U. S. Nationals when they are held in the mid-west, bringing a team of scorers and timers with him from his club. For the last three years Henning has used part of his vacation time to travel to the USJA Junior Nationals, and of course will be there in '98 when they are held in Ohio. He has also been a judo volunteer for the '87 Pan-American Games and the '96 Olympics.

Henning is currently head coach of the Ohio Judan Judo Club. By '89 the Ichiban Judo Club had grown to Class B status. At that time he helped Gary Monto and Gene Fodor of Toledo become involved with the USJA, and together they started Ohio Judan, which is now a permanent Silver Star Club with 269 Life Members. This group actively promotes judo through instruction and competition as a means to keep young people busy and out of trouble. Throughout his years of teaching and coaching, Henning estimates that he has taught well over 500 students, all of whom he has viewed as an opportunity to give uniquely individually designed lessons with adapted techniques to meet special needs. Henning promotes the attitude of giving 100% effort in everything, and encourages each student to measure progress against him or herself, thus promoting the healthy self-confidence needed for success in life.

The Significance of Movement in Judo

By Elie A. Morrell.

Perhaps one of the most satisfying feelings in judo is the experience of performing a throwing technique with a flawless execution and minimum effort.

Unfortunately, most judo player rarely experience this feeling. Why is this so? Why is it that many throwing techniques appear to be mechanically correct but require more effort than is necessary? In answer to both these questions in a general sense, the missing ingredient is movement on the part of both players, or more specifically, tempo!

A very popular misconception in judo circles is that judo skill is comprised of technique alone. In other words, only those physical and mechanical moves necessary to move an opponent, are thought to comprise the total skill. Nothing could be further from the truth. Technique is only part of the overall skill. The remainder is comprised of those movements/actions which take place just prior to reaching the attack point.

At this juncture, a definition of those movements/actions is in order. We have already stated that this is called tempo. However, as the term "tempo" is over-simplistic, some qualification is needed. Tempo consists of those movements made by two players. It can vary from slow to fast. During an attack, the tsukuri

action will be part of the tempo. A more precise technical definition of tempo would be the rate of change of expended energy by two players. The writer assumes the reader understands the

definition of the tsukuri action made by the attacker. At the end of the tsukuri action the attack point is reached. It is at this point that the attacker fully commits his body weight into the attack. When the two players are motionless, the tempo is zero and the tsukuri action must be initiated from this zero tempo condition.

To more fully appreciate the value of movement (tempo), we will attempt in a graphical and qualitative manner to depict those events which take place in the total skill movement. This will be done for both the case of tempo existing prior to the tsukuri action and a zero tempo condition at the onset of tsukuri. For the purposes of our discussion we shall assume the same attacking technique for the finite and zero tempo conditions prior to the tsukuri action and zero tempo conditions at the onset of tsukuri. The graphical depiction of the foregoing cases are presented in Figure A.

The solid curve (time history) of Figure A is similar to that presented in G. R. Gleeson's text entitled "Anatomy of Judo". I have introduced a slight modification to this curve. The Gleeson curve always has an absolute value of tempo at any given time. What this

means is that the two players are in constant motion. This is virtually impossible. Therefore, those finite times when the two players are motionless have been shown in Figure A by this writer. Superimposed on the modified Gleeson time history is my version of the attack situation from the zero tempo condition. We will now examine the zero tempo condition in some detail and make comparisons to the attack with initial tempo. The tsukuri action for the zero tempo case takes place during time increment between points 1 and 3. The attacker must now apply the tsukuri action to a stationary defender. This means he must overcome the dead body weight of the defender. Since no momentum exists, the attacker must exert much more effort than that in Case 1 to reach the initiation of "attack movement point," which is point 3. In addition, the application of the tsukuri action will take longer than it would for Case 1. Once the deficiency of the lack of movement has been overcome with the tsukuri action, a tapering off of effort takes place until the common "power point," point 4, is reached. It should be noted that I have chosen to have the maximum power points coincident for the two cases. The choice was somewhat arbitrary but certainly practical.

At this point, an astute reader may be wondering why the attacking movement time between points 3 and 4 is shorter than the attacking movement time between points 2 and 4. This is explained by the fact that at the end of

Significance of Movement in Judo

Continued from page 6)

the tsukuri action for Case 2, the expended effort or power level reached by the attacker is higher than the corresponding effort exerted for Case 1. A simpler corollary in explanation of this phenomenon would be to consider a simple coil spring. Compressing the spring could be equated to the tsukuri action. In Case 2, more compression of the spring is required to complete the tsukuri action than in Case 1. This in turn means that the internally stored energy of the spring is higher (corresponding to Case 2) and therefore the energy release would be greater. This is the physical situation in which the attacker finds himself in Case 2. Correspondingly, the attacker can now execute the attacking movement for the same technique in a smaller time

interval than in the Case 1 attacking movement interval. To this point in the discussion the reader has probably drawn the conclusion that the Case 1 attack is easier to make against the defender than the Case 2 attack. This, of course, is absolutely true. However, for those individuals more technically oriented, we can now carry the included discussion to technical fruition. The area shown under the tempo/time curve in reality represents the amount of work done by the attacker. This being the case, the obvious conclusion is that the smaller the area under the curve, less work is done by the attacker. Only that area from the initiation of tsukuri (point 1) and on to impact (point 5) should be considered.

Referring to Figure A, the shaded area represents the extra amount of work the attacker must do to make the same throwing technique from the zero tempo condition! Bear in mind that the curves are only qualitative but are representative of the skill movement. The point should be very clear that tempo is required in the overall skill. The contemporary player probably realizes this intuitively. Intuition is one thing, but a sound scientific explanation of intuitive understanding of the subject does far more to increase that understanding. In addition, it stimulates curiosity for an even further and more comprehensive understanding of what constitutes the overall skill.

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Figure A. Definition

| Event No. | Definition |
|-----------|---|
| 1. | Initiation of tsukuri action for Case 1 and 2 |
| 2. | Completion of tsukuri action and initiation of attack movement for Case 1 |
| 3. | Completion of tsukuri action and initiation of attack movement for Case 2 |
| 4. | End of attacking movement, power point and beginning of completion movement for Cases 1 and 2 |
| 5. | Point of impact for Cases 1 and 2 |

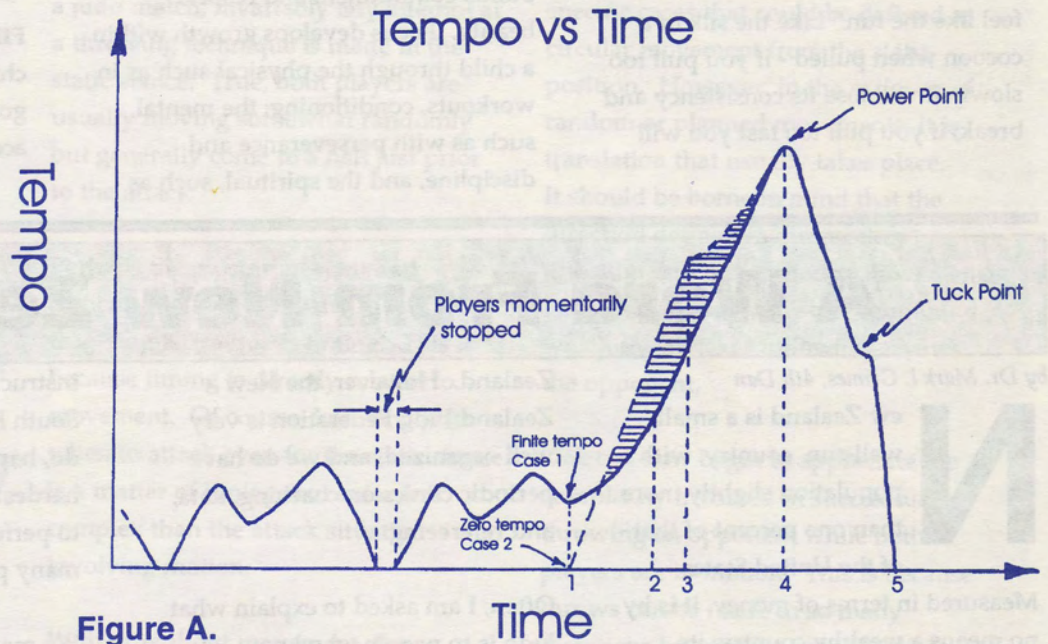


Figure A.

Legend

Case 1- Solid curve is attack made with initial tempo.

Case 2- Dashed curve is attack made with no initial tempo.

Cuong Nhu FUNdamentals

Excerpts from an article in *Dragon Nhus* by Kirk Farber, Beaches Cuong Nhu, Jacksonville, FL.

Teaching children is an art.

There is but one concept that all instructors must understand when it comes to teaching children in the martial arts. It is as simple as Cuong Nhu's Philosophy of 5 F's in Teaching.

FUN. A child has a great imagination. This imagination is what builds character and creativity and keeps one youthful spirit, even as an adult. It is no secret that kids enjoy having fun. Thus the character and creativity of teaching children must radiate the 3 letter word F-U-N. Some examples are game/team relays with techniques and those representing various animals, mat work, contests (rolling, jumping, kata, artwork, etc.). To have fun, we must feel like the fun. Like the silk of a cocoon when pulled - if you pull too slowly it will lose its consistency and break; if you pull too fast you will

disrupt the fluidness and it will tear. The timing is important in controlling the class.

FRIENDS. Many children come from environments quite different from a Beaver Cleaver upbringing. Working parents, single parent, all types of backgrounds can affect how a child reacts. Thus, by seeing an authoritative figure as a friend, the student builds on a relationship that can and will be cherished forever. Remember that friendship can conquer years of frustration!

FOCUS. Teaching kids must be balanced. Balancing opposites creates harmony; fun and friends builds trust and character - truth; while focus builds commitment and respect - beauty. Focus develops growth within a child through the physical such as in workouts, conditioning; the mental, such as with perseverance and discipline, and the spiritual, such as

character, morals, ethics. Focus can exist by simple movements like performing katas in front of a class. Focus can be verbal - giving directions, or nonverbal - like breaking boards. Focus is meant for the students and the instructor.

FREE YOUR MIND. Take time to understand this concept. In the legendary short story about Jonathan Livingston Seagull, he freed his mind and let his spirit soar. As an instructor who may have another full-time career, remember to free your mind. It is essential to understand the art of not bringing your work, any outside concerns, emotions or prejudices, etc. into the class. Each class should be able to receive the "empty cup" from the instructor.

FINISH YOUR GOALS. To teach children, an instructor must finish the goals that he/she sets out to accomplish. Perhaps it is a quarterly

(continued on page 13)

A Word From New Zealand

by Dr. Mark I. Grimes, 4th Dan

New Zealand is a small, well-run country, with a population slightly more than one percent of that of the United States.

Measured in terms of money, it is by no means a wealthy country; its riches lie in the quality of life and ready access to the wild outdoors. Because the country is so small, judo is practiced by few people in New

Zealand. However, the New Zealand Judo Federation is very well organized, and we do have periodic clinics on coaching, kata, and refereeing.

Often, I am asked to explain what judo is to people who know nothing about the art. I tell them judo was developed from jujitsu by Jigoro Kano at the beginning of this century, and I quote my

instructor Kyu Hwang of Eugene, OR (former South Korean national champion in tae kwon do, hapkido, and judo) who said judo is the hardest of the martial arts. It takes a long time to perfect techniques, and for this reason many people start but don't finish.

We may not think of ourselves as such, but all judo players are "spin doctors,". This has nothing to do with applying psychological slants to media events, but applies in the

(continued on page 12)

Judo- A Dynamic Motor Skill

By Elie A. Morrell.

The correct study of judo involves execute the same technique while in motion.

The context in which the word "motor" is used here

implies physical movement. Skill development involves precision, effectiveness, and efficiency of movement. Simply stated, judo is not an art involving the application of statics as far as throwing is concerned. Physical movement is inherent in judo, and mandatory for the most effective and efficient expenditure of energy. Students of judo should be taught movement from the very beginning of their judo career.

The nage no kata is one of the forms of judo which perhaps best exemplifies dynamic movement. Unfortunately the principles associated with nage no kata are understood by too few.

When considering most of the throws in judo, it becomes obvious that they can be accomplished from a static position, or zero tempo between the tori and the uke. Most players use the static stance in both randori and the shiai to execute throws. The reason for this is simple. Throws are generally easier to accomplish from the static position but the attacker must generate enough energy over and above that required to accomplish the same technique while both tori and uke are in motion.

The skill level required to execute a throwing technique from a static

position is far less than that required to

Therefore, the tendency is to adopt an alternative requiring less skill but more effort. Throwing from the static stance does not necessarily mean that all required aspects of most techniques cannot be met.

We should recall one of the slogans put forth by Dr. Jigoro Kano when he summarized his teachings regarding judo. That slogan is "Seriyoku-Zen yo," which translates to "Maximum Efficiency with Minimum Effort". It becomes readily apparent that the goal is not met when throwing techniques are executed from a static stance.

If one observes two competitors during a judo match, invariably any attempt at a throwing technique is made in the static stance. True, both players are usually moving somewhat randomly but generally come to a halt just prior to the attack.

Perhaps the most important and difficult variable to master in a throwing technique is timing. This is because timing is directly related to movement. Of course, knowing just when to attack even for the static stance is a matter of timing, but is far less complex than the attack situation involving motion.

With or without movement, the requirement for the proper application of kuzushi, tsukuri, and kake remains. Only the level of effort to effect the

throwing action is increased for the zero movement case. Consider both players now in motion. I will introduce a term which I will call the motion-direction line. During movement at any given instant, the players will be moving in some direction. If we were to consider a particular motion-direction line (i.e. directly forward or backward), it is evident that motion can exist in two directions for any motion-direction line. The question now arises as to how many motion-direction lines there are. Numerically, they approach infinity.

If both players are standing still, most motion-direction lines will lie in a circle. At the onset of movement, the players will move radially away from the static position point. There are specific cases that could be defined as circular movement from the static position. However, in the majority of random or planned movements, it is translation that usually takes place. It should be borne in mind that the direction defined in our motion-direction line is direction of movement. It is not necessarily the direction in which the attacker ultimately throws the opponent.

One can now begin to appreciate the complexity involved in successfully throwing an opponent while both players are in motion. This is because throws can be made in so many directions by varying both the direction of movement and the direction of throwing. Little wonder why players trade off movement and use extra

(continued on page 14)

On the Internet

by Bud Williams, USJA Systems Administrator

Although judo may not yet be in the sports mainstream of the United States, availability of judo-specific sites on the Internet has skyrocketed. The USJA has a web page setup that provides information and access to several of the services we offer for members and potential members worldwide. All that is required is access to the Internet and a web browser such as Netscape or Internet Explorer. Our Email address is usja@csprings.com or there are several links throughout our web site to send us Email. Email is downloaded and quickly distributed to the appropriate person at the USJA headquarters to provide the most accurate answers and information we can.

Some USJA clubs have credit card numbers on file with the USJA. For purchases, coaches deposit the money for membership or supplies from their students and submit the appropriate form via the net. Since their credit card is on file with the USJA, instead of a credit card number they simply list "on file" and the number is entered when we receive the request. This applies to individuals who request their credit card number be put on file. All requests are automatically Emailed to the USJA headquarters. Monday through Friday from 8:00 AM to 4:45 PM, except holidays, Email is downloaded off our Internet Service Provider (ISP) every three minutes to further add to the security of monetary transactions. The main page is located at <http://www.csprings.com/usja> (all lower case) and has links to many other points of interest, including a page listing the current members of our Board of Directors and Promotion Board.

USJA Information

The "USJA Membership information" link takes the user to a page that explains the annual, family and Life Memberships. On this page are additional links to annual, family and Life Membership forms that allow a person to enter the needed information to join or renew their USJA membership online. Life Members who would like to renew their insurance and become Sustaining Life Members can do so with the Life Member online form. There are also several links to a summary of the current insurance included with USJA membership. Using the back button on your browser or the link at the bottom of the page returns you to the main menu.

The next link on the main page is "USJA Club Charters" which provides a short explanation of the benefits of being a chartered club in the largest judo organization in the United States. This page also includes links to a summary of the free club liability insurance given to each chartered club, an events list and the latest USJA Coaches Newsletter. Again, you can use the same method described above to return to the main menu.

The "Top 25 USJA Clubs" link is updated twice each month and provides a list of the 25 largest USJA clubs and a list of the 20 states with the highest USJA membership. Any club on this list with a club web page can send an Email message to us with the address of their web site and a link to their site will be added.

Next on the list is the events page, "Upcoming Events and Results." This page contains a link to a list of events created from the USJA

database and updated twice a month. Additionally, links for the results of major tournaments and the Olympics games are listed. Other results or links may be added in the near future. Also listed are high ranking members willing to assist in clinics on request.

Products

The entire available stock of the USJA, as well as new products and specials, are listed in this area. Currently, the first link is in reference to the new USJA credit card and gives details regarding how to apply and what the card offers.

The next link is to our entire supply catalog. Unlike a paper catalog where one has to look up a page number in the index then turn to that page, the web page allows you to click on the topic of interest and goes immediately to that section. There are two types of order forms - one for online ordering and one that can be printed and mailed. We are currently revising the supply catalog and the next version will have simplified ordering and illustrations of pins, t-shirts, etc. Specials offered are singled out in the main supply index and include the new Jujitsu Manual, the book "Illustrated Judo," and close-out specials.

All the videos offered by the USJA are available via the next link. When this link is selected, a page listing all the USJA videos is displayed. To order any of the videos just click in the box next to the title and fill out the information at the bottom of the page. When an order is submitted, a summary page is displayed which shows a cost breakdown for the charges. This page automatically adjusts costs for videos in groups of ten. From this page you can also access a separate page for the 1996 Olympic videos.

Our next link is to a temporary

(continued on page 15)

Eagles of the Mat

Excepted from "Eagles of the Mat by Sensei Ben Campbell; This article was first published in the summer of '86 ; We at USJA Coach feel that it is important enough to reprint it now.

Years ago, when Jim Bregman, Paul Maruyama, and I were young, half crazy, and in heavy training at Meiji University in

Tokyo, I never thought that fifteen years later there would ever be a day that I was not on a judo mat! Things happen in life, and styles change. As I sit here in my studio that overlooks the Sacred Sundance Grounds of the Ute Indians, I wonder where that world went.

An eagle, floating by the bluff where I live is intent on finding some unsuspecting prey for dinner, and my thoughts are of the great distance between the eagle and the world I was in at Meiji. I reflect on the intensity of this eagle, and the intensity of those judo players aspiring to be Eagles of the Mat. I remember the German saying of an old friend when admonishing students not to let trifles interfere with their primary objectives in life - "eagles do not hunt flies." I still believe in it. No one accomplishes anything in life if they cannot focus their attention, dedicate their efforts, and sacrifice time, vanity, and in some cases, their blood. I think of all the judo men whom I met in years passed, and what separated the eagles from the rest, and find that barring freak accidents, the separating factors were really very simple: dedication, time, sacrifice, and some self-denial. The students at Meiji were a classic example of what a judo man's priority ought to be. Let me tell you a short, true story.

One day Jim Bregman was practicing with a young man named Seki (which means "stone" in Japanese - and he certainly was). Seki had only one thing on his mind when practicing with anyone - mayhem. In a tangle, Seki and Jim somehow hit the mat with Seki's face on top of Jim's head, connecting with such force that Seki's front teeth broke off and they stuck in Jim's head! They stopped only long enough to control Seki's bleeding, and for Jim to pull the teeth out of his head, and then they continued. Neither of them missed a day of practice. The next day, Seki appeared with two new gold teeth and a swollen lip, and Jim appeared with a goose egg and maybe a stitch or two. The point is that they had their priorities straight, and neither would let anything interfere with their practice. Both became Eagles of the Mat. It was not an isolated incident with Seki's teeth in Jim's head: there are many such happenings that I know of. There are many players that are Eagles of the Mat.

Eagles are very special, you know. Indians say they are very wise, and were sent by the Creator to be keepers of the Earth, not only because of their impressive skills, but because of their demeanor, their dignity, their poise, grace and expression of freedom. The qualities of an eagle have been held as virtues by man since the beginning of time. That is why he is the national symbol of so many countries, and when carefully studied, many of his virtues

are what judo players strive for. There may be different names for it or different ways of describing what we are after, but I am certain readers know what I am trying to say.

Remember this: all facets of judo are important. Physical skills, self-defense, tournament wins, good health, and the growth of a strong organization, are all pieces of a big picture that can only be complete if all the parts are there, just as an eagle cannot be complete without the abstract facet of dignity or the concrete facet of talons. Do not be so involved in what you are doing that you lose sight of Jigoro Kano's original concept of what judo is supposed to be about.

Remember that judo is a physical vehicle by which to reach a mental, spiritual, and emotional fullness of life.

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Instructing the Katame-No-Kata

Some thoughts by Joel E. Holloway,

The katame-no-kata, as all kata, is a standardized set of forms set out to allow for the preservation of the techniques of judo and to provide a uniform method of teaching these techniques.

The sets of the katame-no-kata follow the normal flow of learning judo. When beginning judo, especially with children, the first mat work learned are the hold-downs. Later, either age or experience allows the student to be exposed to chokes and then armbars. Exposure does not equal expertise, but in general, the longer the exposure the better will be the ability to perform a technique.

Once this is understood, it is easy to see why the abilities of the student decrease as the kata progresses. They

have not yet developed sufficient skill in their basic judo experience for the last two sets. In teaching the katame-no-kata, a circle of learning and improvement will be induced. The better they learn the correct way to do the kata, the better their regular practice and tournament techniques will develop. The better their regular techniques become, the better their kata will progress.

In reality, the first time a student may be exposed to some of the moves in this kata is when they are being taught the kata. The instructor can use this as an opportunity to correctly teach the set and the individual moves of the set, the first time the student is exposed. Learning the correct classic form will always remain a useful base from which variations can be based for later general judo application.

Because this kata flows from familiar to less familiar techniques, the instructor will need to provide more detailed instruction as the kata progresses. We can expect all students to basically understand the dynamics of a hold-down but the subtlety of applying a choke or armbar may not be apparent to them. We have all seen a good, experienced judoka apply a choke or armbar with very small movements of the hands or body. The less the experience and skill, the greater is the strength and range of movement in applying chokes and armbars.

This insight should allow an instructor to understand that kata students do not always have the same level of preparedness for each technique, as well as provide the instructor with another bit of knowledge to help his students improve.

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A Word from New Zealand

(continued from page 8)

physical sense. We use physics to flip people.

My first sensei, John Osako (Detroit, MI) stressed drawing a wide circle on the mat with your toe as *ouchi-gari* is applied. This counteracts a tendency to hook and pick up the leg of one's opponent, and directs the force towards the leg you are taking out. *Tai-otoshi* is another good example. Using uke's momentum in your favor, the body must be low and well turned to initiate *tai-otoshi*, so that torque and

leverage can be applied. *Kyu Hwang* said the hand motion is like a turn. The elegant motion of *uchi-mata in nage no kata* uses a series of circular motions to develop uke's momentum. A wedge (the leg) is inserted to act as the fulcrum of a lever, while the hands apply torque to spin uke about this fulcrum.

One can find the application of circular forces in every *tachi-waza* technique, as well as many *katame-waza* techniques. In some, the

motion is simple, as in the classic application of *osoto-gari* where the arc of the leg rotates uke onto his back. I find that visualizing the circular motion in each judo technique helps me to understand how the technique works, which allows force to be applied with maximum efficiency.

I have been here in New Zealand for over two years now and it seems likely that I will remain here for many years. I'm grateful that judo is an international sport that can be practiced worldwide!

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15th Maccabiah Games

By Larry Moyerman

Every four years Jewish athletes of the world converge in Israel for the MACCABIAH GAMES, now the second largest sporting event in the world. Over 5,500 athletes, coaches, and officials from 53 countries participated in the 15th Games held July 14 - 24 in the State of Israel.

They came to Israel for pomp, friendship, competition, and as it turned out, tragedy. At the opening ceremonies, a bridge collapsed just as the Austrian and Australian delegations were crossing it to approach Ramat Gan Stadium. Over 45,000 people were in the stadium

awaiting the delegations and opening ceremonies. The next team in line to walk over the bridge was the large 600-person United States delegation. It was truly a sad day - three Australian athletes lost their lives in a mishap that should never have happened. The following day a very touching memorial service was held in true athletic and Maccabiah spirit. The Australian delegation voted to continue at the games and competition began the next day.

Judo competition was held at Lev HaPrk in Ra'Nananaon on July 16 and 17. Thirteen countries were represented among the 70 male and 37 female competitors. It was the best judo competition since 1985. Russia, Latvia, and the Ukraine

presented what used to be the USSR, and from Europe and South America came the Austrian, Swiss,

Argentinean, Brazilian and Mexican athletes. Add to that the athletes from Canada, South Africa, the USA and the host country, Israel, and the mix was set for great competition.

Female competition was set with four countries involved. Israel captured 17 of 21 medals. But disturbing their gold medal sweep was a young lady from Canada - Olia Berger. Her father, the Canadian Maccabiah coach, was an Olympic medalist for Canada in 1984. Olia soundly defeated all opponents in the 72+ weight class to earn the only female gold medal other than those of Israel.

The men's competition came down to Russia v. Israel in most categories. The exception was the 86 kg where USA Dmitry Lisenenkov faced New Zealand's Robert Levy in the final. To get to the final, Dmitry faced Milen Fin from the Ukraine, who quietly scored a wazari on Dmitry early but was tossed for ippon later. Then Dmitry finished off Israel's number two pla reached the final after a very controversial match with Israel's number one player, Yacov Daabol (who defeated American Michael Buxbaum in the second round). Everyone seemed to think Levy would defeat Dmitry except Dmitry and the USA team. It took 32 seconds for Dmitry to throw Levy in a classic switch for an ippon. Two other Americans competed in bronze medal matches. Yosef Arabeyev and Mark Kompheyets competing at 65 kg and 78 kg respectively, fought Brazil's

Sharon Jchenberg and Switzerland's David Signos. Unfortunately, both lost by ippons to settle for fifth place. Israel's Guy Fogel - 65 kg, Gil Offer - 78 kg, and Erik Zeevi - 95 kg, all accomplished European players, won their weight classes. Gil Offer at 78 kg defeated a tough young Latvian - Vladimir Monov - by ippon in his final. Zeevi beat Switzerland's number one player, George Bak, by ippon to take the 95 title. Russia took the remaining weight classes at 60 and 95+. Tengu Dzgvrichilli, 95+, and Laroslav Kleinman, 60 kg, both won.

Team competition proved to be the highlight of the two days. Pool A had Israel facing Argentina, with the winner squaring off with South

(continued on page 15)

Chuong Nhu FUNDamentals

(continued from page 8)

test, getting a student prepared for brown belt, a sleepover discussed at the end of a class (remember, kids DO remember every little thing that sounds like fun). Freeing your mind and finishing your goals buildings goodness and makes more sense as time becomes a factor.

IN SUMMARY. Fun and friends build truth; focus builds beauty; freeing your mind and finishing your goals builds goodness. Having experience in teaching children is not difficult, it just takes time! Time cannot be bought, it must be earned. Teaching children must be sincere or else time will feel like an eternity. Once the feeling and understanding of the principles are grasped, an instructor will realize that teaching children is an art and one to cherish



Judo- A Dynamic Motor Skill

(continued from page 9)

energy to compensate for motion to bring about a throw.

One might ask why players move at all if in fact the two competitors only throw from a zero tempo condition. The two chief reasons are to avoid being penalized, and optimizing throwing opportunity. Throwing opportunity mean the position of the uke's feet at the instant the attack is launched. Many players are not skillful enough to launch a successful attack for more than one condition of opportunity. The astute reader will notice that a new variable called "opportunity" is in fact part of the overall attack situation.

Unfortunately, it cannot be totally ignored like movement can since uke is going to be in some given position when the attack is launched.

Therefore, it is just a question of whether that position is the one the attacker is skillful at launching attacks against.

The correct opportunity can occur from either induced action by tori or

a voluntary action by uke. For beginners and relatively inexperienced judoka, to tori usually waits for a voluntary move by uke before attacking hoping uke will step into a desired position of opportunity. When a coach introduces a throwing technique to his/her students, the demonstration should include the throw being done with motion as well as the static stance demonstration. Recognizing that all motion-direction lines cannot be covered in one class session the coach should make verbal note of the other throwing opportunities and demonstrate other motion-direction lines at future class gatherings for the same throw. In any case, it is imperative that the students be subjected to the concept of motion when any throw is taught. If this is not done, problems await the student in the future.

Although perhaps not very obvious to many practitioners, there exists a limited number of throws whereby attacks must be made while in motion if success is to be achieved. These techniques are what we know as foot/leg sweeps. I refer to the harai or barai type of action.

In this type of technique, the leg being attacked has no weight on it at all. It can be advancing, retreating, moving sideways

or even in some form of circular movement. Clearly then, the attack leg has as a minimum some finite motion, but is not totally motionless. When a leg sweep is properly executed, contact with the leg to be swept will usually be made when that leg is in motion. Contact could be made anywhere from the onset of the trajectory the leg will follow to a point just before contact with the mat is made. If the leg of the uke is contacted just before the onset of motion, or immediately following placement on the mat, any resultant technique would not be classified as a foot/leg sweep. For example, the resultant technique following the failure at a leg/foot sweep would probably be either a reaping or a hooking type of action.

A sound understanding of the principles associated with the execution of foot sweeps will be of great benefit to the student when learning other throws where these principles are usually ignored by the use of static stance attacks.

Clearly it is the responsibility of every coach to make sure that his/her students are taught and understand the principles associated with throws done while players are in motion.

True, contest can be won by throws made from the static stance and the execution of the throw can be letter perfect. If this is your philosophy for throwing then I refer you once again to Dr. Kano's teachings and highly recommend studying and understanding the nage no kata. An appreciation and sound understanding through the practice of the nage no kata will ultimately result in the increased proficiency for the serious student.

Pan Am Judo Championships

RESULTS OF THE PAN AMERICAN JUDO CHAMPIONSHIPS HELD IN GUADALAJARA, MEXICO

| | | |
|--------------------|--------|--------|
| James Pedro | 71 kg | Gold |
| Colleen Rosensteel | 71 kg | Silver |
| Hillary Wolfe | 48 kg | Bronze |
| Marissa Pedula | 51 kg | Bronze |
| Todd Brehe | 78 kg | Bronze |
| Mark Olson | 86 kg | Bronze |
| Raphael Hueso | 95 kg | Bronze |
| Oswaldo Norat | +95 kg | Bronze |

Congratulations to all Contestants



15th Maccabiah Games

(continued from page 13)

Africa in the semis. Pool B had Russia facing Brazil, with the winner going to the semis to face the United States. Israel made quick work of both Argentina and South Africa, 7 - 0 in both matches, to reach the final. Russia beat Brazil to face a depleted USA squad because Tal Schori and Michael Buxbaum were out with injuries. Yet Russia, winning three matches by forfeit, needed a victory by Mikhail Kotziskiy against Gene Rechkin at 71 kg to clinch Russia's win. The irony of the victory is that Mikhail trained for two years in Philadelphia with USA Coach Lou Moyerman (whose byline you see on this report). Yosef Arabeyef, Mark Kompheyets and Dmitry Lisenenkov all won against Russia.

Stages were set: South Africa vs. Brazil and USA vs. Argentina for the bronze medals; Israel vs. Russia for

the gold. Brazil defeated South Africa for the first bronze, 5 - 1. Then came the USA vs. Argentina. The USA had to forfeit 60 kg; each team was short a heavyweight so with coach Moyerman fighting at 95, there were 5 matches to contest. A huge upset occurred at 65 kg when the Argentina player caught Yosef for an ippon and a 2 - 0 lead for the South Americans. At 71 kg, Gene Rechkin started the USA comeback with a convincing win by ippon after scoring a wazari, yuko and koka. At 78 and 86, Mark Kompheyets and Dmitry Lisenenkov (whose match lasted 23 seconds), both scored ippon victories, setting the stage for 3 - 2 American lead with one match to go. Then it came to coach Moyerman - could he nail down the victory and a medal for the team? Moyerman, surprising himself as much as everyone else in the venue, won by ippon and clinched the bronze medal.

A good medal for a very young and inexperienced team. The final, won by Israel 5 - 2, was not as close as the score indicated. Each match was very exciting, with Israel mounting two comebacks at 71 and 78 kg, to tie 2 - 2 after four fights. After Gil Offer won at 86 kg, Erik Zeevi, a junior European champion, nailed Israel's gold with a solid ippon with o soto gari in quick fashion at 95 kg. Israel also won at 95+ to finish with a 5 - 2 victory and a third consecutive Maccabiah team gold medal.

The Maccabiah is a great experience and a wonderful sporting event. It was sad that it began with tragedy because the closing ceremonies held at Latrun were spectacular. Dancing, fireworks, and the comraderie of 5,000 plus athletes closed the 15th Maccabiah Games in grand style.

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On the Internet

(continued from page 10)

program we have established to improve and repair the USJA National Training Center (NTC). It is a stewardship program which allows a person to sponsor portions of the NTC. These donations can be made for yourself, in honor of, or in memory of another individual. The amount donated will be applied to the donor's Life Membership and can be used for a tax deduction. The person specified will be honored with a bronze plaque in the NTC and will also receive an attractive certificate.

Newsletters

The USJA Coaches Newsletter is online. The attempt is to have this newsletter posted here before

it is mailed. The format is slightly different from the hard copy to accommodate video viewing, but the content is the same. Again, the index allows you to jump to the article with a click. To view previous editions of the newsletter just click on back issues and select the issue of choice from the list.

Other Judo Resources

The link "Other Helpful Information" will bring up a page that contains noteworthy information that provides special services for judoka. All the links from this page are to sites managed by USJA Life Members and include:

The Judo Information Site by Neil Ohlenkamp, Bronze Trustee Life Member

The World of Judo and Jujitsu Home of JUDO-L by Steven Cunningham,

Bronze Patron Life Member. (JUDO-L is a type of public Email that allows a discussion amongst judoka from around the world. There is a link here that allows easy sign-on and sign-off from the list.)

Phil Rasmussen USJA page (several helpful pages), Silver Trustee Life Member

Future on the Net

The members of the USJA will have a large impact on the direction the USJA web page goes. Please feel free to Email suggestions or requests. Prior to putting a suggestion on the web it has to be approved, so please be patient. Several projects are currently in process to improve your web page. Thank you for using our web site and helping to build it!

USJACOACH



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

USJA Status Report

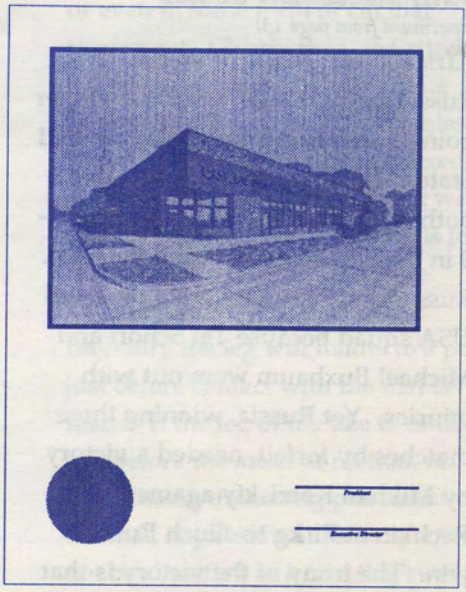
Thanks to our Systems Administrator, Bud Williams, each day we receive a USJA Status Report. At a glance, we can compare figures, study the demographics, and view the whole picture of the health and growth of your association. Below is a sample of some of the information contained in the report from Sept 30, 1997.

Total Members:23986
 Annuals Expiring at the end of the Month: 429
 Sr Males: 14935
 Sr Females: 2770
 Jr Males: 4889
 Jr Females: 1392
 Total Club count: 3294
 USJA clubs: 1391

Top 25 Clubs Member Count

| | |
|--|-----|
| Tremont Judo Club..... | 396 |
| Vineland Judo Club..... | 393 |
| USJA National Training Center..... | 330 |
| New London Judo Club..... | 322 |
| Omaha TaeKwonDo Judo Center..... | 297 |
| Jundokai Judo & Jujitsu Club..... | 281 |
| Ohio Judan Judo Club..... | 271 |
| Samurai Judo Association..... | 248 |
| Tomodachi Judo Club..... | 179 |
| Epizoundes Martial Arts..... | 176 |
| Starkville Martial Arts Academy..... | 176 |
| Carolinas American Judo Association..... | 168 |
| Harrisburg Judokai..... | 166 |
| Cahill's Judo Club..... | 164 |
| Tarheel Judo School..... | 163 |
| Yellowhill Judo Club..... | 160 |
| Fayetteville-Ft Bragg Judo Club..... | 155 |
| Goltz Judo Club..... | 155 |
| Unidos Judo Clubs..... | 153 |
| Virgil's Judo Club..... | 152 |
| Yukon Kuskokwim Judo Club..... | 145 |
| Roanoke Judo Club..... | 144 |
| Desert Judo Club..... | 141 |
| Martin County Judo Club..... | 125 |
| Hyland Hills Judo Club..... | 119 |

The information in our USJA database is very important to our ability to administer to the needs of our membership. As Bud keeps telling us, "G.I.G.O. garbage in, garbage out." Please help us to maintain the integrity of our information by keeping us up-to-date, in writing, of any changes or modifications to your individual or club status.



Stewardships

As you may have heard, in an effort to restore and upgrade the USJA National Training Center here in Colorado Springs, to secure the needed funds we are offering a Stewardship Program to our members.

The NTC facility was completed in 1984 and is located near downtown Colorado Springs in the shadow of beautiful Pikes Peak and within walking distance of the Olympic Training Center. The area of the center is approximately 7,000 sq.ft. and you can personally become a sponsor of one square foot for a tax deductible donation of \$100.00.

You will receive a Certificate of Stewardship and your name or the name of someone else you may wish to honor (some of our members have used this program to honor the memory of someone) will be inscribed on a permanent plaque that will hang in the National Training Center. The number of square feet you can sponsor is not limited, but act now - when the total area is claimed this opportunity will be gone forever.

Please complete the form enclosed with this issue of the Coach's Newsletter with the name you wish to appear on the certificate and/or the plaque. You will see that for your convenience, "in honor of" and "in memory of" boxes have been furnished for you to check off on the form. The form plus your tax-deductible check should be sent to: The United States Judo Association, 21 North Union Boulevard, Colorado Springs, CO 80909

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