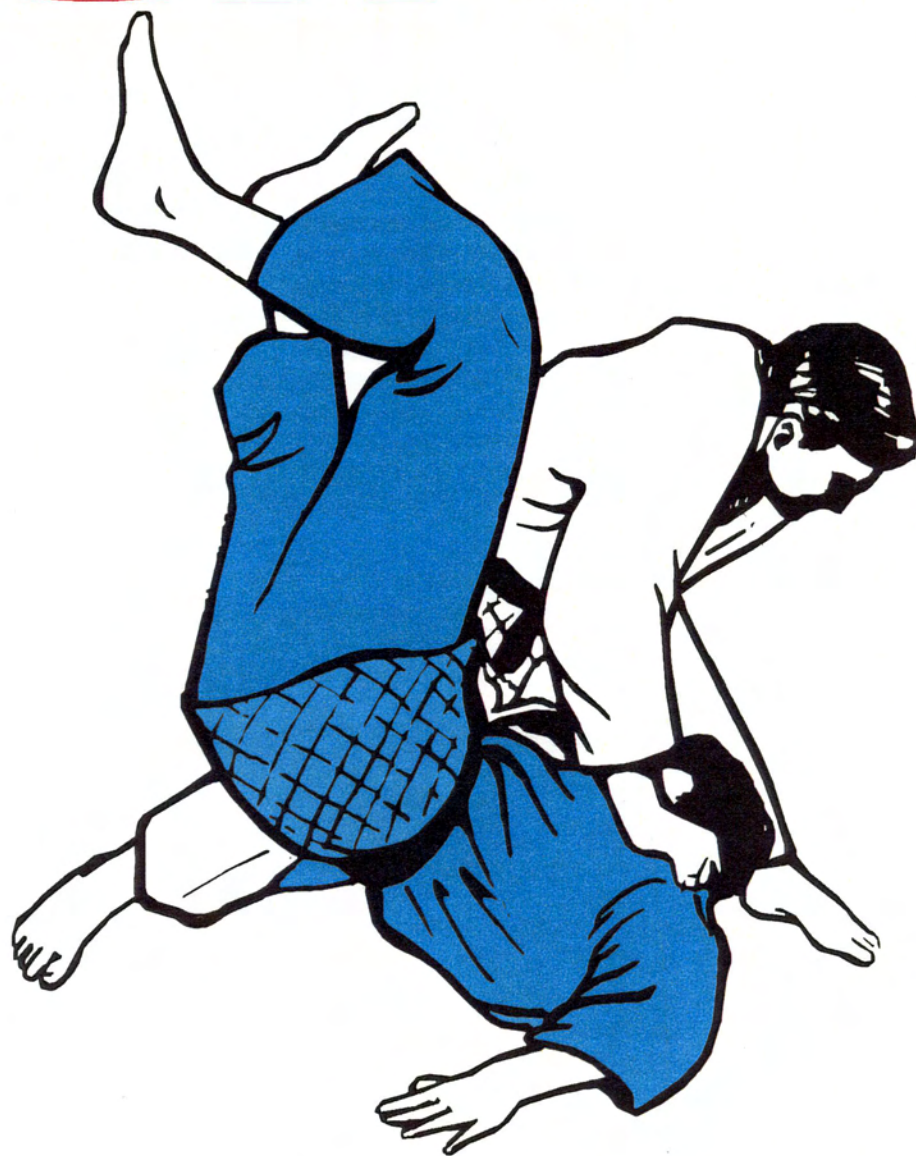


USJA

Summer 1998



COACH

A Quarterly Publication of the USJA

USJA COACH



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INSIDE

A MESSAGE FROM THE PRESIDENT 1
 MESSAGE FROM THE EXECUTIVE DIRECTOR 2
 SOME THOUGHTS ON WINNING 3
 THE MUTUAL RELATIONSHIP OF THROWING AND MOVEMENT DIRECTIONS IN JUDO 4
 IMPORTANT MESSAGE TO ALL TOURNAMENT DIRECTORS AND SEMINAR HOSTS 5
 GEORGE A. HAMM OF OXNARD 5
 PROFILE OF A JUDO LEADER 6
 JUDO COMMUNITY PROGRAMS 7
 ARE YOU REALLY AN EXAMINER? 8
 JUDO AND SELF DEFENSE 9
 PROFILE OF A JUDO LEADER 11
 THRESHOLDS 11
 NOTES ON BUILDING CONFIDENCE 12
 USJA COMPETITION DEVELOPMENT COMMITTEE 12
 PRESIDENT'S MESSAGE REGARDING USJA PROMOTION PROCEDURES AND CRITERIA 13
 JUDO PROGRAMS IN THE SCHOOL AND UNIVERSITY SYSTEM 14
 OLYMPIC JUDO QUELLMALZ 14
 AN UPDATE ON THE USJA CLUB ACCREDITATION PROGRAM 15
 THE MOST IMPORTANT THING MARTIAL ARTS CAN GIVE YOU 15
 USJA STATUS REPORT AS OF JUNE 1998 16

PROMOTIONS *January 1 to June 30*

SHODAN

Ashcraft, Vincent
 Birch, Michael J.
 Buontempo, Robert
 Cowling, John
 Chenes, Jeff
 Campbell, Jason
 Erion, Ralph
 Ferguson, Rhadi
 Foster, John
 Firzzell, William
 Gautreaux, Oren
 Griffith, Mark C.
 Haman, Mehran
 Hysell, Rick
 Hines, Lee
 Jones, Rod L.
 Keane, John
 Lonergan, Ryan
 Lamb, William A.
 McGuire, Ronald
 McDonald, Robert
 Muller, Karin
 Meyers, John L.
 Ortiz, Guadalupe, Jr.
 Proctor, Mickey
 Pennington, Robert G.
 Rayner, Timothy

Robinson, James
 Readman, Joel
 Rosenthal, Adam
 Robinson, Roy
 Smith, Stacey
 Tibbot, Gregory
 Thornburg, Nathaniel
 Tressler, Charles
 Wiggand, Shane
 Wrench, Allen

NIDAN

Brumbach, Bea
 Brin, David
 Bouchard, John
 Caldwell, Michael
 Drescher, Paul
 Eakin, John
 Farzaneh, Amir
 Granville, John E.
 Krause, James E.
 Miller, James E.
 Mitchum, Vicki
 Monaghan, Colleen
 Osborne, Charles R.
 Polk, Timothy
 Paradis, Gerard
 Phillips, John

Rulli, Francesco
 Swanson, Robert D.
 Tripp, Theodore
 Torres, Francis
 Van Hemm, Daniel
 Webber, Jason
 Young, David

SANDAN

Binkley, Belinda
 Bell, Bob
 Coon, Thomas
 Coffin, Charles
 Chapman, Ron
 Calabrese, Rick
 Dunning, James
 Gerlitz, Frank
 Hurtado, Francisco
 Hedin, Leonard
 Luginbill, James
 Lahoud, Ralph
 LeQuia, G.R.
 Michelman, Martin
 Montgomery, William W.
 Martinez, Daniel
 Marton, Laszlo
 Phillips, Craig
 Poole, William N.

Rhodenizer, David
 Szymczyk, Krzysztof
 Travis, Timothy
 Wentz, F. Stan
 Young, James H.
 York, David

YODAN

Carter, Michael J.
 Hale, Randall
 Kauffold, William
 Lew, Stanley
 Leighty, Bruce
 Penny, Michael J.
 Seidner, David S.
 Wilkes, Edward

GODAN

Davenport, Mickey
 Rebmann, Rory

ROKUDAN

Kiely, William
 Reiff, Thomas
 Reynolds, Jeff R.
 Soliva, Richard

KUDAN

Harris, George



A MESSAGE FROM THE PRESIDENT



Greetings:

So where do we go from here?

Since the "rebirth" of the United States Judo Association, it's overwhelming to think of the progress we've made in all areas. It's not the desire of any organization to start operating with the financial obligations that burdened this administration, but we've overcome a lot of obstacles. The Office Staff deserves a great deal of praise for their efforts to stay the course and not move on to greener pastures with a better and less stressful working environment. They remained throughout the entire legal and financial ordeal and continued to work hard to provide the best services possible to USJA members. My sincere thanks go to them all.

After insuring that our organization was still a viable entity in the national Judo community, our most prioritized actions were to gain the prestige due to an organization such as this. Many great people before me worked very hard to build the USJA. My job is to continue its growth, maintain respect, and by all means, expand

service to our members. This began with a review of the existing programs and the addition of new ones as the demand exists.

Communications: Because of the prohibitive cost, our mailing program has suffered; a mailing to every USJA member costs approximately \$7,500. If a mailing were to be broken into separate categories (Life Members, Senior Members, Coaches, all Black Belts, etc.) the cost would still represent a large portion of our operating costs. USJA COACH, which has grown into a sizeable magazine, was established to maintain communication with our members, and several other approaches, including a newsletter, are being discussed in order to enhance communications. We also have an outstanding web page that is updated frequently.

Renovations to the USJA National Training Center (NTC): Priority is placed where it is needed. The roof is in need of repairs and several bids are being evaluated at this time. The building signs are also being changed to reflect its new designation. Ceiling tiles and broken windows are being replaced, as well as some of the lighting. Elaine Meyer has done an outstanding job of identifying all of these priorities so that we can upgrade our training center. We thank the many loyal members who have contributed to the NTC Stewardship Program to help with this renovation. Plaques reflecting names of the donors will soon be placed in the NTC. If you haven't contributed to this worthwhile cause, I encourage you to do so.

Summer Camp Program: This is being marketed through flyers. I would like to see the program greatly expanded to include as many elite competitors as possible who will be clinicians in the future. This year our focus is to have a Camp Bushido

program second to none. We have some of the top named judoka committed to attend this summer camp. It will be great for all Judo levels. Charlie Robinson and staff have done a great planning job.

Club Membership Rosters: These are checked continuously in order to refine them. As you know, these rosters are mailed to all chartered clubs on a quarterly basis. There is a variety of membership statuses on the Rosters, but the only ones that are included in the total membership count are Life Members and Annual Members. Steps are being taken to remove names of members who have made contributions on LMs and did not continue. The Rosters are provided to club Coaches so that they may give the National Office their input by advising us of any corrections needed. We encourage Coaches to use this membership management tool.

USJA Senior Promotion System: This system is one of a kind. We have received praise as to the quality of work and consideration that was put into this latest revision, an effort headed by Greg Fernandez. An amendment may be added to this revision as a result of the National Ad Hoc Committee on Rank Standardization. This amendment will not cause anyone who is eligible for promotion to consider their current rank as "terminal." Our Promotion Board has and always will be fair and just in their evaluation of candidates for promotion.

Election Procedures: These procedures for the election of the Board of Directors are being reviewed. The USJA Board of Directors will be revising the procedures to bring about enhanced continuity in administration by the election of one-half

(continued on page 3)

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

Clinics: I'm pleased to report some great clinics in the second quarter of 1998. Mike Szejter and I conducted a 21-day clinic tour commencing in Lincoln, NE with Ray Silverstrand's club; on to Davenport, IA at Fred Lepley's club; then to Ingalls, IN with our good friend, Police Chief Bud McCorkle. We also conducted a first-time clinic in Cincinnati with Gene Field's club, where we were joined by Coaches Ron Conn, Harold Chadwick, and our newest club Coach, Pamela Payne.

After a half-day's drive to Roanake, VA, we conducted a clinic at the dojo of our long time friend Gus Carper, who has some promising athletes. David Rhodenizer brought his group over, all police officers. On the other side of Virginia we met with Ray Spruiell who is usually seen at tournaments, including the Senior Nationals and Masters. Ray is the one who hobbles up to the mat with this large pole, using it as a crutch, and then plays to first place most of the time (sneaky guy). Then we went on to upper mid-Virginia with Coach Allan Mills, who has a great club which is still growing.

Then on to the University of Tennessee; Dr. Don Tyrell, Coach, has a large club of enthusiastic judoka. Then, Henderson in mid-Tennessee, where Frank Hurtado is the Coach of a fledgling but enthusiastic club. Following that we went down to Bowling Green, KY, and conducted a great clinic with Fred Barnett. You'll remember Fred from the last USJA COACH, photographed with his foreign students. Quentin Thompson hosted our next clinic in Belleville, IL—it's always good to see Quentin and his group. Then on to a first-time clinic in Des Moines, IA, with Tom Prata and his lovely wife hosting, with a great fellowship after the clinic. Minnesota saw us with two clinics—the first at Grand Rapids and the second at Rochester. At both of these clinics there was the first appearance of a clinician in many years. G. R. LeQuia hosted the Grand Rapids clinic, and Glenn Negen and his Assistant Coach, Mike Birch, hosted the Rochester clinic. Then back to Colorado Springs.

USJA Growth: We are growing daily, as can be seen from the current statistics printed in this issue. We hope we are serving our USJA Coaches well.

National Team Championships: Enthusiasm is running high from a great many states for our first USJA National Team competition. Several Coaches have set into motion fund raising drives in their State to offset team expenses. Remember: the event will be held November 14-15, 1998 at the Sheraton Hotel, Boca Raton, FL—twenty minutes from either the Palm Beach or Ft. Lauderdale airports. All teams will be placed in pools; the top two point teams will emerge into repechage, double elimination or modified double elimination, to be determined by the Tournament

Director. I encourage those states who have not started planning to do so—there's only 4-1/2 months to tournament time.

Junior Nationals: I'm looking forward to this event and hope to see many of you there—Toledo, OH, July 3-4, 1998.

Summer Camps: Camp season is upon us, and all Coaches have received brochures and applications. All information is readily available on the USJA's Web site. Register early and receive a free camp T-shirt.

Camp Bushido: Competition training will be conducted by some of the best Coaches in the country - elite guest athletes will be teaching their favorite waza. Don't miss out on this valuable training—July 26 - August 1, 1998, USJA National Training Center, Colorado Springs.

Would you like to see
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A MESSAGE FROM THE PRESIDENT *(continued from page 1)*

of the Board members every three years. These elections will take place in accordance with USJA bylaws. In due course and in sufficient time, all applicable forms will be forwarded so that prospective candidates can acquire the signatures required for them to be on the ballot. All ballots will be counted by an outside, independent firm.

Endowment Fund: A committee will be established to determine the most effective approach to acquiring funds for an endowment. A most recognized need during the next few months is to be able to provide financial assistance to competitors who have excelled in performance at the national competition level. By utilizing the interest generated by the endowment, we would hope that this fund would continue to exist.

The USJA is the only organization which does not charge a club registration fee. If ever implemented, such a fee could be the beginnings of an endowment fund, to be maintained separately from the operation of the USJA. This could be a viable way to initiate the fund, and I ask Coaches to please let me know what they think of this idea, one which would certainly benefit their competitors.

Finally, my thanks go to all Coaches and members who have extended their support of USJA programs. It has been their involvement that has kept the USJA operating at its best. We thank you for your ideas and concerns for improvement. Let's keep the USJA at its best and continue to support the entire Judo community. As I've said before, it takes all three organizations, working together, to provide the best development for our community and the development of international competitors.

SOME THOUGHTS ON WINNING

by Richard Honey, Sonoma Coast Judo Club, Santa Rosa, CA

When I was asked to contribute an article for the next issue of USJA COACH on the subject of winning, it seemed simple enough. I looked in Webster's—which says "to gain the victory in any contest; to triumph; to succeed; to succeed by effort in reaching a specified place or state." Okay, so far, the subject didn't seem too daunting. So I agreed, and almost two weeks and three legal pads later, I was still desperately trying to make an intelligent stab at the true definition of winning.

What does it take to win? Who cares if you win? Who needs to win anyway? We Coaches hear: "I tried hard, didn't I?" "My opponent was tougher than I was!" "My old injury was playing up." As Coaches, we've heard all the excuses in the world, from all those players who never quite make maximum effort, who will talk when you're talking, who are constantly late for class, who always seem to be injured when the class is at its hardest, and for some reason can never demonstrate anything they have been shown. And when tournament time comes around (if they show up) they compete with the old arm around the head throw/straight down into kesa gatame/then flop around for thirty seconds until they lose technique. I'm sure you wonder, as I so often do, "what have I been doing for the last six months?"

At the same tournament, the player who constantly listens, who can demonstrate the techniques taught and seems always to dominate his peers, can always be relied upon to do his best. This is the player we find ourselves watching, the one who goes out on the mat and as often as not, loses because he tries all the techniques we have taught. Lots of circumstances prevail here, as we know, but for the sake of brevity, you probably grasp the point I'm trying to make.

Who IS the winner? What IS winning? Do our players become winners by simply competing? We know how hard it is to compete in the toughest sport in the world—everyone's opponent looks tougher, meaner, stronger, fitter and more knowledgeable than we. We all know about wanting to throw up before a match even though there's nothing to throw up. Competing is very rigorous and demanding. So—are all competitors winners? I say they are, but some are more winning than others. In fact, I will go as far as to say that there are definite degrees of winners, and I don't mean medalists. I mean mental winners who lead others to success, and who, themselves, become champions!

Could these people be parents? Could they be Coaches? Are they the athletes themselves? Or is the champion a combination of all these components without one of which winning would not be possible? I think a famous Rhodesian once said "... determination and grit make a person successful, not wealth and brains." How very appropriate in an age of decaying standards, where it no longer matters whether one is right or not, only how one feels.

What does matter, particularly in this difficult and complex sport of ours, is taking all the steps required to be able to accomplish the act of winning. That means all the functioning components have to be in place, plus a burning desire on the part of the athlete to do all that it takes to be the very best! I expect my players to win; to do anything less would be a disservice to them.

THE MUTUAL RELATIONSHIP OF THROWING AND MOVEMENT DIRECTIONS IN JUDO

by Elie A. Morrell

When one scrutinizes the repertoire of Judo throws, it becomes apparent that most throws will fall into a particular "direction of throwing" category. To be specific, the direction of throw is that which exists at the moment of kake and relates to the opponent and not the attacker.

Throws such as harai goshi, koshi guruma, tsurikomi goshi, and o goshi, are techniques with a throwing direction generally to the opponent's right or left front corners, depending on the attacker's gripping preference. Throws such as o soto gari, o uchi gari, and ko soto gari, result in a throwing direction generally to the opponent's right or left rear corners.

Before discussing the issue of the mutual relationship of throwing and movement directions, some comments are warranted as to what is known as attacking and throwing spaces. When referring to space as it relates to the two players, basically it is the space existing between the two players at any given moment. The two common spatial terms are known as the attacking and throwing spaces.

Prior to launching into a throwing technique, an attacker normally requires maximum attacking space. This then allows the attacker to generate the necessary momentum to pull off the technique. At the instant kake is reached, the space between the two players is minimal or zero depending on the type of technique attempted. This space is the throwing space.

For the two players standing in a natural posture, the natural attacking space would be full extension of the arms. This space is affected to some degree if the player(s)

adopted a crouching (jigotai) posture and/or some shoulder rotation was evident.

A common belief among some judo practitioners is the philosophy that it is best to attempt to throw the opponent to his/her front (right, left or direct) while the defender is moving backward. The author believes that this thinking is based on the premise that the attacking space is maximized when the opponent moves away from the attacker. This of course is not true. As indicated earlier, attacking space is controlled solely by the hands/arms! Therefore, direction of movement does not govern the attacking space.

To illustrate the mutual relationship that exists between the throwing and movement directions, we will examine o soto gari and seoi nage. These are examples of forward and rearward throwing direction techniques. O soto gari will be examined first.

When the attacker and defender (hereafter called "A" and "B" respectively) are moving, and no pulling or pushing exists, for all practical purposes the two players move as an entity. The total momentum thus generated can be said to be speed of movement multiplied by the sum of the two body masses. Let us now consider that "A" attacks "B" while "B" is moving backward. In this case, the throwing direction matches the direction of movement and the direction of the generated momentum. What "A" now has to do is close the attacking space followed by a tightening-up of the throwing space. To accomplish this, "A" needs to slightly increase his own momentum while "B" is still moving backward. Thus the overall momentum is increased without any

disturbance to that which already existed for "B". At the instant the power (kake) is reached in the attack (where "B's" leg is reaped away) maximum force will be achieved. The power point was thus reached without a change in movement direction or momentum of player "B".

The same attack (o soto gari), made while "B" moves forward, is a different situation. The throwing direction is unchanged: "B" is to be thrown to the rear. It will be readily noticed that "B's" direction of momentum must now be changed. In order to throw "B" to the rear, "A" has to offset the forward momentum of "B". "A" must still close the attacking space as in the previous example, but he also has, in effect, to reduce the forward momentum of "B" to zero, then build it up again in the opposite direction! Therefore, "A" is required to do far more work to achieve the same result. We can conclude from this that it is far more effective in terms of energy output to make a rear throw while the defender is moving to the rear.

When seoi nage is examined, the rationale for determining the energy output of "A" is similar. A basic difference for seoi nage requires that "A" turn his body to perhaps a full half turn. This is a physiological requirement imposed on "A" to effect the technique. The throwing requirements remain essentially the same (i.e. driving leg, attacking leg, if required, locking hand, etc.). Again, if "A" were to attempt to throw "B" forward while "B" was moving backward, the same problem arises as that encountered while attempting o soto gari while "B" is moving forward. This is, the

(continued on page 5)



THE MUTUAL RELATIONSHIP OF THROWING and MOVEMENT DIRECTIONS IN JUDO *(continued from page 4)*

direction of momentum must be changed in order to throw "B" forward.

From the foregoing, we can conclude that minimum energy requirements are met when "A" throws "B" to the rear when "B" moves backwards or throws "B" forward.

The foregoing observations are based on scientific principles. It must be remembered that no two individuals are alike and that Judo skill is made to fit the individual, not vice versa. If students feel better and find it easier to do techniques which appear to violate scientific principles, they should not be coerced into changing their method of approach.

Finally, consider the nage no kata. Every technique in this form complies with minimum energy requirements: that is, throwing direction matches the uke's direction of movement.

One throw in the nage no kata would appear to contradict the foregoing discussion for justifying the existence of the mutual relationship of throwing and movement directions. That throw is yoko guruma. This is one of the four blow throws with uke moving forward to attack tori. The defensive offensive moves of tori involve his first attempting ura nage followed by yoko guruma. Uke's reaction to the ura nage attempt by tori momentarily reduces his momentum to zero. However, he generates an opposing force to the ura nage which allows the tori to attack with yoko guruma. Uke's resultant ukemi impact zone is basically to either the right or left of his initial direction of movement.

In formulating the nage no kata, Dr. Kano has presented a classic example of his Judo maxim of "Maximum Efficiency with Minimum Effort." No throws are made in a direction opposite to the uke's direction of movement!

ATTENTION! IMPORTANT MESSAGE TO ALL TOURNAMENT DIRECTORS AND SEMINAR HOSTS

For reasons explained below, we caution members of the USJA, USJF and USJI to participate only in events sanctioned by those three organizations.

There are other organizations hosting tournaments and seminars, and if members registered with the USJA, USJF or USJI participate in those events, they will be doing so at their own risk. Their insurance will be invalid should accidents occur to themselves or to others with whom they are involved at events not sanctioned by the USJA, USJF and USJI.

We cannot stress strongly enough the importance of this information, and trust that you will pass it along to anyone you know who might be entering events not sanctioned by organizations who are members of the governing body of Judo.

Also, please make it clear to all, that to enter USJA, USJF and USJI sanctioned events, it is mandatory that participants have an up-to-date registration card. All Life Members should be advised to check their membership cards to make sure their insurance coverage has not lapsed.

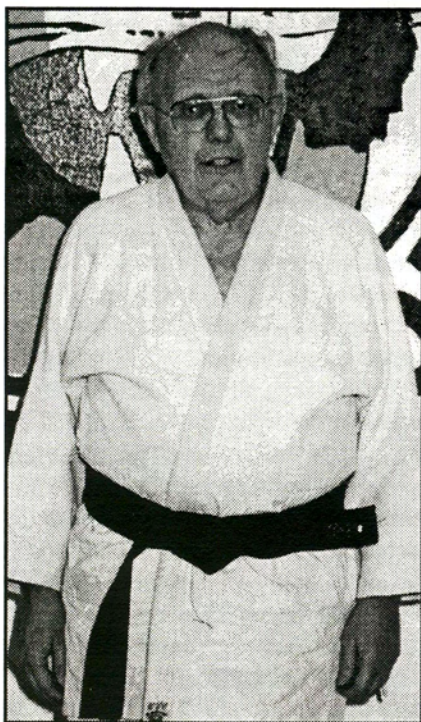
GEORGE A. HAMM OF OXNARD, CALIFORNIA NOMINATED TO VENTURA COUNTY SPORTS HALL OF FAME

Because of his efforts in Judo and JuJitsu through the years, and his pioneer performance enhancement for athletes (through a special program he developed using hypnosis), USJA Life Member George A. Hamm of Oxnard, CA, Shichidan in Judo, Hachidan in JuJitsu, has been nominated for induction into the Ventura County (California) Sports Hall of Fame. Also being considered are his inter-scholastic efforts in instituting the second high school Judo program in the United States in 1958, and his initial implementation of the Coaches Certification Program. Congratulations, George!

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

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PROFILE OF A JUDO LEADER



Stephen J. Reardon, Jr., Head Coach,
Butte Helena Judo Club

Born in Butte, MT in 1929, through movies and newsreels having to do with WWII and military training, Steve Reardon gained an interest in JuJitsu while in high school. In the 50's, while he was in the U. S. Army, he received some brief but intense training in hand-to-hand combat, which further increased his interest in the martial arts.

From 1965-1967, while teaching English and speech at Montana State University, Steve joined the Judo club and was able to practice on a regular basis. On and off from 1967-1972, Steve pursued graduate studies in English at the University of Colorado in Boulder, where he became a member of its Judo club and regularly competed in Judo. At the University of Colorado he met Jeff Reynolds, now a USJA Godan who lives

in Missoula, MT and who coaches the University of Montana Judo Club. Besides instructing Steve in a number of ways, Jeff instilled in him an abiding interest in kata.

Returning to Butte in 1972, Steve began teaching at Butte High School, when he started the Butte Judo Club, mainly in an effort to maintain his Judo skills. Because of the energy and enthusiasm of his students, he began taking them to clinics and tournaments. In 1977, he went with one of his students, Russ Lewis, to the AAU Junior Olympics in Lincoln, NE, where Russ won a regional championship.

In 1981, Steve was greatly aided in assisting his students by the arrival in Butte of the late Robert Cornely. Bob, a USJA Yodan, was Director of the Butte YMCA and became director of the Butte Judo Club with Steve assisting him. At that time the club became a USJA chartered club. Through the efforts of Bob Cornely and others, Steve was promoted to the USJA rank of Shodan in February 1983. After Bob Cornely's departure from Butte, Bob once again became the director of the club. Because the Butte Judo Club was a USJA club, Bob now had the means of promoting and rewarding his students as merited. Prior to this, some of his students (including Russ Lewis mentioned above) had been contributing to Judo in Montana and winning and placing in tournaments for five years while remaining White Belts.

In his continuing efforts to keep up with his students and to help them, Steve not only actively hosts clinics and tournaments participates in as many as he can. He attended Camp Bushido in Colorado Springs during the summers of '86, '93, and '94. In 1993, under the direction of Greg Fernandez, Steve received a "B"

Certification in the katame no and itsutu no katas. And in 1994, again taught by Greg Fernandez at Camp Bushido, Steve received "A" Certification in the nage no kata and "B" Certification in the goshinjitsu no kata.

In September 1994, Ed Szejter conducted a clinic in Butte and enlisted Steve to help direct a USJA Summer Camp during the summer of '95 at the University of Montana College of Mineral Science and Technology. Having already been promoted to Nidan and Sandan, Steve was recommended for Yodan at this camp, and later was promoted to that rank.

Around this time, Steve and USJA Shodan William Warren of Helena, MT, combined their clubs into the Butte-Helena Judo Club, a move that enhanced both clubs. For the past four years, club members have attended and competed in the USJI Senior Nationals. At the San Jose Nationals, Steve tested for and received "C" Certification in katame no kata judging. During the last several Nationals, Dan Bean, President of the Montana State Judo Association has arranged for Steve to be Montana's State Delegate and Coach. And of special note, Steve competed at the Senior Nationals in Chicago in May of this year, and is to be congratulated for taking second place in the Masters Division.

Steve Reardon feels that Judo has not only benefited him physically and mentally, but has enriched his life in many ways through the experiences it has provided and through the valued friendships it has afforded him.

Way to go, Steve!



JUDO COMMUNITY PROGRAMS

by Sid Kelly, 7th Dan Judo and JuJitsu

Just as Community Action Programs have alleviated (and in some cases completely eliminated) crime in high crime areas, so can the correct actions of a Judo community revive and bring back to life the spirit of Judo in its area.

Just as citizens stayed at home while crimes were being committed on the streets—sometimes right outside their homes—so did teachers and students alike remain inside. They did not wander too far from their own dojos, but turned a blind eye or were oblivious to problems existing in their Judo community.

Just as disillusioned and frustrated tax-paying citizens have held meetings at Town Halls to discuss and determine solutions, so have disillusioned and frustrated people in the Judo community called meetings to find ways and means to solve similar problems.

Just as Town Hall meetings have produced positive, pragmatic crime fighting solutions, so can Judo community meetings produce positive, pragmatic Judo programs. Just as Town Hall meetings are held regularly, organizers also had to keep people informed by using mailing lists, quick response telephone numbers, newsletters, and the formation of various committees. But although useful, these were not what solved crime problems; it was the preventive action programs on the streets that were the solution to fighting crime. And so it is in the Judo community. Regular meetings, mailing lists, newsletters, etc., will not solve the problems that presently exist today in a Judo community. It is hands-on solutions that are the answer, together with a special awareness of not repeating mistakes of the past.

Just as the crime fighting solutions required everyone to work on the streets, because that was where the problems were—on the streets—so can a Judo community solve their problems by working together as a community on the mat. Because that's where it's at, on the mat.

Listed below are five Judo community programs which, if adhered to and given enough time, can only improve conditions of any Judo community. Things can change only if changes are made. For the sake of future Judo generations, Judo leaders must initiate programs that are free of dictatorial control, and be of mutual benefit and welfare to all those who participate.

Teachers' Kata Class: Once a month, senseis in a Judo community, should meet to learn and practice kata and exchange ideas. It is hoped that after two or three years of such classes, the majority of senseis will know all the traditional seven katas. In turn, they will pass this information on to their students, thus further enriching Judo in their community.

Junior Judo: Each sensei will select three or four juniors to attend an organized Junior Judo Community class. The sessions will be held monthly with different instructors organizing the class. The classes will make use of the assets of the community—the students will practice with students from other dojos with whom they would not normally work out. The subjects covered should be varied, as each instructor within a one-year period will be different. It is hoped the classes will cover such subjects as technique and skills, and not place too much emphasis on contest for people of such a young age. The community should make use of the diversity of instructors available in their State. The juniors will

experience the uniqueness of each instructor, their styles, backgrounds and experiences, which in turn will enrich and enhance their own Judo uniqueness and that of the community.

Senior Judo: Seniors playing Judo long enough to randori, say six months to a year, will have the opportunity to attend organized Senior Judo Community classes. The sessions will be held every month under the guidance of a different instructor and would take the form of mini-clinic randori sessions. The classes will make use of the assets of the community—players will practice with players from other dojos with whom they would not normally work out. These monthly sessions would be controlled to the extent that students are in a randori environment and not a contest environment. Again, the senior students would make use of the diversity of instructors available in their State and will experience the uniqueness of each instructor, thus enriching their own Judo uniqueness and that of the community.

Promotion Contests: What follows are general suggestions regarding: number of points required, age of participants, ranks to be tested, and how often contests should be held. The only suggestion of prime importance is that promotional tournaments be held and that each player earns his/her rank through a supervised point system. This will give each player deeper feelings of satisfaction and worthiness of his/her rank. After players have earned the required number of points their instructor will then be notified. The instructor can then complete the promotion any way preferred, and can also wait another year. The final decision is with the instructor—the

(continued on page 8)



JUDO COMMUNITY PROGRAMS *(continued from page 7)*

promotional tournaments are simply a tool to help the instructor and player gauge performance. For an ideal Judo Community Promotion program, each instructor should make it obligatory for his/her student to earn the competitive part of their rank by participating in a supervised point system program.

1. To be promoted to the next rank, the student must earn 100 points. Points are earned as follows:

Five (5) points for entering the tournament;

Ten (10) points for an ippon win;

Eight (8) points for a waza ari win;

Five (5) points for a yuko win (not 5 points for each yuko);

Three (3) points for a koka win (not 3 points for each koka).

2. Players should be between the ages of 16 to 30 years.

3. Points will be required for the ranks of Nikyu or Ikkyu and up.

4. Promotional tournaments will be held three (3) times a year. Each player will be allowed three (3) matches.

Contest Training: For the handful of people who are seriously interested in training for contests, there should be a Community Program available to them. This would be a goal-oriented program preparing in advance for a special contest. Preparations would begin four to six months before a selected event, as compared with the usual approach of working out at the local dojo then trotting

along to the next contest to see what happens.

Much of this training would not take place in the dojo. There would be strenuous running over hilly terrain in State parks, followed by vigorous exercises, and sprinting. After a rest period, the group would meet at a dojo where fresh players would be waiting to randori with them. These sessions would not be held year round but only prior to big events such as the Nationals or AmCan. Sessions must be regular and intense in order to foster any team spirit and make any difference in an individual's performance. There is nothing new or original in such team training, only that it has never been done seriously before.

ARE YOU REALLY AN EXAMINER?

by Charles R. Robinson, Chairman, USJA Board of Examiners

I would like to again encourage all Coaches and Examiners to conduct periodic "testing clinics." If you are not conducting the examination of a student, the student is being cheated.

One of the major purposes of an examination is to provide reinforcement—not only is it important to observe what the student knows, but it is also important to correct errors in demonstration of skills and enhance performance of known skills.

At a testing clinic, when more than one individual is instructed to demonstrate five escapes from a given mat hold, you will probably find that overall there will

be many more than five techniques shown. This can be an enhancement to all the people being evaluated.

If the USJA is to maintain a high standard of proficiency among its members, then our Coaches and Examiners must insure that all promotions come about through the examining process.

It is fairly easy in most areas to make arrangements with other clubs to have a joint testing. Sanction the clinic, meet at the most convenient location, and test students at all levels. For some ranks it may take more than one clinic to complete all the skills.

Remember, it is the responsibility of every Coach and Examiner to evaluate students, so they may be awarded their proper rank. It is also your responsibility to sanction special events.

Having preparation clinics prior to testing is an excellent means of preparing students and is also a great way to share Judo. If it is necessary to use more than one examining period to complete someone's test, sign off what has been completed at each section of the Examination.

This is just in the way of a friendly reminder. Most Coaches and Examiners are doing a great job. Keep it up!



JUDO AND SELF DEFENSE

by Richard A. Fike, 3rd Dan, Chairman, USJA Law Enforcement Committee; Director, North Coast Judo Club, Madison, OH; State Certified Instructor, Ohio Peace Officer Training Council

Judo means different things to different people. Some begin their training in Judo at an early age and grow up competing. Some practice Judo for fitness reasons; others take up this art as a means of self-defense. Whatever the reason, Judo seems to be a great art offering something for everybody.

As a certified Law Enforcement Trainer, former Federal agent and current military officer with the U. S. Army Reserves, I find that Judo is much more than a sport or exercise. It is one of the most effective methods of self defense that exists. With proper training and application, Judo techniques can be adopted and applied by law enforcement professionals. Standing, blocking, tossing, locking, and immobilizing an aggressor is central to the nationally accepted "Force Continuum" concept. What is Force Continuum? It is a scale of measured/predictable threats and society-accepted defenses that law enforcement professionals around the world use to establish how much force is "reasonable and necessary" when dealing with a violent encounter. This counter-force, if you will, is considered to be appropriate and authorized.

To be considered credible, any self defense or defensive tactics (DT) training as it is known in police work, must be relatively simple to learn, must meet force continuum guidelines, must be practical, and effective. The USJA is one of the best organizations that I have observed and become a member of. What better organization is there to lead the way in promoting effective DT across the U.S. and around the world? I would like you to take a few minutes to consider the following:

Stated Conflict: The number one problem, dilemma, or frustration facing law enforcement professionals is the "use of force" issue. Much litigation is aimed against local, county and Federal courts each year concerning claims of abuse by law enforcement personnel. Street officers, custodians (jailers), probationers, counselors and others who come into direct contact with suspects or criminals, face the possibility of resistance or efforts to escape. As a result, and as stated above, the accepted rules of force (Force Continuum - FC), have been established to gauge what force is acceptable in a violent encounter. Another key phrase associated with FC is "De-escalation of Force," or the effort to reverse the threat level facing an officer. He/she attempts to stop and reverse the potential threat from escalating out of control.

To train enforcement officers to efficiently and legally control a suspect is the number one priority in training academies across this country today, and is quickly becoming a priority for law enforcement officers internationally. Each officer must justify his use of force while at the same time face the question "can I defend myself against an attacker?"

Confidence in one's ability to control an attacker is directly related to the amount of confidence an officer has in his/her training. Even the biggest and toughest officer must learn the proper method of control to avoid suspension, or criminal and/or civil lawsuit. Experience has shown which techniques work, but they are very often taught differently from State to State or, police academy to police academy. No uniform national training program currently exists.

The majority of techniques taught to law enforcement officers today involve those that concentrate on immobilizing and neutralizing the force confronting the officer. While there are many blocks taught, unless a life or death situation exists, most DT instructors prefer to avoid techniques directly related to punching and kicking.

Any time force is used by law enforcement to subdue an attacker, the chance that it will appear on the nightly news is good! Fair, legal or proper, the image of one person or persons tossing around another, looks violent. Real or perceived, aggressive force causes an emotional reaction in the public. What they see is what shapes their judgement, and therefore techniques that look or appear brutal must not be employed. Effective or not, efficient or not, anything that could be perceived as abusive use of force must be avoided if at all possible. Police must learn to be public relations experts as well as enforcement officers. Times have changed and a new breed of officer and a new breed of training is needed.

Image is important. Improper image, however, can convict the officer, ruin his reputation and compromise his duty. As a result, the public needs to be confident in the training of the officer. Credibility in his training will help counter this perception of abuse.

To most DT instructors, the most effective immobilization and neutralization techniques are related to Judo and JuJitsu techniques. Arm bars and wrist locks not only cause pain but they immobilize joints

(continued on page 10)



JUDO AND SELF DEFENSE *(continued from page 9)*

to prevent resistance. Sweeps, tosses, takedowns, holds, chokes and ground and grappling skills (Katame Waza) are often necessary to stop and/or control an attacker. Both Judo and JuJitsu emphasize non-impact defensive techniques versus offensive striking techniques that give the appearance of the use of excessive force. So we are dealing with the reality of effective techniques and the perception of abusive techniques. As a result, the reality is that Judo and JuJitsu techniques work, and they are perceived as being humane and not abusive.

Resolution: Enter into the picture the oldest competitive martial arts and the best recognized martial arts organizations in the world, the USJA. Here is where the credibility comes in. The USJA has a long-standing positive image of safe and effective training. The certification and qualifications of instructors and students have already been determined. Why not take law enforcement personnel who would also be certified members of the USJA, and build a strong, consistent training program that offers continuity in its training and certification?

We could look at three requirements: (1) a member/instructor must be a Judo/JuJitsu certified instructor; (2) he must be a police officer or certified police trainer; and (3) he must be a member of the USJA. Now we have everyone reading off the same sheet of music. The end result is a consistent, proven training program. We are not stating that "We, the USJA" are the only instructors in the world, but that we are "established, tested, evaluated and experienced." We could document each case where a USJA trained/certified police officer was forced to restrain or defend against an attack, and study it! We can also enhance our numbers by offering membership to law enforcement officers,

which will appeal to them in terms of credibility. The majority of them, at this time, will not be USJA members, or even martial artists, and some will even disagree or argue about this proposal.

Once accepted, a committee would be established and training criteria developed. Once approved, we would take it to the streets and recommend our (USJA) training program to law enforcement officers around the world. The idea is to increase credibility while reducing liability. We would certify trainers of the highest caliber, with annual recertification. Perhaps not all police trainers in the country want to join the USJA, but we can gain a market share of those who are looking for effective training, while at the same time convince their safety directors of the positive and professional image USJA membership can offer. This is a division of the USJA which would be visible and strong.

While fads pass away and the smoke clears from new and exciting martial arts competitions, Judo will always be there. From the oldest competitive martial art to one of the most effective methods of

defense, Judo has proven to be a leader and a requirement for sincere professionals.

I often wish all cadets entering law enforcement training academies today would be required to get out on a mat and train in Judo for at least three months, to gain not only a real physical sense of balance, or recognize the lack of it, but confidence as well. Training must be realistic; you must get in there and grab, tug, pull, twist, push, toss and as is often the case, end up on the ground. If you haven't been tossed or thrown then you really don't know what to expect. In live environment training, the goal is to create or recreate as closely as possible, a training situation that resembles a real situation, and one that usually includes a high level of threat. To quote the late, great martial artist, Bruce Lee: "You must first jump in the water if you want to learn to swim." Why not jump onto the mat and learn how to survive?

I am sure many of you have felt the same way and have, in fact, considered some of the ideas that I propose here. What do you think? Give it some thought and let me know.

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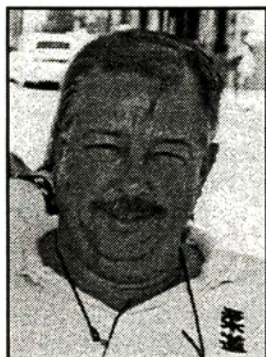
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PROFILE OF A JUDO LEADER



Michael L. Szejter,
Godan Head Coach, Tomodachi Judo Club

Mike started Judo in 1958 at the age of eight at the Marine Corps Air Station, Cherry Point, NC. He competed in the Marine Corps/Bases East Junior Championship and won his division in 1960, 1961 and 1962. In 1962 he also won the NC State Championship in his division.

His U. S. Marine father (USJA Executive Director, Edward N. Szejter) was transferred to Luxembourg City, Luxembourg from 1962-1965; Mike found heavy competition for three years in tournaments in Belgium, Luxembourg and Germany. Back in the U.S., Mike won his divisions in California in 1965 and 1966.

In 1966, Mike was back at home base in Florida. In 1969-70 he started the North Dade YMCA Judo Club, the First Baptist of North Miami Judo Club and the Southwest YMCA Judo Club. They were the first USJA clubs south of Orlando, FL. Around 1984, Mike became the head instructor at the Boca Raton YMCA Judo Club.

In 1985, Mike was made President of Tomodachi Judo Club of Boca Raton, FL. Since then, USJA membership has gone

from under 50 members to over 200. It has hosted and sanctioned 26 local, state, regional and national tournaments.

Michael is the USJA State Development Director for Florida. He is also an excellent clinician, having conducted or assisted in over 150 clinics throughout the United states in the last three years.

In addition to his heavy tournament and clinic schedule, he is also the Director for the very successful Camp Tomodachi held annually at the Sheraton Hotel in Boca Raton, FL, this year July 13 through 17. Mike has also agreed to be the Tournament Director for the first ever USJA Team Championships to be held November 14-15, 1998 in Boca Raton. He owns and operates Woodlyn Plants and ships plants throughout the country.

THRESHOLDS

by Dr. Chris Dewey, Godan, Head Coach - Starkville Martial Arts Academy

We are faced with thresholds in every aspect of our lives, from the start of something new and exciting, through all the phases of our activities and relationships. Training in martial arts is no different. In fact, in a lot of ways it is like falling in love and then discovering that being in love isn't all roses and candlelight dinners.

When we get started in the martial arts, we're excited and have expectations of what it will be like, similar to the euphoria of a new love. We can't see enough of each other and indulge ourselves in fantasies about the ideal relationship. Soon the initial thrill wears off and we either choose to commit ourselves to the relationship or go in search of a new thrill. Once we make a commitment, the relationship begins to deepen and we explore parts of our partner's character we didn't see before. Then the work begins and we learn to truly

love our partner, "warts and all." This real love is hard work and takes persistence and renewed commitment at each threshold, but it is no less beautiful.

It is exactly the same with martial arts. People find all sorts of thresholds in the ranks. They either recommit themselves or quit; they either have Black Belt attitude or they don't, regardless of rank; they can be Yellow Belts who see the road ahead as too long and difficult, Green Belts who think they're getting nowhere or don't believe in themselves, Brown Belts who think they're not good enough for Black or who are afraid of making that step, or Black Belts who think they've learned it all.

The bottom line is the same: thresholds tell us that we have reached the edge of our comfort zone and it's time to recommit to ourselves and to our relationship with the

martial way. We can create excuses and quit, or we can push ahead and discover our true potential. Anyone who has been through a divorce knows the sense of loss and failure that occurs. When we truly fight for the ones we love, we discover new strengths in ourselves and our loved ones that enable us to face the world together.

The martial way is no different. If we walk away from a threshold, we'll always be able to say that we never quite made it. If we stick with it we'll discover new strengths and insights. We'll also learn reasons for training that we never knew existed and will develop the resolve and ability to face any of life's thresholds with confidence. We can discover that personal growth is as much about hard work as it is about the joys and rewards we reap along the way.

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NOTES ON BUILDING CONFIDENCE

by Jim Webb, Godan, National Referee; Tamura Judo Institute; USJA
Treasurer and Member of the USJA Board of Directors

If you are a shiai player, train for shiai. Train every day and with intensity. A shiai is intense; the average randori practice is not enough.

Never stop learning about your sport. Judo has a long and dignified history. It is also changing constantly as champions find new ways to stay on top. Additionally, recent changes by the IJF Referee Commission can give you an edge. Do not be the one who lost because you did not know.

Get in great shape. Excellence in physical conditioning builds confidence, especially when you see your opponent tiring.

Visualize success. By success, I do not mean accepting a gold medal. Anyone can walk up there and accept an award. Visualize throwing your opponent for an Ippon in the finals.

Use positive self-talk. Your brain will believe negative self-talk.

Practice with both hard and easy opponents. Tough training partners will force you to get better, while easy training partners will build your confidence. Do not build up your confidence at the expense of your ability to compete in shiai.

Have a plan of attack. Preparation builds confidence. Do not walk onto the mat without a clue as to what you are going to do. Watch your opponents, note their tendencies and be prepared.

Develop a ritual. Focus yourself before going onto the mat. Common rituals include tightening your belt, slapping your own face, or two deashi harais followed by two jumps. Rituals block out distractions.

Act confidently. Send a message to your opponent and your opponent's Coach by the way you conduct yourself.

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USJA COMPETITION DEVELOPMENT COMMITTEE

by Terry J. Kelly, Rokudan, Co-Chairman, USJA Coach Certification Committee, Master Rank Examiner

I have been selected to Chair a new USJA Committee which will be known as the Competitor Development Committee.

At the present time I have only the most basic idea of what this Committee will be responsible for and how to begin organizing the fundamental structure. Some of my ideas include, but are not limited to the following:

1. Conduct seminars for competitors on a Regional level;
2. Arrange for USJA teams to tour and train overseas and in Canada, as well as with the successful coaches and clubs in the continental United States;
3. Develop a criteria and operational order for a USJA men's and women's team;

4. Develop a strategy for mobilizing and accessing the tremendous talent available in the USJA coaching community;
5. Formulate goals and objectives for the Development Committee, interfacing with the USJA Coaching Certification Committee;
6. Develop and produce training aids available to Judo coaches and competitors, i.e., book and tape reviews, coaching and training camp reviews, etc.
7. Encourage and develop a spirit of teamwork and a sense of belonging, not only for members of the Committee, but for all USJA coaches.

As you can see, this is a very ambitious list, and the Committee is still in the initial stages.

If you have an interest in helping with these projects, or even in arranging one of the possible training tours or seminars, please contact me at the following e-mail address: WDX6TJK@aol.com, or through the USJA National Office. I would like to have a preliminary member group in place as soon as possible. We could try and plan on our first meeting during Camp Bushido in July.

I look forward to hearing from all interested coaches. See you at camp!



PRESIDENT'S MESSAGE REGARDING USJA PROMOTION PROCEDURES AND CRITERIA

The USJA promotion system was not designed to promote members through the ranks upon their request. It is the responsibility of the Promotion Board to review for promotion those applicants meeting the necessary requirements for each rank being applied for.

It is also important to know that an application for promotion must be in the hands of the Promotion Board in time for its meeting; names cannot be pulled out of the air at the time of the meeting.

There also needs to be some clarification as to the promotion authority of individual higher dans (4th Degree and above). They have the approval of the USJA to recommend promotion through the rank of Sandan. All documentation will be reviewed for approval by the Executive Director prior to processing. All recommendations for 4th Degree and above will be submitted to the USJA for consideration by the Promotion Board.

Following are the basic guidelines to be used by the Senior Dan Promotion Board to determine if qualifications have been met:

- Continuous and active membership (and if active, insurance must be valid);
- Required time in grade;
- Adequate promotion points within the appropriate categories;
- Verified activities which contribute to the growth and development of Judo (clinics, tournaments, establishment of clubs, coaching, etc.);
- Pursuit of responsibilities at the Regional, National, and International levels. (Coach, Referee, tournament administration, planning, directing, and

- National administrative positions);
- "Special Merit" consideration. We have not used this criteria in past evaluations, but it may be useful in the future.

Personal characteristics:

- Encouragement and promotion of an atmosphere of unity and cohesiveness throughout the National Judo community;
- Activity: holding a rank for many years while being inactive does not give entitlement to promotion to the next rank;
- Having the ability to place Judo development as a first priority, and engaging in activities that support this philosophy;
- Displaying and encouraging respect to persons in positions of responsibility;

- Bearing in mind that actions as a Coach/Teacher will be perceived as those of a "role model" to students;
- Refraining from character-assassination tactics in order to dilute personal deficiencies;
- Remembering that the main purpose of personal correspondence within the martial arts community is to unite rather than to destroy progress and relationships;
- Possession of character qualities that will display the appropriate representation of our national Judo organization.

These are the qualities which we have looked for in our evaluations, and which we should continue to seek when promoting higher dans.

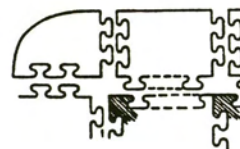
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JUDO PROGRAMS IN THE SCHOOL AND UNIVERSITY SYSTEM

by Vernon A. Borgen, Yodan Head Coach, Gentle Ways, Fargo, ND

I know that what follows is going to be pretty unpopular, but my view is that many of our problems are related to image and lack of professionalism. Face it, we have a bad image. And I'll tell you why.

Many viewers of "Walker, Texas Ranger" on TV, see its violence and transfer it to all of the martial arts. Truthfully, I don't believe Chuck Norris has done much good in general for the martial arts. His show is considered to be one of the most violent on network television and a lot of people are upset about that. To this, add the featured films of Steven Segal and Claude Van Damme.

So, you explain to John Q. Public that authentic martial arts are not that way. "Oh yeah, right!", Mr. Public answers. So, you then try to explain that Judo is really just a sport . . . that it really is like wrestling. You go on to explain that the object of Judo is to throw someone on their back. Then Mr. Public begins to think it must be a lot like All Star Wrestling. To this add the martial artists who go out and get into a fight just to test their stuff, and we become known as ruffians and thugs. Negative comments in TV interviews are remembered as unsportsmanlike conduct, surely not in keeping with the highest code of conduct that Judo is famous for. Well, maybe that code got lost along the way. What we don't realize is that this behavior becomes folklore—negative folklore. It's said that it takes ten positive statements to counter a negative one.

So are you really surprised when some school administrator tells you that Judo is too violent, or that there are too many resulting injuries, with too much liability at stake? Perhaps the administrator is

concerned about the image of his educational facility and refuses to even listen to you.

How do you counter this? How do you educate these people? I ponder this question continuously; it keeps me awake at night. The answer stares us in the face. It's education. But before we can educate anyone, we first have to gain their respect. Having a high dan Black Belt means nothing to a school administrator. What he respects is professionalism. When are we going to figure this out?

Professional educators are required to conduct research, document and publish it in their journals, of which they have many. (Educators are expected to publish—"publish or perish" it is said). They share their research at annual and semi-annual meetings and receive further training. This is the definition of a professional to a University administrator.

If we want to teach/coach Judo at the High School and University level, we are going to have to start doing what their educators do—meet minimum education requirements, do research, publish papers and attend professional meetings. Until we do so, we are not going to gain one ounce of respect.

If we are really serious about putting Judo out there in the school system, we are going to have to get off our duffs and form a professional organization of Judo educators, do research, establish a journal, publish our research and methods, and attend meetings.

If we can't do this, I don't know how we're going to get a foot inside the school door.

OLYMPIC JUDO QUELLMALZ

A review of the latest from Fighting Films

by George R. Weers, Rokudan Program Chairman; USJA Coaching Education & Certification

There is little doubt that Udo Quellmalz (Germany), as two-time World Champion and 1996 Olympic Champion, is the finest lightweight Judo player the Western World has ever produced. Now, Fighting Films has produced a video that documents the competitive skills that took Udo Quellmalz to the pinnacle of World Judo.

This is certainly the best instructional video seen to date. Its brilliance is not in the technical content; the importance of "OLYMPIC JUDO QUELLMALZ" is its illustration of Judo skill as a complete domination of the opponent, from grip to ground play. Quellmalz does not isolate individual portions of an attack; he doesn't meekly grip a submissive opponent; he doesn't leave you guessing as to how he gets into position for his attack; and he doesn't walk up to a passive victim waiting to be strangled.

Judo Quellmalz teaches competitive skill as a whole. He teaches Judo skills the way the skills are applied in World Class competition. When you think about it, who better to teach competitive Judo the way it really works?

If you haven't got a copy of "OLYMPIC JUDO QUELLMALZ", I encourage you to get it! It will improve the way you play Judo. It will improve your understanding of competitive Judo skills. The video can be obtained by contacting IPPON-USA, P.O. Box 4255, College Station, TX, phone: (409) 695-1996, website: www.pzweb.com/ippn.



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AN UPDATE ON THE USJA CLUB ACCREDITATION PROGRAM

by Raymond A. Conte, Godan, Master Judo Rank Examiner, Coach - Amsterdam Judo Club

What is the future of Judo in America? Part of the answer is children. Without children, Judo in this country will eventually die out; we need to increase our efforts not only to attract, but also to retain children in our programs.

Without sacrificing the quality and dignity associated with Judo, its programs should be more attractive to children than any other sport. It is important that every Judo program helps parents feel comfortable with what we can offer their children. This must be accomplished in a manner that is quickly and easily understood by a parent who has no previous exposure to Judo. The USJA believes that enrolling children in a USJA Accredited Judo Program will enable administrators and instructors to strengthen existing procedures, and at the same time create a solid foundation for the future of their Judo program. Participation will send a strong, positive message to your

communities that instructors are committed to providing services of the highest quality.

In these difficult economic times, we need to examine two issues. The first deals with new and innovative ways to raise funds to continue the operation of your Judo program. Many programs are beginning to seek grants to obtain these vital funds. If a Coach has already completed the USJA Accreditation Course for Children, he/she will have already met most of the requirements contained in a grant application.

Second, Judo is continuously being subjected to higher insurance premiums, and in some cases additional costs associated with court settlements. Becoming part of a USJA Accredited Judo Program for Children can significantly reduce risk and associated costs. Accreditation is voluntary. If your program

becomes accredited, it will in no way affect the way your neighbor operates his Judo club—not every club will become accredited. Why? Some will not be interested, some do not serve large numbers of children, and others will not be able to comply with the requirements set forth in the accreditation standards.

Specific benefits include your dojo operating with professional standards, enhanced administrative and operational effectiveness, increased access to State and Federal grant monies, diminished vulnerability to civil lawsuits and increased parental confidence in a nationally accredited Judo program.

For further information, contact the USJA National Office for an informational flyer and application package.

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THE MOST IMPORTANT THING MARTIAL ARTS CAN GIVE YOU COULD BE COMPASSION

by Daniel M. Schulz, USJA Certified Coach

During a promotion test in Salida, CO, students were asked to share what they thought was the most important thing martial arts could give them. All of them said "friends." Afterwards, while discussing their response with the Coach, I said I would have answered "compassion." He asked me to write something about it.

When I was 16 years old, during fights I would try to hurt my aggressor as badly as I could. I once crushed someone's cheekbone with a fast hand strike (I was boxing at the time), and on another occasion, in

the high school cafeteria I threw a boy with a power sweep which broke his back. Although both these people were attacking me, my life threatening and deadly use of force was unwarranted. At that point in my life, I had little compassion for anyone who crossed me; I would hurt them as badly as I could.

Since becoming a martial artist, I have hurt no one, with the exception (in Judo competition) of damaging the pride of some of my opponents.

In Judo, it is said "to be kind to your opponent is to be cruel to oneself!" This is not a contradiction. When striking down an aggressor, if I pull my punches it would be "kind" to him, but cruel to me to allow him to strike back. If I keep striking until death, this would be cruel to him. So I strike, or control my aggressor to the point where he can no longer fight.

When this is accomplished with compassion, it is a learning experience for us all.



USJA STATUS REPORT AS OF JUNE 1998

Total Member Count:	24,431
EOM Expire:	289
Sr. Males: 15,568	Females: 1,328
Jr. Males: 4,606	Females: 1,319
Total Cub Count:	3,379
USJA Cub Count:	1,444
Non Judo Club Count:	1,381
Non USJA Club Count:	554

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.

Top 25 Clubs

	Mem Count
Vineland Judo Club	421
Tremont Judo Club	361
New London Judo Club	325
USJA National Training Center	323
Ohio Judan Judo Club	305
Jundokai Judo & Jujitsu Club	301
Samurai Judo Association	300
Omaha TeaKwonDo Judo Center	297
Epizoundes Martial Arts	228
Tomodachi Judo Club	200
Yellowhill Judo Club	180
Harrisburg Judokai	178
Chhill's Judo Club	176
Unidos Judo Clubs	164
Fayetteville-Ft. Bragg Judo Club	162
Virgil's Judo Club	159
Goltz Judo Club	157
Tarheel Judo School	156
Desert Judo Club	145
Roanoke Judo Club	144
Yukon Kuskokwim Judo Club	144
Carolinas American Judo Association	138
Starkville Martial Arts Academy	131
Fox Valley Judo Club	119
Solano College Judo Club	118

Top 20 States

	Count
CA	3,156
FL	1,588
NY	1,569
OH	1,231
NC	1,117
NJ	1,015
TX	1,014
PA	964
AZ	860
CT	762
VA	712
IL	682
CO	670
WI	648
IN	627
SC	550
WA	500
NE	479
MI	477
MO	469

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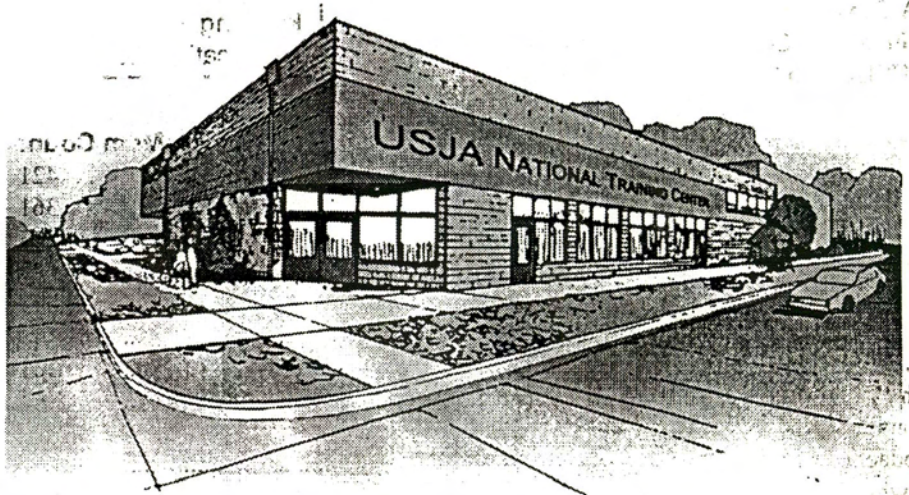
Completed in 1984, this monument to American judo is located near downtown Colorado Springs in the shadow of beautiful Pikes Peak. The area of the Center is approximately 7,000 square feet, and you can personally become a sponsor of one square foot for a tax deductible donation of \$100.00.

You will receive a beautiful Certificate of Stewardship, and your name will be inscribed on a permanent plaque that will hang in the National Training Center. The number of square feet that you can sponsor is not limited, but act now. When the area is claimed, this opportunity will be gone forever.

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Colorado Springs, CO 80909

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