

SUMMER 1999

\$2.95

USJA



**30-YEAR CAREER
IN JUDO AND
JUJITSU**

See story inside

Gregory L. Fernandez
Rokudan/Judo, Shichidan/JuJitsu,
Head Coach, Jundokai Judo and
Jujitsu Club, La Mirada, CA



COACH

A Quarterly Publication of the USJA

USJACOACH



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A MESSAGE FROM THE PRESIDENT



Jesse Jones

Dear Friends:

If a period of time could be claimed to indicate the beginning and ending of the Judo calendar, my guess is that it would be August through the end of July the following year. August 1st of each year brings a sigh of relief because most of the National events (Junior and Senior) are completed. Champions are determined and listed, and focus is placed on an effort to do better in the ensuing year.

Another excellent Judo year has come and gone. It is time to be grateful and to extend appreciation to all members. The USJA has experienced another year of growth and forward change. Here's hoping that all our members have had a good year of coaching, competition, and just good hard training.

On reflection, the USJA has experienced more change during the past three and a half years than in its entire history. Most people can accept a limited amount of change, because change is good. Although we are placed in a world that generates change, we have no solid guarantees about our future. Yet the world would be in constant decay without change. This concept applies not only to our Association but to any other organization. When a diplomatic process is in place to regulate the amount - the right amount - of change, it can be accepted by membership. The USJA has attempted to regulate this change, but always with an effort to constantly move forward. Our goal now is to promote growth and development of all aspects of Judo.

With the goal of increasing membership to 34,000 by the end of the year 2003, the USJA Board of Directors has approved the formation of a Membership Committee. This figure reflects a 10% annual growth. This is ambitious, but it can certainly be achieved. USJA Regional and State leaders will be heavily involved in this long-term plan. Procedures to implement this growth program are now being developed for completion by September 30, 1999.

We are constantly researching various sources of dependable income. Extended lines of apparel and other concession items are being reviewed. As another source of revenue, the office building will be

renovated in order to attract tenants to its recently vacated areas. We are in a position where several of these plans can be implemented within the next year. It is our aim to reduce debt significantly so that funds can be directed to the development area of our sport.

I am still amazed at the volume of work that is accomplished by such a small administrative staff. This is because they are professionals and reflect a great deal of pride in their various tasks when servicing our membership.

Once again I see a gain in allegiance and loyalty in our members, for which we are grateful. Our appreciation also goes to those Coaches who continue to keep their members informed of the many programs and events available to them from your Association. Our Coaches are indeed our strength, and they take obvious pride in representing one of the finest organizations in the country.

Finally, as of this writing, Camp Bushido has ended on a very successful note.

Our thanks go to the many guest instructors and clinicians who conducted the various certification programs. They are the best. It's this kind of dedication that makes a camp a memorable experience for all attendees, and I hope that many more of you can take advantage of this experience at Camp Bushido 2000.

Sincerely,
Jesse L. Jones

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

This has been a busy time maintaining contact with Coaches and Committees via telephone, FAX and E-mail communication, and with members in general. There has also been the undertaking of 143 clinic stops in 1999.

CAMPS: The USJA conducts three yearly camps: Catawba College in Salisbury, NC; Camp Bushido in Colorado Springs, CO; and Camp Tomodachi in Boca Raton, FL. We also had good attendance and programs at the YMCA Camp in Huguenot, NY; the Spirit of the Eagle Camp at the University of Ohio in Findlay, OH; and the High Sierra Camp in Northern California.

All certification programs are conducted at these camps. Camp Tomodachi featured Coaches from England, Germany and South Africa. Camp Bushido featured Coaches from the Olympic Training Center, from around the United States, and from South Africa. Camp Catawba featured Coaches from around the U. S. The YMCA Camp, hosted by George Pasiuk and George Harris, had a regular staff augmented by guest instructors, including Jesse Jones, myself, Elaine Meyer and Rick Celotto. The Spirit of the Eagle Camp had a regular staff plus invited Coaches.

CLINICS: These are scheduled in May, June, September, October, November and December. They are conducted in most part by me as clinician, assisted by my son Mike. Other clinicians are Leland Roth (Chicago, IL); Pat Szejter (Charlotte, NC); Dr. Ronald Allan Charles and Tom Reiff (the Charleston, SC area); Kathryn Buys (Minneapolis, MN); Bert Becerra (Dallas, TX); and anyone else who is able, capable and willing.

USJA COACHING CONFERENCE: The 1999 Coaches Conference, held May 14, 15, 16, 1999 in Tulsa, OK was a huge success. Featuring 10 presenters, it attracted 40 attendees. Thomas Layon, Esq. acted as the host and did an excellent job. Coaching Conference II will be held in Lafayette, LA on May 12-13, 2000 and will be hosted by Scotty Johnson and Jeff Miller of the Acadian Judo Club.

MERCHANDISE: The newest item in our inventory is a 6-color poster devoted to recruiting new members. At Camp Catawba we sold many of them to juniors who used them to collect signatures from all the dans in attendance. The price of this poster varies from \$1.75 to \$1.50 depending on quantity.

PUBLICATIONS: Our "ILLUSTRATED JUDO TECHNIQUES" has been a great success. Vince Codrick (an NTC Judo member), is an artist and has undertaken the task of preparing an illustrated book on Katame Waza and another of illustrated Katas. Anticipated completion dates are December for the Katame Waza book and the year 2000 for the Kata book. Vince also designed the very attractive poster mentioned above, which is perfect for displaying in schools, store windows, etc., or wherever a Judo school would like to advertise its club or program. It has a blank section where the poster can be personalized by each club Coach.

NEW FUND-RAISING INCENTIVE PROGRAM: We have embarked on another Life Membership program. The USJA is offering a Sword Set (three swords on a stand). The award works on a point system, as follows: for every dollar donated, a point is earned. When 500 points have been accrued, the Sword Set is awarded. Donations can be made by an individual for himself/herself, or to benefit another individual. Points are also earned by signing up Life Members or by adding contributions to an LM account. Eleven members have already earned their Sword Sets. The program lasts through December 31, 1999.

JUNIOR NATIONALS 2000: Next year's event will be hosted by the Carolinas American Judo Association at the Coliseum in Charlotte, NC, July 14-15, the Adams Mark being the host hotel. The Charlotte Chamber of Commerce and Visitors Bureau are lending their support. Sponsorship in part is being provided by the Meineke Muffler Corporation.

USJA NATIONAL TEAM CHAMPIONSHIPS: This is scheduled to take place November 12-13, 1999 in Boca Raton, FL. No bids have been received for the year 2000. Please encourage your State to get involved. In 1998, Sid Kelly of West Haven, CT (with our help in writing letters to addressees he furnished) solicited underwriting funds very successfully to help with the expenses for two teams. The funding paid for transportation, lodging and warm-up suits for 16 people. Mark Cohen of New York and Jim Haynes of Texas also had success in soliciting sponsors.

NATIONAL PROGRAMS: The Yearly Award Program for each State suffers from apathy. Only a few States submitted names

(continued on page 3)

PROFILE OF A JUDO LEADER



Gregory L. Fernandez, Rokudan/Judo, Shichidan/Jujitsu
Head Coach, Jundokai Judo & Jujitsu Club, La Mirada, CA

[This biography was submitted to us by Greg Kaye, a Black Belt student of Greg's.]

Gregory Fernandez began studying Judo in the 1960's as a White Belt with his first instructor, Hiroshi Kosako, through a Parks & Recreation program in Monterey Park, California. Greg accompanied him to many other locations where he was teaching three or four times a week. In 1973, Kosako Sensei retired and asked Greg (then Sankyu Brown Belt) to take over the class at the East Whittier YMCA. At that time only Judo was taught there, but two years later Greg changed the name to the Jundokai Judo and Jujitsu Club.

Although Greg competed in shiai for many years, he is best known for his kata competition record. Beginning in 1983, he began what would be a long and illustrious career in kata competition, when he first paired with Bill Murphy. Later, he and Richard Bradley formed a partnership; together they have become the most successful men's kata team in the United States. Greg's national kata competition record includes over thirty-six U. S. Senior National titles and ten Grand Championships in twelve years. Among his

latest accomplishments are three Gold and four Silver Medals at the 1999 World Master Judo Championships with partner Rick Bradley.

Never satisfied and always seeking to further his understanding of all aspects of Judo, Greg was able to participate in a summer program at the Kodokan in Tokyo, Japan. Even at the Kodokan, Greg's diligent practice did not escape the watchful eyes of the head instructor, Sato Sensei (at the time a Hachidan and Kotani Sensei's uke for many years). Through an interpreter, Greg was asked if he would like special private lessons from Sato Sensei in addition to the regular seminar. Needless to say, this generous offer was accepted and Greg was able to learn a great deal as a result of that encounter, which knowledge he passes on to his students.

In 1998, Greg celebrated the 25th anniversary of his founding of the Jundokai Judo and Jujitsu Club, presently located in La Mirada, California. Many of his former instructors and friends were there to share in the celebration. The Mayor of the City of La Mirada made a presentation to Greg in appreciation of his contribution to the community, adding that a decade earlier, his son had benefited by being one of

Greg's students. Since the early days, the club membership has grown to include more than 300 current students and three satellite Jundokai dojos.

After a Judo and JuJitsu career that has spanned more than thirty years, Greg now holds the ranks of Rokudan in Judo and Shichidan in JuJitsu. He still continues to practice to perfect his own skills, in order to contribute to the martial arts not only by teaching and coaching, but also by offering his time and experience as a Referee at tournaments. For many years Greg has been highly sought after to give demonstrations and clinics throughout the United States. In addition, he serves as Chairman of the USJA Kata Proficiency Certification Program, instructs at Camp Bushido each summer in Colorado Springs, and is the author of the current USJA Senior Rank System.

"I have often been asked", Greg will tell his students, "what I remember most out of all the years and successes I've had in the martial arts?" He answers, "It isn't the medals and trophies, or the winning and losing; it's the hard work, the practice, and the friendship of people who have shared the experience with me. These are the things I remember and cherish the most."

EXECUTIVE DIRECTOR

(continued from page 2)

for Juniors and Seniors. Coaches are encouraged to send in names to either the USJA National Office or to Dr. Ronald Allan Charles.

ELECTIONS: As of this writing there are about 32 people gathering names so that they may be placed in nomination for the ten seats on the Board of Directors.

All USJA members 17 years of age and older are eligible to vote. The ballots will be prepared and mailed during September. All ballots must be returned to the National Office by October 15, 1999 when they will be tallied by an independent accounting firm.

STAFF: Despite greatly reduced numbers, it is business as usual by our dedicated and hard-working staff, who look forward to serving all your Judo needs.

THE FIRST USJA NATIONAL COACHING SYMPOSIUM - May 14, 15, 16, 1999, Tulsa, Oklahoma

The symposium enjoyed tremendous success in that participants demonstrated a clear desire, even a need, for this type of event. Approximately 35 Coaches participated, and the symposium gave our leadership a very clear picture of the current level of Coaching knowledge at the grass roots level. This is exactly what we need to know and understand before we can develop strategies for the strengthening of American Judo.

Mike Szejter, Florida, opened the symposium with a well-organized presentation on conducting tournaments. Mike's presentation provoked an excellent group discussion regarding various approaches to tournament management. All participants came away with a much clearer picture of how to conduct a tournament.

Dr. Chris Dewey, Mississippi, closed the first evening by sharing his thoughts on developing a structured approach to teaching Judo. His presentation had Coaches furiously taking notes and asking questions. Participant feedback surveys make it clear that they want more of Dr. Dewey in the future.

The second day was opened by George Weers, Illinois. George's presentation dealt with building and maintaining a foundation for competitive Judo. Coaches participated in a group exercise to develop training drills to meet competitive conditions.

Dr. Gary Berliner, former United States international competitor and IJF "A" Referee, talked about the rules of competition and what the rules mean to Coaches. Gary was able to present a unique perspective as an experienced international competitor and one of the world's best

Referees. He also offered invaluable Coaching tips for understanding and applying the rules to a player's advantage.

Terry Kelly, California, presented a very important session of unorthodox throwing skills. Terry's presentation was born of international experience and afforded attending Coaches a brief view of the type of maneuvers that any aspiring competitor must be familiar with.

The highlight of the day was U. S. Olympian Pat Burris. Pat discussed the development of elite competitors. He also very effectively illustrated the level of dedication, perseverance and drive that an aspiring elite player must demonstrate.

Mat sessions were concluded with an exchange of world-class newaza maneuvers by Dr. Berliner and Coach Weers.

Symposium participants relocated to the classroom where our host, Tom Layon,

spoke most eloquently on the relationship between coaching and the law. Tom's offering engendered many questions from concerned Coaches, and we all left feeling a little more secure after receiving his advice.

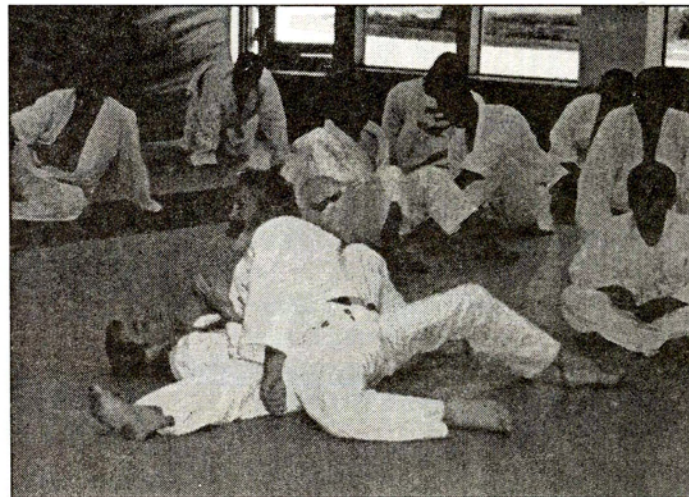
Dr. Dewey concluded the teaching sessions with a discussion of how students learn. His thought-provoking comments left participants with important insights to fulfillment in the role of Coach.

Ed Szejter, USJA Executive Director, concluded the symposium with a "state of the Association" report.

Participants in this symposium were requested to complete a feedback survey, the results of which will be printed in the Fall '99 issue of USJA COACH.

The next USJA National Coaching Conference will be held in Lafayette, Louisiana, May 12, 13, 14, 2000.

Charlie Robinson, Shichidan, Twin Cities Judo Club, California, teaching a variation of kesa gatame at Camp Bushido, 1998.





ANNOUNCING THE USJA NATIONAL TEAM CHAMPIONSHIPS - November 12-13, 1999 - Boca Raton, Florida

In 1998, designated Coaches from each State were invited to organize both a men's and women's team for participation in the first USJA Team Championships held in Boca Raton, Florida, in November. It later developed that interest in participating in this exciting event had been generated throughout the country.

Therefore, it has been decided that this year any USJA Coach in the United

States who is able to field a men's team and/or a women's team, will be welcome. The Tournament Director, Michael Szejter, has advised us that he is also inviting teams from overseas.

The men's teams will comprise of 1 each from the IJF weight divisions, or a total of 7 men. Women's teams will be limited to 5 contestants - 48, 57, 70, 78, open. Contestants will be guaranteed at least five matches,

leading to the team championships for men and women.

For further information, contact:

Michael Szejter
H: 561-731-0243
W: 561-496-7000
C: 561-704-3414

Coaches! It is not too early to get busy and start organizing your teams.

WINNING TECHNIQUES OF THE '96 OLYMPIC GAMES JUDO COMPETITION

Here follows a technique summary of the Judo competition at the '96 Olympic Games. This chart reflects the most scored techniques in each division and how many of them were ippons, waza-aris, yukos and kokas.

<u>Division</u>	<u>Sub-Division</u>	<u>Technique</u>	<u>Ippon</u>	<u>Waza-ari</u>	<u>Yuko</u>	<u>Koka</u>	<u>Total</u>
NAGE WAZA							
	Te-Waza	Seoinage	41	16	30	13	100
	Koshi-Waza	Harai-Goshi	10	4	10	2	26
	Ashi-Waza	Ouchi-Gari	12	16	23	20	71
	Sutemi-Waza	Tani-Otoshi	2	5	7	7	21
KATAME-WAZA							
	Osae-Komi-Waza	Kuzure Yoko-Shiho-Gatame	7	2	2	1	12
	Kansetsu-Waza	Juji-Gatame	26				26
	Shime-Waza	Sankaku-Jime	3				3



GETTING THE WORD OUT TO THE MEDIA

We are all aware that the media seems reluctant to print or televise anything to do with Judo. Perhaps it's because we're not persistent!

We encourage you to write up your own article or news release concerning various events that have taken place or are forthcoming. Take photographs and/or videos of these events and submit them with your article or release to print and TV media, and local theaters. Also, submit articles or releases to local radio stations - they always have a slot for community announcements.

If you see little result, continue sending the material regularly anyway. Sooner or later the media will realize that your community does in fact have a Judo program. Remember - it's persistence that counts!

With local tournaments, obtain sponsors or underwriters from the local community or your State. The media recognizes companies which advertise their product or service through them. Remember - it's persistence that counts!

When conducting a clinic for civic organizations, Boys and Girls Clubs, Boy and Girl Scouts, community centers, church and school organizations, advertise in every part of the media. Also, place handbills and posters in prominent places throughout your community. Remember - it's persistence that counts!

We are pleased to announce the availability of newaza videos, which were created during Camp Bushido '98 by Charlie Robinson, Shichidan, together with members of the Bushido Camp Staff. These videos can be used in conjunction with the new USJA Senior Handbook, and are as follows:

#156 ESCAPES - Kamishiho and Miscellaneous Holds. Fully covers all techniques in lists 4-23 and 4-24.

#157 ESCAPES - Kesa Gatame and Yokoshiho Gatame. Fully covers all techniques in lists 4-21 and 4-22.

#158 LEGS AROUND TOP AND BOTTOM. Fully covers all techniques in lists 4-19 and 4-20.

#159 HANDS AND KNEES TOP AND BOTTOM. Fully covers all techniques in lists 4-17 and 4-18.

#160 12 PINS AND 12 CHOKES. Fully covers all techniques in lists 4-14 and 4-15.

#161 ARM BARS. Fully covers all techniques in list 4-16.

We believe you will find these tapes extremely useful instructional aids; they are excellent tools for all students aspiring to the next rank or who wish to learn more about competitive techniques.

The tapes are \$25.00 each, or \$125.00 for all six. Shipping and handling is as follows: 1-3 tapes - \$3.50; 4-5 tapes - \$4.50; 6-10 tapes - \$6.50; 11 or more tapes - \$7.50.



NO! NO! PAUL ... FOOT STOP NOT FOOT STOMP

ADVERTISING RATES

Published Spring, Summer, Fall and Winter

	Per Issue	4 Issues (Per Year In Advance)
<u>Covers:</u>		
Inside front cover, 3-color	\$500	\$1,500
Inside back cover, 3-color	\$400	\$1,200
Back cover, 3-color 2/3 page above mailing label	\$375	\$1,125
<u>Inside Pages:</u>		
Full page	\$300	\$900
Half page	\$150	\$450
Quarter page	\$ 75	\$225
Eighth page	\$ 50	\$150
Business card	\$ 25	\$ 75

Deadline:

10th day of February, May, August and November

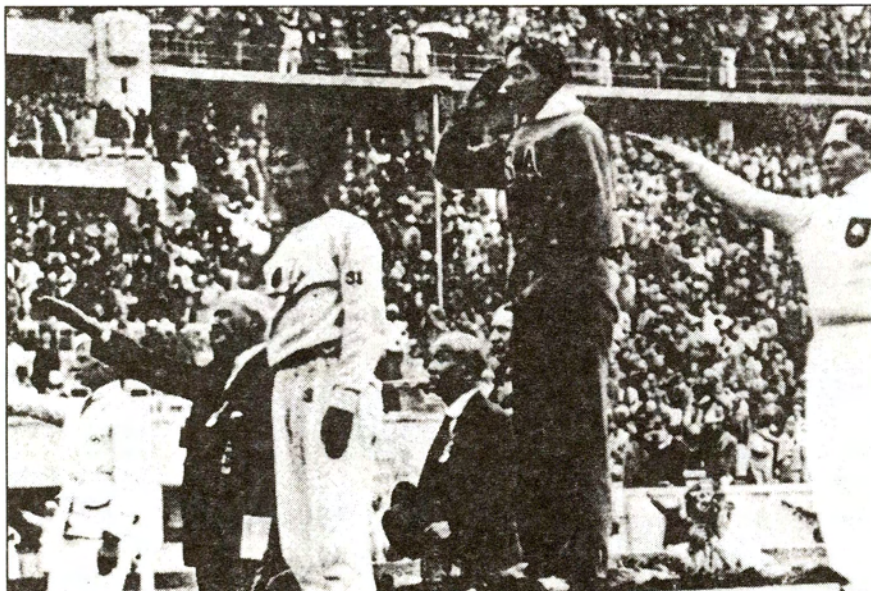
Advertising Art:

Must be camera ready

Payment:

With advertising art. Please make your checks to the order of *USJA COACH*.

1936 Games in Berlin, Germany



A rare photo of the father of Judo, Dr. Jigoro Kano (center) at the 1936 Olympic Games in Berlin, Germany. Taken just as, much to the disappointment of Adolph Hitler, Jesse Owens, legendary American athlete, was to be presented with a Gold Medal. Dr. Kano was a 12th Degree Black Belt—a Shihan, Past Master of Judo—the degree traditionally reserved only for Dr. Kano. The shihan belt was wide, and pure white.

THE USJA CERTIFICATION PROGRAMS AND WHAT YOU SHOULD KNOW ABOUT THEM

by Edward N. Szrejter, Hachidan, USJA Executive Director

The certification of Referees, Examiners, Coaches, Kata Instructors and Kata Judges is in some ways similar in nature to promotions but in other ways quite different.

As you advance in Judo, and with sufficient time in grade, your promotion to the next higher level may be applied for. But certifications have *expiration dates*. Many of you believe that once certified, no more is needed of you. If that were true, how would you become updated as to what is current? These expiration dates are for a valid reason - everyone certified needs to be kept current as to recent changes and developments.

I strongly encourage all of you with lapsed certifications to plan on having or attending a clinic in your area for the purpose of recertification. Simply sending us a form and the fee, is not considered recertification and cannot be honored.

Recertification is one of the most important aspects of your Judo career. Call (719) 633-7750 and ask for information about an upcoming clinic nearest to your home dojo, or arrange for a clinic at your club. We are here to serve you - use us!

ADVERTISEMENT

Virgil's Judo Club

USJA

645 South Franklin Road Indianapolis Indiana 46239
Tel: (317) 356-5818 email: virgiljudo@juno.com

STARTED JUDO 1943
SHICHIDAN JUDO/JUJITSU
MEMBER USJA BOARD OF DIRECTORS
MEMBER USJA NATIONAL PROMOTIONAL BOARD
NATIONAL REFEREE
MASTER EXAMINER
INDIANA STATE DIRECTOR
KATA INSTRUCTOR
SENIOR COACH

ATTENDEES AT THE USJA NATIONAL COACHING CONFERENCE

Tulsa, Oklahoma — May 14-16, 1999





1998 NATIONAL AWARDS

by Ronald Allan Charles, Chairman, USJA National Awards Committee

Outstanding Male:	Joe Felton	Outstanding Kata:	Gregory Kaye
Outstanding Female:	Charlee Minken	LM Contributor:	Michael Szejter
Most Improved Male:	Rhadi Ferguson	Coach of the Year:	Dr. Chris Dewey
Most Improved Female:	Sara Pacheco		

Outstanding Competitors by State:

	<u>Seniors</u>	<u>Juniors</u>
Alaska	Justin Breese	-
California	Valerie Gotay	Gabriel Goltz
Colorado	Todd Brehe	Eric Ortiz
Connecticut	Heidi Bartkowski	-
Florida	Laurence Kingston	Carla Morales
Georgia	William C. Bennett	Marco McDowell
Iowa	Thomas Prata	-
Illinois	David Bleeker	Mark Shima, Jr.
Indiana	Gary Amick	Austin Windle
Kansas	Tom MacDonald	Ian MacDonald
Kentucky	Rebecca Smith	Tony Leezer
Louisiana	Paul K. Monier	Matthew Turland
Maine	Neal Parker	-
Maryland	Nakapan Phungephorn	-
Michigan	James Seaman	Sean Theisen
Minnesota	John Meyers	Jill Magrum
Mississippi	Scott Caldwell	Mike Young
Missouri	Randy Pierce	Crystal Pierce
Montana	John Amtmann	-
Nebraska	Gene Silverstrand	-
Nevada	-	Brian Epperson
New Jersey	Marshall Cradock	Romualdo Ligno
New Mexico	-	Paul Lamb
New York	Gina Mattia	Maya McNulty
N. Carolina	Stanley Crowe	Erin Reagan
N. Dakota	Erik Jones	
Ohio	Matthew Ball	Brian Durst
Oklahoma	David Okada	Katherine Ensler
Oregon	Nathan Pietsch	Daniel Dawson
Pennsylvania	Lou Moyerman	Shannon Spotts
Rhode Island	Alex Ottiano	-
S. Carolina	Lindsey Lyerly	Tony D. Simmons
Tennessee	Carson Kendrick	Chelsea White
Texas	James Webb	Seth Bregman
Vermont	-	Elijah Hrbek
Virginia	Cardo Urso	-
Washington	-	Leilani Akiyama
Wisconsin	Meic H. Schmidt	-
Overseas	Charlene O'Brien	Amanda Cropper-Gomez

ON PROMOTIONS

We have published a Senior Handbook and a test booklet. These, together with a properly completed Application for Promotion Form MUST be utilized when applying for a promotion.

We receive altogether too many requests for promotion where incomplete Application for Promotion Forms are submitted, and/or no accompanying sheet (or copies of the point record book pages) attesting to how points were earned. Many times an Application for Promotion Form arrives with nothing listed as to points, no signature of Examiner or Coach, no past history with the month/day/year each rank was received, and the name of the issuing organization.

Without proper credentials, the USJA Promotion Board is hard put to visualize who the person is who desires to be promoted. It has also been observed that new members apply for promotion but do not send copies of their previous promotion certificates corroborating their rank.

The USJA cannot take anyone's word as to their rank without absolute proof reflected by copies of their previous certifications. We do not recognize dojo promotions (those issued by your Coach), but only promotions granted by recognized organizations - the USJA, the USJF, the USJI and IJF member nations.

We urge you to read Chapter Three of the 1998 edition of the USJA Senior Handbook entitled "Explanation of the USJA Senior Rank System" before requesting promotion(s).

RESULTS OF THE JUNIOR NATIONALS - July 1999, San Diego, California

BANTAM CATEGORY DIVISIONS

Girls Bantam 3: 23 kg

1. Victoria Anthony, Huntington Beach, CA OCBC
2. Serrina Smith, Pacifica, CA, Cahills
3. Sara Isozaki, Torrance, CA, Gardena

Girls Bantam 3: 27 kg

1. Tara Nishiyama, Los Angeles, CA, Venice
2. Alexandra Shelly, Cupertino, CA, Cupertino
3. Susana Rodriguez, San Diego, CA, Kino

Girls Bantam 3: 31 kg

1. Lupita Munoz, Chula Vista, CA, Heisei
2. Mia Vitales, Daly City, CA, Cahills
3. Xiomara Tejada, Las Vegas, NV, Rising Sun

Girls Bantam 3: +35 kg

1. Anne Yoshimura, Camarillo, CA, Venice
2. Shanel Campana, SSF, CA, Cahills
3. Kimberly Cagalawan, Lancaster, CA, Antelope Valley

Girls Bantam 2: 25 kg

1. Christina Chow, Honolulu, HI, Shobukan
2. Becky Newton, Mesquite, TX, Becerra

Girls Bantam 2: 30 kg

1. Helen Delpopolo, Westfield, NJ, Cranford
2. Danika Miranda, San Ysidro, Mexico, Kino
3. Samantha Macias, Lancaster, CA, Antelope Valley

Girls Bantam 1: 19 kg

1. Priscilla Hernandez, La Puente, CA

Girls Bantam 1: 23 kg

1. Catherine Hogarth, Commerce City, CO, Northglenn
2. Keeli Dekker, Malone, WI, Fondy

Boys Bantam 3: 23 kg

1. Corwin Learned, El Granada, CA, Cahills
2. Joshua Hokama, Los Angeles, CA, Venice
3. George Banzon, West Los Angeles, Sawtelle

Boys Bantam 3: 27 kg

1. Masami Okada, San Diego, CA, Judo America
2. Chris Hirata, Fresno, CA, West Clovis
3. Nicholas Sims, Vallejo, CA, Kyodo

Boys Bantam 3: 31 kg

1. Tadd Fujikawa, Honolulu, HI, Salt Lake
2. Paul Reppo, Aurora, CO, 3D Martial Arts
3. David Reichert, Denver, CO, Hyland Hills

Boys Bantam 3: 35 kg

1. Nikko Campana, SSF, CA, Cahills
2. Beau Wegner, Navarre, OH, Ohio Judan
3. Dillon Dalton, Ramona, CA, American Judo

Boys Bantam 3: +35 kg

1. Julian Mena, San Diego, CA, Heisei
2. Joseph Perez, El Monte, CA, Guerreros

Boys Bantam 2: 21 kg

1. Jared Spiker, Honolulu, HI, Shobukan
2. Andrew Sorensen, Los Angeles, CA, Venice
3. Joshua Laursen, Livermore, CA, Amador

Boys Bantam 2: 25 kg

1. Grayson Lindstrom, Livermore, CA, Amador
2. Derek Wojcik, Dublin, CA, Amador
3. Christopher Oba, Gardena, CA, Gardena

Boys Bantam 2: 30 kg

1. Ryan Leija, Napa, CA, Napa
2. Hugo Gonzalez, Las Vegas, NV, Rising Sun
3. Gannon Harrell, El Cajon, CA, American Judo

Boys Bantam 2: +30 kg

1. Robert Hirota, Culver City, CA, Venice
2. Hayk Sargsyan, Los Angeles, CA, Hayastan

Boys Bantam 1: 19 kg

1. Trevor Nishiyama, Los Angeles, CA, Venice
2. Steven Glover, Pomona, CA, Guerreros
3. Justin Wada, Spring Valley, CA, American Judo

Boys Bantam 1: 23 kg

1. Joshua Villani, Everett, WA, U. S. Judo Trng. Ctr.
2. Miles Hamblen, Oceanside, CA, San Shi
3. Alejandro Aragon, Tijuana, Mexico, Kino

Boys Bantam 1: 28 kg

1. Garrett Hein, Lakeside, CA, American Judo
2. Travis Galarza, Mexico, Kino

INTERMEDIATE CATEGORY DIVISIONS

Girls Intermed. B: 30 kg

1. Alison Uemura, Torrance, CA, Venice
2. Vanessa Perez, Baldwin Park, CA, Guerreros
3. Juli Yamanaka, Oceanside, CA, San Shi

Girls Intermed. B: 34 kg

1. Pauline Macias, Lancaster, CA, Antelope Valley
2. Jamie Sakata, Torrance, CA, Gardena
3. Debra Miranda, La Puente, CA, Guerreros

Girls Intermed. B: 39 kg

1. Adriana Blakely, La Puente, CA, Guerreros
2. Leilani Akiyama, Bellevue, WA, U. S. Judo Trng. Ctr.
3. Sarah Hogarth, Commerce City, CO, Northglenn

Girls Intermed. B: 44 kg

1. Ronda Rousey, Santa Monica, CA, Mojica
2. Marla James, Lawrenceville, GA, Wakamusha
3. Kimberly Knudsen, Sunnyvale, CA, Cupertino

Girls Intermed. B: 49 kg

1. Janine Nakao, Marina, CA, Bojuka
2. Nicole Cossani, Anaheim, CA, OCBC
3. Abbie Haire, Bryson City, NC, Yellowhill

Girls Intermed. B: 54 kg

1. Celeste Yeo, Hercules, CA, Cunninghams
2. Jennifer Germany, Chula Vista, CA, Heisei
3. Johana Garcia, South Gate, CA, South Gate

Girls Intermed. B: +54 kg

1. Talia Friedman, Santa Monica, CA, Santa Monica
2. Michelle Rodriguez, Mexico, Kino
3. Charmaine Galvez, La Mirada, CA, Jundokai

Girls Intermed. A: 26 kg

1. Janelle Maldonado, Salinas, CA, Salinas
2. Kaci Yamanaka, Oceanside, CA, San Shi
3. Meagan Higgins, Livermore, CA, Amador

Girls Intermed. A: 30 kg

1. Justine Moore, Apple Valley, CA, High Desert
2. Larisa Lindstrom, Livermore, CA, Amador
3. Tatiana Padilla, Azusa, CA, Guerreros

(continued on page 11)



JUNIOR NATIONALS *(continued from page 10)*

Girls Intermed. A: 34 kg

1. Carleigh Hobson, Palmdale, CA, Antelope Valley
2. Hana Carmichael, Sunrise, FL, Hollywood YMCA
3. Apallonia Vasquez, Fond Du Lac, WI, Fondy

Girls Intermed. A: 38 kg

1. Alice Bagdassarian, Sun Valley, CA, Hayastan
2. Marysia Gunderson, Livermore, CA, Amador
3. Ashley Yoest, Las Vegas, NV, Tani Dojo

Girls Intermed. A: 43 kg

1. Alexandra Higgins, Fall City, WA, U. S. Judo Trng. Ctr.
2. Korrina Smith, Pacifica, CA, Cahills

Boys Intermed. B: 30 kg

1. Landon Ginsberg, Long Grove, IL, Cohens
2. Trent Nishiyama, Los Angeles, CA, Venice
3. Marcus Kawahara, Los Gatos, CA, San Jose Buddh.

Boys Intermed. B: 34 kg

1. Arman Pogosyan, Los Angeles, CA, Hayastan
2. Yuto Takei, San Diego, CA, Judo America
3. Glenn Galbreath, Cullowhee, NC, Yellowhill

Boys Intermed. B: 39 kg

1. Oscar Meza, South El Monte, CA, Guerreros
2. Robert Davis, Tacoma, WA, Tacoma
3. Alex Jacobson, Tustin, CA, OCBC

Boys Intermed. B: 44 kg

1. Bobby Yamashita, Thornton, CO, Northglenn
2. Jason Ross, Highland Park, IL, Cohens
3. Roy Rotstein, Arlington, IL, Cohens

Boys Intermed. B: 49 kg

1. Juan Guerrero, Oceanside, CA, San Shi
2. Leven Zhamkochyan, Los Angeles, CA, Hayastan
3. Christopher Dekker, Malone, WI, Fondy

Boys Intermed. B: 54 kg

1. Gabriel Moore, Apple Valley, CA, High Desert
2. Joe Chavez, Vista, CA, San Shi
3. Aram Sapunjian, Los Angeles, CA, Hayastan

Boys Intermed. B: 60 kg

1. John Griffin, Phoenix, AZ, Phoenix Grap.
2. Kevyn Wilder, Cincinnati, OH, Jones-Ramold

Boys Intermed. B: 67 kg

1. Mark McDowell, Lawrenceville, GA, Wakamusha
2. Patrick Sturdevant, Lawrenceville, GA, Wakamusha
3. Antonio Vasquez, Fond Du Lac, WI, Fondy

Boys Intermed. B: +67 kg

1. Aaron Shiosaki, Lomita, CA, Gardena
2. John Manibusan, Vallejo, CA, Kyodo
3. Reinaldo Canales, Vista, CA, San Shi

Boys Intermed. A: 24 kg

1. Jason Spiker, Honolulu, HI, Shobukan
2. Matthew Hirata, Fresno, CA, West Clovis
3. Colton Haire, Bryson City, NC, Yellowhill

Boys Intermed. A: 26 kg

1. Kenji Ito, Bellevue, WA, U. S. Judo Trng. Ctr.
2. Reid Oshiro, Honolulu, HI, Salt Lake
3. Clay Tormey, Chicago, IL, Menomonee

Boys Intermed. A: 30 kg

1. Seiji Hashuimoto, Thornton, CO, Northglenn
2. Bryan Koenig, Livermore, CA, Amador
3. Joshua Morgan, West Chester, OH, Renshuden

Boys Intermed. A: 34 kg

1. Matthew Berqn, Quartz Hill, CA, Antelope Valley
2. Jarrod Brooksher, Hesperia, CA, High Desert
3. Aaron Kunihiro, Covina, CA, San Gabriel

Boys Intermed. A: 38 kg

1. Nicholas Delpopolo, Westfield, NJ, Cranford
2. Arthur Chivichyan, Van Nuys, CA, Hayastan
3. Justin Misa, Las Vegas, NV, Tani Judo

Boys Intermed. A: 43 kg

1. Phoebus Yannetos, N.Miami Beach, FL, Bodokan
2. Jimmy Kim, Belmont, CA, Cahills
3. Blaine Jones-Ramold, Hamilton, OH, Jones-Ramold
3. Christian Medina, Tijuana, Mexico, Kino

Boys Intermed. A: 51 kg

1. Julian Capucetti, S. San Gabriel, CA, San Gabriel
2. Ryan Taylan, Salinas, CA
3. Alex Nafarrete, Vallejo, CA, Kyodo

Boys Intermed. A: +51 kg

1. Austin Provencher, Ontario, CA, Goltz
2. Joshua Kapelke, Colgate, WI, Wahadachi
3. John Reuter, Toledo, OH, Judan

JUVENILE CATEGORY DIVISIONS

Female Juvenile C: 44 kg

1. Stephanie Hata, El Cerrito, CA, East Bay

Female Juvenile C: 48 kg

1. Sayaka Matsumoto, Richmond, CA, East Bay
2. Magaly Zeron, San Ysidro, CA, Kino
3. Marievette Nafarrete, Vallejo, CA, Kyodo

Female Juvenile C: 52 kg

1. Gina Franzese, Clarkston, WA, WSU
2. Teresa Ratanasurakaran, Norwalk, CA, Mojica
3. Paola Negrete, San Ysidro, CA, Kino

Female Juvenile C: 57 kg

1. Vivana Cintolesi, Laurenceville, GA, George State
2. Jessica Moser, Tacoma, WA, Tacoma
3. Marlen Gutierrez, San Ysidro, CA, Kino

Female Juvenile C: 63 kg

1. Christina Yannetos, NMB, FL, Budokan
2. Cindy Imai, Rosemead, CA, Nishi
3. Leigh Miller, Sewickley, PA, South Hills

Female Juvenile C: 70 kg

1. Sagrario Hernandez, Los Angeles, CA, Tenri
2. Lisa Uemura, Salinas, CA, Salinas
3. Jill Collins, Napa, CA, Napa

Female Juvenile C: 78 kg

1. Valarie Regas, Kennesaw, GA, Atlanta

Female Juvenile B: 44 kg

1. Stephanie Hata, El Cerrito, CA, East Bay

Female Juvenile B: 48 kg

1. Melissa Orden, Ewa Beach, HI, Shobukan
2. Mallory Kato, San Jose, CA, San Jose Buddh.
3. Julia Vanhelder, Paradise Valley, AZ, Phoenix Grap

Female Juvenile B: 57 kg

1. Teresa Ratanasurakaran, Norwalk, CA, Mojica
2. Chanda Ishisaka, Monterey Park, CA, San Gabriel
3. Sharlette Taba, Honolulu, HI, Shobukan

Female Juvenile B: 70 kg

1. Asma Sharif, Downey, CA, Mojica
2. Lisa Uemura, Salinas, CA, Salinas
3. Marija Djokic, Citrus Heights, CA, Team Sacramento

Female Juvenile A: 35 kg

1. Christine Okada, Tulsa, OK, Yoshitaka
2. Alexandra Penaflor, Vallejo, CA, Kyodo

(continued on page 12)

JUNIOR NATIONALS (continued from page 11)

Female Juvenile A: 38 kg

1. Michelle Young, Los Angeles, CA, Venice Dojo
2. Liliana Ojeda, Mexico City, Mexico, Kino

Female Juvenile A: 41 kg

1. Ivy Lopez, Baldwin Park, CA, Guerreros
2. Ann Shiraishi, Elk Grove, CA, Okubo
3. Mary Matthews, Northglenn, CO, Northglenn

Female Juvenile A: 45 kg

1. Alexandra Causey, Lomita, CA, Harbor
2. Tawny Uemura, Torrance, CA, Venice
3. Jessica Hsieh, Vallejo, CA, Tobay

Female Juvenile A: 50 kg

1. Jolyene Hirota, Culver City, CA, Venice
2. Anna Palmer, Sacramento, CA, Sacramento
3. Monica Celaya, Salinas, CA, Salinas

Female Juvenile A: 55 kg

1. Melanie Vega-Borja, Wellington, FL, West Palm Beach
2. Erin Reagan, Whittier, NC, Yellowhill
3. Gloria Flores, Mexico, Kino

Female Juvenile A: 61 kg

1. Amy Yeo, Hercules, CA, Cunninghams
2. Vanessa Butanda, Covina, CA, Guerreros
3. Alyssa Penafior, Vallejo, CA, Kyodo

Female Juvenile A: +61 kg

1. Cindy Imai, Rosemead, CA, Nishi
2. Latoya Apineru, Barstow, CA, Barstow
3. Isabel Canales, Vista, CA, San Shi

Male Juvenile C: 55 kg

1. Steven Varela, Whittier, CA, Mojica
2. Vitaly Vanyan, Glendale, CA, Hayastan
3. Jeff Sato, Arroyo Grande, CA, Santa Ynez

Male Juvenile C: 60 kg

1. Brandon Maki, Honolulu, HI, Salt Lake Judo
2. David Okada, Tulsa, OK, Yoshitaka
3. Pablo Barquet, San Ysidro, Mexico, Kino

Male Juvenile C: 66 kg

1. David Eldred, Fruitland, ID, West Idaho
2. Jose Bencosme, San Jose, CA, San Jose State
3. Israel-Jedidiah Trujillo, Salinas, CA, Salinas

Male Juvenile C: 73 kg

1. Manuel Gamburyan, Los Angeles, CA, Hayastan
2. Edgar Gamez, San Ysidro, Mexico, Kino
3. Seth Bregman, Katy, TX, Bushido

Male Juvenile C: 81 kg

1. Aaron Cohen, Buffalo Grove, IL, Cohens
2. Karapet Parisyan, Los Angeles, CA, Hayastan
3. Crespine Mojica, Covina, CA, Mojica

Male Juvenile C: 90 kg

1. Arturo Martinez, San Ysidro, Mexico, Kino
2. Ray Shelley, Cupertino, CA, Cupertino Val.
3. Matt Bigham, Naperville, IL, Fox Valley

Male Juvenile C: 100 kg

1. Mark Fletcher, Atlanta, GA, Ultimate Chal.
2. Richard Esparza, La Puente, CA, Guerreros
3. Hector Loreda, San Ysidro, Mexico, Kino

Male Juvenile C: +100 kg

1. Jonathan Leonhardt, Sacramento, CA, Sacramento
2. Jesse Manzo, West Covina, CA, Guerreros
3. Kirk Hoffmann, St. Petersburg, FL, St. Pete

Male Juvenile B: 51 kg

1. Ian Kawahara, Los Gatos, CA, San Jose Buddh.
2. Anthony Aufmann, Vernon Hills, IL, Cohens
3. Lucas Hambleton, Camby, OR, Obukan

Male Juvenile B: 55 kg

1. Aleksey Alekseyenko, San Francisco, CA, Cahills
2. Robert Varela, Whittier, CA, Mojica
3. Kit LaBuy, Delray Beach, FL, West Palm Beach

Male Juvenile B: 60 kg

1. Jose Muguel Mercado, San Ysidro, CA, Kino
2. Kevin Chen, Cupertino, CA, Cupertino
3. Shawn Haratani, Torrance, CA, Gardena

Male Juvenile B: 66 kg

1. William Lambert, Cherokee, NC, Yellowhill
2. Toshio Hirai, Redondo Beach, CA, Norwalk
3. Hovik Gyumdzhyan, N. Hollywood, CA, Hayastan

Male Juvenile B: 73 kg

1. Ryan Halsey, Oceanside, CA, San Shi
2. Jimmy Overton, San Diego, CA, Kaizen
3. Sarkis Chivitchian, Los Angeles, CA, Hayastan

Male Juvenile B: 81 kg

1. Hayk Tavadjian, Los Angeles, CA, Hayastan
2. Kevin Palmer, Phoenix, AZ, Leninger M.A.

Male Juvenile B: 90 kg

1. Daniel Costa, Wailuku, HI, Wailuka

Male Juvenile B: +90 kg

1. Rafi Keshishya, Los Angeles, CA, Hayastan
2. Kirk Hoffmann, St. Petersburg, FL, St. Pete
3. Christopher McCrudden, Picriering, Canada, Ajax Budok.

Male Juvenile A: 40 kg

1. Guillermo Figueroa, Mexico, Kino
2. Ken Hashimoto, Thornton, CO, Northglenn
3. Gary Moore, Apple Valley, CA, High Desert

Male Juvenile A: 43 kg

1. Benjamin Wood, Lancaster, CA, Antelope Valley
2. Brian Nakao, Marina, CA, Bojuka
3. Ryan Hanstead, Kenora, Canada, Jaffray Mel

Male Juvenile A: 46 kg

1. Robert March, San Bruno, CA, Cahills
2. Joshua O'Neil, Racine, WI, Cohens
3. David Poor, Santa Ynez, CA, Santa Ynez

Male Juvenile A: 50 kg

1. Jaymeson Davis, Oceanside, CA, San Shi
2. Ross MacBaisey, Rancho Santa Fe, CA, San Shi
3. Matthew Dias, Fremont, CA, San Jose Bu.

Male Juvenile A: 54 kg

1. Garrett Taise, Monterey Park, CA, San Gabriel
2. Michal Popiel, Murphy, TX, Tamura
3. Edward Adzhemyan, Los Angeles, CA, Hayastan

Male Juvenile A: 59 kg

1. Jonathon Spiker, Honolulu, HI, Shobukan
2. Gevork Chilalyan, Los Angeles, CA, Hayastan
3. Jeremy Otani, Aiea, HI, Newton Shin

Male Juvenile A: 64 kg

1. Jonathan Lambert, Cherokee, NC, Yellowhill
2. Balian Harout, Los Angeles, CA, Hayastan
3. Jason Mun, Gardena, CA, Gardena

Male Juvenile A: 69 kg

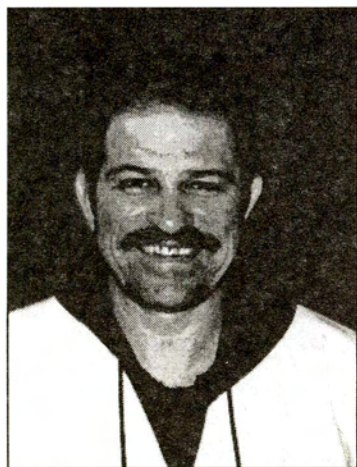
1. Nate Palmer, Sacramento, CA, Sacramento
2. Marco McDowell, Lawrenceville, GA, Wakamusha
3. Elias Lagos, Lancaster, CA, Antelope Valley

Male Juvenile A: +69 kg

1. Scott Edward, Airdrie, Canada, Airdrie
2. Brian Hayward, Toledo, OH, Judan
3. David Chapman, Plainville, CT, Gentle Way



PROFILE OF A JUDO LEADER



Louis M. Lopez, Godan/Judo; Yodan/JuJitsu
Head Coach, Friendswood Judo Club,
Friendswood, TX

After ten years as a competitor working out at the YMCA in Corpus Christi, Texas, Louis had an ACL replacement at age 35 and decided to start coaching during his recuperation period. In twelve years as the YMCA Judo Coach in that beach town, he developed a successful team and went on to win several Texas State Team championships. His club produced one international champion, three national champions, 25 national medalists (including his daughter Pamela) and several Texas State titles.

Among a few of Louis' highlights in his Judo career are:

- * USJA Trustee Life Member;
- * N2 National Referee;
- * 1998 Senior Nationals Referee;
- * 1994 Senior Nationals Masters Division Bronze Medalist;
- * 1995 Co-Director, USJA Junior Nationals;
- * 1997 Senior Nationals Masters Division Silver Medalist;

Louis now lives in Friendswood, TX where he has started a new dojo.

He reports that he has a very supportive wife who is truly a Judo Mom, and three children, all of whom practice Judo.

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UNITED STATES JUDO ASSOCIATION PROMOTION BOARD PROCEDURES

by Ronald E. Hansen
Chairman, USJA Promotion Board

MISSION STATEMENT

The USJA Promotion Board will conduct fair and impartial candidate assessments. The Board, in concert with the long standing policy of the USJA, will give consideration to those candidates with a proven record of skills and service to developmental programs.

FREQUENCY

The Board will routinely meet twice a year at the USJA Junior Nationals and the USJI Senior Nationals. The Board may also meet at other special events as directed.

MEETINGS

The Board meetings are closed. The USJA President attends as an observer and the USJA Executive Director attends as a resource person. A secretary is appointed by the Chairman of the Board. The above persons do not have voting privileges, except when commissioned to fill vacancies of regular Promotion Board members.

VOTING

Voting is by simple majority of the Board. The USJA President retains final approval of all promotions and may exercise veto power.

CREDENTIALS

The Board, on majority vote, reserves the right of oral examination of candidates, and actual rank testing in certain situations may be required.

FORMS

If information on an Application for Promotion Form is incomplete, requests for

promotion will be rejected and not considered until the next scheduled meeting of the Promotion Board.

Photocopies of all certificates and certification must be attached to the Application for Promotion Form. A written explanation may be considered in lieu of missing information; actual certificate dates will take precedence over any other record.

Requests for promotion must be received by the National office, accompanied by the appropriate fee, thirty (30) days before a scheduled meeting.

The Chairman of the Board will receive the requests from the National office in a timely manner before the meeting to facilitate mailing of the Applications for Promotion to Board members for their review and investigation.

PROMOTION BOARD COMPOSITION

Board members will be appointed by the Chairman and approved by the USJA President.

Board members will be selected from different regions of the United States and will serve at the discretion of the Chairman and/or USJA President.

NOTIFICATION

The USJA President will notify candidates of their successful promotions and the Chairman will notify candidates when additional criteria is required, or when the Board, by majority, does not promote.

ETHICS

All votes of the Board will be considered unanimous. Board members and/or the Secretary will consider Board conversations and/or decisions to be privileged information, and will treat such with confidentiality.

RANK REQUIREMENTS

The joint USJA/USJF and USJI requirements, when adopted, will be adhered to by our Board. Additional rank requirements can be found in the most recent edition of the USJA Senior Handbook and addenda thereto.

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BERT BECCERRA
6th Degree Black Belt Judo
7th Degree Black Belt Jujitsu



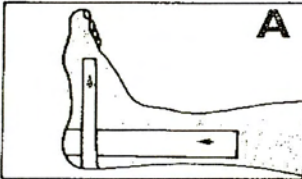
Dojo - 515 E. Ave. B Garland, TX
Mail - 11201 E. Lake Highlands #2017
Dallas, TX 75218

Phone: 214-343-6339
Pager: 972-362-9022

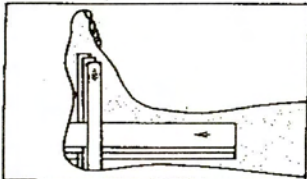
INJURY TAPING TECHNIQUES

ANKLE THE GIBNEY BASKET WEAVE

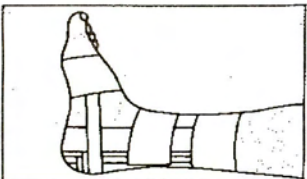
This method gives maximum flexible support. For the horizontal straps use ELASTOPLAST 50mm elastic adhesive bandage. For vertical straps 25mm ELASTOPLAST fabric roll plaster is used.



1 Apply alternate straps.

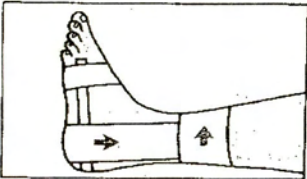


2 Three horizontal and vertical straps are applied. Each overlapping by half.

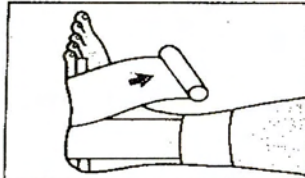


3 Complete strapping.
• The strapping is completed with anchor strips of ELASTOPLAST elastic adhesive bandage.
DO NOT COVER THE ACHILLES TENDON.

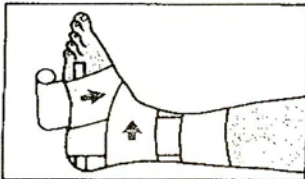
THE MODIFIED ANKLE STRAP
This method is for injured ankles, and is equally useful for weak or 'suspect' ankles.



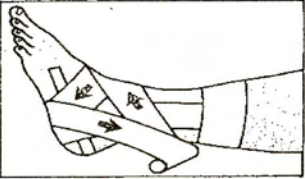
1 Apply a single stirrup of 75mm ELASTOPLAST elastic adhesive bandage. For the vertical strap, 25mm fabric roll plaster is used. Apply an anchor strap of elastic adhesive bandage.



2 Starting on the outside, apply 75mm elastic adhesive bandage over the top of foot.



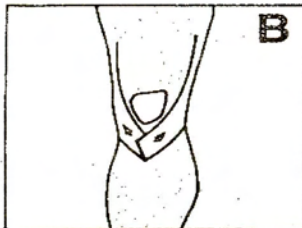
3 Continue as shown in diagram.



4 Continue as shown, until sufficient bandage has been applied.

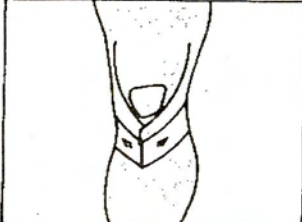
KNEE KNEE SLING METHOD

Recommended for the support and the reduction of pain in patients suffering from 'Runner's Knee'.

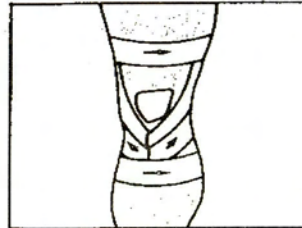


1 Using 50mm elastic adhesive bandage, apply straps 1 and 2.

NOTE Do not strap over Patella (Knee Cap).

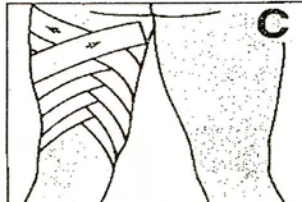


2 Straps 3 and 4 are applied.

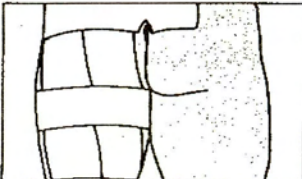


3 Finally, locking straps 5 and 6 are applied.

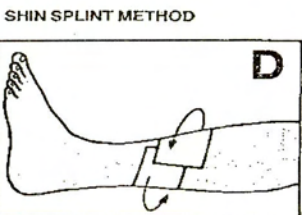
LOW HAMSTRING METHOD



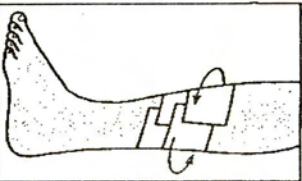
1 Apply a criss-cross strapping of 50mm ELASTOPLAST elastic adhesive bandage. Once criss-cross strapping is completed, overlap with a spiral of 100mm ELASTOPLAST elastic adhesive bandage.



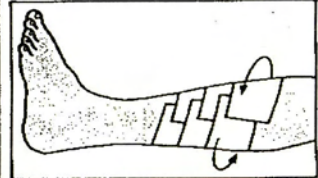
2 Use longitudinal strappings of 75mm ELASTOPLAST elastic adhesive bandage and overlap with three locking strips.



1 Use 75mm ELASTOPLAST elastic adhesive bandage. Starting on the lateral side, pull firmly as shown, taking care to draw muscle bulk to medial side, and overlap slightly as shown above.



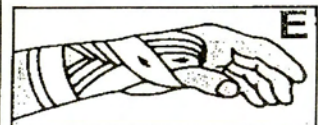
2 Continue as shown above, applying a second strap of 75mm ELASTOPLAST elastic adhesive bandage.



3 Continue as shown above, applying a third strap of ELASTOPLAST elastic adhesive bandage.

NOTE Depending upon size of muscle bulk, a fourth strap of 75 mm ELASTOPLAST elastic adhesive bandage should be applied.

THUMB



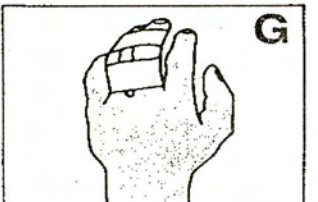
For a sprain of the joint between the base of the thumb and hand, apply 25 mm ELASTOPLAST fabric roll plaster as indicated.

WRIST METHOD



To support a sprained wrist, follow the above technique using 25mm ELASTOPLAST fabric roll plaster. Complete the strapping with an overwrap of 50mm ELASTOCREPE bandage. Add anchor strap of 25mm ELASTOPLAST fabric roll plaster.

FINGERS



Using 25mm ELASTOPLAST fabric roll or rigid strapping plaster, 'buddy strap' as indicated. Place a thin padding of cotton wool between the fingers to be strapped.

“EXACTLY SIMILAR”

by Charles R. Robinson, Chairman, USJA Board of Examiners
Shichidan/Judo, Shichidan/JuJitsu; Head Coach, Twin Cities Judo Club, Yuba City, CA

John Ross invented a new phrase at Camp Bushido '98 in Colorado Springs that really made sense to many of us who were there. The phrase is “Exactly Similar” - a reference to the usually unsuccessful attempt to perfectly duplicate the techniques of someone else.

It is to be remembered that the execution of any technique will be performed successfully in a manner which matches a judoka's individual characteristics.

As an example: a 6 foot man throws a 4 foot man with uchi-mata; then the 4 foot man throws the 6 foot man with uchi-mata. It is impossible for either of them to replicate the method of execution of the other. Are the elements of the technique the same? Yes - breaking balance, entry, follow-through. Do you believe the set-up, execution, and termination will appear exactly the same in each case? Absolutely not. Even if the results are the same, i.e., a

successful throw, the techniques will appear completely different.

How then should techniques be taught? The answer is by teaching the elements of the skill and not by expecting clones. Remember, all elements are important, such as: movement, grip, tempo, mat location, score, stature of opponent, set-up, entry, and execution. Also to be considered is whether the technique is being executed for learning, demonstration, competition, exercise, and so on.

If, as an instructor or coach, we expect students to be able to demonstrate perfect duplications of someone else's technique, we have lost contact with reality. In the above example, we can see the “exactly similar” concept. Both accomplished the skill; each man did it his way; one may have done a lifter, the other a roller. One may have attacked the left leg, the other the right, while both were performing uchi-mata in the same direction.

As instructors and coaches we have the opportunity to assist our students in developing “their” Judo, and teach the elements leading to success, encouraging experimentation, and the constant growth in our knowledge and skills.

How can we continue to grow? We must work at it, getting together and sharing with other instructors and coaches. Whenever possible attend clinics, camps or seminars. Try new things. If you and someone else want to share but can't get together, make and trade videos. Eliminate the “mystery and magic” from the skills as performed by a “champ.” Practice and teach the elements.

As examiners, coaches, and instructors, we must be alert and see the effects of techniques, and not simply look for some predetermined manner of application. Individual style is just that. Individual.



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THOUGHTS ON TEACHING SKILLS AND METHODS

by George R. Weers, Jr., Rokudan
Head Coach, Canton YMCA Judo Club, Canton, IL

On the way into work one morning, I heard a National Public Radio "Morning Edition" program about a failed educational experiment called "the whole language approach to reading," the premise of which is that children could be taught to read by teaching them individual words - no phonetics, no clues as to how to decipher new words - just whole words.

One of the proponents of the whole language approach was interviewed; this person claimed that people could learn to read if they were told what each word meant and if they read it enough times. Isn't that analogous to saying that children can be taught not to play in traffic if you allow them to get run over frequently?

This whole language concept boggles the mind. It leaves no room for spontaneous learning or creativity. In a whole language world, everybody would have to rely upon someone else to explain what new words meant. Think about it. If we were taught through the whole language process, every time we encountered a new word we'd have to find someone who knew its meaning. Sooner or later, we would reach the point where no one knew the words and our language would atrophy.

Fortunately, the inadequacies of the whole language approach revealed themselves in very short order.

But do we realize the futility of this approach? How do we teach Judo? Most Judo is taught through a "whole skill approach." In other words, most of the time we see Judo techniques taught as isolated incidents. Coaches simply get in front of a group and demonstrate seoinage or osotogari without explaining how the throw

is related to the process of gripping, footwork, or newaza.

Worse yet, we almost never explain the building blocks of skills. The building blocks of ALL Judo skills lie in the mechanical actions used to execute a maneuver. Mechanical actions - the way you move and arrange your arms and legs to get yourself into the best possible position to push your opponent's back towards the mat.

The mechanical actions of Judo are parallel to the phonetics of language. When youngsters are taught phonetics, they are able to "sound out" new words and spontaneously expand their vocabulary. When a judoka understands the mechanical principles and actions required to execute skills, he/she can learn any throw, hold-down, arm-lock, strangle or sankaku. More importantly, when people understand mechanical principles and actions, they can expand their technical vocabulary spontaneously.

"Those who forget the past are condemned to relive it." The recent whole language fiasco has provided ample evidence that development is based upon a strong foundation of basic principles. Can't we see that the same standard applies to learning Judo? Hasn't the "whole skill" approach gone on long enough? Can't we see that in Judo, it does nothing to further our sport?

Our players should be taught how to build their own skills. Our players should be taught the relationship between the various aspects of Judo play. Our players should be allowed to experiment and make mistakes and ultimately create their own new Judo. If we deny our players the basic building blocks, then we doom them to the fate of the whole language experimental group - fundamental illiteracy.

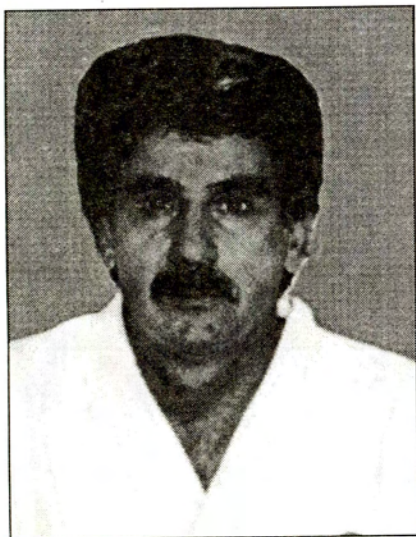
It's our choice. We can provide our players with the tools to build Judo, or we can leave them dependent on the limited knowledge of others.

I opt for creative Judo!



Joseph E. Walters, just after being presented with his Godan promotion by George L. Harris, Kudan, at Camp Greenkill, N.Y., last summer.

PROFILE OF A JUDO LEADER



John R. Massaro, 5th Dan, Judo - 5th Dan, JuJitsu—Head Coach, Massaro Dojo, Quartz Hill, CA

John began his Judo training in Japan while in the military. After a tour of duty in Southeast Asia, he was stationed at Misawa, Japan. One evening on base he watched a Judo class and was drawn to it, interested in learning more about martial arts, their background and techniques. John signed up to take the class, and after three months of being thrown around and beaten up, he began to learn to throw and fight back. He trained three nights a week and went to tournaments every Sunday, fighting the Japanese in small towns close to the base, so the next year and a half were more rewarding.

A leader may accumulate a spectacular chain of temporary results, but unless his character has been forged in the fires of integrity and his actions in the crucible of hard-edged reason, history will refuse to stamp him with the seal of greatness.

James A. Michener
"The Eagle and the Raven"

His first Sensei was Mr. Sato, a 7th Dan, who was himself trained by Sensei Mifune, 10th Dan. Sensei Sato spoke only Japanese, so in order to communicate with him John had to learn to speak the language. Sensei Sato was a very technical and dynamic teacher. (The Japanese government sent him around the world as an Ambassador of Judo, to demonstrate and teach).

Under the tutelage of Sensei Sato, John learned how to play and, at first, to lose well. He was then placed on the Military Judo Team and traveled to the Military Games in Tokyo. A Brown Belt at the beginning of the tournament, he placed, and was promoted to 1st Degree Black Belt, which, says John, "was a great honor for me." Twice before that tournament he had visited the Kodokan and was in a class taught by the Sensei Kudo, 9th Dan. Kudo is the author of "Dynamic Judo." To be accepted as a student in such a prestigious class was a wonderful experience.

During this time in Japan, John was on a TDY to Korea for approximately 4 months. To keep his body in fighting condition, he joined a Tae Kwon Do class. His Sensei was an Korean Marine. What a tough class that turned out to be. It definitely kept him in shape.

Returning to the U.S. from Japan, John began teaching with David Chow. David Chow became the Technical Director of the *Kung Fu* series and John had the privilege of working with Chow and David Carradine on some of the movie shoots, working out throws to be used in several of the scenes. Although completely different than real martial arts, it was still a very interesting facet of John's career in the field.

During his thirty years of training and teaching, John has trained five National Champions, one member of the NJI team, one international competitor and two

Olympic hopefuls. He has produced two videos, one on self-defense, the other on Meditation in the Martial Arts. He has also written four articles on martial arts, one of which was used by the NJI Team as a training aid. He has appeared on local television and has performed at numerous Judo demonstrations.

One of the articles he wrote was inspired by an incident which took place several years ago. A female student of John's was attacked; she threw her attacker with a Tomoe-Nage, the "round throw," and almost killed him. After this incident, John formulated a self-defense system which utilized all forms of martial arts to fight off an attacker, and began teaching self-defense classes designed especially for women.

He continues to teach martial arts and still maintains that desire to see his students excel and become the best they can be. John's old Sensei had a saying: "JUDO BOYS NEVER GIVE UP." He says he has never forgotten these words, and always gives his students, regardless of their gender, a similar message.

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TAILORING YOUR TEACHING STYLE TO THE LEARNING STYLES AND ABILITIES OF STUDENTS

by Laura M. Shemick, Nidan - Harrisburg Judokai (Harrisburg, PA)

It is axiomatic that Judo attracts students of both sexes and of all ages. However, most Judo instructors have never been exposed to information on how people learn, and how age, sex, and mental differences can influence what a student absorbs during the course of a class. This information is important because Judo is a voluntary activity, and students who are frustrated or bored tend to drop out.

Judo instructors vary widely in their choices of instruction methods, depending in part on their perception of how people learn. Some instructors lecture, then demonstrate, then require students to attempt the demonstrated techniques on their own, with one-on-one assistance. Some instructors announce techniques to be practiced during the class session, allow students to pair up, then visit each pair and view their work. Others operate on an "independent study" method; they open class, then allow each pair of students to select techniques to practice, with the pair asking for assistance as needed. For each of these methods, and with every other teaching method used, age, sex, and mental differences play a large role.

Age differences: Age differences are usually apparent. It is a matter of common knowledge that generally young children have short attention spans during oral presentations. It is not such common knowledge that for a variety of reasons some adults also are unable to pay attention to a speaker for more than brief periods of time. Some students learn best by listening, others by reading, still others by doing.

When asking a student to practice techniques in class, or to demonstrate his

or her knowledge of materials presented, the instructor should take into account age-based learning differences. It is known among educators that the most difficult of all testing practices is the requirement that students synthesize their own presentation of materials studied; it is nearly impossible for a child below a certain age to do so. The smart instructor will give certain students specified renraku-waza (or combinations) to practice, and require others to synthesize by devising their own combinations.

Sex differences: Apparent, but not so easy to generalize. Women do not necessarily pay better attention to a lecture than men, and vice versa. A bewildering variety of biological, psychological, and sociological factors can cause learning differences between male and female students. Suffice it to say that, *generally speaking*, female students do attend more carefully to lectures and demonstrations than male students, express concerns about the well-being of fellow students, are reluctant to practice techniques which could cause serious injury to their partners, and can better recall the factual data presented by instructors.

Mental differences: Above and beyond physical differences are the differences in motivation. Two students may appear to be physically identical yet have vastly different reasons for choosing to subject their bodies to the physical punishment inherent in the practice of Judo. Some students practice the mental discipline required for good Judo; some students, alas, attend class because their parents require them to do so. Other students attend because they enjoy the rough-and-tumble activity of randori, and some attend because

they wish to ensure their personal safety in a sometimes dangerous world. And there are students who use Judo as a means of constructively channeling their tendencies towards fighting and aggressive acts. Each of these students view differently the same method of instruction.

When your class has a mixture of students: Clearly it is impossible to interview each student at length and determine the best learning program for that student. The number of new students, the volunteer nature of the instructor's position, and the oral teaching tradition of Judo, all preclude the use of individual teaching plans. But as a group, we Judo instructors can do better.

In practice, instructors either (1) assume all students share the instructor's mental attitude, physical abilities, and learning preferences: or (2) that all students do not. An instructor who fails to understand that his students may not share these traits, does not need to invest a lot of effort into teaching because he will be doomed to witness perpetual student frustration and a high drop-out rate. The instructor who understands and values the differences between his students and himself must necessarily put more work into teaching, but he or she will then create the potential for satisfied, competent students who practice Judo for the long run.

If you have a class of more than one person, you have a mixture of learning styles and therefore should consider which teaching methods to use. If your class cannot be easily divided into two or more groups, then observe each student to see what method

(continued on page 20)

.....

TAILORING YOUR TEACHING STYLE TO THE LEARNING STYLES AND ABILITIES OF STUDENTS

(continued from page 19)

works best. Then, using the teaching methods you have selected for your particular group, vary them during the course of the class, and vary the methods from class to class. For example, during Lesson One, the instructor might present a brief lecture on a single technique, followed by its demonstration, followed by randori. During Lesson Two, the instructor could demonstrate all hip throws in the first three kyos, naming each throw, then pair students and require them to practice each hip throw shown. During Lesson Three, the instructor could write all the names of the 40 throws of the Go Kyo No Waza on a blackboard, label each with its style (te waza, goshi

waza, ashi waza, sutemi waza), then allow randori for the remainder of the class.

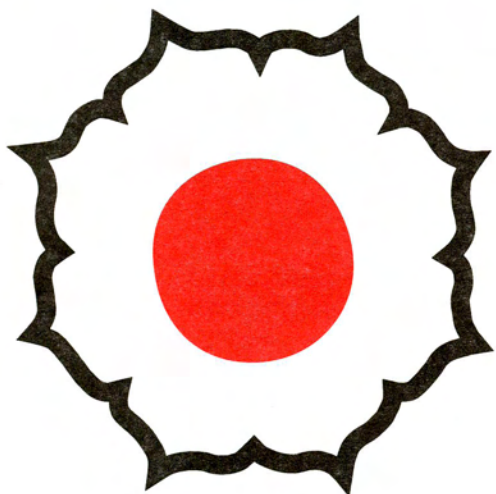
If your class can easily be divided into groups with similar learning styles, and sections relegated to the supervision of senior students or co-instructors, be sure to have them use the teaching methods best suited for the learning style of the group. While it can be difficult to ensure that two or more groups are keeping up with one another in the content of instruction, students generally help each other, which evens out relative levels of knowledge. The benefit of higher student retention rates far outweighs organizational problems posed

by having two or more student groups.

Conclusion: Judo students are no more identical to one another than are Judo instructors and do not all learn the same way. The instructor who appraises his students and tailors his instructional methods to them will enjoy teaching more, create more satisfied students, and retain more students. While this has not been our teaching tradition in Judo, the world has changed since 1882, and we will be more successful in teaching our challenging, difficult sport if we change along with it.

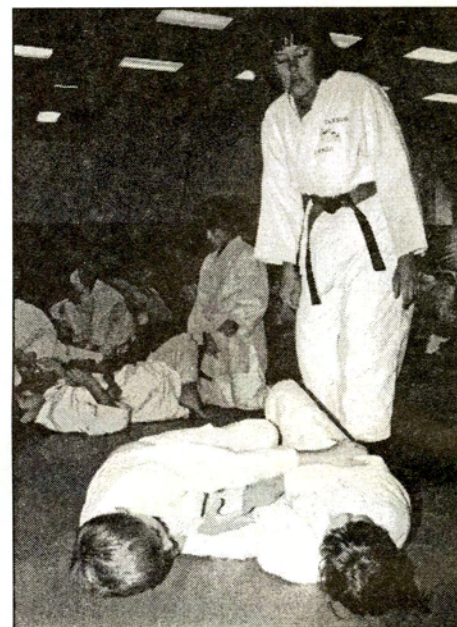
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THE KODOKAN EMBLEM



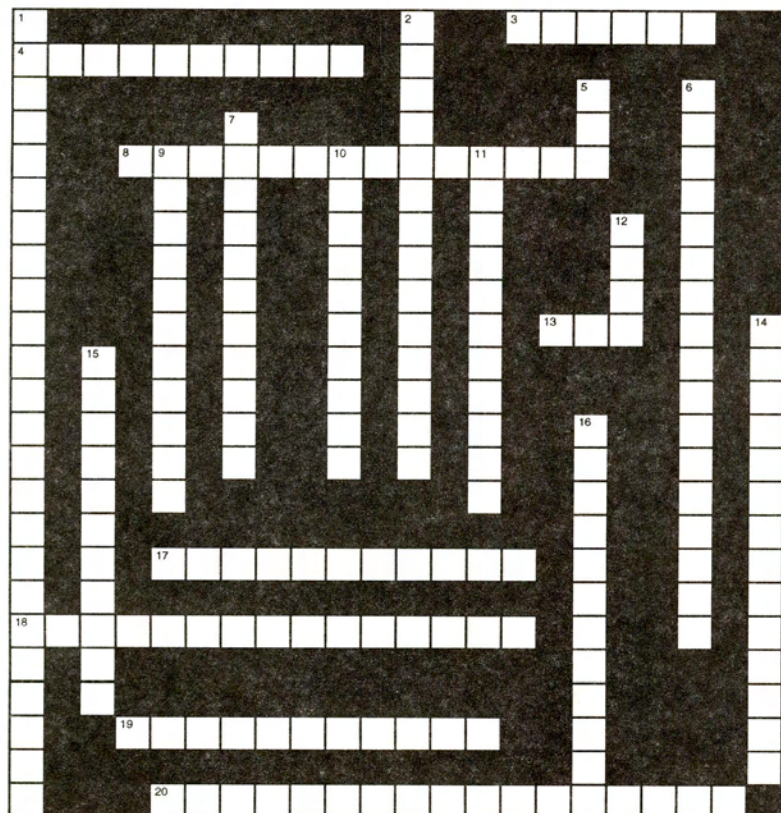
“FIRE WITHIN - GENTLENESS WITHOUT”

The Kodokan emblem reflects the eight-petaled flowers of the cherry tree. The red center indicates the strength of an individual, while the white petals symbolize gentleness and suppleness. Since this is a symbol of the maturity of the judoka, it is only to be worn by yudansha - holders of Black Belts.



Kathryn Buys, Godan, North Star Martial Arts, Minnesota, teaching a junior class at Camp Bushido, 1995.

CROSSWORD PUZZLE



ACROSS

3. Place in Dojo reserved for Honored Guests.
4. Arm hold.
8. Single cross strangle.
13. Bow.
17. Shoulder hold.
18. Reverse cross strangle.
19. Scarf hold.
20. Upper quarter hold.

DOWN

1. Modified upper quarter hold.
2. Sliding lapel strangle.
5. Judoka whom technique is being applied to.
6. Side quarter hold.
7. Naked strangle.
9. Leg entanglement.
10. Arm entanglement.
11. Cross hold.
12. Judoka applying technique.
14. Set of grappling techniques.
15. Knee hold.
16. Single wing strangle.

Answer on page 27

USA TEAM RESULTS

1999 PACIFIC RIM CHAMPIONSHIPS
Tapei, Island Nation of Taiwan

Women

Rosi Bartowski	1st in the 48 kg
Hilary Wolf	5th in the 52 kg
Colleen McDonald	3rd in the 57 kg
Nicole Akiyama	5th in the 63 kg
D'Anyia Bierra	5th in the 70 kg
Liane Harado	5th in the 78 kg

Men

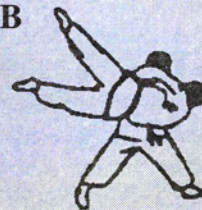
Jake Flores	5th in the 66 kg
Orlando Fuentes	5th in the 73 kg
Martin Boonzayer	2nd in the 100+ kg

Congratulations to our USA team.

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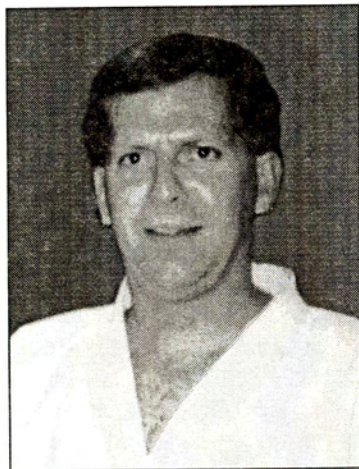
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PROFILE OF A JUDO LEADER



Bob R. Van Patten, Yodan-Judo, Shodan-JuJitsu
Head Coach, Corvallis Judo Club, Corvallis, Oregon

Bob joined the Ore-Ida Judo Club in Ontario, OR in 1965, at which time it was the largest USJF club in the United States. He started competing that year at tournaments first locally and then all over the Pacific Northwest. His first instructor was Sensei Henry Ogawa, who was instrumental in starting the club in 1951. Bob became State Champion several times, competed in three Junior Nationals, and has taken his club members to annual tournaments in Ontario for the past ten years.

For a while, Bob was the assistant instructor at a community college in Oregon; then he and his family moved to Corvallis, where he met Sensei Alvin Christian, head instructor at the Corvallis Elks Judo Club - a long time supporter of the USJA. Bob trained and learned with Sensei Christian, who has been a friend and mentor. Their

goal was to help build the USJA to insure the future of Judo and JuJitsu and help the USJA become the strongest organization in the State of Oregon and the Pacific Northwest.

The Corvallis Judo Club is a well rounded club with students ranging from as young as four years old to senior adults. They have grown at a steady pace and soon hope to have over 100 members. Every one of Bob's members is a member of the USJA. They attend numerous tournaments and help out at most tournaments they attend. Corvallis Judo Club is in the process of developing (as founders and charter members), a local Black Belt association together with the other martial arts programs, to help build public awareness of various local organizations. They have also helped several Black Belts to start smaller clubs which are under the umbrella of their club.

At the States Games of Oregon Tournament this year they registered 22 people with the USJA - a new record for their club. They are going to develop a local web page allowing them to advertise, educate and recruit new members.

Bob says he's always believed that being involved in the community can only enhance a Judo club; he's involved with the Kiwanis club, the school district, Leadership Corvallis, and has been active in several other organizations. He adds that he would like to thank the United States Judo Association and Ed Szejter for helping him to build Judo and JuJitsu in Oregon and the Pacific Northwest.

Coaches, this is your newsletter!

We gladly accept your thoughts and input. Feel free to contact us at the National Headquarters.

ABOUT FORGERY

It is indeed disturbing for everyone, not just the USJA, to become aware that someone is forging the name of another. Although not an event which occurs often, we have seen it several times in the past few years.

A case in point: an Application for Promotion Form was submitted to us, which appeared to be properly filled out. It was then checked against our database records to be certain that the individual was ready for promotion. Everything checked out, the application was approved and a new certificate was mailed.

Shortly after sending the certificate, we received E-mail from the former Coach of the individual, advising: "At no time did I ever promote [*name of individual*] to Shodan - my signature was forged." We were then advised by the Coach that the individual is no longer a member of his club and we were asked to remove his name from the club roster.

The offending individual has now organized his own club. His former Coach wants the USJA to take appropriate action by rescinding his promotion and suspending his membership in the USJA.

When these cases arise, they are sent to the Chairman of the USJA Ethics Committee for a ruling on the appropriate action to be taken.

Coaches! Please advise all your members that the forging of your signature or the signature of anyone else, is not only behavior that cannot be tolerated, but it is also a serious criminal offense. Forgery in order to obtain promotion can only result in an indelible blot on the character of a judoka seeking to advance in this regrettable way.



CROSS TRAINING IN JUDO

by Terry J. Kelly, Rokudan
Head Coach, Sonoma Coast Judo Club and Santa Rosa Junior College Judo

Recently I read an issue of "Real Judo" magazine published by U.S.A. Judo. Most of the content was simplex and well presented, but the article which really caught my attention was written by Steve Cohen, entitled "The Importance of Wrestling." Although the article was short, it was informative and showed Mr. Cohen's progressive thinking on the subject of competitive training in the sport of Judo. His comments were on the cross-over training involving the sport of wrestling. I could not agree more; this is a long-neglected activity by purists and is just one aspect of cross training which can benefit our competitors.

I have used wrestling-based techniques for years. I have had access to high school and collegiate wrestlers, and have also picked up a lot of Sombo techniques and principles over the years from my Russian friends, as well as Indian and Bengali international wrestlers met during my travels.

The trick is to know enough about the rules of your sport and be able to apply transference to your players. Obviously, not everything that wrestlers do, or boxers do, or Sombo players do, will be transferable, but a lot is; the Coach who desires his or her players to have these skills needs to be as well versed as possible in the current rules of Judo competition to make this work.

This also means that Coaches will have to educate themselves in the skills they are going to incorporate, and make a realistic assessment of what can or cannot be used. I am compiling a preliminary curriculum for my competitors on some basic wrestling take-downs used in collegiate competition, together with some break-outs and

throwing techniques from East Indian wrestling. However, it should be noted that anyone can do this. If you have been on the mat with Pat Burris or John Ross, you have already seen some wonderful cross-over techniques in action. You just have to open your mind and be willing to try something new.

If you haven't already done so, I encourage you to order the 1996 Olympic tapes available from the USJA. Watch the eastern Europeans very carefully; look at the medal results and I think you will see what I mean. I have watched these tapes so many times I think they are worn out. I have to say that we are very lucky to have this type of video resource available to us. In years past, one had to be there to see what was new in world Judo - I know - I spent lots of time and money doing this. Now you can watch and learn in the comfort of your own home. I think you will be amazed at what you see.

Many years ago, I had a friend who was an old boxing coach and prize fighter. He gave

me the most amazing tape (film, actually) I'd ever seen. It featured just the footwork of some of the greatest heavyweight boxers of our time. Remember now, just the footwork, filmed during championship bouts. He felt that this footwork was the basis of success of any combat sport. This was before I learned from Phil Porter about the driving leg in Judo. It was amazing.

Then I took it one step further; a friend added this footwork to a tape of world championship Judo matches. Guess what you could clearly see? That's right - at the time of a terminal attack, it was almost the same footwork. Unfortunately, this tape has been lost and cannot be replaced, but I still remember my feeling of amazement when I watched the final product.

There are lots of these types of discoveries out there just waiting for the thinking, adventurous, innovative Coach. Perhaps such a discovery is waiting for you!

IN MEMORY

It is with sadness that we have learned of the passing of George Y. Tamori, Rokudan, Head Coach of Concord/Oroville Judo Club, Concord, CA, age 74. George was a dedicated judoka who did much to promote Judo, and a fine human being.

We have also learned of the passing of Antonio Pereira, Shichidan, of New York, age 77. Tony was the founder of Miyamaryu JuJutsu Shinan and the owner of the Tremont Judo Club (one of the largest in the country). He trained at the Kodokan and Aikikai Institute and was known the world over for his contribution to the martial arts.

Our condolences go out to the families of these two fine judoka. They will be greatly missed.



USJACOACH

KEYS TO SUCCESS

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

If we want to achieve success in any field of endeavor, there are some key elements we would do well to consider.

- **CONFIDENCE:** You can achieve what you believe you are capable of achieving. In essence, you are what you believe yourself to be. If you believe you have the ability to do a difficult technique then you will achieve mastery of the technique. If you doubt yourself however, you will not achieve mastery beyond the level which you believe yourself capable of. Confidence is often also the root of slumps in our training. More practice, and more effective practice, might help, but more often a review of the mental game is what is called for to end a slump.

- **PHYSICAL FITNESS:** In any field of performance, being at the peak of physical conditioning leads us all to feel better about who we are. When we are fit our reflexes are sharper; we are less prone to illness because our immune systems are strong; we have good eating habits and nourish our bodies with wholesome foods; we avoid habits that weaken our bodies. When we are fit, we have stamina and endurance which allows us to do our best as others fall behind.

- **MENTAL DISCIPLINE:** We already know that repetition is the mother of skill, but it is the mentally tough athlete who can stay with the repetitions when other distractions could call them away. It is those

who have mental toughness who will overcome obstacles to train, while those who lack the discipline will find excuses as to why they missed practice. This is true of anyone in any field of activity - those who have mental discipline will stick with it and see themselves through the tough times, relish the high moments and push themselves to be better than they were. Those with mental discipline will set goals, reach them and set newer, more challenging goals, confident in their ability to succeed.

Belief in self, coupled with physical fitness and self-discipline, will lead a person to recognize that they can achieve whatever they set their sights upon, provided they set goals, take action, evaluate progress, and persist.

SPEED DEVELOPMENT

by Virgil Bowles, Shichidan - Head Coach, Virgil's Judo Club, Indianapolis, IN

While observing the speed of entry to various throws demonstrated by a recent guest to our club, one of my students remarked, "Man, he has fast reflexes."

The knowledge that some reflexes are involuntary, such as the blinking of an eye or reacting to the touch of a hot object, prompted me to respond to his observation.

The ability to react and move quickly can be developed with practice. Due to genetic factors, our muscles are fast or slow twitch. Slow twitch muscles can be improved somewhat, with training.

The time it takes to respond to a given situation and the distance we have to move, will determine our response time. As an example: your opponent changes his grip

and you notice that he did so. How long it took you to notice, and your chosen movement to take advantage of it, will be factors determining your response speed. If your opponent was on your right when he released his grip and you immediately back-stepped 180 degrees counter clockwise with your left foot, you will have shortened the time and distance by increasing your speed. If your opponent was standing to your left when he released the grip and you immediately cross-stepped 180 degrees counter clockwise with your right foot, you will have shortened the time and distance and also increased your speed. If you had been able to anticipate or influence his grip release, your reaction time and speed will have been increased even more.

In summary (in the order of importance), here are some suggestions for increasing your speed:

- A. Cause the situation to happen;
- B. Anticipate your opponent's action;
- C. Listen for Coach's suggestion; and
- D. Observe the action as it happens.

Other suggestions:

1. Shorten your movement time by working closer to your opponent;
2. Develop your speed with plyometrics (rebound exercise);
3. Develop your anticipation by knowing the next possible moves of your opponent in any given situation.

Apply this analogy to other situations and see if your speed increases.

KATAME WAZA — A FINE TAKEDOWN MANEUVER

by Bonnie M. Korte, Shichidan — Head Coach, Bon-Cal Judo Club, Hazelwood, MO

Although this movement is very commonly used in Europe, you seldom see it in the U.S.A. You cannot score with it, but it is a very good defensive move and especially if you are good at matwork. This is a very good way to carry the attack to your opponent. It starts with tori flat on his back and uke standing in front of his legs. You can use this movement as a defense when (1) uke attacks and you are on your back, and (2) if uke does not like matwork, he/she will stand up and break and then you can surprise him/her by bringing your opponent down when he/she is sure to have escaped you. I find that the times I use it more, is on the second occasion.

You grab uke's ankles (Fig. 1A) and put your feet on his chest. At the same time,



Figure 1A

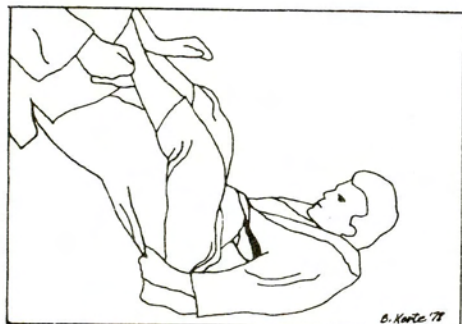


Figure 2A

you are pulling on his ankles, (Fig. 2A), you are pushing on his chest, he will find it practically impossible to keep standing and will fall backwards. Then you have to move very quickly, so as to get on top of him before he can recover from his surprise.

There are several points to note. It is important to pull and push at the same time so uke loses his balance. Also do not kick him on the chest, but place the sole of your feet there and then push. Some judges love to scatter penalties. About four years ago, I used this technique and I got a chui for using excessive force! However, I managed to win the fight. Another point is NOT to grab the pants but the ankles. If you grab the pants, in the heat of the combat you might hook your fingers inside and receive a penalty. Again, at the Baltimore Nationals, I used this move and grabbed the pants and I was given another chui (I lost this one). One important point to remember in practicing (and this applies both for standing judo and matwork) is always randori as if you were being judged by the most strict of judges. That is, do not get in the habit of trying plays or moves that might get you a penalty in an actual tournament. If you fight sloppy, then you will do the same at a tournament and receive a penalty. One of the most common faults is when someone is strangling, they will twist the fingers of tori. This will necessitate a chui. Also, some players will get out of matwork by crawling out. Again, if you try that with the new rules, you will get either a chui or keikoku. So again, always play according to the rules and especially try to stay inside the mat at all times.

My Standing Arm Bar

I am going to explain my tokui-waza

(favorite technique). It is a standing arm bar that I developed from Kawaishi's own tokui-waza that was also a standing arm bar (6th of the third arm group, Kuzure-Hiji-Makikomi). Kawaishi won many contests using this, and so have I.

I do it on uki's right arm. It can be utilized against a strong defensive player or one that is in the habit of pushing you away or fighting with a stiff arm. Even if a player does not assume any of the positions noted above, I have found that I can always get uki to tense that right arm if I take a throw and push him a little bit, he/she will always react by pushing back with an extended right arm or a locked right arm. (Fig. 1B)

In this movement there are two parts which are being executed *at the same time*, remember this, as I will be explaining *one part at a time*.



Figure 1B

Once I have uki in the correct position, with my left arm I lock his right arm by pulling tight the sleeve of the judogi under his elbow. As I pull him (it is important to have the arm (his right) stretched out as much as possible), I release my grip with my right hand and grab his right arm at the elbow

(continued on page 26)

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KATAME WAZA

A FINE TAKEDOWN MANEUVER *(continued from page 25)*

and slide my hand down until it is gripping his right wrist. While all this is going on, I place my right foot against his left knee. Then as I pull on his arm to stretch it out, I fall down onto my right side and push against his left side with my right leg (Fig. 2B). This will make uki start to fall forward. While he is still in the air, I will pass my left leg over his arm and slide it under his chin, this will put pressure on his elbow. For a good lock in this position you will have had to accomplish this leg over while you were on your way down to the mat.

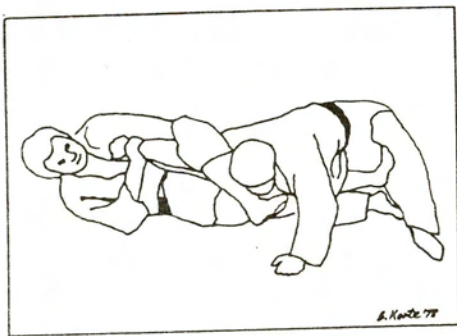


Figure 2B

I will continue pushing with my right foot to stretch him out (pulling his arm up toward your chin may also be employed). If he is still resisting at this point, you should continue to pull his arm toward your chin and at the same time stretch your left leg out under his chin to a fully extended position. It is also recommended to turn your body over his arm and ride him as a cowboy rides a horse (Fig. 3B).

It is important to remember to break his balance at the beginning of this takedown-armbar in such a manner that he will fall to his face. Pull with your hands and push with your right foot.

To defend against this, or any armlock for that matter, always keep your arm slightly bent when fighting, especially keep it bent when you are on the mat.

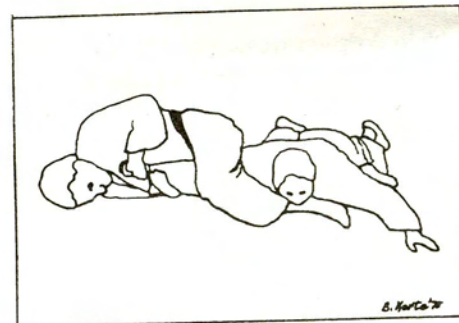


Figure 3B

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HIGH DAN INSTRUCTORS



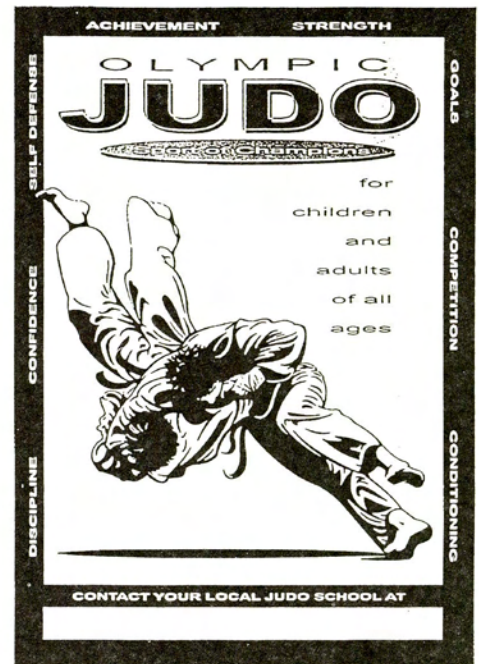
High dan instructors at the 1999 YMCA-YWCA International Judo Camp, Huguenot, New York (normally referred to as the George Harris Camp), which is in its 27th continuous year - the longest running Judo camp. From left to right: Paul Lim, 7th Dan; Sid Kelly, 7th Dan; Nagayasu Ogasawara, 7th Dan; Bill Andreas, 6th Dan; Yoichiro Matsumura, 8th Dan; Harry Glackin, 6th Dan JuJitsu, and Noriyasu Kudo, 8th Dan.



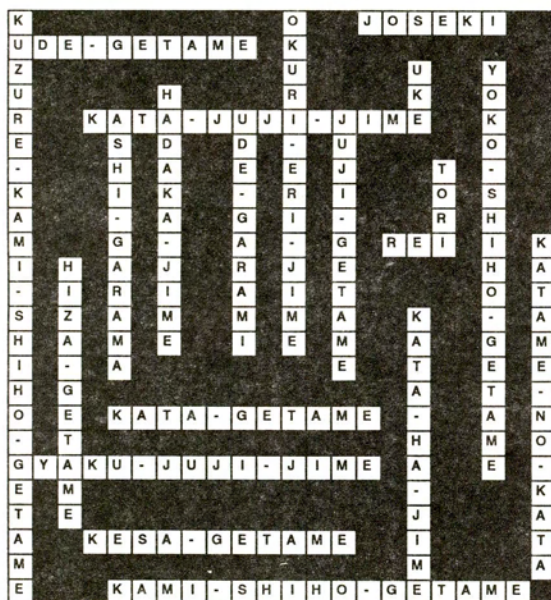
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Answer for puzzle on page 21



USJA Life Member Vince Tamura, (right) is one of our few 8th Degree Black Belts. He was the sole representative of the United States at the First World Judo Championships held in Japan in 1956. He placed fifth. He also served as a referee when Judo was introduced to the Olympic Games in 1964 in Japan. He is shown here immediately after promoting Jim Webb to 6th Degree Black Belt. Jim is his long time student, has won numerous national championships throughout his 35 years in Judo, and is Treasurer of the USJA.



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Jundokai Judo & Jujitsu Club	290
Epizoundes Martial Arts	249
Fayetteville-Ft. Bragg Judo Club	221
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Tomodachi Judo Club	187
Yellowhill Judo Club	186
Cahill's Judo Club	186
Harrisburg Judokai	166
Tar Heel Judo School	166
Virgil's Judo Club	166
Goltz Judo Club	158
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Unidos Judo Clubs	142
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