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**DOACH**

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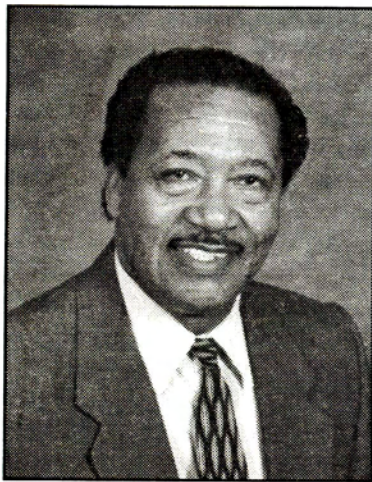
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## A MESSAGE FROM THE PRESIDENT



Jesse Jones

Greetings:

My first thought is to send to you my very best wishes for a Healthy and Joyous Year 2000!

During this period of reflection, I would like to thank the many members who have contributed their valuable time in assisting and making possible the success of our many development programs during the past year. Special thanks go to those who have participated in the on-going "Winners Circle" program. Your much needed funds have made a difference in the overall operation of the USJA, and as I have said on many occasions, we couldn't do it without you. Each year it is gratifying to see the great number of dedicated members continuing to help your Association with their contributions. You are truly the life's blood of this organization.

The Stewardship Program provided funds to renovate the USJA National Training Center, which renovations were long overdue. We're still not finished with the much-needed building repairs and internal decor, but we were certainly given a healthy

jump start. Thanks must go to the more than 300 members who underwrote these improvements; their permanent plaques will be displayed in the Training Center shortly. During your visits to Colorado Springs, please drop in and visit your National Training Center - you will be most proud of it. Our fund-raising programs are a "work in progress", and I thank you in advance and encourage you to make your tax-deductible contributions throughout the year.

Among the many events for the benefit of membership planned for the coming year, is an emphasis on Coach Certification, Referee Certification and the Kata Judge programs. There is much training to be done in these areas. Our dedicated members leading the Coach Certification drive are George Weers, Terry Kelly, and Thom Layon, among others. These leaders will work in coordination with the USJI and USJF to provide our Coaches with specific levels of training and certification. While the opportunities will be ongoing throughout the year, our goal is to provide this service during the first quarter of 2000, and it is our hope that as many Coaches as possible will accomplish the training and certification during this period.

Referee training and certification has clearly grown from the leadership of Ernest Smith of Barstow, California. He is seeking other national certified Referees to conduct training geared towards the development of many more Referees, which will involve training, testing, and practical performance during tournaments. This is a greatly needed program, and I ask that you contact Ernie Smith directly, or National

Headquarters, if you are interested in becoming involved in this worthy effort.

Kata Judge training and certification will also be a vital part of our program. During the past four years, katas have been a growing event in the Junior Nationals, and it is expected to grow even more. The USJA has a good number of certified Kata Judges: Gary Monto, Dr. Joel Holloway, Virgil Bowles, Thom Layon, Greg Fernandez, Gene Fodor, Dr. Chris Dewey, Ed Szejter, Kathryn Buys, Mike Szejter, among several others. These members are truly the leaders in katas, and while we are extremely fortunate to be able to solicit their assistance and expertise in this area of development, we will need the help of many others. Coaches are encouraged to teach at least the first two katas in their clubs - naga-no-kata and katame-no-kata. Your Junior and Senior judoka will enjoy the experience!

*"... planned for the coming year is an emphasis on Coach Certification, Referee Certification and the Kata Judge Programs."*

One of the first orders of business for the new Board of Directors will be to discuss and devise economical and effective ways to improve communication with our members. As our organization increases in membership, we must be creative in our efforts to

distribute news and good-to-know information to everyone. The General Meetings will continue to be a vital coincidental part of the Junior Nationals each year, and we hope this will encourage more Coaches, parents, and participants to attend and receive first-hand information on the many programs the USJA has to offer.

Camp Bushido is providing more events, more expert instructors, and more certifications each year. During Bushido 2000, a Red Cross representative will be

*(continued on page 3)*

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

Since my last message to membership, I am pleased to report on a full schedule of clinics. Some have questioned why we undertake so many clinics each year, and the answer is simple. Many of our Coaches are unaware of all of the techniques they can teach, and have fallen into a rut teaching beginning techniques over and over again when there is an influx of new students. Our clinics are a shot-in-the-arm and bring to mind all the techniques our Coaches actually do know. Also, they are happy to see someone from National Headquarters visit their dojo. Another reason for the clinics: they are all part of the annual USJA budget, and donations generated therefrom are placed on Life Memberships and are the oil that makes our wheels run smoothly serving you all.

On September 4, Mike and I left on a trip to the West Coast, starting in Upland, CA, at the Goltz School of Judo. Gary Goltz did a fine job in organizing the clinic and many old friends came by. From there we went to Yuba City, CA, to be with Charlie Robinson and his wife Shirley, who were as always gracious hosts. The next day we went on to Medford, OR, with Jim Linn as host, who offered us great hospitality. Then

on to Grants Pass, OR, spending time with my long-time friend Lee Frakes and also Richard Andrade; it's always a pleasure to conduct a clinic at Lee's club. Lee and his wife Donna, were perfect hosts.

Heading northwest to Oregon, we spent time with another friend, Bob Van Patten, where we conducted a clinic at the Corvallis Judo Club with a great group of people, including Bob and Tom Coon who are working on their kime-no-kata in hope of competition one day. Traveling further north, we arrived at Enumclaw, WA, a suburb of Tacoma, where Gary Melton hosted a clinic at the Junior High School at which he not only teaches Judo, but is on the academic staff. This was the first clinic ever at his location, and it proved to be a great success. Then on to the Naval Air Station at Whidbey Island, visiting with Gary Steward as host at his NAS Whidbey Island Judo Club. where we had a great group of enthusiastic judoka participating. We were also pleased to see Jim Harai, Sr. stop by and work out. We also had the opportunity to present a Shodan certificate to Candy Sponberg. Candy started Judo at Cherry Point, NC, as a "little tyke", and is now a grown woman with a degree in nursing.

On October 4, Mike and I started out on the next clinic tour, commencing in St. Louis, MO, where Charlie Parson hosted at his satellite Rakkasans Judo Club. Bill Laub, Head Instructor of the Rakkasans system was on hand. The next stop was Bowling Green, KY, with Fred Barnett and Rebecca Smith, always one of our favorite stops. We then continued on to Clarksville, TN, visiting with Bill Ryan at The Fitness Center - a great dojo. Bill is also one of our travelling clinicians. Then on to visit with our friend of many, many years, Gus Carper and a great group in attendance at the YMCA in Roanoke, VA. I had the privilege

of presenting Black Belts to some of Gus's very deserving students. From there we continued to the Cherokee Indian Reservation in North Carolina, where Cecil Queen has a very large club. Although he was not available, his assistant, Willie Lambert, played host, while Shirley, Willie's wife, attended to all the administrative details.

Onward to Matthews, NC (a suburb of Charlotte) and Pat Szejter's large club sponsored by the Police Athletic League. Next stop, another P.A.L. sponsored club in Fayetteville, NC, run by Ron Hansen, a member of the USJA Board of Directors, and Chairman of the USJA Promotion Board. Next day, a 2-hour trip to Jacksonville, NC and my old club, Tarheel Judo. The instructors there now are E. L. Mayfield and his wife Meisha. Travelling north to Richmond, VA, we arrived at the Commonwealth University Judo Club, Alan Mills, Coach, who had an extremely large class of students awaiting us. Assisting were Tim and David Wooton.

On further into the northeast we conducted a clinic in Vineland, NJ at the largest club in the nation, hosted by head instructor Ray Marquez. It's always a pleasure visiting this club. Joe Walters travelled down from the Jersey shore to be with us. Next stop was with Reggie Heefner at his school in Waynesboro, PA, where members from Charlie Cavrich's Harrisburg Judo Club joined us. Gus Carper of Roanoke, VA joined Mike and I as we travelled on to Altoona, PA, where he volunteered to conduct a clinic for Jan Finkbeiner.

Then to the west and Madison, OH with Rick Fike (Chairman, USJA Law Enforcement Committee) where we had so many students in attendance, the class was split in two, in separate rooms! The last stop

*(continued on page 3)*



## FROM THE PRESIDENT *(continued from page 1)*

scheduled to provide certification in First Aid; a representative will also conduct a clinic on injury prevention during training, which will be of great benefit to Coaches and participants. Camp Bushido will provide opportunities that are not available throughout the year. We will also discuss ways to provide scholarship programs to outstanding students, taking into consideration recommendations from their Coaches.

As I reflect on the past four years, I must remind you all that a great deal of gratitude should be extended to the members of the Board of Directors who served during that period. They were exposed to the unpleasantness of several litigations, threats of counter suits, humiliations, difficult financial decisions, reorganizations and restructuring, Internal Revenue Service negotiations, refinancing, and several other stressful situations. They stood tall and

believed in the task at hand, offering their services, their expertise and input, donating their time and expenses to see that you now have an organization of which, as a member, you can be most proud. Because of their sterling efforts, the USJA is still in existence and serving you well. We are still an organization which is vital to the growth and development of

American Judo. Thus, special thanks are extended to: Virgil Bowles, Charlie Robinson, Jim Webb, Ernie Smith, Terry Kozell, Ron Hansen, Ray Conte, Lynn Roethke, Greg Moore, Henning Henriksen, and Michael Sillyman, Esq. That Board of Directors was ably supported by the USJA National Office staff - Ed Szejter, Katrina Davis, Norma Fogel, Dee Dee Moore, Jodi Rossignol, Judy Barrett and Bud Williams. All these people are the real heroes who

*"All of these people are the real heroes who led the USJA into the 21st Century . . ."*

led the USJA into the 21st Century, and we owe a great deal to the efforts of this past administration and our staff.

As the newly elected Board of Directors starts its term in office, I look forward to the challenges ahead. As in the past, the members of this new Board approach their individual positions well equipped to provide the USJA with the benefit of their talents

and experience. I can say that I am extremely proud to serve with this group of gifted people - we can only get better. Please extend a warm welcome to our new Board of Directors listed in this publication. The work is challenging, and sometimes hard, but we are your servants and have pledged our allegiance to service the USJA membership as faithfully as we possibly can.

Sincerely, Jesse L. Jones

## FROM THE EXECUTIVE DIRECTOR *(continued from page 2)*

on this clinic tour was at Judan Judo, Toledo, OH, with Gary Monto and Gene Fodor - always a pleasure to be with.

Back in Colorado Springs, the USJI Maruchan International Competition was held October 24-25. Two days prior to which the USJI committee meetings and the General Meeting occupied quite a bit of time. The regular USJA Board of Directors meeting was held on October 21 with the outgoing Board, immediately followed by a meeting of the newly appointed Board of Directors, to whom I convey my congratulations. During this period of the year many old friends stopped by National Headquarters, and as always, new acquaintances.

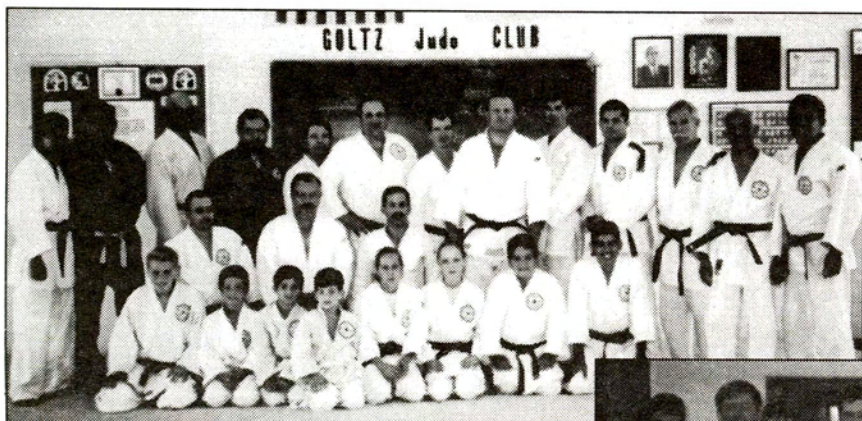
Then on the road again! Mike and I arrived in San Antonio, TX on October 26 to conduct a clinic hosted by Geoff KongQuee. Former National Champion, Rene Zeelenburg was in attendance - the first time in over twenty years that I'd seen him. Rene is a great technician and a huge asset to the San Antonio YMCA Judo Club. Somewhere along the way, Rene had become a physician. Joe Bellamy (son of the great Herb Bellamy) assisted as instructor.

Next stop was Houston, TX where we conducted a clinic hosted by Andy Connelly, at Steve Sanford's dojo, a nice location with plenty of windows, outside of which spectators gather to observe proceedings. Claudia Smith, National Kata

Judge attended, along with many Black Belts from surrounding areas. Andy's wife cooked and fed us one of the best steaks I've ever had; this, mind you, after the clinic and showing up at their home at 10:30 p.m. You can say we retired on a full stomach!

Then on to Lafayette, LA with Jeff Miller at the LSU University club and Scottie Johnson's big crowd of judoka. We had another opportunity to present Black Belts to some deserving students. A couple of hours later saw us in Baton Rouge at a clinic hosted by Gary Hebert and Becky Sexton at their fledgling Gentle Wind Dojo - our first visit to the club. We are pleased to see that it's growing. Jacques Legrand and Theron Larroquette showed us a good time

*(continued on page 4)*



Participants at a clinic given by Ed and Mike Szejter at the Goltz Judo Club, Claremont, California, on September 11, 1999.

Ed Szejter shown with Coach Howard Hannon and a dedicated group of judoka at a clinic Ed conducted at Flowing Chi Dojo, Saginaw, Michigan, May 7 and 8, 1999.



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**FROM THE EXECUTIVE DIRECTOR** *(continued from page 3)*

in New Orleans and as usual took us to some of that city's nicest restaurants. Thanks, guys. On to Biloxi, MS, with Jim Hunt, host - a nice town on the Gulf of Mexico boasting some brand new hotel/casinos. The group of judoka there was small but very strong. We were pleased to see Robby Donnelson again, an instructor who, in the Navy, is most of the time away at sea.

We continued to Starkeville, MS, where Dr. Chris Dewey, one of the finest teachers/clinicians in the country, has a large Judo school. If you have not had the opportunity to attend a USJA camp or clinic, I encourage you to do so if only to see Chris in action. The next stop saw us in Ft. Worth,

TX, at Ruben Martin's club. We had almost too many students on the mat, but we survived! USJA Treasurer Jim Webb, who is a member of Vince Tamura's club in Dallas, stopped by and we all enjoyed a good chat session and dinner.

We concluded this clinic tour in Tulsa, OK, where "Chito" Gorospe, Head Coach of Yoon's Judo Club, along with Frank Yoon, Rob Okada and Thom Layon (USJA Secretary), were great hosts. It is always a pleasure visiting with them, a great clinic and the chance to gain some new ideas. Thanks, folks.

A word about our National Headquarters Staff: The ladies in the office, Katrina

Davis, Dee Dee Moore, Jodi Rossignol, and Norma Fogel, are constantly busy serving the needs of membership. As you know, for fiscal reasons we have had to cut back on staff, and I would appreciate it if, when you call in, you would thank them for their tireless efforts and the wonderful job they are doing.

You will see in our "In Memory" column that John DeJong, our printer, passed away, and we now have to resort to the services of outside printers, which is not only very costly but causes delays in processing some of your needs. Please bear with us.

I take this opportunity to send to our great USJA family, my very best wishes for a Happy and Healthy Year 2000!



## SHOWING THE WAY TO THE “ODD KID OUT”

by Ed Byers, Columnist for *The Observer*, Charlotte, NC  
Head Coach, Hornet's Nest Bushido Society, Waxhaw, NC (reprinted with permission of the author)

*THESE KIDS ARE OFF SOCIETY'S CENTER AND THIS BLACK BELT IS ENCOURAGING THEM TO INFLUENCE THEIR OWN DESTINIES.*

“Satori” is the Japanese term for a profound insight into a universal truth. It occurs when the recipient listens without prejudice and looks without preconceived notions. In Judo and Ju-Jitsu, it usually comes after many hours of sweat. Only small glimpses are normally earned. On and off the mat, many good ideas can reveal themselves. On a rare occasion, so can a black belt.

Catawba College Judo Camp is held in Salisbury every year. There are three sessions every day, making for long workouts. A major benefit of attendance is the chance for black belts to talk. One hot summer night, 50 judoka went to a local restaurant for “attitude adjustment.”

That night I found myself sitting next to another black belt from Charlotte. He is a weight lifter with balding gray hair. Although we teach in the same city, we never talk socially. Too much to do and too little time, I suppose.

I asked him how life was treating him. His answer was surprising. He told me his life is, and always had been, miserable. A failed marriage, too many unfulfilling jobs, and recent legal troubles, had not been good to him. The string of misfortunes had followed him into his adult life. He cannot shake the adversity. Judo, he said, is the only constant good thing that he can rely on. Everything else eventually turns bad.

His problems came from being an “odd kid out” as a child. Overweight and with few friends, his childhood had not been pleasant. Choices made as a child have influenced his poor social choices later in life. He admits personal responsibility; he alone was responsible for his actions. He has no need to be forgiven. However, if an adult role model had been around, things might have been better.

He now targets the “odd kids out” when they come into his dojo. The other black belts can handle the normal kids and the jocks. When he sees kids with thick glasses, who are overweight, or have too many freckles, he helps them. Any oddity that makes a kid unsure will draw this black belt closer.

He is not there to be their parent, he said. He doesn't want to be their friend, either. No, he wants to be their ally. Someone to get on their case when needed, or to show encouragement when warranted. Someone to tell them that, in spite of their differences, they can make it anyway. He will stand with them to show them how to make it. It is up to the “odd kid out” alone to take the initiative. He wants to make these kids work harder than the normal kids. Acceptance of themselves, including their perceived flaws, will help them face their personal demons. He has a hope for their future, taking responsibility for both his tomorrow and those of the willing “odd kid out.” He has faced, and in some personal measure, beaten his own demons. He knows the way if these kids will follow him.

It is a life lesson that is best learned early. Early enough to prevent school violence,

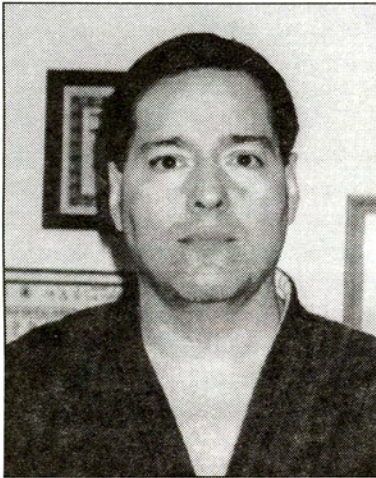
juvenile delinquency, or the taking of other paths leading to the rough edge of life. These kids are off society's center, and he is encouraging them to influence their own destinies. The “odd kids out” can either become better people rather than social outcasts, or they can grow up to be isolated from people, causing more problems for themselves and others. The worst cases become killers, unable to judge their actions by our common standards.

A recent success had stoked his fire. He was invited to a 9-year-old's birthday party, one of the “odd kids out” he had helped. He went and spent the afternoon with a bunch of kids. A 9-year-old kid wanted him to be at a party. Him! It really made an impression.

He turned to talk to someone else, and did not see me grin. I could see him sitting with a bunch of 9-year-olds, wearing a ridiculous hat that was too small for him, in a seat with both knees in the air. A fireplug of a middle-aged man with a bunch of little kids.

Still the “odd kid out” after all these years. But he had grown from the experience. Now he wants to help the other “odd kids out”. He offers them, and me, a glimpse at a satori that took him years to learn at a terrible cost. He is pointing to a shortcut on some of life's cruelest streets, a bypass to minimize the hard road ahead of them. And he was rewarded at the party of a grateful 9-year-old. This is one of the satori that makes this older “odd kid out” a wealthy soul.

## PROFILE OF A JUDO LEADER



Leland E. Roth, Godan Judo & JuJitsu  
Head Coach, South Shore YMCA,  
Milwaukee, WI  
Kenosha Youth Foundation, Kenosha, WI

Leland started taking Judo in 1971 at the same YMCA where he is now the Head Instructor. Rarely missing a Saturday class, his motto is "if the Y is open, there is Judo." So far only Santa Claus and the Easter Bunny have thrown Leland out of Judo at the "Y". Over the last 28 years he has started and taught in eight clubs in Wisconsin and Illinois, also helping other instructors on his off nights by substitute teaching at their clubs.

Early in his training, Leland learned to fall well. Consequently, he often acted as his instructor's uke in class, at demonstrations, and at his instructor's promotions. This helped him to learn the Judo katas and later compete in them. By 1973, he was helping his instructor at three different clubs, demonstrating and competing every chance he could. At one time or another he held most officer positions in the Judo club to which he belonged, and by 1974 he started teaching on his own with a Scout troop. He

won the 1974 Wisconsin High School light-weight title during his senior year.

During his college years Leland taught at the University of Wisconsin-Whitewater, and both competed and coached at several National Collegiate Championships. After 1978, he continued to compete, referee, run tournaments and clinics, and teach, competing at the local, national and international level in shiai and kata from 1972 to 1994. The first year he competed, he lost all his matches. His Dad would tell him before every tournament "Leland, somebody has to lose." By the time he stopped competing, however, he had improved his overall average to winning as many matches as he had lost over his career. In 1978, '79, '80 and '82, he placed first, second, third, and fourth in nage-nokata at the Senior Nationals; in '79, '81 and '82 he trained at the USOC. Through the '80's, Leland held several offices in Judo organizations in both Wisconsin and Illinois, and has been the host to clinics for George Parulski, Phil Porter, Ed Szejter,

Professor Kim (from the Korean Yudo College) and many of the high ranking Judo instructors of Illinois and Wisconsin.

Leland starting refereeing in 1974, was awarded his National Referee Certification by the USJI at the '81 Collegiate Championships, and refereed on the national level from '81 to '88.

In 1983, he studied Judo at the Korean Yudo College in Seoul. In '87, he was the host to the High School Nationals in Milwaukee. He certified as an American Coaching Effectiveness Program Leader Level Instructor in 1990 and has completed nine graduate credit hours in coaching. For more than ten years he has also taught his students First Aid and CPR to better prepare them for emergencies. He has taken lessons in Aikido, Daito-ryu Aiki Jujutsu, Escrima, Tae Kwon Do, and Taiho Jitsu.

Leland contributes his success to hard work, self-motivation, seldom missing practice, and the support of his family.



Brown Belt Maria Henriksen, Judan Judo Club, Dover, OH (daughter of Henning Henriksen), shown with her collection of belts and trophies. We'll be watching her progress with interest.





## LOW BACK PAIN IN JUDO

by George R. Kinnear, Ph.D. and David E. Cundiff, Ph.D.

(This article appeared in an issue of *USJA COACH* many years ago; we thought it worthy of reprinting.)

A complaint common to many judoka is pain of the lower back. While not debilitating, in most cases the pain is often simply accepted as an "occupational hazard," attributable to the pivoting, turning, and lifting movements associated with a very dynamic sport. The vertebral column is required to absorb repeated falls in practice and competition and additional stress is placed on the lower back by throws such as harai-goshi and uchi-mata, which demand a rotation of the trunk during the execution of the throw. A number of factors are important in the prevention of low back pain.

A. Abdominal Muscles. In a study by Drs. J. M. Morris, D. R. Lucas, and B. Bresler entitled "ROLE OF THE TRUNK IN STABILITY OF THE SPINE" published in *The Journal of Bone and Joint Surgery* in 1961, the importance of strong abdominal muscles was demonstrated in stabilizing the rib cage when a stress is placed on the spine. This stabilization of the rib cage and compression of the abdominal contents is a reflex mechanism and gives support to the spine for lifting movements. If reflex support is insufficient or delayed in twisting and throwing motions, then anatomically weak structures in the body (thoracic and lumbar vertebrae) are unduly stressed, with the resulting low back pain. Weak abdominal muscles also allow a forward tilting of the pelvic girdle, which causes undue stress on the lower back, which precipitates pain. Exercises which strengthen the abdominal muscles such as bent leg sit-ups, partner sit-ups (see *FIGURE 1*) or sit-ups on an inclined bench, are advised.

B. Hamstring Flexibility. Among male players especially, low back pain seems

more pronounced among those who lack flexibility in the hamstring group of muscles. The problem is magnified more with advancing age. A lack of flexibility here places an abnormal stress on the lower back which in turn stresses the small discs situated between each vertebrae. A vicious cycle develops, because in an attempt to alleviate the pain, the individual develops a deviation in posture which leads to placing even more stress on the area. Any exercise which stretches the hamstrings, such as toe touching with knees straight, sitting on the mat with knees straight and

touching head on knee, or a forced stretching exercise such as that demonstrated in *FIGURE 2*, would assist in preventing pain due to this cause.

C. Erector Spinae Development. The erector spinae muscle functions as a back stabilizer while in an erect position and is the main extensor and hyperextensor muscle of the back. This muscle, like the abdominals and hamstrings, receives little attention as a result of our sedentary lives, and so is unprepared for the dynamic forces

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ADVERTISEMENT

### NEW JUDO VIDEO

#### THE 67 THROWS OF KODOKAN JUDO

All of Kodokan Judo's official nage waza throws, with some modern variations. The complete single tape features Dr. W. Van Helder, 6th Dan, World Master's Judo champion, and Shun Kasuga, 6th Dan former Japanese Olympic team coach. Throws are captured from several different angles in both fast and slow motion. This tape is a must for every serious Judo student, competitor and club sensei.

Various examples of the throws demonstrated on this tape are included, and feature several Olympic and World champions, including Anton Geesink, 10th Dan, Wim Ruska, "Uchimata" H. Sugai, H. Kawaguchi, D. Bouras, Y. Nakamura, P. Nastula, R. Tamura and many others.

Approx. 63 min. running time. \$35.00 USD per tape. Please make your cheques or money orders payable to Team Arizona Grappling, and mail your orders to 8144 N. 68th St., Paradise Valley, AZ, 85253. (602) 819-8158

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## LOW BACK PAIN IN JUDO

(continued from page 7)

encountered in Judo. The traditional “Japanese” push-up, in which the back is arched, or the hyperextension drill demonstrated in *FIGURE 3*, will strengthen this muscle group.

D. Lifting Habits. Poor lifting habits, such as lifting primarily with the back and hence not utilizing the much stronger leg muscles, and the lifting of objects too far away from the body’s center of gravity, can easily contribute to low back pain and/or injury of the spine. Time spent on uchi-komi (fitting drills) is time well spent, for the judoka is able to detect a potentially dangerous lifting situation and make the necessary corrections before attempting the throw in randori or competition.

While Judo may, in some cases, aggravate a chronically weak back, it may, in conjunction with the few simple yet specific exercises discussed, actually alleviate or mitigate the problem, especially if the problem is due to the causes mentioned. In other words, if precautionary measures are taken to strengthen the muscle groups associated with proper back function, participation in Judo will serve a further strengthening conditioning function. Since low back pain in our society ranks second only to the common cold as a physical malady, this gives ample support for the encouragement of Judo participation.

Many injuries in Judo are impossible to prevent. Contusions, cuts, bruises, etc., are simply “occupational” and have to be tolerated. Low back pain does not, however, fall into this category. If a portion of every workout is devoted to the few exercises mentioned, the incidence of low back problems among judoka will be diminished.



FIGURE 1



FIGURE 2

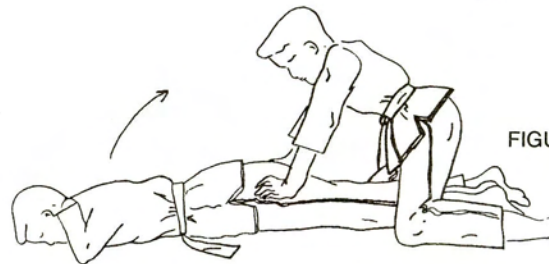


FIGURE 3



Kata clinic at Classical Budo Dojo, Chambersburg, PA (Head Coach Reggie Heefner, Godan, middle row, center), conducted by Dr. Chris Dewey, Shichidan, (Head Coach, Starkville Martial Arts Academy, Starkville, MS), front row, center.



## AIR FORCE JUDO

by William H. Connolly, Shichidan  
Head Coach, United States Air Force Academy Judo and Ju Jutsu Club

At one time in the United States, Judo was known as Air Force Judo. As an art, discipline and sport, Judo goes back to some unusual beginnings in this country. Jigoro Kano demonstrated Judo to President Ulysses Grant when it was in its transition phase from the use of Ju Jutsu to the more modern techniques of Judo. Later, Yamashita, one of the early 10th Degree Black Belts, taught President Theodore Roosevelt and promoted him to a Brown Belt in Judo. During WWII a form of Judo was taught to our military personnel under the name of Ju Jitsu, an Americanized version of Ju Jutsu.

In 1952, General Curtis LeMay, who was famous for leading and implementing the Strategic Air Command (SAC) concept, decided that all of his flying personnel should have some working knowledge of hand-to-hand combat to aid in escape and evasion, as it was then called. It was also expanded to include the Air Police and other security personnel, to enable SAC to be at optimum preparedness. To this end, General LeMay initiated the Unarmed Combative Measures Program (UCM). This involved sending SAC airmen, mostly sergeants, to the Kodokan Judo Institute in Tokyo, Japan, where they learned the "real thing." It was an 8-week course, which included Judo, Karate, Aikido and Taiho Jutsu. The SAC airmen attended class at the dojo for 8 hours a day, 5 days a week, and at the end of the course had to compete against and be evaluated by ten Black Belts. Belt ranks were then awarded by a board called a Yudanshakai, which sat in judgment of their prowess. Our duty, upon returning to the United States, was to teach SAC airmen what we had learned at the Kodokan.

I was very fortunate to be accepted for this program in the Fall of 1956. After two weeks at Travis AFB under the guidance of George Harris and (the late) Walter Todd (who soon discovered I had never played Judo before), I was sent to the Kodokan with an 18-man team including Sensei Harris, who at the time was a Nidan. Working for SAC 8 hours a day, I went to the Kodokan for night classes at my own expense. Kotani O-Sensei befriended me and between him and George Harris I practiced at many university and village dojo on weekends. The results were that I was promoted to Shodan in 8 weeks. George Harris received his Sandan at the close of that UCM course in 1956.

Back in the United States, I travelled all over competing in tournaments for SAC Air Force. At this time, when Judo was mentioned it was synonymous with the Air Force. Whenever we arrived at a tournament that had a 5-man team competition, we were greeted with "Oh, oh - you guys are here again!", because we usually walked off with the team trophy as well as many individual trophies.

Since we were players and not politicians, some of us were not as well known as others. We had players with names like Elwood Stevens, John Laster, Bill Johnson, Jim Riggs, and Larry Minutello, to name a few. We belonged to an outfit called the SAC-ARDC Yudanshakai, which turned into the Air Force Judo Association. I still remember when George Harris, and Phil Porter (who later attained the titled "Father of American Judo"), nicked me for \$15.00 at Davis Monthan Air Force Base in February 1957, my first stateside tournament. For this princely sum I became

a proud member of the Judo association, and I've been practicing Judo ever since.

During this time, while competing in tournaments all over the world, I was fortunate to play with members of the 1964 U. S. Olympic Judo Team - George Harris, Paul Maruyama, Jim Bregman, and Ben Campbell. I was in Tokyo when Jim Bregman won a Bronze Medal in Judo. All of these gentlemen were members of the United States Air Force. Today, Airman Ben Campbell is known as the Honorable Ben Nighthorse Campbell, United States Senator, Colorado.

Judo was a very popular sport, played on SAC Air Bases throughout the world, and it soon spread throughout the U. S. Air Force. It started to get noticed throughout the Armed Forces, but the Air Force players and teams dominated the sport for many years. The original concept of Unarmed Combative Measures (UCM) was carried forward and is still a part of the curriculum at the United States Air Force Academy, where it is now called Unarmed Combat (UC). There is also an elective Judo course available to cadets. In the history of the Air Force Academy, there have been many volunteer instructors at the USAFA Judo Club. Individual members of the faculty have given up their spare time to be either an OIC or instructor for the Judo Club. Because of duty limitations, however, the club has functioned at a spasmodic rate mainly due to the availability of qualified instructors. It was very fortunate that Paul Maruyama, a member of the 1964 Olympic Team, was its Sensei for several years. The club became almost dormant after his departure and although several players were practicing on their own, nothing formal was maintained.

*(continued on page 10)*

# USJACOACH

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## AIR FORCE JUDO *(continued from page 9)*

When I moved to the Colorado Springs area, the first thing I sought out was Judo clubs. Seeing only two or three, I visited the Air Force Academy to see if they had a Judo team, and I arrived at the beginning of a formal Judo club. We started off with about a half dozen judoka, and went from there. On Club Day, the first year, we signed up 30 freshmen, and 45 freshmen and upper classmen the second year. During the Fall semester, it is very difficult to pry underclassmen away from military and academic duties to practice at the club, but starting in January an alleviation of the workload is seen, allowing more time for practice. Despite space allotment and red tape, we manage each year to turn out a good number of Judo players. The downside of the club is that we lose a number of them each year. The upside? We are spreading Judo throughout the Air Force. My goal is to send out to Air Force Bases all over the world a good number of Second Lieutenants with at least a Shodan; they in

turn will generate enthusiasm for Judo and start their own clubs. My job has been made easier because as you might imagine, at the United States Air Force Academy I do not have to teach discipline, but simply maintain it. Also, I do not have to teach physical education because it is already present at the Academy. Thus, I only have to teach the art, culture and sport of Judo to produce Judo athletes.

Since fielding a team of players, in the last 18 months we have produced 9 State Champions, one Overall Women's Champion, one Second Place National Master's Champion, and two "Elite" class Judo champions. Our club consists of cadets from all four classes, and personnel from Peterson Air Force Base, Schreiver Air Force Base, and active duty members from the Air Force Academy itself. Judo grades include one Shichidan, one Sandan, two Nidans, and five Shodans. I look forward to an All Air Force Tournament in

the near future at the Academy. Further down the road I envision an Armed Forces Tournament at the USAF Academy where Air Force, Army, Navy, and Marines, can compete for a trophy similar to the Commander-in-Chief's Football Trophy. One of my immediate missions is to get Judo into the intramural program at the Academy and eventually into the inter-collegiate program. In spite of the restrictions placed on USAFA Judo competitors by military and academic obligations, and their inability to attend every tournament, which we believe is necessary for national and international prominence, we are trying to get more and more access to these tournaments for our judoka. We feel that having an equal chance to compete, USAF Academy Judo players are equal to, if not better than, any other players in the United States. They are motivated, dedicated, talented, they train diligently, and you will be hearing a lot more from them soon!



At the 1998 Colorado State Judo Championships. William Connolly, Head Coach (standing, on the right) with his United States Air Force Academy Team. Nine entered - nine medal winners!



## CERTIFICATION - LICENSED TO SERVE

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

To date, the USJA is still the only Judo organization in America with published standards for promotion and certification. The purpose of these standards is to insure that the highest quality training and examination is offered to USJA membership.

Our certification programs were designed and implemented to provide a means by which to standardize training of Coaches, who, through their individual clubs and coaching/instructing skills could build an excellent foundation of Judo techniques and knowledge. Examiners would evaluate the results of the work of the Coaches by a system of examinations designed to create an ever-increasing level of knowledge and competency from which our judoka would advance through all levels of rank.

The unfortunate fact is that of the thousands of certified USJA members, not all are undertaking the tasks they are certified to perform. This is well documented by the lack of sanctioned promotion, certification and technical skills clinics.

If you are certified in any of these capacities, you should be scheduling and participating in sanctioned clinics. The purpose of certification is not simply a way to accumulate promotion points. The reason for becoming certified is to make available quality programs to our members.

If all of us who are certified would apply ourselves in the area of sanctioned clinics, no single person would have to accomplish 147 in one year.

When one has a job, he or she gets paid only for when they work. Promotion points for any type of certification are awarded simply for performing what you are certified to do.

A Coach or Instructor without a club or an association with a club, or an Examiner who signs promotion forms but is not conducting promotion clinics, etc., is not presenting sufficient reasons by which to earn promotion points. Doing nothing for a long period of time is hardly the way to expect promotion.

One way to validate your service to Judo is to sanction an event or events. **USE YOUR CERTIFICATION AS A LICENSE TO SERVE!**

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4. Forms for competition (entry form, entry fee and liability waiver) must be completed. Trials will be conducted in Atlanta, GA - date to be announced.

Note that:

- a. All seven weight classes of both genders will be contested. Currently only 4 female athletes may go to Israel, but it is the hope of the Chairs to fund a full women's team and alternates (male and female).
- b. It is important that all interested athletes apply for applications as soon as possible.
- c. The winners in each category will be recommended for team appointment by the Judo chairmen to the Executive Committee of the Maccabiah Games.
- d. Each athlete must participate in the shared commitment program and stay in Israel for the entire Maccabiah experience.

- e. Athletes must be United States citizens or have a current green card.

For more information, please write or call:

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FAX: (215) 698-7706  
e-mail: Lmoyerman@aol.com

## WALTER TODD PERISHES IN HOUSE FIRE

Shortly after our "IN MEMORY" column was printed, we received the sad news that Walter Todd, an icon of American Judo, died on November 26, 1999 in a fire at his home in Oakland, California. He was Sensei to Philip Porter and George Harris, among many, many others.

Walter Todd was one of those early American enthusiasts of martial arts who studied hard, experienced much, and brought back to the United States a great deal to share with the folks back home. We understand that until his death he was still contributing a great deal due to his unique perspective gained from so many years of experience.

A great loss to American Judo, Walter will be sadly missed and his contributions never forgotten. He was a great friend to all of us.

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## PROFILE OF A JUDO LEADER



Marie Hunt, Shodan, Program Director, Sleepy Hollow Judo/JuJitsu School, Athens, N.Y. Head Instructor: "Little Tikes" Judo Program.

Marie started in Judo in 1976 at the Troy Judo Club, N.Y., under the instruction of Bob Fountain, Rokudan. In 1987, she helped start the Athens Judo Club as a volunteer, teaching "at risk" children. She continues to provide Judo in that rural area of the historic Hudson Valley.

Generally, children don't start studying Judo (or any martial art) until they are at least 7 years old, the thought being that below this age they could not focus or have adequate attention span. The Sleepy Hollow Judo Club is founder of the only "Little Tikes" program in the country, specifically designed for children ages 4-6. With the assistance of her daughter Candice, (Sankyū, age 15) Marie teaches Judo to this age group in a very different way, using a variety of specific games, videos, flash cards, and drills.

The "Little Tikes" program is designed to teach the basics of Judo and at the same time provide some fun. Marie has found

that traditional teaching methods are impractical for this age group and has devised a specialized curriculum.

The philosophy and principles of Judo remain intact, but they are modified and presented as age appropriate. For instance, the art of gentleness and giving way is taught by utilizing dance and music. The children learn at a very early age to be soft and to go with the flow, to take charge of a situation, execute technique, and make decisions without thinking. The children learn how to move without using strength and how to strive for fluid movement. They are taught how not to stiff arm, and to take chances when in position without forcing a technique. Some Judo philosophy is presented to the kids with a different approach - they are reminded of their future role and contribution to society and the perfection of their Judo and social skills.

They learn from the age of 4 that the most important aspects of Judo are good

sportsmanship and being able to handle defeat. When a child loses in one of the games, or gets thrown or pinned during practice, he/she is taught that this does not constitute being a loser. Using a sticker star system with bulletin boards, rewards are given for motivation, positive attitude and good sportsmanship. The implementation of the boards has been a very positive experience for the students and is utilized in the other Judo classes.

Some of Marie's peers who have been in Judo for 30 years can't keep kids in their clubs; Marie believes that while the answer certainly isn't simple, if teaching methods are properly modified and fun is incorporated into training, more children would be enrolled in our clubs.

If you would like more information about Marie's "Little Tikes" program, she would welcome your giving her a call at (518) 945-1672 or communicating by e-mail at shadow3@mhonline.net.



Humberto A. "Bert" Becerra, Rokudan/Judo, Shichidan/JuJitsu, Head Coach, Becerra Judo and JuJitsu, Dallas, TX, shown with his team competing at the State tournament this year. They won the tournament, taking the trophy from a team that held it for the past five years. Bert said of their victory: "These kids are fighters and they earned it; the trophy is bigger than some of the kids on the team."

## FRED . . .

by Deed L. Vest, Yodan, Jujitsu and Judo  
President, Wildcard Alliance Jujitsu, Nassau Bay, TX

Fred was my neighbor for 13 years before I really met him. He had been immersed in a high-pressure, time-intensive position at NASA, retiring after 40 years as a senior project engineer. I was watering the garden one day when he walked over. "Deed, for years I've wanted to ask you - what's the Kung Fu karate stuff going on in your garage?" I answered that it was more of a huggy-body cousin called jujitsu, with a little sport judo thrown in for exercise. He asked why, with my kids well grown, did I keep at it. I explained that self-defense tutoring, called "Old-Man JuJitsu" is based on a strict philosophy I developed at age 50 while erasing the words randori and kumite from my vocabulary. "It's a somewhat modified martial art which emphasizes a new and strong aversion to pain and injury", I said. He inquired as to my fee.



Deed Vest (far right) shown with his group, including Fred (second from left).

Now Fred was already something over 65. I wasn't comfortable asking how much over, nor in taking him on as a student. But answering truthfully, I explained that I don't really charge a fee and was doing this stuff to keep me young, adding that you really only get what you pay for. This didn't discourage Fred, so we walked to my garage-dojo and ukemi was demonstrated, thinking that would dampen his enthusiasm. Nope. He still wanted to join our little band of misguided and rapidly aging youth. So why not?

Fred immediately ponied up the USJA Life Membership fee without the usual beginner's groans and gripes. That alone was worth a couple of lessons! And his wife, Pat, was supportive from day one -

always a plus. Six foot four, 210 pounds. already past 65, with a heritage of 40 years behind a desk and totally out of shape for any kind of martial arts, Fred's legs and back didn't have a clue what "stretched-out" began to mean. I figured this adventure might last two weeks and had him sign every medical release and disclaimer.

Now, although steadfastly adhering to the Old Man No-Pain philosophy, our little group strongly believes in plenty of ukemi,

and lots of choreographed techniques, including controlled throws and take-downs. Being a competent uke is part of the game - in this group a major role for everyone, every class night, no exceptions.

It was a year before Fred could demonstrate a respectable forward roll, and two years before the rear aikido rolls were close to being acceptable. But he was still there, paying USJA fees to keep his insurance current, attending classes unless out of town, and practicing daily. I kept trying to get him to concentrate on doing standup tai-chi style katas drawn from various striking/kicking arts, but Fred insisted on staying with the standard fare (while learning the katas too). Thanks to his surprising tolerance of pain, he achieved Yonkyu at 24 months by USJA requirements, plus the many additional techniques internal with our club. I thought that would end it,

but like the rabbit with the battery, Fred just kept going, and going ....

At almost 70, Fred passed a rigorous test for jujitsu Nikyu encompassing several hundred techniques. He is club Secretary and was a key contributor by helping to document the rather extensive and mixed bag of jujitsu staff that comprises our overall curriculum. His personal martial arts library is becoming extensive, and he

*(continued on page 15)*



## A PROPOSED CHANGE IN THE SCORING SYSTEM

by Edwin Y. Takemori, USJI Certified Referee  
Coach, Prince George Judo Club, Severna Park, MD

At a recent clinic in Glenn Dale, Maryland, I proposed a change in the traditional scoring system for contest Judo. The intent of this change is to increase the tempo of a match and to emphasize to both the contestants and the audience the importance of ne waza in Judo competition.

As now practiced, opportunities for ippon are wasted if one or the other contestant fails to go into ne waza after a throw. Even if the throw has achieved only a score of koka, kokas do not add up to yuko, and yukos do not add up to waza ari. The incentive to go into ne waza is not great if by so doing, the best the contestant can expect is another koka or yuko. He/she would rather continue to try another standing technique for a higher score.

To improve the action for contestants, referees, judges and spectators, I suggested two changes in scoring ne waza:

1. If upon being thrown, uke immediately goes into the "turtle" position and does not turn into an attack mode within 3 to 5 seconds, award a shido penalty. Tori must attempt a turnover or other attack mode, otherwise he/she would also receive a shido.

2. Upon being thrown, if uke lays stomach-down for 3 to 5 seconds and there is no action by tori, award a shido to both contestants (defensive attitude) and call matte.

At present there is no penalty for inaction after a low scoring throw.

I also suggested that yuko and koka receive a numerical value and be cumulative, i.e. each koka would receive 2 points, yuko 4 points, and waza 8 points. The winner of the match is the one who first accumulates 16 points. There is the possibility of a "sudden death" win by 8 kokas or 4 yukos!

Obviously, there are pros and cons in assigning a numerical value to koka, yuko, and waza ari. An example discussed was that if tori has 14 points and is in ne waza, should he/she be declared the winner after a 10-second hold-down, or should the pin continue for the full 20 seconds (waza ari implied)? The consensus was that the hold should be continued for the 20 seconds.

My objective in this exploratory effort is to reduce defensive actions by either uke or tori in ne waza, and avoid creating inaction by faking attacks, or by not following through on ne waza opportunities.

Thoughtful written comment on the ideas set forth should be sent to Edwin Takemori, 54 Robinson Landing Road, Severna Park, MD 21146-2901.

## FRED . . .

*(continued from page 14)*

actually reads each book! His 40 years as an aerospace engineer peeks out constantly, since he can usually explain the why and how techniques work. ("Deed, there's a force vector here, and a scalar energy there, with a counter-balancing torque...", etc., etc.).

In hindsight, Fred has given much more than he's received. It may be 10 years before he reaches Shodan. But 80 would be a fine age for such a promotion, and it could happen long before then!

Coach Richard E. Hahn (front, center) with his JuJitsu Class. Hahn's Martial Arts, Inc., New Castle, IN, currently has 43 members.





# USJACOACH

## THE FIRST ANNUAL PENNSYLVANIA JUDO PICNIC

by Roger A. Pryor, Head Coach, Bushido Judo Club

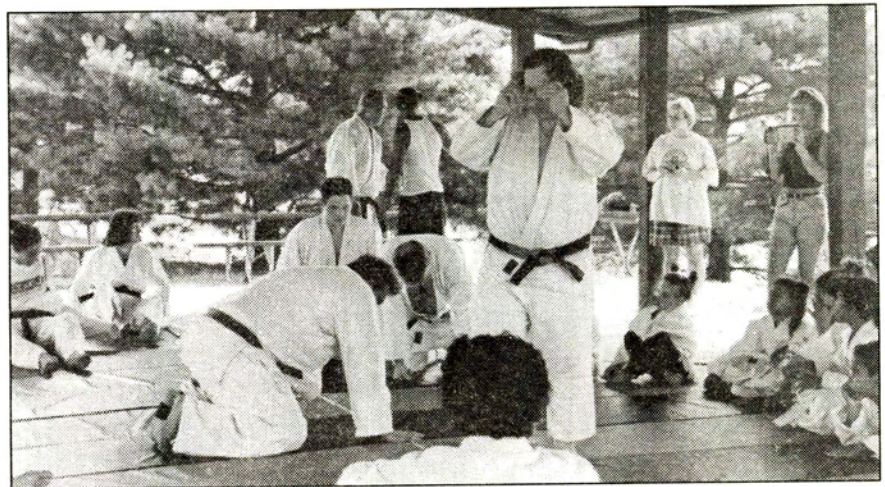
Several central Pennsylvania judo dojos braved the 100+ degree temperatures this past summer to attend the First Annual Pennsylvania Judo Picnic.

The event, sponsored by the Reading Judo Club (Sensei Frank Kiser), was held to foster the growth of Judo in central Pennsylvania. The food, drinks and clinic were provided free-of-charge to all who attended.

A nage no kata clinic was given by Reggie Heefner (Head Coach, Classical Budo Dojo, Chambersburg), with demonstrations by Cheryl Opperman. Reggie Heefner was given the first "Judoka of the Year Award" for his tireless and unceasing efforts to promote Judo in the area. He has been a bulwark for many new clubs in the area, and a guiding resource for old and new alike.

Any clubs wishing to attend next year's event may do so by contacting: Roger Pryor at (717)848-3804, or by e-mail at sensei@ptd.net.

Shown in the picture below: Reggie Heefner and Todd Pryor prepare to demonstrate katame waza for a group of Junior players.



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## TOP OF THE WORLD

(reprinted from an October 24, 1999 story appearing in the Colorado Springs "GAZETTE")

It is Friday afternoon at the Olympic Training Center, and a large crowd, close to 1,000 spectators, is packed into stands and overflowing onto the floor surrounding a dozen Judo matches.

They've come to see some of the world's best in action. But the world's best isn't competing. He's sitting in a chair, keeping his eyes on one of the matches. Actually, Jimmy Pedro doesn't sit. He kind of hovers over the chair, balancing his weight on the balls of his feet, too vicariously tuned in to the action to stay still. His best friend, Jason Morris, is tossed to the floor and Pedro is up on the mat, bouncing with frustration. The referee issues a warning to both players, and Pedro turns to a trainer with a look that says, "Can you believe that?"

Perhaps because Pedro is so animated, his act doesn't fool anyone. He might be trying to coach a friend but other coaches, players, and just plain fans, keep approaching, all for the same reason. Because he's a world champion. Even rarer, he's an American world champion.

"Man, in one day here I think I've had more handshakes, hugs and congratulations than in my whole life," Pedro said. "World championships in Judo are so revered. It only happens once every four years, and there's only seven of you, one in each weight class."

The list of American champions is even more select. Two weeks ago at the World Judo Championships in Birmingham, England, Pedro became the first U. S. player in 12 years - and only the third ever - to capture a world title. The U. S. has never won an Olympic gold in Judo, but because of Pedro's timing he'll go into Sydney next summer as the favorite. "The other players

might be gunning for me as the man to beat in Sydney, but that's the way I want it," Pedro said. "I agree with them; I am the one to beat. Winning a world championship gives me the confidence that I can win the gold."

In a sport that requires as much strength as weight-lifting, as much body-to-body positioning as wrestling and as much speed and quickness as, well, you name it, Pedro is a 29-year-old dynamo at 160.8 pounds, at the peak of his form and cross-training seven days a week. He's following a work ethic he picked up at an early age, from the time his father started him on Judo lessons at age 5, "pretty much from the time I was able to walk," he said.

He didn't have a choice. Both his mother Susanne and father Jim were Black Belts. Jim ran a Judo studio in upstate New York, and was a top competitor himself, reaching

the No. 2 national ranking several times. He was also the U. S. World Team coach in 1993. "Everyone in this sport knows my dad," Pedro said. "He's a tough old bird, a real mean S.O.B." He says it endearingly, as endearing as it gets from a guy wired with such intensity. He's so intense that he's still upset he didn't get to battle his top rival, Japan's Kenzo Nakamuro, at the world championships.

Nakamuro - the 1996 Olympic gold medalist and 1997 world champ - lost before he reached Pedro, who was stuck fighting Georgia's Georgi Revazicvili. "For the longest time I've been so focused on one goal, and that's beating Nakamuro," Pedro said. "I had to adjust to fight someone with a completely different style. But that's Judo. You have to be ready for anything." From the looks of it, at least it had to be easier on his nerves than coaching.

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## JIGORO KANO - THE FOUNDER OF KODOKAN JUDO

Jigoro Kano, 1860-1938, was born in a small coastal town outside Kobe, Japan. His main martial theories were developed by his study of the "secret" books "Hontai" and "Seiko" which discuss the fundamentals of nage (throwing) through the principle of ki-to (to raise up, to strike down).

Combined with his grappling knowledge from the Tenshin Shin'Yo-Ryu, this led Kano to retire to the solitude of the Eishoji Temple and develop his Judo. He was just a young man in his early twenties when he began to formulate a new art.

He first called it Kano JuJitsu, then Kano Judo, and finally, taking the name of a famous and respected Shinto Temple, he called it Kodokan to add credibility to his new art. He did not coin the name Judo - it was used by a traditional jujitsu system for a few hundred years - he merely "borrowed" it.

Supporters of Judo claim that what made Kano's jujitsu different was his approach to training. Although he sought to preserve jujitsu techniques, he realized jujitsu had a

bad reputation and therefore changed the entire philosophy surrounding his art. Kano emphasized the physical fitness aspects of the art by taking a very limited number of jujitsu techniques and modifying them to allow anyone to engage in the sport with a minimal chance of injury.

The sporting aspect of Judo was also introduced. Kano included new kata (prearranged forms) for self-defense techniques in order to insure safety and provide enjoyment in learning. He included a small number of kata from older jujitsu schools to add credibility within jujitsu circles, but emphasized shiai (contest) to test timing and technique in safe semi-combat situations.

While it is claimed that before Kano the current ranking system was non-existent and that he invented the system of kyu ranks (colored belt trainees) and dan ranks (black belt grades), it has also been claimed by some that he "borrowed" the ranking system from the ancient martial art of Kyudo, or archery.

Kano targeted government and military officials as his primary student population, and by doing this the popularity of his Judo spread quickly. It must be remembered that he was a senior member of the Japanese education system, which allowed him to introduce his new Judo into the school curriculum. This accounts for the fast growth of this new sport-art, and is a factor probably more responsible for the success of Judo than the actual art itself, which was a watered-down version of jujitsu with most of the dangerous techniques removed for safety reasons.

Kano's Judo achieved its early notoriety because of Aiki-Jujitsu. It seems that Kano was not that good a jujutsuka himself and felt that in order to prove that his new Judo was "undefeatable" he would need to employ an "undefeatable" representative of his new art form. This "undefeatable man" was Daito Ryu's Saigo Shida who later changed his name to Saigo Shiro (1867-1922), not a student of Judo but of Daito-Ryu Aiki-Jujitsu, who was adopted by Tanomo Saigo, the grandmaster of Daito-Ryu, and who taught him the secrets of that great art.



Clinic conducted by Ed Szejter at Amerikan Judo Club, Bluffton, OH, May 10, 1999, hosted by Coach Mark Hunter, 4th Dan. Among the attendees (and seen here) were John Powell, 7th Dan, long-time USJA leader from Epizoundes Martial Arts near Dayton, and Jamie Livergood, 6th Dan, Coach of Bushido Kai America, Fostoria, OH.

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## DELIVERING EFFECTIVE TRAINING

by Reginald L. Heefner, Godan - Judo and JuJitsu, Head Coach, Classical Budo Dojo, Chambersburg, PA

Five basic steps underline all effective training:

- (1) ANALYZE to determine training requirements;
- (2) DESIGN the training approach;
- (3) DEVELOP the training materials;
- (4) CONDUCT the training; and
- (5) EVALUATE and update the training.

When I was in the Army at the Special Forces Warfare Center at Ft. Bragg, these principles were encapsulated for those we were training, as follows: "Tell them what you're going to tell them, tell them, and then tell them what you've told them." Granted, it's an over-simplification, but it gets the point across.

Thanks to the great pioneering efforts of first Phil Porter, then Greg Fernandez and George Weers, much of the analysis and design phase of our Judo instructional system has already been done for us. Nonetheless, in any sound instructional system design, each of the phases of the process can have any number of procedures

leading to the completion of that phase. Hopefully, as pointed out in the first Coaching Seminar by Dr. Chris Dewey, the evaluation phase will run throughout the entire cycle, from the beginning while developing, and particularly at the end. Note that the evaluation should be an evaluation of not only whether an individual learned the requisite skills but also an evaluation of whether your methods are conveying those skills. Formally, the latter usually takes the form of a survey to elicit from the participants what is called Level I feedback, i.e., customer satisfaction. Informally, it is usually verbal feedback on the good and bad points of a seminar, clinic, class, etc. This feedback can then be used to modify and improve one's lesson plans or approach to teaching certain skills.

Each of the five basic steps can be elaborated upon at some length and there have even been entire books written on each of these topics, but I think it is good now and then to step back and take a look at the forest rather than be mired in the trees.

Finally, the ultimate responsibility in learning rests with the learner; the responsibility of the instructor, trainer, coach, Sensei (pick your favorite term, although I believe there are distinctions with each) is to do whatever is possible to enable the learning process to take place most easily and effectively.

When I was a very young man, I was fortunate enough to be a uke for Jim Bregman at many clinics, and something he said repeatedly has always stuck with me and which I believe highlights the last point made above about responsibility: "You can be any kind of champion you want to be, if you can stand the pain to train." At first, I thought he meant the physical pain because largely, the "no pain, no gain" philosophy was prevalent in the 60's. Over the years, however, I've come to realize that his real meaning was the mental discipline and tenacity needed to do what you must do even when you do not necessarily feel like doing it - similar to Plato's, "the noblest victory is over oneself."

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## PROFILE OF A JUDO LEADER

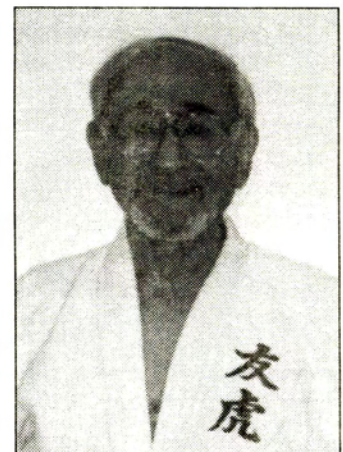
Tom Milazo started Judo in 1960 at the age of 40 and attained the rank of Shodan at age 45. He has been the President of Yutora Judo Club in Skokie, Illinois, since 1980.

Some of Tom's instructors were: Mas Tamura, Phyllis Harper, Shunichi Namba, Moto Suzuki and Jim Colgan. Tom's rank promotion history is: Nidan: 04/21/74; Sandan: 05/20/79; Yodan: 01/04/86; and Godan: 04/08/94.

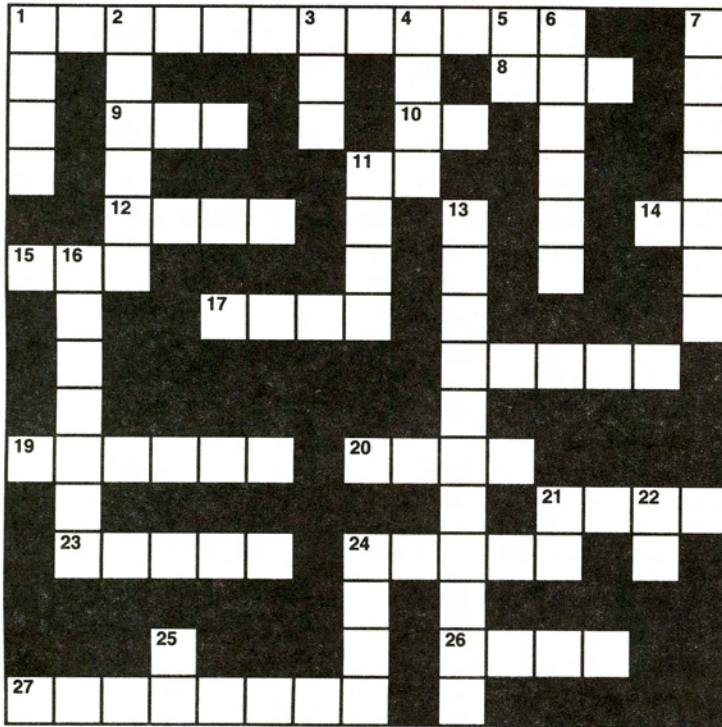
We are pleased to report that Tom is still going strong at the age of 80, and we wish him many more rewarding years in Judo.

Way to go, Tom!

Thomas J. Milazo, Godan  
Head Coach, Yutora Judo Club,  
Skokie, IL



## CROSSWORD PUZZLE



### ACROSS

1. Set of pre-arranged throws.
8. Lapel/Collar.
9. Bow.
10. To lie down.
11. Minor/Little.
12. Right.
14. Way.
15. Back/Rear.
17. Caution/Warning.
18. Note/Slight Warning.
19. Place in Dojo reserved for honoured guests.
20. Score of almost 1/2 point.
21. Room where Judo is practiced.
23. One point.
24. Circle/Whirling.
26. Score - lowest value given.
27. Score - 1/2 point.

### DOWN

1. Normal/Standard.
2. Wheel.
3. Belt used to tie Jacket.
4. Dr. Jigoro \_\_\_\_\_ developed the sport of Judo.
5. Hand.
6. Storm.
7. Severe warning.
11. Neck.
13. Loss by disqualification.
16. Free Practice.
21. Advancing.
22. Gentle.
24. Valley.
25. Wing.

Answer on page 20

## A RETRACTION — AND OUR APOLOGIES

An article appearing in the Summer 1999 issue of *USJA COACH* entitled "Katame Waze—A FINE TAKEDOWN MANEUVER" reflected that Bonnie M. Korte, Shichidan—Head Coach, Bon-Cal Judo Club, Hazelwood, MO, was the author.

This is untrue and we apologize for the error.

Bonnie Korte had nothing to do with the article except to provide the illustration. She had no association with the unknown author except as a graphic artist who was asked by the USJA to lend her artistic skills in 1978; she had no other connection with the contents of the article whatsoever, then or now.

We have previously offered our sincere apologies to Bonnie for the error of attributing the article to her.



Allan S. Mills, Head Coach of VA Commonwealth University Judo Club, Richmond, Virginia, and his 72-member club, send greetings and an invitation to visit when in Richmond.

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

## PROFILE OF A JUDO LEADER



Bob R. Van Patten, Yodan/Judo,  
Nidan/JuJitsu  
Head Instructor, Corvallis Judo  
Club, Corvallis, OR

Bob joined the Ore-Ida Judo Club in Ontario, OR in 1965, at which time it was one of the largest USJF clubs in the United States. He started competing that same year at various local tournaments and attended tournaments all over the Pacific Northwest. His first instructor was Sensei Henry Ogawa who was instrumental in starting the club in 1951. Bob was several times State Champion and competed in three Junior Nationals; he received the Most Inspirational Judo Award in 1969.

Bob was the Assistant Instructor helping out at a community college in Oregon, then took a break from Judo for a while. He moved to Corvallis, OR and had the pleasure of meeting Sensei Alvin Christian, Head Instructor at the Corvallis Elks Judo Club, who became Bob's "Sensei, friend and mentor". Bob trained with and learned from him, and together they developed the goal of helping the USJA become the strongest organization in the State of Oregon and the Pacific Northwest to insure the future of Judo and JuJitsu in those areas.

Their club - Corvallis Judo Club - is well rounded, with students as young as 4 years old and ranging to older adults. It has grown at a steady pace and soon hopes to have over 100 members. They practice at the local high school twice weekly and every one of their members is a member of the USJA, or, if they are a visitor from the University, care is taken to make sure he/she has a current membership card from a Judo organization. Club members attend and help at the numerous tournaments throughout the year. Many of their students practice several of the katas, and believe that videos and books are a great way to learn new and updated techniques. They all share and trade information between themselves and with other clubs.

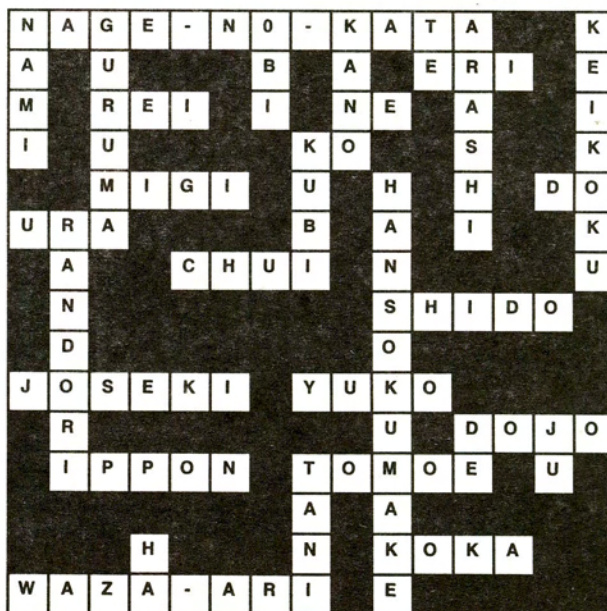
They are in the process of developing a local Black Belt Association with the other

martial arts programs, to help build public awareness, and intend supporting the other clubs with clinics and related activities to benefit continued growth. Corvallis Judo Club will be Founders and charter members of that organization.

This year at the State Games of Oregon Tournament they signed up 22 new USJA members, a new record for their club. They are planning a local web page allowing them to advertise, educate and recruit new members and this coming year plan other forms of advertising.

Bob writes: "I would like to thank Ed Szejter and the USJA for helping us to build Judo and JuJitsu in Oregon and the Pacific Northwest." Our pleasure, Bob. That's precisely what we're here for.

Answer to puzzle on page 19





## IN MEMORY

It is with sadness that we report the passing on August 27, 1999 of our friend and co-worker JOHN DeJONG, 57, who succumbed to cancer at a local care center at the age of 57. A graphic arts printer with the Colorado Springs "GAZETTE", John was part-time in-house printer at USJA National Headquarters. He was born in Apeldoorn, Holland, and served in the Dutch military. Always cheerful, with a ready smile and greeting for everyone he worked with, John will be sorely missed by all of us here at National Headquarters. Our condolences again go to his survivors, son Matthew John, two brothers, and two sisters.

And we have learned of the passing of CHARLES CUTLER, 69, of Rockfall, Connecticut. He was Secretary and Treasurer of the Middletown Judo Club and suffered a heart attack on October 12 during the warm-up at a kids' class at the Middletown YMCA. Born in Springfield, Massachusetts, he attended Harvard University and was a graduate of the University of California at Berkeley. Charles is survived by his wife, a son and daughter, one brother and two grandchildren, to whom we convey our sympathies. His son, Chase Cutler, wrote: "Dad was the kind of Sensei who never missed practice, who was happy working off to the side teaching a beginner. Employees at the YMCA came and went, but Dad stayed (as a volunteer) for 25 years, teaching Judo. I will continue where he left off."

We have also learned of the death of BEN VAN ARSDALE, 64 of Richmond, Kentucky, member of Eastern Kentucky University Judo Club. Ben died of meningitis. We convey our sympathies to his survivors.

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## Virgil's Judo Club

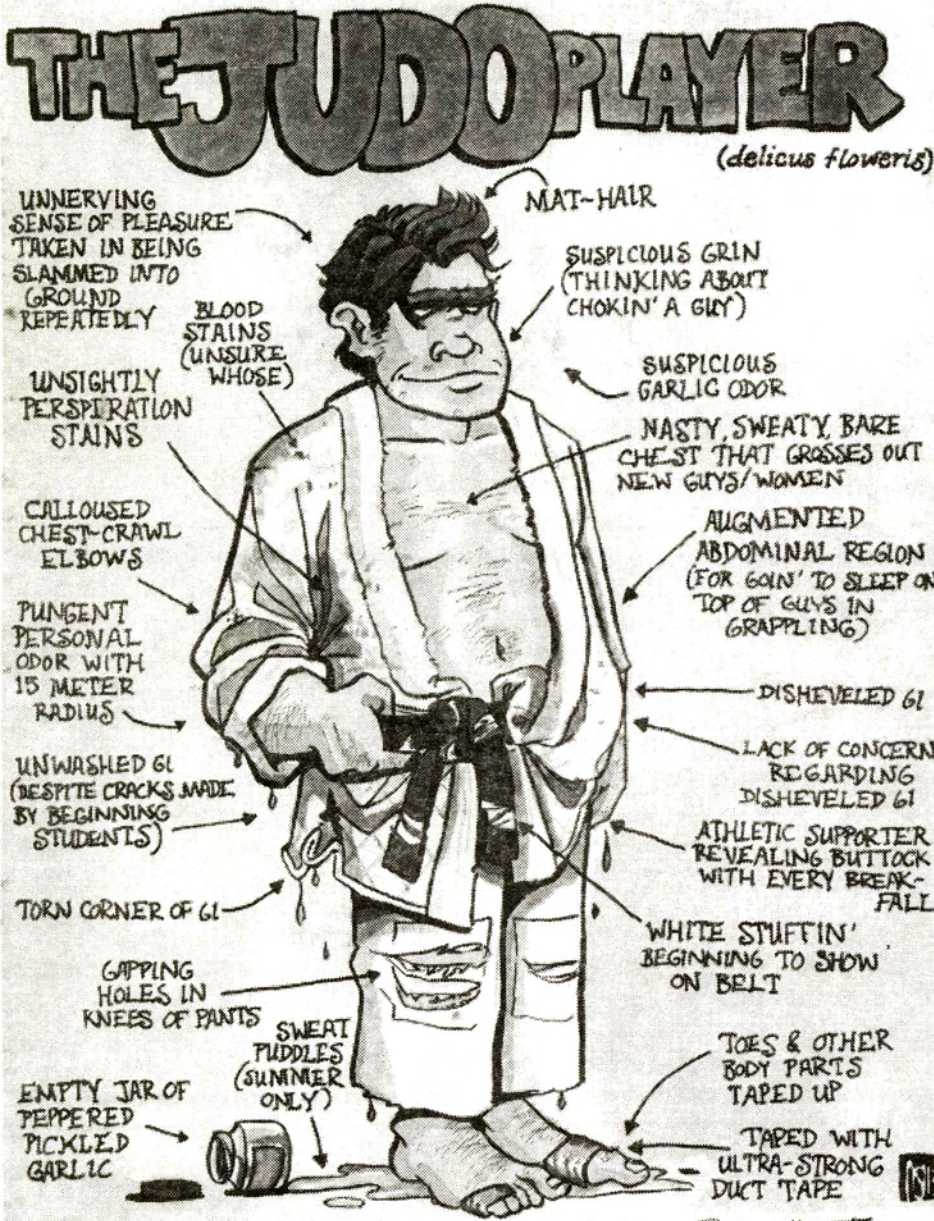
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645 South Franklin Road, Indianapolis, Indiana 46239  
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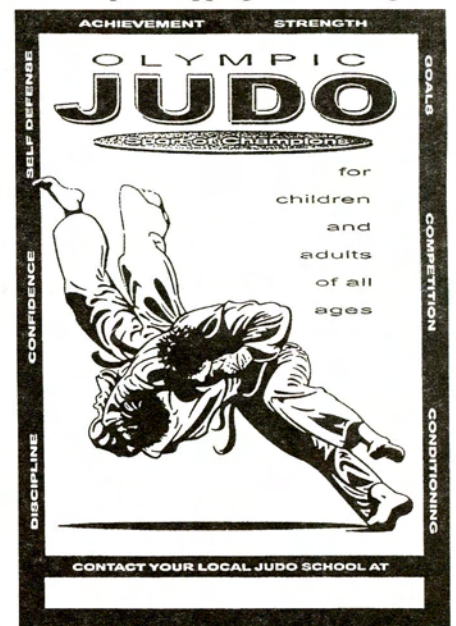
Our thanks to Rebecca ("Becky") F. Sexton of Baton Rouge, Louisiana, for submitting this cartoon.



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## USJA STATUS REPORT AS OF DECEMBER 1999

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

Top 25 Clubs	Member Count	Top 20 States	Count
Vineland Judo Club .....	457	CA .....	3,163
Ohio Judan Judo Club .....	326	FL .....	1,632
Samurai Judo Association .....	316	NY .....	1,362
New London Judo Club .....	316	NC .....	1,247
USJA National Training Center .....	306	OH .....	1,219
Omaha TaeKwonDo Judo Center .....	298	NJ .....	1,057
Jundokai Judo & Jujitsu Club .....	290	TX .....	1,006
Epizoundes Martial Arts .....	239	PA .....	999
Fayetteville-Ft. Bragg Judo Club .....	236	AZ .....	841
Tremont Judo Club .....	190	CT .....	814
Cahill's Judo Club .....	185	VA .....	749
Yellowhill Judo Club .....	179	IL .....	723
Tomodachi Judo Club .....	175	IN .....	694
Virgil's Judo Club .....	171	WI .....	670
Harrisburg Judokai .....	169	CO .....	631
Tar Heel Kodokan Judo Dojo .....	166	SC .....	584
Goltz Judo Club .....	165	MI .....	491
Carolinas American Judo Association .....	152	MO .....	482
Unidos Judo Clubs .....	144	NE .....	471
Solano College Judo Club .....	142	WA .....	462
Roanoke Judo Club .....	138		
Desert Judo Club .....	138		
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- (2) CONTACT GAMES. INTRODUCING JUDO WITHOUT TEACHING ("The best book I've ever seen on the subject" —George Harris, 9th Dan Olympian.) ("Truly remarkable" —Abe Brown, 4th Dan, Columbia University.)

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