

SPRING 2000

\$2.95

USJA



DOACH

A Quarterly Publication of the USJA

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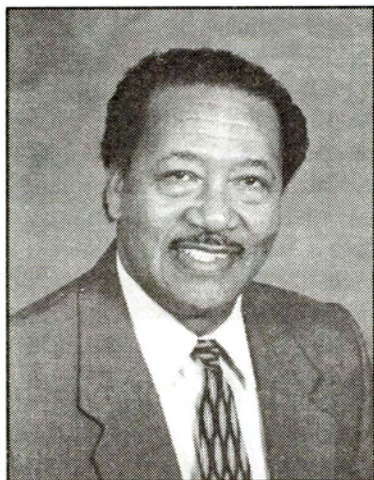
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COVER PHOTO: A family to be proud of. Picture taken on December 29, 1999 following presentation of his Rokudan certificate to George L. Morse of NAS WHIDBEY JUDO CLUB (Naval Air Station, Whidbey Island, Washington). Surrounding Sensei Morse, technical advisor to his club, are members of his family, including two sons (Yodan and Nidan), a son-in-law, two daughters, and six grandchildren. Head Coach, Gary L. Steward is far right.

A MESSAGE FROM THE PRESIDENT



Jesse Jones

Greetings:

The healthy and continuous growth of our organization over the past four years necessitates continuous efforts on our part to develop economical ways to communicate with our members. Included in this package you will find several copies of this message in the form of a Newsletter; I would appreciate it if you would distribute them to your students. We wish to keep membership informed and updated on developments that have taken place which will keep your Association in the forefront of martial arts organizations. Not all of our members receive USJA COACH, and by distributing copies of the Newsletter to your students in this manner, we can accomplish, economically, the dissemination of this information.

Administration: The USJA maintains its IRS status of being a non-profit 501(c)3 corporation. This allows your donations to be tax-exempt in support of our operation. We were fortunate to be able to maintain this status. We have conducted financial audits on schedule since January 1996, with an excellent rating. Procedures

for revenue accountability have been established and monitored on a monthly basis to insure that funds designated for specific projects are properly dispensed. We are fortunate to have Jim Webb, of Dallas, Texas, as our Treasurer. Jim takes the time and initiative to visit the National office to review accounting procedures, consult with the USJA General Manager, and insure that financial audits are performed within the prescribed period of time. We have also recently upgraded our computer programs, which also enhances our accounting system.

During the first quarter of 1996, we began the final phase of down-sizing the National Office staff, which decreased the number of our employees from 16 to 8. By the end of 1996, the number was decreased to 4 full-time and 2 part-time employees. Job evaluations were performed on each position to determine which tasks could be eliminated or consolidated, and yet still provide timely service to our members.

Mergers and Consolidations: After months of meetings and litigation, we were able to regain control of the former NJI training facilities from the Internal Revenue Service. This effort led to the purchase of the adjacent building, which we had been leasing as an operations center. We now have equity in the building - our National Headquarters.

The Board of Directors of both the USJA and the National Judo Institute (NJI) agreed to eliminate the dual corporation status by dissolving the NJI. All properties of the NJI were transferred to the USJA. This merger allowed us to properly manage all of the assets of the organization and selectively use and maintain them. As a result of this merger, the NJI was renamed as the National Training Center (NTC).

Membership: The USJA has maintained its philosophy of continued growth and has initiated activities to enhance this goal. Calculations are made at the end of each year, and we are pleased to report that as of December 31, 1999 we had 25,026 members and 1,502 member clubs.

Supply Division: The USJA has increased its line of supply items available to membership. A copy of the Supply Catalog can be obtained by contacting the National Office. A complete line of judogi, belts, T-shirts, sweat suits, videos, pins, decals, books, manuals, and several other items are available. Net revenue from the sale of these items is used to support ongoing USJA programs and overhead expenses of the National Office. The revised USJA Senior and Junior Handbooks are the most comprehensive manuals that have ever been produced on rank requirements. And the new ILLUSTRATED JUDO TECHNIQUES has received rave reviews throughout the United States. This is a "must have" item for every judoka's library.

Cooperative Programs: USJA Committee Members have increased their cooperative involvement in the national Judo community. The most active priority is the Coach Certification Program. A cooperative agreement between the USJA, USJF and USJI will provide certification training for several levels of coaching. The USJA will continue to conduct training in all regional areas to allow our Coaches to receive their certifications. A focused effort will be made to increase Referee training. We need a much better representation of referees at the USJA Junior Nationals. This cooperative working relationship will insure equity for the USJA, which is always forefront in our efforts.

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MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

It has been a busy time since my message to you in the last issue of USJA COACH.

Our computer system was replaced with much needed new equipment. As with any new system, there are small, easily addressed, glitches; they will be worked out shortly, and we expect to be up and running at full speed soon. In the meantime, we ask that you bear with us.

More good news. USJA Board Member and Electronic Media Committee Member, Tom Reiff, will be placing all current USJA forms on the web site. In this way, you will

be able to download the forms and send in your requests either by E-mail, FAX, or surface mail. We are also looking into the possibility of sending your club rosters by E-mail, which would make it easier to maintain a current database. Look for these advances to be in effect within the next few months. Of course, those Coaches who do not have E-mail, will continue to mail in their requests.

Clinic requests are coming in on a regular basis, and through September, many are in the planning stage. Please let us know if you are interested in hosting a clinic and your preference, if any, as a clinician, and we will try to oblige.

I am pleased, also, to report that this year's "Millennium Team Championship" will be held at the Marine Corps Base, Quantico, Virginia, just 35 miles south of Washington, DC. The date scheduled is November 11-12, 2000. I encourage you, if you can, to make plans to attend.

And speaking of championship tournaments, the "USJA International Cup" will be held in Toledo, Ohio, June 23-24, 2000 at the Seagate Center. Contact Gary Monto at 419-693-3682. This event will

include Seniors, Masters and expanded Kata competition.

The 31st USJA Junior Nationals will be held in Charlotte, NC, July 13-15, 2000. Don't miss it. Contact Pat Szejter: 704-847-2422. Nage, Katame and Ju-no-kata competition will also be held.

I would like also to remind you of the following USJA Camps, well in advance for purposes of planning, and encourage you to attend:

All Carolina Judo Camp 2000,
Charleston, SC - June 14-18
Spirit of the Eagle, Findlay, OH -
July 23-29
Camp Bushido, Colorado Springs, CO -
July 23-29
High Sierra Camp, Clipper Mills, CA -
July 29-August 3
Camp Tomodachi, Boynton Beach, FL -
July 29 - August 2
International YMCA-YWCA Camp, Port
Jervis, NY - August 13-19

Many fine technicians will be conducting classes at these widely-spread camps, so that every judoka can have the opportunity to participate. Bring 10 campers and the 11th is free!

FROM THE PRESIDENT *(continued from page 1)*

USJI National Meetings: Our participation at USJI national meetings has increased, resulting in many benefits. We are extremely diligent about monitoring agenda items that would be non-beneficial to our Association. We will be more proactive at these meetings to insure that our interests are recognized, as a progressive step towards the development of Judo in America. As a result of this involvement,

the USJA is continuously gaining the prestige it deserves as the largest and most progressive Judo organization in the United States.

National Training Center: The NTC continues to be a priority as we work diligently to fill the center with training in a variety of martial arts. We currently provide the following training:

Judo	Tang Soo Do
Jujitsu	Arnis
Cuong Nhu	Adult Full Contact Karate
Cardio-Karate	Tae Kwon Do
Aerobics	Aikido

We are in contact with representatives of the following arts: Tai Chi, Sombo,
(continued on page 3)



FROM THE PRESIDENT *(continued from page 2)*

Aerobics, and Yoga, in an effort to bring them into our programs. Our goal is to fully utilize the center for 12 hours each day. This is your training center - please visit at any time and enjoy the various arts available.

Rank Standardization: The USJI ad hoc Rank Standardization Committee was formed approximately 3 years ago. Its mission is to produce Judo standards/guidelines that would be followed by all Judo organizations. There is the need to insure that our Excess Sports Accident, Medical and Liability insurance carriers are convinced that proper training and safety in competition is being adopted by all national organizations. These standards would be reflected in the Judo degrees that are issued. Promotion standards of the USJA were not changed significantly as a result of these studies. We apparently had an exceptionally fair and just system in place. As a matter of fact, promotion systems and procedures of other martial arts organizations are being modeled on our standards.

The USJA also has an exceptional Junior rank system in place. The new, revised system assists Juniors in their transition to the Senior system when they reach the skill levels and age requirements. As in any learning process, Juniors and Seniors are encouraged to acquire their own personal copy of the appropriate manual.

National Development: The Board of Directors has approved the implementation of National Training Programs. This involves conducting seminars, clinics, and camps throughout the United States, with the assistance of many highly skilled clinicians in regional areas. These efforts will be coordinated by the National Program Director, who will be responsible

for all programs in the National Training Center, assisted by an NTC Program Coordinator. This includes daily activities and camps, with special emphasis on the annual Camp Bushido.

The National Program Director will also contract a Development Coordinator, who will have the task of conducting regional clinics and seminars throughout the United States. These clinics will require the assignment of clinicians in regional areas to insure that our programs are available to all members. These clinics are very important in order to insure that the Coaches and other members are given the opportunity to obtain the required certifications.

Board of Directors: The USJA Board of Directors (BoD) met on January 29, 2000 - a seven (7) hour meeting which was extremely productive and beneficial to the Association. The agenda was focused on items to move the organization forward, through innovation and domination. Emphasis was also focused on membership services, communication, certifications, finances, development, and continued national involvement in policies which will affect the USJA.

The number of members on the Board of Directors was increased from ten (10) to fifteen (15), so that a wider geographical region of membership can be represented and involved in the many changes brought about to improve overall operations. It was reported and discussed that we do not have large attendance at USJA national meetings conducted at the Junior Nationals each year. Thus, to acquire better geographical coverage, it was voted to extend the number of members on the BoD to 15. The new Board members were all selected from the slate of applicants

who ran for Board positions in September/October 1999. The Board is now comprised of the 15 members who received the largest number of votes. The BoD will be encouraged to solicit membership input from their regional areas. They will also be encouraged to provide articles on ongoing events in their regions for publication in USJA COACH and other communications to membership.

Stewardship Program: The donations generated from this fund-raising program have allowed us to perform some much needed repairs on the National Training Center (NTC). There follows a list of expenditures that have so far been incurred on this ongoing project:

Swamp Coolers	\$332
Water Heater	317
Tatami Mats (10)	1,400
Plumbing	103
Exterior Building Sign	2,170
Roof Repair	1,097
Window Replacement	708
Misc. Building Supplies	924
Labor/General Int. Maintenance	290
New Door Locks	439
Grounds Maintenance	290
Donor Plaques	128

Total Expended to Date: \$8,198

Our sincere gratitude and appreciation is extended to all who donated so generously to this worthy cause. There is still much more to be accomplished in the way of improvements, but the Stewardship Program gave us a head start to bring this unique monument to American Judo up to acceptable standards. Your continued donations to the project are encouraged and appreciated, so that this work can be completed.

PROFILE OF A JUDO LEADER



Steven B. Locke, Ph.D., Godan - Judo & Jujitsu Coach, Tomodachi Judo Club, Boca Raton, FL

Stephen Locke started Judo in 1968 in Bramalee, Ontario. In 1980 and 1981, he studied with Wayne Erdman in Waterloo, Ontario, while completing his Ph.D. in mathematics at the University of Waterloo. In 1981, he was hired as a professor by Florida Atlantic University (FAU) in Boca Raton, Florida, where he practiced Judo at the Boca Raton YMCA with Pete Lacroix.

When Pete moved to Hollywood, FL, Stephen continued teaching at the YMCA for a few months before moving the club to FAU. In 1990, the club relocated to the Boca Raton Community Center, and reorganized under the new name Tomodachi (friends), a name chosen to emphasize the concepts of non-violence and mutual cooperation among its young members.

By 1993, Tomodachi had over fifty USJA members, with twenty or more regularly on the mat, many of whom were parents who became interested in studying along with their children. Since then, Tomodachi has been governed by a Board of Directors, under the Presidency of Michael L. Szrejter. It is now officially a non-profit organization and has about two hundred USJA members, twenty-five of whom are Black Belts. The club runs local, State and national tournaments, as well as the annual Camp Tomodachi. Their students compete in shiai and in kata. Stephen says "our family-oriented club has truly come of age."

Stephen has achieved the rank of Godan and continues to teach Judo at Tomodachi and mathematics at Florida Atlantic University.

FOR THE YOUNGER SET

Each issue of USJA COACH will contain two or more Judo games for your use with children in the dojo, until the supply of game descriptions is exhausted.

CATERPILLAR RACE: With even teams (number dependant on size of class and dojo). First person goes on "all fours", i.e. hands and feet on ground, body arched. Next person in team crawls underneath that person, then goes on all fours with their hands and feet touching the first person's hands and feet. (One side only, of course). The next person then crawls under both, and so on, until the last person has crawled through. The first person then crawls through again, so the line keeps moving.

The winning team is the team that makes it to the other end first. Skills: Strengthening; also teaches the players to move quickly on the ground. Teamwork.

STEAL THE BELT: Everyone takes off their belt, folds it in half and tucks it into the back of their trousers. On HAJIME, everyone runs about trying to steal each other's belt. This game is great fun - it gets them running about and having fun. To a certain extent, it also teaches them to keep "face on" to their opponents.

STUCK IN THE MUD: Standing up, everyone spreads around the dojo. One person is "it". Their job is to "tag" everyone

else. When you are tagged, you have to stand still with your legs apart and your hands above your head. You cannot move again until someone crawls through your legs. If the game is taking too long, make 2 people "it" (or even 3 or 4).

Variation: Instead of standing with hands up and legs apart, they could stand bent over (or crouched), then to be set free the other players have to jump over them.

Taken from the website: <http://www.geocities.com/Colosseum/6582/judo-g-1.htm>



MENTAL TOUGHNESS

by James R. Webb, Rokudan,
Tamura Judo Institute, Dallas, TX, USJA Board Member and Treasurer

When a Black Belt fights a White Belt, both people feel the pressure. While advice is easy to give and tough to implement, don't let the pressure get to you. Here are some tips:

Being the favorite going into any match is always difficult. If you win, it's no big deal because everyone in the arena expects you to win. Sometimes, the only question that comes to mind is how big the throw is going to be; cameras are at the ready. However, if you lose, it's something that was not supposed to happen and people start asking if you are getting over the 'flu! Even the world's best players struggle in the early rounds. Witness Koga in the last Olympics - everyone had all but engraved his name on the Gold Medal. After his loss to Bouras in the finals, the upset was attributed to his well-publicized personal problems.

The most enviable position in which to enter a match is as the underdog. If you lose, it's because you were supposed to, but if you win, it's a major coup. The problem is that most underdogs don't enter a match with that kind of confidence. The most common mental state is to go in feeling you're supposed to lose, then proceed to meet everyone's expectations. It doesn't have to be that way. Whether you're the favorite, so cool as to have ice-water in your veins, or are an underdog, so fired up as to be spitting lightning, you can still improve the odds of winning a perceived mismatch.

THE FAVORITE: There is a problem of going into a match with over-confidence. The best depiction of this was the "ROCKY" movie, when the reigning heavyweight champion, Apollo Creed, was forced to give an underdog a shot at the title. He knew Rocky was a local fighter

with an average record, so he eased his training routine and was distracted by outside social events. Being heavily favored to win often results in lost motivation and reduced adrenaline. Should you choose the easier path, you won't perform at your peak.

Be confident but not overconfident. Don't assume victory is a foregone conclusion - winning is never a certainty. Always have respect for the person bowing in on the other side of the mat. This is especially true if you've never fought with the person

"Whether you're the favorite, so cool as to have ice-water in your veins, or are an underdog, so fired up as to be spitting lightning, you can still improve the odds . . ."

before; that White Belt might be tied around a national Sombo-wrestling champion who is a real tiger!

Keep your intensity high. Know going in that you will need to jump-start yourself and have a vigorous warm-up. Use high-energy self-talk and body language. Have you ever seen some of the better competitors slap their own face before walking on the mat? It's their personal wake-up call.

Focus on the journey - not the destination. Under no circumstances should you think about how cool you're going to look on the medal stand, or about the post-match pats on the back. Instead, think about the things you need to do to win, such as movement, off-balancing your opponent, and

combinations. Winning an Olympic Gold Medal may be a strong long-range motivation, but it's not what you need to be thinking about while your opponent is attacking you.

THE UNDERDOG: As we said earlier, if you're convinced you're going to lose, you most probably will. However, if you train hard and believe in yourself, good things can happen. An example of this was the first round match in the 1990 San Diego Senior Nationals between Dan Hatano and Dwan Stregles. Dan was favored to win the national title and make the Olympic Team. Dwan was quickly approaching 40 years of age and, while a strong competitor, didn't compete much at the national or international level. Dan was slightly tentative and Dwan ended up throwing him for an ippon in a few seconds.

Believe you have a chance: As with the advice to the favorite, understand that these matches are held because their outcome is not absolutely predictable. If the underdog comes out with great intensity and the favorite is lackadaisical, the underdog could quickly evolve into the favorite.

Understand the pressures placed on the favorite. The nervous tension the favorite may have has already been described above. Often, the favorite could be playing "not to lose" rather than to win. If the favorite has a lot to lose and comes out tentative, then coming on strong could put the favorite on the defense. In Judo, sometimes it only takes one mental lapse.

Relax. To fight well one should be loose. If you need to, listen to calming music or

(continued on page 6)

A GOOD FOUNDATION

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

In past issues of USJA COACH, several articles have stressed the effective methodology of teaching, training, and coaching. All of these were fine, informative articles. An important point not to be overlooked, however, is the imperative of a good foundation of basic skills, coupled with sufficient knowledge and understanding of the mechanics that make the skills work.

Simply being able to perform a technique is no guarantee it is understood. The old "How do you do that, Coach" with the reply "I picks him up and I throws him down", can in no way develop or teach Judo skill knowledge.

In the mid-50's, it was my privilege and pleasure to have two of America's best judoka as my teachers, Coaches, and friends. I am referring to George Harris and Walter Todd. During the 50's and 60's, George Harris was America's greatest

"Simply being able to perform a technique is no guarantee it is understood."

competitor; Walter Todd was probably the most technically proficient judoka in the United States. They instilled in me skills, coupled with knowledge, that have allowed me to continue to build on a solid foundation. This basic knowledge has lead to an analysis of the bio-mechanics of varied techniques, and the latitude to experiment - to feel free to try techniques

never before attempted. Teaching self-defense at a college, submission fighting at a "full contact fighting school", and Judo at a martial arts club, has provided many opportunities to develop or perfect new techniques.

If, as Coaches, we can build a strong foundation of basic skills, and at the same time impart knowledge as to how these basic skills work, we will do a great service to our students. Not only will they be effective and efficient players, but they may just become great teachers and Coaches.

Would you like to see your company or product ad here?!

Call: 719-633-7750

A CORRECTION

A photo caption on page 8 of the Fall/Winter '99 issue of *USJA COACH*, erroneously identified Dr. Chris Dewey as being a Shichidan. Chris is a Godan, and we sincerely apologize for the error.

MENTAL TOUGHNESS

(continued from page 5)

think about a calm place. Don't get so hyped up you become over-anxious and make an early mistake. Use positive self-talk and balance it with keeping yourself in the right mental zone.

Have a strategy. If you are the underdog, the odds are that your opponent has more experience in matches and has thought through and experienced what he needs to accomplish. You need to have a game plan to vigorously implement once the referee says "Hajime!" If you get the early score, you might have the effect of changing your opponent's over-confidence to under-confidence, in a big way.

The bottom line? Loosen up, fight hard, and always plan to win. Understand that mental toughness is something you need to practice, just like your techniques. Who knows—you could be the next Jimmy Pedro!



OFF THE INTERNET

Excerpted from "Media Perspective: Improving the Popularity of Judo"
by Claus Beissner, International Judo Federation Media Commissioner

The IJF has recently discussed how to make Judo more popular and create heroes in a way that may be attractive to both fans and the media.

If we look at the organization of our competitions, we will quickly realize they are often dull and poorly arranged, so that very few spectators actually understand what is happening on the tatami. In general, we have three, or even four, mats where competitions are run simultaneously and spectators must watch the action simultaneously.

Competitors and their Coaches often encounter problems in arriving at venues

on time. The public address systems are hardly audible and acoustics are often so bad that good information sounds like background noise. Under these circumstances, it is difficult to produce a good show, and even more difficult to produce heroes.

These events are necessary, and Judo has to organize its championships or cup events so that they are attractive and more clearly arranged. Spectators both at the venue and those watching television should be able to follow the action without difficulty.

"...very few spectators actually understand what is happening on the tatami.under these circumstances it is difficult to produce a good show...."

In international Judo we already have these highly publicized competitions - team championships on the continental and international level. These events are well ac-

cepted and we have learned that with good preparation and organization, excellent Judo events can be created and presented to the public. But do we need so many? These events have limited influence and, in most cases, providers of television coverage will distance themselves.

Judo must work to create events which are shorter and are more clearly organized; it must invest in more international team competitions between two or more countries. The organizers should present all their players with their credits, and highlight them in such a way that everyone is pleased - the competitors, the spectators, the organizers, and last, but certainly not least, the media.

[A USJA footnote to the above. We feel we are leading in this area, having undertaken and conducted two NATIONAL TEAM CHAMPIONSHIPS in the last two years, in which international teams were invited to participate. The USJA Team Championships 2000 are being considered by Quantico, Virginia. More on this to follow at a later date.]

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

TEACHING THE PUBLIC

by Edward H. Byers, Sandan/Judo & Jujitsu
Head Coach, Hornet's Nest Bushido Society, Waxhaw, NC

Teaching a class in the dojo is hard work - just ask someone who does it regularly. One hour of instruction can take three hours of preparation. Dojo classes are usually attended by motivated people who are there to learn, who realize it takes effort on their part to master a technique, and who are unafraid of taking a fall to understand how a technique works.

In a different sense, teaching classes to the public is harder. Motivations can be widely varied and while participants may not want to know every subtle movement of a specific technique, learning two or three techniques in two hours can increase self-confidence and offer an option during a confrontation. These students are more interested in seeing the forest, rather than the trees.

Public classes are an excellent way to increasing dojo membership while at the same time providing a much needed public service. Church groups, 4-H programs, and weekend adult classes offer programs which can benefit from worthwhile instruction of a course designed to demonstrate how to react if a stranger approaches, or when arriving home, a door is found open and/or a window broken. Many pupils encountered in a public outreach program can very well become your regular dojo students after having taken your demonstration course.

As you put together a public outreach program, remember that these people do not need to know which throws score the most tournament points. They need to learn specific gross motor movements upon which they can rely later. Don't impress them with esoteric knowledge; keep it simple so they can retain what you've

taught them, and don't attempt to demonstrate too many techniques in a small period of time. You're there to introduce the concepts, not to develop Brown Belts.

The physical layout of your instruction area is important. Make sure it's equipped with mats and is clear of obstacles. Arrive early to make the area safe; bring extra mats in case prior planning falls through and all you find is a hard floor; arrange furniture to facilitate your instruction area, and know where the bathrooms, first aid kits, telephones and water fountains are located.

Your public class will be made up of people with diversified personalities. Some are terribly shy in public and before strangers and are not good people to ask to participate in a demonstration. A good method by which to encourage participation is to converse with the early-comers before class begins; mention to them that if they feel comfortable with it when the time comes, you would like a volunteer, and assure them they will not be humiliated. Use one of your dojo members to help teach and take the

falls as necessary. Never throw a member of the audience, but instead, let him/her throw you with an easy o-soto-gari or seoi-toshi. This promotes confidence and demonstrates that the techniques actually work.

Many instructors undertake a public demonstration without an agenda. Poor planning precedes poor performance. Ahead of time, prepare an outline of what you want to teach, and rehearse it with your dojo members. Determine if your subject matter fits time constraints and flows into each new technique. Try not to have "down time" or awkward transitions.

You are more apt to influence prospective students if their first impression is a good one. Certified instructors teaching realistic techniques are rare in public classes. Planning and teaching a quality course is an excellent low-cost method of finding new students. With proper preparation and positive public relations, increased dojo membership may well result.

The following was submitted to us for publication a long time ago by Ken C. Carper of Sonora, California. We believe the message is as meaningful today as it was then, and is worthy of reprinting.

PRUDENCE IS WATCHING YOUR THOUGHTS

Watch your thoughts, they become words;

Watch your words, they become actions;

Watch your actions, they become habits;

Watch your habits, they become character;

Watch your character;

For it becomes your destiny.

PROFILE OF A JUDO LEADER



Reginald L. Heefner
Godan/Judo - Godan/Jujitsu
Head Coach, Classical Budo Dojo,
Chambersburg, PA
Senior National Coach and Rank
Examiner

Reginald Heefner began training in Judo and Shotokan Karate at the Chambersburg, PA, YMCA in 1962. When its sole Karate instructor was drafted, Reggie continued with Judo studies under William S. Stadnicki, a Kodokan Godan on a temporary civilian assignment with the government at Letterkenny Army Depot. At the time, Reggie was a member of the Armed Forces Judo Association branch of the Judo Blackbelt Federation. Later, Reggie began training at the Harrisburg Judokai, a 52-mile drive from home, first under Warren Stumpf, then later, Pete Kanoff and Charles Cavrich. In his first shiai ever, Reggie won first place in the AAU East Coast Judo Championships, a tournament described by his first Coach at the Harrisburg Judokai as a "beginner's tournament." He subsequently continued to place first in all the major tournaments in not only the Washington, DC, Maryland, and Virginia areas, but also as far as Reading, PA.

In 1968, Reggie and his father, Theodore C. Heefner, formed the Chambersburg YMCA Judo Club, where Reggie started teaching as well as competing. In fact, he ended up teaching his father Judo (who was promoted to Sankyu by Batsugun during a shiai at Ishikawa's dojo in Philadelphia, PA). In 1970, Reggie and John C. Ford, taught self-defense classes at Wilson College for Women; Reggie also continued to teach at the Chambersburg YMCA while helping to form classes at Waynesboro, PA and at Scotland School for Veterans Children in Scotland, PA under the leadership of Roger Pryor. After winning the Pennsylvania State Championship several years in a row, Reggie participated in the 1972 Olympic trials in Philadelphia; he reached the height of his competitive career when he lost in the final match at the 1976 Olympic trials to Joe Bost, who made the Olympic team with that win. He also competed in Mexico City for the U. S. International YMCA team, with Charles Palmer as Coach. In 1984, '85, '86, '87, and later in '89, Reggie trained at the Kodokan in Japan, as well as at various police dojo throughout Japan. While in Japan, he was also promoted to Gokyu by the son of the founder of Aikido, and completed training in Aikido Shochu Geiko in July '89 under the direction of the grandson of the founder of Aikido at the Tokyo Aikido Hombu.

Reggie was tested for Shodan and Nidan directly by Jim Bregman at Bregman's Judo and Karate Center in Suitland, MD in '73 and '74 respectively. He was promoted to Sandan by Charles Cavrich and Phil Porter, then later, went for Yodan while at Camp Bushido, where he was honored at the Founders' Day Banquet as being one of the first 100 Life Members of the USJA. By this time, the Chambersburg, PA club had been developed to nearly 150 members.

Reggie has been characterized by leaders of all the major Judo associations (and some of their offshoots) as one of the best Judo technicians in the United States, which Reggie attributes to the strong influence of Jim Bregman, Donn Draeger, Charles Cavrich, Takehiko Ishikara, and Jimmy Takemori. He was promoted to Godan in 1997.

Reggie speaks Japanese, Chinese, Russian, Greek, Spanish, Portuguese, French, German, and some Arabic, and taught translation/interpretation courses for the Military Intelligence School at Ft. Huachuca, AZ. In 1982, Reggie served as a demonstration partner and interpreter for M. Masashi Matsumoto, a teacher sent by the Japanese Ministry of Education to Meade Middle School, Ft. Meade, MD.

IN MEMORY

We have learned from a news article by Tony Ollson, sent to us by Leland Roth of Grayslake, IL, that MARGOT SATHAYE, a true judoka, passed away in a London hospital. Miss Sathaye, of London, lived all her life for Judo and spent some 25 years in Japan studying at the Kodokan. She was the first non-Japanese woman to receive 7th Dan and a Shihan license from the Kodokan International Judo Center. Miss Sathaye spent her last few years on the island of Aland between Sweden and Finland. For those of us who were fortunate enough to attend her classes, Miss Sathaye was a great source of inspiration.

“MAKERU GA KACHI” - TO LOSE IS TO WIN

(reprinted by permission of the Editor from
FLORIDA JUDO KI NO FUDA)

The Japanese have a multitude of proverbs which, at first, seem to be very profound. Perhaps “Makeru ga Kachi” (literally, “to lose is to win”) is one such proverb.

It apparently dates back to the Warring States Period of Japanese history (1477-1573). Generals would sometimes allow their enemy to win minor battles in order to lull them into a sense of over-confidence or complacency. That over-confidence could lead them to make a bold move which turned out to be foolish.

Years ago, advanced judoka sometimes learned techniques whereby they would allow themselves to be thrown for a minor score so that they could take their opponent into newaza (mat-work). Frequently, feeling the success of their score, the opponent would be unprepared for the move which quickly followed and lead to osaekomi (a hold-down) and their ultimate loss.

Consider also, the player who never appears dominating in practice or local tournaments, but always finds his way to the top in more important tournaments. The player who practices *loosely* may allow his opponent an opportunity to show his best techniques without exposing his own. In such cases, the value of learning about an opponent was more important than a win that day.

However, when a loser tells the winner, “Makeru ga kachi,” it is regarded as the act of a poor loser. It is not very sportsmanlike to tell a winner that you allowed him or her to win!

A TRIBUTE TO TONI VILLEGAS

Just after the Fall/Winter '99 issue of USJA COACH went to press, we received the sad news of the passing of Toni Villegas, wife of Ivan Villegas. She succumbed to cancer at the age of 72 on December 6.

Toni started her Judo career in 1958 with Hank Craft at the Central Queens YMCA in New York. After a year, she joined the Samurai Judo Club and studied with Chikaro Murano. In 1969, she joined the Central Queens YMCA, where Ivan, her husband, was teaching, and they taught there together until Toni died. Ivan wrote: “I have never seen anyone like her, anyone with as much patience with kids, anyone who had them coming back year after year, as she did.” When she was young, Toni also taught dancing at the Arthur Murray School of Dance. She also had a beautiful voice, and would sing for veterans at the USO and in several hospitals.

Ivan tells us that Toni was as tough as she was beautiful, and once knocked down the gangster Joey Gallo with two punches when they were both kids.



She will be greatly missed by all who knew her.

USJA JUNIOR NATIONALS

This year the event will be held July 14-15 in Charlotte, North Carolina. In the year 2001 it is scheduled to take place in Toledo, Ohio. Pertinent information will be available in due course.

We are seeking applications from Coaches or clubs who are interested in hosting this prestigious event in the years 2002, 2003, 2004 and 2005. They are invited to contact the USJA office and request a Bid Form.

It is not too early to start planning - we look forward to hearing from you.

WHY IT IS NECESSARY TO PRACTICE JUDO IN COMBINATION WITH JUJITSU

by Ben Bergwerf, Hachidan/Jujitsu, Rokudan/Judo
Chairman, USJA Jujitsu Committee, Head Coach, Tori Ryu, Northbrook, IL

By its nature, Jujitsu is practiced in choreographed form. Used mostly defensively, students eventually learn how to "free fight", based upon their studiously learned (mushin) actions and reactions against another jujitsuka. However, since the unwritten rules of friendly combat with Jujitsu study partners apply, all of the damaging techniques

such as breaks, gauges, locks, punches, etc., are stopped short. So, the jujitsuka will never experience the full measure of an opponent who will

fight in earnest for his/her (and against your) life or well being, unless they are involved in a real fight out in the real world. Certainly, the jujitsuka will have a good idea and will sharpen his/her skills, but not to the fullest extent. The jujitsuka is not used to fighting a desperate or "for real" fighter and experience that fighter's reactions. There is some similarity here between Karate practitioners who pull their punches in non full-contact sparring and thus "learn" (mushin again) to pull their punches outside in the real world.

We realize that not one single martial art is so all-inclusive that it can handle all the different styles presented by an opponent. The aggressive modes of the various martial arts are quite different. For example, a wrestler or a judoka will tend to grapple; a karateka will tend to punch/kick; a practitioner of Tae-Kwon-Do will favor high and turning kicks, whereas an Aikido practitioner will generally respond only to

being attacked. It is not the size or shape of a weapon, but the skill with which a weapon is used which determines who will win or lose a battle! A boxer who is not used to grappling will feel ill at ease with a judoka who has closed in on him, and a judoka will feel uncomfortable facing a boxer at the boxer's fighting range.

"It is not the size or shape of a weapon, but the skill with which a weapon is used which determines who will win or lose a battle!"

Since Judo is so closely related to Jujitsu, and while Judo rules prohibit those actions which are potentially damaging, room is still left to go "full out" albeit under that set of rules. It is a natural

extension for a jujitsuka to learn to comprehend the true meaning of the power, speed and reaction of his opponent.

More importantly, the jujitsuka will experience simulated fight conditions much more closely, and will be exposed to an opponent who, for instance, does not simply stick (and keep) his arm out to have a wrist-lock applied. There is no substitute for "having been there and done that." Jujitsu also teaches how to think on one's feet while retaining balance (and re-balance) when working with a partner who is a skilled competitor, capable of directing movement in a fight.

Conversely, a judoka will not easily adapt to the "forbidden in Judo" actions, such as punches and wrist-locks, so prevalent in Jujitsu. Or, while being placed in a kesa gatame, the judoka will not expect an elbow blow to the side of the head, or a heel to the side of the head in juji gatame.

What is needed is interplay with a skilled "offensive" martial arts practitioner, whether that be a judoka, wrestler, or grappler. It is somewhat like being vaccinated - a small exposure to a non-lethal substitute. Only those exposed to the "real world" (or nearest substitute) will be capable of surviving it.

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USJACOACH

A MESSAGE TO ALL COACHES OF USJA REGISTERED CLUBS

As you know, we regularly feature three or four Judo biographies in each issue, under the heading "Profile of a Judo Leader"; if you are a Coach of a USJA certified club and haven't already submitted your bio and photo (preferably head shot in judogi) please do so.

In addition, we are always on the look-out for Judo-oriented articles, cartoons, (crossword puzzles, in particular) and activity photos taken at clinics. If you have any historical photographs of note, please send them to us with a caption. In this connection, it would be appreciated if you would *print* names for easy legibility.

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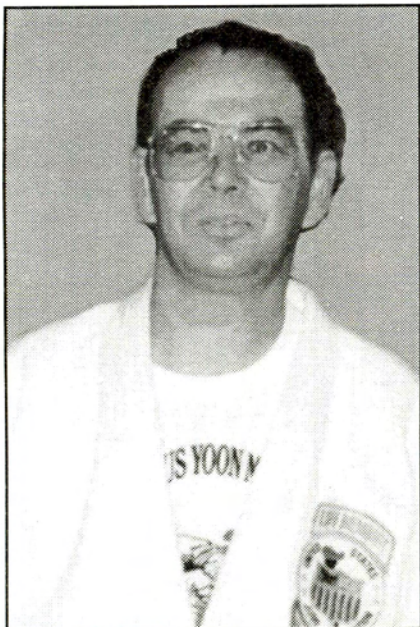
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THROW



PROFILE OF A JUDO LEADER



George R. Weers, Jr., Rokudan/Judo
Head Coach, Canton YMCA Judo Club,
Canton, IL
Chairman, USJA Coach Certification
Committee
Member, USJA Board of Directors

George started Judo in '64 at the age of 15. His first instructor was Dan Johnson, an Ikkyu and psychology teacher at the local Junior College, who brought the gift of Judo to a small town YMCA, and whose approach to Judo was traditional. George says he and Mr. Johnson "spent what seemed like months learning ukemi before we moved on to ogoshi. Fortunately, and probably because he was a psychologist, Mr. Johnson's most important teaching went towards building the self-esteem of his charges. Dan Johnson made you feel good about yourself." George adds that the last thing Mr. Johnson instructed him to do was to keep the Judo Team going. That was over thirty years ago and the Canton Judo Team is still doing very well.

The mid to late 60's equate to the military years to many Americans, and George was no different. He opted for the Air Force, which he found to be a fortunate choice as his technical training school in Denver brought him in contact with Gus Jazo. Gus is another fine teacher who regards the welfare and self-esteem of his players as a foremost concern. Gus introduced George to the USJA.

George earned Shodan in '73. The legendary Bill Horve took George under his wing, nurtured an insatiable curiosity and introduced him to the West Virginia version of Camp Bushido. George was hooked! Today, he's reached the rank of Rokudan. During his years of Judo, he's had the good fortune to teach Judo in thirteen States and in Thailand. He's also trained with and competed against international players and teams from ten different countries.

In '75, George participated in one of the early Coaching Certification courses during camp, and gained certification at the introductory level. At the time, he realized the USJA had a pretty good program going, and about five years later Phil Porter asked him to join the Coaching Certification Committee. In 1983, he discovered the American Coaching Effectiveness Program (ACEP), recognized the importance of it and was certified as an ACEP Instructor. Eventually, he attained the status of ACEP Certified Master Coach.

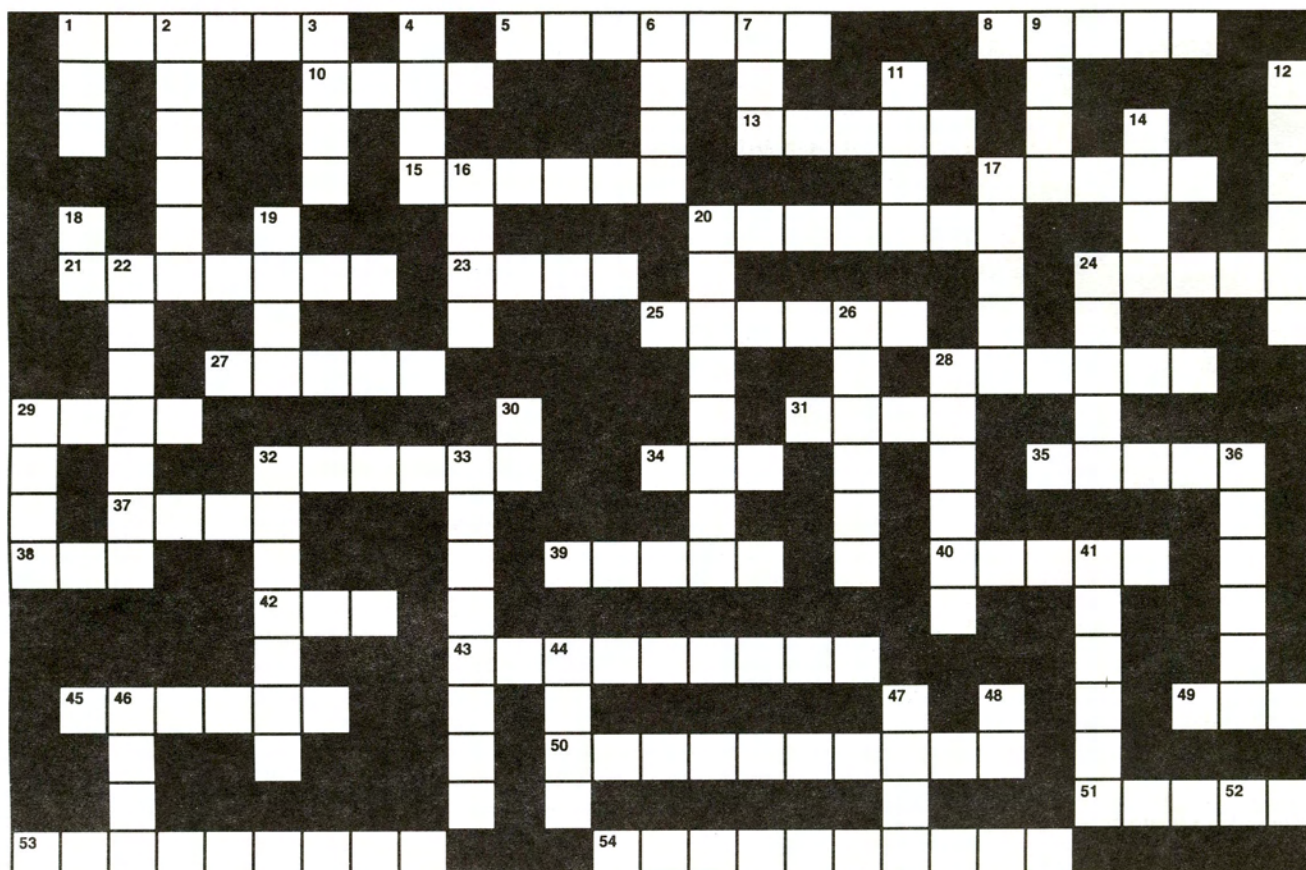
George was invited to Chair the USJA Coaching Education and Certification Program in 1988. As Chairman, he's responsible for the development of the curricula and criteria for six levels of Coaching Certification. It has also been his responsibility to upgrade these curricula on a regular basis.

Again, quoting George: "When I was invited to take the Chair of the USJA Coaching Education and Certification Program, I had a lot of opinions about how Judo skills worked and how Judo players should be coached. The problem was that my opinions were nothing more than unsubstantiated conjecture. My new position of responsibility demanded that I be able to support my views with fact. Fortunately, about the same time I decided to learn how Judo really works, the magic of video tape technology was becoming generally available. Coaches could now view (and review) the series of events that lead to scoring, in slow motion and stop action. I was fascinated! Through the magic of video I've produced eighteen research projects, and to my everlasting pride, seventeen of them have been published by the International Judo Federation on their web site."

He continued: "The most fortunate incident in the short but colorful history of the USJA Coach Certification Program occurred during a Camp Bushido airport run in 1987. A jovial giant of a California policeman named Terry Kelly got into the van and immediately began to spread mirth and good cheer. Terry and I became fast friends. We also became partners in conducting the Coach Certification course, We've taught each other Judo, we've organized and written the Coaching Certification courses, and we've thumped each other in randori sessions. (Just to keep the record straight, Terry does most of the thumping.) I recommend that you catch the Terry and George Show, coming soon to a national training camp near you."

Concluding, George writes: "For over 34 years, Judo has been very, very good to me. I'm looking forward to the next 30+ years on the mat because I've got a lot of Judo to learn and a lot of new friends to make. I hope to see you around the mat soon."

CROSSWORD PUZZLE



ACROSS

1. Sacrifice
5. Half point
8. Technique of falling safely
10. Second highest penalty
13. Point
15. Large hip throw
17. Sweep
20. Floating throw
21. Back throw
23. Throw
24. Sitting on the knees
25. Seven
27. Standing
28. Pulling hand
29. Doing neck bridge (English)
31. Sitting cross legged
32. Third highest penalty

34. Three
35. Fifth degree
37. Six
38. Belt
39. Contest
40. Stop
42. Receiver
43. Attention
45. Drop
49. Advanced grades
50. Small outer reap
51. Striking
53. Strangling techniques
54. Corner drop

DOWN

1. Four
2. Technique broken

3. One
4. Way of gentleness
6. Foot
7. Bow
9. Forms
11. Lowest partial point
12. Teacher
14. Spring
16. Hook
17. Eight
18. Ten
19. Techniques
20. Inner thigh reaping throw
22. Free play
24. Lowest penalty point
26. Decision
28. Begin

29. Place of enlightenment
30. Nine
32. Breaking opponent's balance
33. Hold down
36. Mat techniques
41. Hand techniques
44. Side
46. Taker
47. Throwing
48. Two
52. Supine or back

Answer on page 24

This puzzle was designed by Harold J. Chadwick, Sandan, of Amelia, Ohio. He advises that "... these Judo terms were taken from the Kodokan Judo Book, international contest rules, USJA material, and one English word from Camp Bushido '95.



Enumclaw Kihaku Judo Dojo (Gary P. Melton, Coach) gathering with awards after local shiai. From left to right: Front row: Dalynn Jones, A. J. Allen, Kiley Nepper, Rhena Necco, Kasey Eskridge; Center row: Brandon Edwards, Dean Hewitt, Travis Edwards, Matt McCarter, Gerard Wallace, Amy Nepper; Back row: Howard Wallace, Jonathan Melton, Jim Anderson, Larry Williams, Nate Mentzer.

.....
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HOW I BECAME THE INSTRUCTOR OF THE LARGEST USJA JUDO CLUB

by Gene Hall, Yodan, Colorado Springs, CO



Gene Hall, Yodan, Colorado Springs, CO

There is truth in the saying "being in the right place at the right time."

My story begins in 1972, early in my Air Force career, when my wife, Phyllis, and I were assigned to Andersen AFB, Guam. Two years prior I'd taken a hiatus from Judo following a severely dislocated shoulder, which required extensive rehabilitation. Shortly after arriving on Guam, I arranged a baby shower for Phyllis, who was expecting our first daughter. Not knowing protocol for such activities, I invited wives and *husbands* of our new friends and acquaintances, including my Branch Chief and his wife (who thought it was cute and forced her husband to attend).

A few days later I was directed to report to the Major's office. He *ordered* me to NEVER invite him to such an affair again. He had noticed my Judo trophies and told me that his son and daughter were in the

base Judo program. He also informed me that I **WOULD** report to the base gym and assist Capt. Hendrix, the instructor, with the Andersen AFB Judo Club.

So, I reported to Capt. Hendrix and introduced myself. I explained that I was "volunteering" to assist him, and told him I was only a Yonkyu and hadn't practiced Judo for a couple of years and wasn't sure how much help I could be. He smiled and said we would talk after class.

After the last of three classes ended that night, he explained his program. He had 250 active members - 200 juniors and 50 adults. That placed 20 to 40 students on the mat at any one time. He conducted three classes each Monday, Wednesday and Friday (2 junior and 1 adult), 2 junior classes each Tuesday and Thursday, and a kata class on Saturday mornings! And once a month, a contest was hosted either by the Andersen Club or one of the three Navy Clubs on the island. He also conducted Women's Self-Defense seminars every other month. Sensei Hendrix went on to explain that my timing was perfect since his previous

assistants had recently rotated back to the States and he was currently teaching all those classes alone. He went on to explain that he had evaluated me as I'd participated and assisted with that day's classes and that based on my demonstrated skills he immediately promoted me to Sankyū. Besides, he laughed, he couldn't have a Green Belt as an assistant.

"He had 250 active members - 200 juniors and 50 adults. That placed 20 to 40 students on the mat at any one time."

I became totally immersed in the Andersen Club, putting in 40 to 60 hours a week, in addition to my normal Air Force duties. Over the next few months, under Sensei Hendrix's tutelage, my knowledge and skills in competitive Judo, kata, and self-defense, expanded by leaps and bounds. After three months, to my astonishment, Sensei Hendrix promoted me to Nikyū. His confidence spurred me to even greater efforts.

A few months after the promotion, Capt. Hendrix called me to his room and began to explain how to keep the club records, the individual student records, how to register, how to conduct promotions and manage the club accounts. "Oh no", I thought, "now he wants me to be the club secretary!" I couldn't have been more wrong. Remember the time frame; this was during the peak of the Viet Nam War and Andersen AFB provided direct support to that war effort. Capt. Hendrix was a B-52

navigator and was constantly flying missions over Viet Nam, while at the same time keeping the club going. As he stacked the club books in my arms, he told me his military duty

was done and he was returning to his family. He informed me that I was now the instructor of the Andersen AFB Judo Club, that he'd watched my growth as his assistant and knew that I was up to the challenge.

Thus, as a 2nd Degree Brown Belt, I became Head Instructor of the largest USJA Judo

(continued on page 17)

..... INSTRUCTOR OF THE LARGEST USJA JUDO CLUB

(continued from page 16)

Club in the World! I worked hard to fill Sensei Hendrix's shoes, and with the foundation set by him, I expanded the club's flourishing and winning traditions.

My understanding, knowledge, and skill in the application of competitive Judo continued to grow. I had learned from Sensei Hendrix how to define, dissect, and analyze various Judo techniques. But as the sole instructor at Andersen AFB Judo Club, I had to dig deeper. I had to develop the ability to explain and demonstrate those techniques to my students. And in order to correct and improve a student's technique, I had to improve and master my own. Through this endeavor, I began to

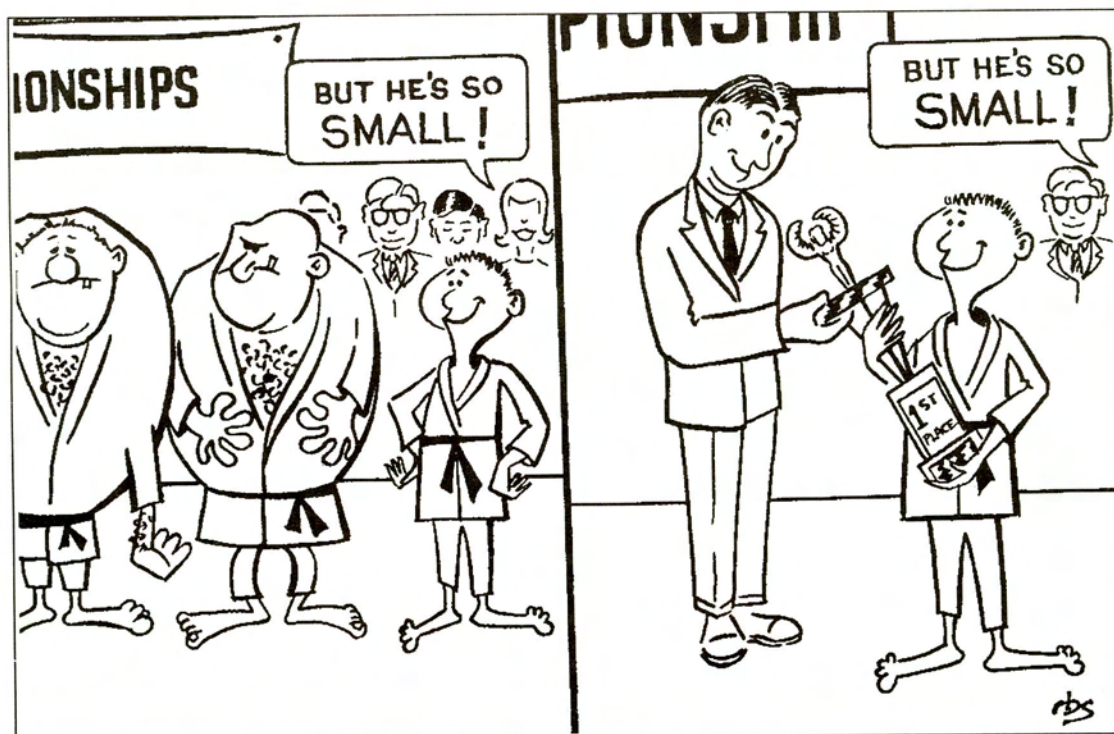
develop true understanding of Judo, and its relationship to life in general.

I present the following challenge to all judoka of the rank of Sankyu and above. Expand your Judo from mere mechanics to true understanding. Start assisting with the instruction in your club. Learn to dissect, then explain, Judo techniques to students at all skill levels, from beginner to expert. In addition, learn kata, which is the basis and foundation of Judo as taught by Dr. Jigoro Kano. If your foundation is weak, so too will be your competitive techniques. Finally, start training to be referees, judges, and scoring officials. By

doing all of this, your edge as a competitor and a lifetime student of Judo will become sharper and more fulfilling.

Capt. Hendrix and I didn't stay in touch. He, more than anyone else, defined and shaped my love and understanding of Judo. Even now, as a Yodan, and nearly fifty years of age, I am still trying to live up to the ideals and standards that Sensei Hendrix set for me.

And wherever he is, I want to thank Sensei Hendrix for being such an extraordinary mentor and teacher. Thank you for your lessons in Judo, and in life.



HOW TO GET IJF DAN CERTIFICATES

As we receive many letters, telephone and E-mail requests for information on how to get IJF Dan Certificates, we are reproducing the following information which appeared on the International Judo Federation's web page:

General Rule: The applicant cannot request for a grade of IJF Dan that is higher than his/her National Dan Certificate. Each Continental Union shall handle all necessary procedures for issuing the IJF Dan Certificate. (The Continental Union's General Secretariat's address and FAX number can be found in the "Continental Unions" section of the IJF Home Page.)

Procedure for 1st to 7th Dan: From 1st to 7th Dan, the IJF Dan Certificate is handled by the Continental Union. The applicant should make a request for the issuance of the Dan Certificate to his/her respective Continental Union through their National Federation.

Procedure for Higher than 7th Dan: The applicant must have the recommendation of their National Federation. The National Federation shall request their respective Continental Union for the issuance of the Dan. When the Continental Union accepts the recommendation of the National Federation, the Continental Union must get the formal approval of the IJF Directing Committee. After the application is approved by the IJF Directing Committee, then the Continental Union issues a Dan Certificate to the applicant.

Fee: The IJF shall charge \$10.00 (U.S.) for each Dan Certificate. Each Continental Union has the right to charge additional handling fees.

Olympic Qualification: In order to participate in the Olympic Games, each Judo fighter must be qualified in the Participation List of their respective Continental Union, and they must hold a 1st or higher IJF Dan Certificate.

ON TEACHING AND LEARNING

Dr. James A. ("Jimmy") Tanaka, 7th Dan/ Judo, 2nd Dan/Aikido and Karate, is a retired Air Force Colonel, and is Head Coach of the Solano College Judo Club, Fairfield, CA, which at this writing has 138 members. He recently reminded us of a marble structure at the United States Air Force Academy here in Colorado Springs, which bears the message: "Man's flight through life is sustained by the power of his knowledge." Jimmy adds that his reason for continuing to teach is that he believes to teach is to learn.

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



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Clinic conducted by Reggie Heefner at Classical Budo Dojo, Waynesboro, PA: From left to right - Back row: Reggie Heefner, Gordon Burgett, Jr., Todd Pryor, John Baird, Ryan Baird. Middle row: Frank Kiser, Chris Saylor, LtC Chuck O'Neill, Debbie Heefner, Johsian Ramirez. Front row: Tricia Williams, Josh Shatley, Bobby Anderson, Alyssa Williams, Brandon Allen Foor.

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Itsutsu-No-Kata

- 1ST Mark Pasquinely and Al Panackia
- 2nd Heiko Rommelmann and Jeff Giunta
- 3rd Jonathan Mooney and Ashley Mooney
- 4th Sue Dean and Frank Gerlitz

Ju-No-Kata

- 1st Diana Justice and Amy Potter
- 2nd Mark Pasquinely and Al Panackia
- 3rd Frank Gerlitz and Sue Dean
- 4th Morgan Gerlitz and Steve Dean

Goshinjitsu

- 1st Anthony Zimkowski and Troy Indermuhle
- 2nd Al Panackia and Mark Pasquinely

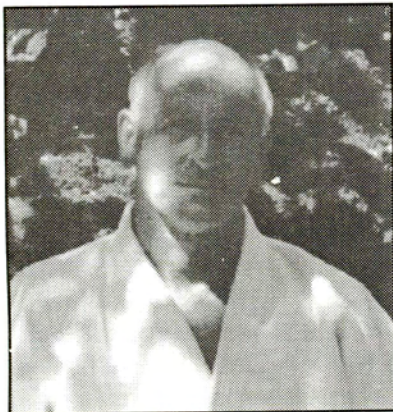
Nage-No-Kata

- 1st G. W. Phebus and Joshua White
- 2nd Jeff Giunta and Heiko Rommelmann
- 3rd Gary Monto and Russ Burke
- 4th Jonathan Mooney and Michael Mooney
- 5th Jeremy Clouse and Dean Belmon
- 6th William Bonds and Michael Fletcher

Katame-No-Kata

- 1st Sue Dean and Frank Gerlitz
- 2nd James Linnane and Tom Jones
- 3rd Russ Burke and Gary Monto

PROFILE OF A JUDO LEADER



Jeffrey R. Reynolds, Rokudan
Daigaku Judo Dojo, Missoula, Montana

Jeff's career in Judo spans from 1959-1999. Until recently he was the Head Coach and Sensei of Daigaku Judo Dojo, which he says has been a rewarding experience because of the source of thousands of students and the depth of gifted martial artists residing in the State of Montana.

His interest began in high school in 1959 when he heard about a martial art that taught falling. He was on the school ski team competing in all events; he says "taking an eggbeater at 70 m.p.h. ended many skiing careers among my peers." So he started training with Peter Robbins at the University of Colorado in Boulder under Frank Goody, Jr.

In 1961, he joined the Marine Corps and for the next 3 years was stationed aboard the aircraft carrier USS ESSEX operating in the Mediterranean and the Atlantic, during which time he had the opportunity to visit many Judo clubs in the ports visited.

In 1964, Jeff returned to Boulder, CO to finish his degree in economics. His best memory of the late 60's as a Brown Belt was winning the 5-man team championships at the Denver School of

Judo, playing with Dennis Mercer, Rick Clark, Ray Avedon and Harvey Tashiro.

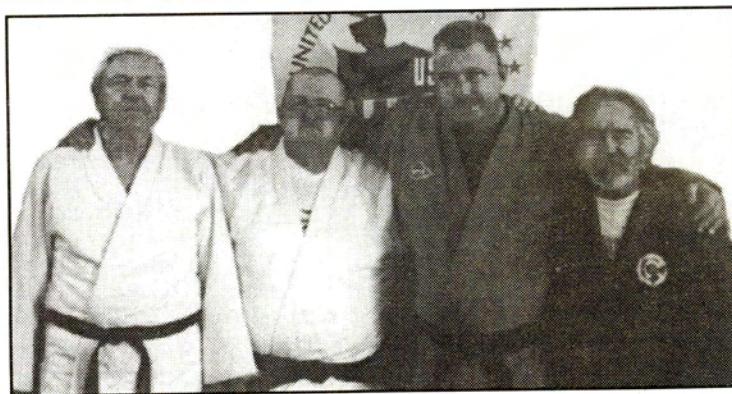
His career in banking and insurance took him to Seattle, WA and he began his study of Aikido at the University of Washington. In 1974, when he told his Sensei, Kenji Yamada, that he was moving to Montana, he asked Jeff to stay after class on his last day and spent four hours with him on uchimata, his tokui-waza, and then recommended Jeff's promotion to Nidan as a birthday present.

During the 70's and 80's, Jeff made six trips to Spain and England, to go to school and train. He had homes away from home in Barcelona, Santander and Bilbao, Spain (where he lived with Pili and Francisco Aristin of the Club Hiroshima), and in Southampton, England. Jeff says his heart is still in the Pyrenees mountains of Santander and Bilbao. He won his first gold medal at the 1972 Team Championship held at Jijon, Spain.

In 1974, Jeff found the best of his worlds—mountains, snow-skiing, sailing and Judo,

in Missoula, Montana. He says: "Dick Yamamoto and Lloyd Yunago of the Sikikan Dojo in Spokane, WA, played a tireless role in keeping Judo alive in western Montana. They helped me continue the Judo club on the University of Montana campus in Missoula which Joseph L. DeVictoria passed on to me (he died of a massive heart attack in the dojo during practice)".

Jeff concluded: "Being recognized as a teacher with my April 30, 1998 promotion to Rokudan, and having the privilege of wearing the symbolic red and white belt, has inspired me to move into the millennium in the blood red energy of reality, and the pure white clarity of insight. My guiding inspiration distilled through forty years of a training, and many sets of 10,000 throws, is the importance of "basics." Breathing, stretching, calisthenics, training in ukemi, kata, newaza, and tachi-waza, will give a lifetime of health and well-being to all who take the Judo path—maximum efficiency, minimum effort, mutual welfare and benefit. Thank you to all my teachers and students."



Early in November '99 four old friends (from left to right) William Thorndike, Ken Burton, Terry Kelly and Charlie Robinson, acted as Examiners and clinicians at Santa Rosa College in California, where Terry teaches. Terry acted as host, and twenty-four of his students were in attendance. Ken and William conducted promotion examinations, and Charlie conducted a clinic on throwing skills and mat work.



USJA PROMOTIONS

(since the last USJA Promotion Board Meeting - October 1999)

JUDO PROMOTIONS

Steve Antes	Shodan	Judo
Phillip Austin	Shodan	Judo
John E. Borsch	Nidan	Judo
Wayne Brewster	Shodan	Judo
Luis Brizuela	Shodan	Judo
Delores Brodie	Nidan	Judo
Timothy Byrne	Sandan	Judo
Michelle Climent	Shodan	Judo
Edie Connelly	Sandan	Judo
Paul Creighton	Shodan	Judo
Jason Cryan	Sandan	Judo
Tim Cruff	Yodan	Judo
Darren Cutler	Shodan	Judo
Morris Deloach	Shodan	Judo
Kyle Eastham	Nidan	Judo
Jason Fairbanks	Shodan	Judo
Carlos Figarola	Shodan	Judo
Kari Gabriel	Nidan	Judo
Elizabeth Garcia	Shodan	Judo
Ronald Garrett	Nidan	Judo
Shawn Gauvin	Shodan	Judo
Reinaldo Gonzalez	Shodan	Judo
Ricardo Gonzalez	Shodan	Judo
Carl Haire	Shodan	Judo
Timothy Hammers	Shodan	Judo
Howard Hannon	Shodan	Judo
Scott Haraburda	Nidan	Judo
Dennis L. Hayes	Shodan	Judo
Gary Hebert	Shodan	Judo
John Hildebrand	Shodan	Judo
Lawrence Hodges	Shodan	Judo
Lee Hyder	Nidan	Judo
Troy Indermuhle	Shodan	Judo
Joseph Infantolino	Nidan	Judo
Robert M. Jackson	Nidan	Judo
Allen E. Johnson *	Sandan	Judo
Ron Kaufman	Shodan	Judo
Greg Kaye	Sandan	Judo
Jon-Michael Kerestes	Nidan	Judo
William F. Lambert	Shodan	Judo
Marc Laxineta	Nidan	Judo
Wade Leitner	Shodan	Judo
James B. Livingston	Shodan	Judo
James Lockman	Shodan	Judo
David Malek	Sandan	Judo
Lester Martell	Shodan	Judo
John C. McDonald	Shodan	Judo

Dennis McGeehan	Nidan	Judo
Gary Melton	Rokudan	Judo
Brad A. Miller	Shodan	Judo
Charlee Minkin	Nidan	Judo
Davina Minkin	Sandan	Judo
George L. Morse	Rokudan	Judo
Thomas Murray	Shodan	Judo
James J. Overton, Jr.	Shodan	Judo
Kenneth Page	Nidan	Judo
Charles Parker	Shodan	Judo
Charles Parson	Sandan	Judo
Miguel Pena	Shodan	Judo
Eric Petrus	Shodan	Judo
Matthew Powers	Shodan	Judo
William Rankin	Shodan	Judo
R. Michael Reid, Jr.	Shodan	Judo
Ronald Reser	Shodan	Judo
David Rhodenizer	Yodan	Judo
Ted Ricketts	Yodan	Judo
Humberto Riselli	Shodan	Judo
Rodney Roberts	Sandan	Judo
Keith Rockel	Shodan	Judo
R. Dana Rucker, Jr.	Shodan	Judo
Pedro Savinovich	Nidan	Judo
Matthew Shedd	Shodan	Judo
Robert Simpson	Nidan	Judo
Alan R. Smith, Sr.	Sandan	Judo
David Shorey	Shodan	Judo
Buck Snider	Shodan	Judo
Sheree Snider	Shodan	Judo
Harry Spohrer	Yodan	Judo
Nathan Spoo	Shodan	Judo
Michael Stelmach	Shodan	Judo
Darian Stokes	Nidan	Judo
Dwan Stregles	Godan	Judo
Patrick Szrejter	Rokudan	Judo
Lloyd (Al) Thomas	Shichidan	Judo
Will Thompson	Shodan	Judo
Ronald Thomson	Nidan	Judo
Ronald Tolentino	Shodan	Judo
Timothy Tremaine	Shodan	Judo
Glenn Truex	Shodan	Judo
Cardo Urso	Sandan	Judo
Tom Van Helder	Sandan	Judo
Gabriel Vela	Shodan	Judo
Glenn Wakelin	Shodan	Judo
Jeff Wiegers	Nidan	Judo
Stan Wise	Shodan	Judo
Peter Zarkar	Shodan	Judo

OTHER MARTIAL ARTS CERTIFICATIONS

Samuel A. George	Shodan	Aikido
Henry McDermott	Nidan	Aikido
Hal Render	Shodan	Aikido

Terry Aumock	Shodan	Jujitsu
Kyle Eastham	Shodan	Jujitsu
Joel Erdman	Nidan	Jujitsu
Stephen Farrell	Sandan	Jujitsu
Howard Hannon	Shodan	Jujitsu
Joseph Infantolino	Nidan	Jujitsu
Howard T. Jones, III	Shodan	Jujitsu
Edwin D. Lugo	Sandan	Jujitsu
Samuel C. Merritt	Shodan	Jujitsu
Walter Miller	Nidan	Jujitsu
Christopher Monto	Sandan	Jujitsu
William A. Parker	Shodan	Jujitsu
Steven Pitts	Shodan	Jujitsu
Danny Powers	Yodan	Jujitsu
Dusty Rhoades	Shodan	Jujitsu
David Rhodenizer	Sandan	Jujitsu
Heiko Rommelmann, Jr.	Godan	Jujitsu
Charles Stewart	Nidan	Jujitsu
Nathaniel Thornburg	Shodan	Jujitsu
William Thorndike, Jr.	Yodan	Jujitsu
Timothy Tremaine	Shodan	Jujitsu
Earl R. Upton	Sandan	Jujitsu
Derek M. Weeks	Shodan	Jujitsu

Alfred Striz	Shodan	Karate
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Coston Beauchamp	Nidan	Taekwondo
Jason Hernandez	Shodan	Taekwondo
Leslie Hernandez	Shodan	Taekwondo
Ryan Jaconetti	Nidan	Taekwondo
Michael Moore	Shodan	Taekwondo
Matthew Nesting	Shodan	Taekwondo
Brittany O'Brien	Shodan	Taekwondo
Joseph O'Brien	Shodan	Taekwondo
James Sherrill	Shodan	Taekwondo

THE VINELAND JUDO CLUB, Vineland, NJ USJA's Largest Club (463 members)

by Peter Tamagni, Yodan

The Vineland Judo Club had its beginnings in 1960 as a Judo "course" attached to the local YMCA. So much interest was generated by this activity that a permanent club was formed under the direction of Mamoru Noguchi, Sensei, then 5th Dan and chairman of the JBBF (predecessor to the United States Judo Federation).

Throughout the years, the club changed locations but never its spirit. Relocated to the Elks club building, it prospered under the leadership of the late Harry Smith, one of Noguchi Sensei's original students, gathering a number of new members eager to learn and practice Judo.

After the Elks club building was sold to the City of Vineland and designated for demolition, the Vineland Judo Club moved to the St. Augustine Prep. School in Richland, NJ, where a satellite dojo had been established to teach Judo to students at the prep school, under the direction of Peter Tamagni, another original member and student of Noguchi Sensei.

In the late 1970's, the club finally relocated to its present place in Vineland. The dojo was provided by yet another long-time member and staunch supporter of Judo - Raimundo Marquez, now 5th Dan and Chief Instructor.

While at its present location, Vineland Judo Club has blossomed and grown into a first-rate dojo under the leadership of Marquez Sensei, who is a past National Champion several times over. His generosity and dedication to Judo have given the long-

existing dojo a professionalism and reputation second to none.

Throughout the years, Vineland Judo Club has had many celebrities in the world of Judo practice within the walls of its dojo, as well as train with the members and instructors. Some of these notables include:

Mike Swain:
World Champion
Jason Morris:
Olympic Silver Medalist
Jimmy Pedro:
Olympic Bronze Medalist
Joseph Walters:
National Master's Judo Champion

as well as the Israeli National Judo Team.

Several members from the original 1960 Vineland Judo Club continue to train and instruct at the dojo, and have been doing so continuously. They are:

David Kawajiri, 6th Dan - 40 years
Craig Kawajiri, 4th Dan - 35 years
Raimundo Marquez, 5th Dan -
40 years
Raimundo Marquez, Jr., 4th Dan -
25 years
Peter Tamagni, 4th Dan - 40 years
Ed Williams, 4th Dan - 40 years
Bruce Leighty, 4th Dan - 30 years

It is to be noted that the above lists original members still living; none of the original members ever quit: they passed on.

In celebration of its 40th year of continuous Judo practice, the Vineland Judo Club humbly offers this brief history to you, along with the assurance that good Judo is still being practiced; it will continue with its traditions of "Mutual Respect", as desired by the founder of Judo, Jigoro Kano.

My association with Vineland Judo Club over the years has been one of the most rewarding experiences of my life; it is a singular and distinct privilege to be asked by Sensei Marquez to compile this brief history of our club.

CONGRATULATIONS

CONGRATULATIONS to Chris Blanton, Head Coach, Martial Arts Institute, Fort Collins, Colorado, and Jennifer Lynn Rolen, who will exchange wedding vows on May 28, 2000.

USJA CAMP LISTING

Date: June 14-18
 Name of Camp: ALL CAROLINA CAMP 2000
 Location: Charleston, South Carolina
 Camp Director: Tom Reiff
 Phone: 843-553-2454
 Email: reiff@Charleston.net

Date: July 23-29
 Name of Camp: SPIRIT OF THE EAGLE
 Location: Findlay University, Findlay, Ohio
 Camp Director: Jamie Livergood
 Phone: 419-435-4343
 Email: judojamie@aol.com

Date: July 23-29
 Name of Camp: CAMP BUSHIDO
 Location: Colorado Springs, Colorado
 Camp Director: Edward Szejter
 Phone: 719-633-7750
 Email: usja@csprings.com

Date: July 29-August 3
 Name of Camp: HIGH SIERRA JUDO CAMP
 Location: Clipper Mills, CA
 Camp Director: Charlie Robinson
 Phone: 530-673-8244
 Email: crobinson.ncen.org

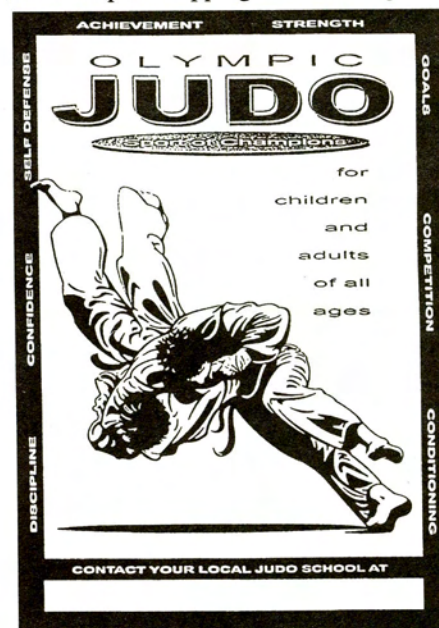
Date: July 29-August 2
 Name of Camp: CAMP TOMODACHI
 Location: Boynton Beach, Florida
 Camp Director: Michael Szejter
 Phone: 561-731-0243
 Email: Szejter_P@popmail.firn.edu

Date: August 13-19
 Name of Camp: INT'L YMCA-YWCA JUDO
 CAMP AT GREENKILL
 Location: Huguenot, New York
 Camp Director: George Pasiuk
 Phone: 914-858-2200 or 430-9385
 Email: george.pasiuk@gte.net

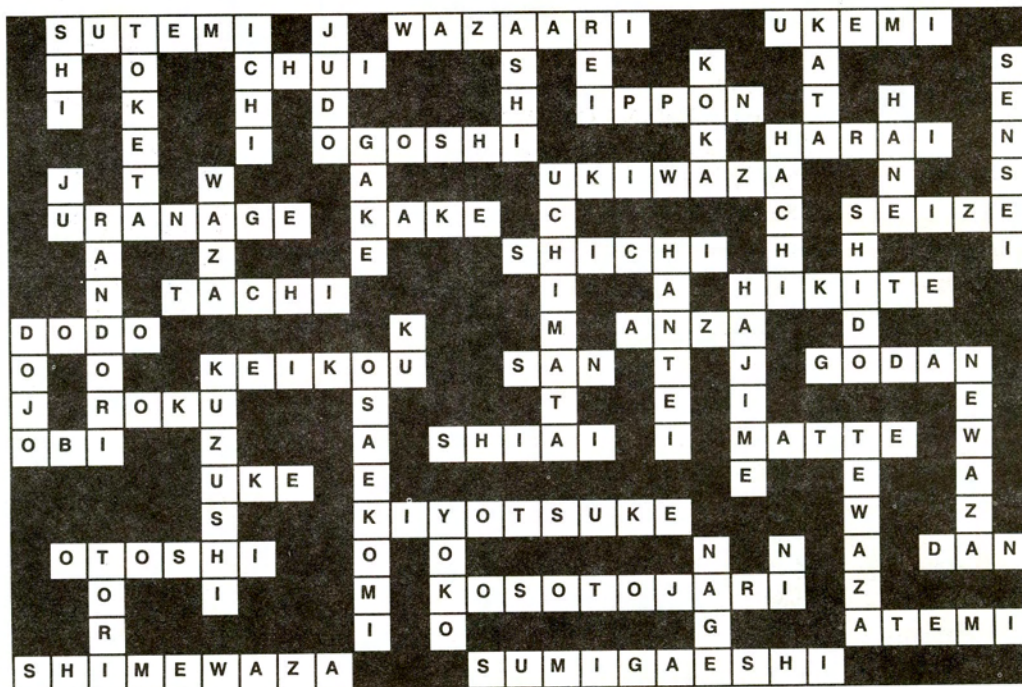
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Answer to puzzle on page 14



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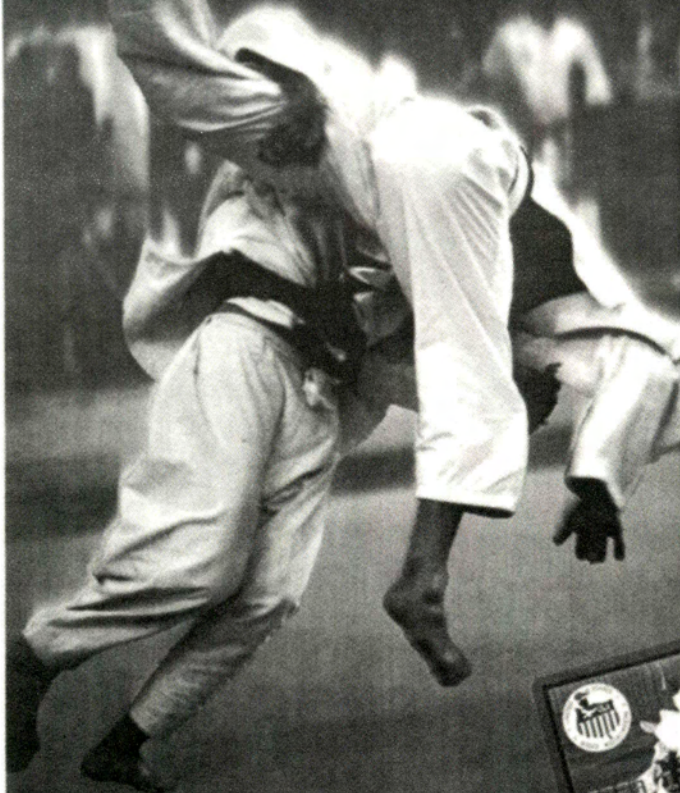
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