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DOACH

A Quarterly Publication of the USJA



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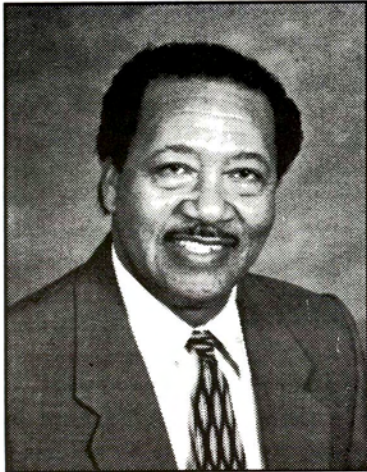
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MESSAGE FROM THE PRESIDENT



Jesse Jones

During the past few months, I have welcomed the prospect of working in cooperation with other national organizations in a concerted effort to escalate the Judo community from its current stagnant pace of growth and development. There is so much that can be done when a group of focused individuals with good intention plans and works together.

There has always been concern about membership growth, and most importantly how best to explore resources. My personal choice of approach would be to target middle schools across America. We have much to offer that could enhance learning at this level. We have under-estimated not only the importance of discipline in small, gradual doses, that would be found acceptable, but also the benefits our Judo community could offer public and private school systems. We can provide not only the additional physical fitness that these young adults need, but also the team spirit and focus that automatically drives these programs. We have under-estimated the need to, and have not developed the

channels by which to approach school administrations and introduce a program of very little cost—if any—that would instill pride and commitment on the part of students and parents alike.

Many benefits can be gained from national Judo organizations from such programs. Grants can be obtained for long-range planning, where fees for membership, and Judo counseling/instruction could be derived. This is a dream project that could easily become reality, when implemented by the cooperation and team work of a number of focused, qualified and dedicated people. We will not grow at an acceptable rate if we do not explore new sources.

Why do we want to grow into a massive organization? If our numbers increase, so would the certifications, clinics and seminars. By taking our services to the regional and club levels, all members can have the opportunity to experience service on a continuous basis. We must ask ourselves—just how long can we expect to exist as an organization if we do not implement steps to be totally self-supporting in years to come?

We find ourselves involved in numerous litigations that could have been, in large part, preventable. Involvement in these frivolous lawsuits is forcing us to implement steps to prevent them from happening in the future. We never thought we would ever see the day when martial artist would be suing martial artist. In order to have competent representation in cases where we were guilty of no wrongdoing, enormous legal fees have been generated. We never dreamed that one day the rules of Judo would be challenged in the courts.

These unforeseeable, frivolous, and costly lawsuits are placing a huge financial burden on the shoulders of our Association, and we feel a great responsibility to insure that our Coaches and representatives are educated and certified in the ways of prevention.

Our Coaches are to be commended for their efforts in the certification process, and more and more of us are attending seminars in Coaching, Rank Examiner, and First Aid. This should be the basic minimum for club instructors charged with the responsibility of the safety of their students.

Medical health insurance is also a matter of concern. I encourage any person participating in any kind of physical activity which

extends their routine physical abilities, to acquire personal and family health insurance. The Judo insurance program is excess sports accident insurance which provides care over and above your own health insurance. This precaution should be seriously considered when anyone attempts to extend his/her physical performance to the limit. Health/medical insurance is pretty simplified in the way it operates: place a claim, pay the deductible, and the insurance carrier pays benefits up to the policy limit.

Liability insurance appears to be a REAL bag of mystery for the layman. When a one million dollar liability policy is purchased, one would think—in simplified terms—that the insurance company is standing ready with a million dollars to award in case you are sued. Not even close! It is to be hoped that there will be the best possible representation to defend one's case in the shortest period of time, because win or lose,

... just how long can we expect to exist as an organization if we do not implement steps to be totally self-supporting in years to come?

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.....
MESSAGE FROM THE PRESIDENT *(continued from page 1)*

you could be liable for attorney fees, especially when you sue the insurance company for inadequate or incompetent representation.

On another note, while every contributor will receive a letter of thanks, I would like to mention here how much we appreciate the responses received to our recent letter of appeal which outlined the Litigation Fund. This special request, if successful, will prevent further inroads into our operational funds. All donors who respond to our Litigation Fund appeal for assistance in paying costs of legal representation, will

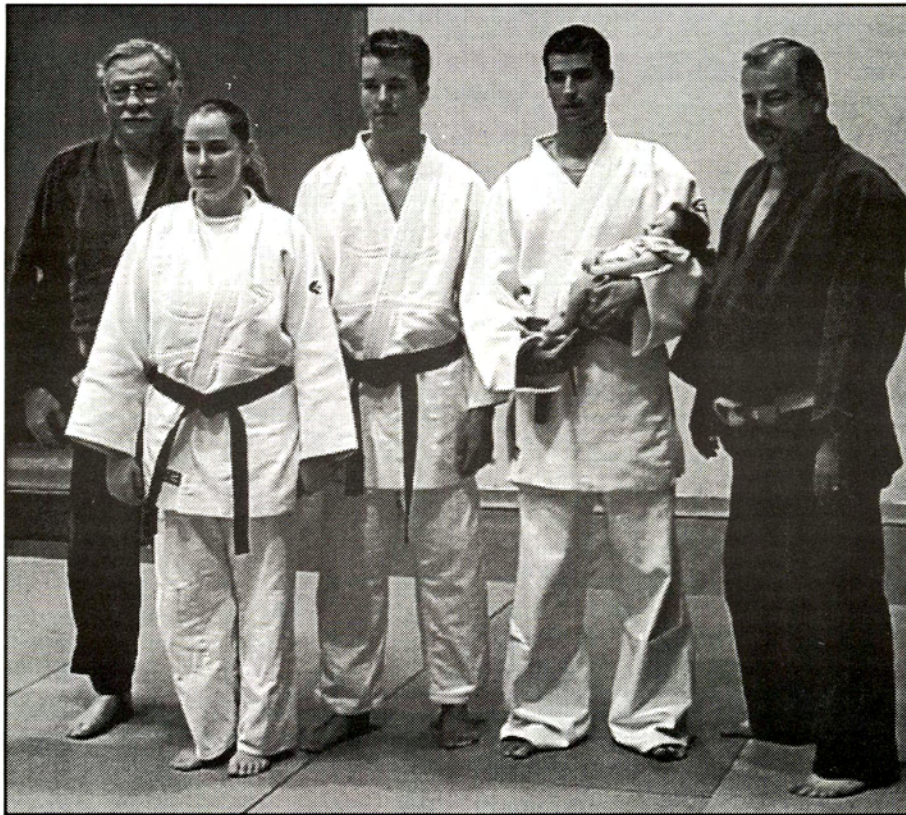
be provided a schedule of payments, and timely updates. Contributions to the fund, which are of course tax deductible, will be applied to, and will increase the status of, the Life Membership account of the donor.

While the foregoing outlines my deepest concerns at the present time. On the other hand, I am happy to report that we are still strong, still growing, and still as vibrant as ever, offering programs given by a wealth of Coaches standing ready at all times. We have an office staff which is sensitive to the needs of membership and provides the best service possible. Continuous

improvement in membership services is expected when all phases of the newly-installed computer system is complete.

Your Board of Directors, located throughout the country, is encouraged to submit coverage of events occurring in their respective regions. Coaches, contact a Board member representing your region, should you have information to share which can perhaps be published in *USJA COACH*.

Sincerely,
Jesse L Jones



FOUR GENERATIONS OF SZREJTERS! Photo taken at Camp Tomodachi, Boca Raton, FL, August 2000. The newest Life Member of the USJA, Andrew Nicholas Szrejter, is shown being held by his father Mark, oldest son of Mike Szrejter. Also shown, proud great-grandfather Ed, and aunt and uncle, Mindy and Matthew, Mike's other children. Congratulations to all, especially Mark's wife, Jennifer (not shown).

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

We are taking positive strides in updating our database software. Mark Johnson of the Tamura Judo Club in Texas, is working on the system. We are fortunate to now have an Electronics/Media Committee, chaired by Tom Reiff, who found Mark for us. Thanks go to Tom and Mark. Downloading membership rosters will soon be reality, cutting costs for you, the Coaches, and for we, the National Office.

As you will see by the cover of this issue, the Board of Directors has authorized new rank patches. They may be worn on the bottom of the lapel (near where the manufacturer's label is located), or on the end of your belt. So far, only Black Belt ranks are being made available, but we are looking into having them produced for kyu and junior ranks. If you wish to purchase them as replacements, or have extras, they are available at \$4.00 each plus S&H.

I am pleased to report that the first ever USJA International Cup was a huge success, with over one hundred competitors in Senior and Masters Divisions

participating. Twenty one kata teams were competing in nage, katame, ju and goshin jitsu kata. Many competed in all kata with very few competing in just two. Gary Monto, Gene Fodor, Russ Burke, and their tournament crew did an outstanding job of producing a satisfying tournament. Mark your calendar - this event will be held during the next five years in Toledo, OH.

From the E-mail, phone calls, and letters I receive, nothing but praise is coming in for the crew conducting the Junior Nationals in Charlotte, NC (see results on pages 26-28). Pat Szejter put a great team together to make this one of the most successful events ever. Thank you, Pat and crew.

Let us now look forward to the USJA Team Championships, to be held at the U. S. Marine Corps Base, Quantico, Virginia - thirty five miles south of Washington, DC on Route I-95. The date is November 18, 2000. MgSgt. Cardo Urso will be the host; more information on housing and travel will be forthcoming soon.

Gary Monto is now the USJA Coordinator of Clinics nationwide, and will be relieving me of a great deal of scheduling. His telephone number is (419) 693-3682 - contact him to set a date for a clinic embracing any of the topics the clinicians are capable of undertaking (see listing on our web page: www.csprings.com/usja). If, for some reason, you are unable to reach Gary, by all means call me. We are looking forward to an outstanding clinic season commencing September 2000. To date, clinics have been scheduled for Texas in September, and New Jersey in October. Let us hear from you, Coaches! We do not necessarily conduct clinics at only the larger clubs and any Coach requesting a

clinic can be accommodated. This is really a "grass roots" program.

Promotions: Please remember that our Promotion Board needs complete documentation of all your points. Simply listing on the Recommendation for Promotion Form the number earned, is insufficient. For over 30 years members have been using a record book to document their accomplishments, but the books have seemed to have fallen into disuse. The Promotion Manual directs you to submit copies of this record book, with your accomplishments listed. A word to the wise: In the future, when recommendations are submitted without this documentation, the National Office has been instructed to return the applications; they will not be presented to the Promotion Board. This matter has developed into a real problem over the past several years. **PLEASE** - your documented accomplishments must accompany your Recommendation for Promotion Forms.

Camps: The All Carolina Camp was well attended, hosted by Tom Reiff at City College gymnasium, Charleston. Accommodations and food were superb. Thanks go to Tom and his team for conducting this well organized and enjoyable camp. This annual camp will now alternate between North Carolina and South Carolina. Camp Bushido was a successful event, and George Weers and the staff conducted a really enjoyable camp; thanks go to them for their worthy efforts. Camp Tomodachi, Boca Raton, FL, was well attended as usual. Mike, and his very large staff, are to be complemented on hosting this very successful event. Mike says, "same time, next year."

FOOD FOR THOUGHT - INSIDE OR OUTSIDE THE CIRCLE?

by Sid Kelly, Shichidan/Judo, Rodudan/Jujitsu

Throughout the country there are thousands of people who volunteer their precious time and energy to the sport of Judo, by and large receiving little recognition from the general public. Their efforts cover many diverse paths, including attending and organizing classes, clinics, meetings, and tournaments, participation in contest training, kata training, coaching, teaching, public relations, telephoning, chauffeuring, traveling, refereeing, writing, and hours of preparation and thought on how to improve any of the above.

So, bearing in mind that Judo is an Olympic sport, and that thousands of people spend much of their time devoted to Judo, why is it that after one hundred years or so of Judo in America, the sport is in such a moribund state? How is it that an avocation which offers so much, is hardly known to the general public? One would think that Judo, which not only offers a way to learn self-defense, but can also effectively improve the cardiovascular system, reduce weight, improve reflex timing, coordination and agility, balance, posture, flexibility, strength, stamina, and endurance, would enjoy such popularity that millions of our so-called "health freaks" would be lining up at the door of every dojo! One would also think that Judo, which is able to reduce and control stress, and develop and improve qualities such as alertness, patience, concentration, determination, commitment, temper control, and the ability to focus, would be so popular that every mental health organization, including those departments in the Federal government, would want to know about it. And finally, one would think that an avocation that

originated as a system of education, with the ambitious aim of perfecting the human character by improving such qualities as honesty, integrity, sportsmanship, discipline, self-confidence, and self-esteem, would be documented and available in every school, college and university library, and be placed on the Self Improvement bookshelves of every worthwhile bookstore. Alas, this is not happening.

So what is the reason for this universal lack of interest? There are probably several reasons, but each one boils down to essentially the same thing. The minuscule audience of 50,000 being targeted, already knows about Judo; the people who should be targeted, the 265,000,000 Americans who know nothing about Judo, are not being targeted, and are being virtually ignored!

To throw some light on, and illustrate the absurdity of this situation, let us for a moment graphically consider these two groups. First, the targeted group. It's anybody's guess, but I have gathered that between the three associations, together with those not registered, and those who are no longer active, there are about 50,000 people in the United States who know something about Judo.

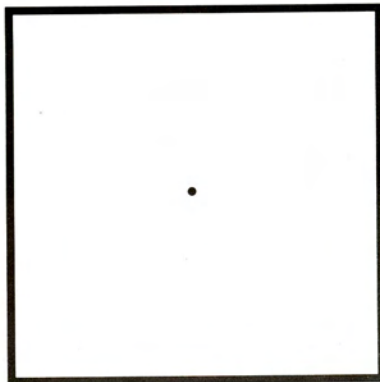


Figure 1

Secondly, the ignored group. It is estimated that the population of the United States is 265,000,000. Of these, it would be pointless to target the extremely young or old (under 6 and over 80 years old), a group we could estimate numbering 25,000,000. This would potentially leave us with a figure of 240,000,000 people who could be targeted. To graphically compare these two groups,

the reader is asked to imagine that this group of 240,000,000 people is represented by a 2 inch square, and the group that is being targeted, the 50,000 people mentioned earlier, equates to a circle with a diameter of .0325 inches, a dot, as shown below in the center of the 2 inch square (see Figure 1).

The vast number of people represented by the white space around the dot, represents nearly the entire population of the United States. When one fully realizes this, the only logical conclusion that can be reached, sad as it may be, is that if policies and programs continue as they are, Judo has no chance of ever getting off the ground in the United States.

The question an individual or an association must continually ask is: "Am I/we working inside the circle. Am I/we REALLY helping?" Working outside the circle, exasperating as it may be, expands the growth of Judo. Working only inside the circle will, in the long run, diminish Judo's already slow growth.

Most people work only within their comfort zone. The areas of public relations, marketing, advertising, meeting with civic leaders, fund raising, and after-dinner speeches, are not usually in that comfort zone, but this is what it takes to venture outside the circle. Even though a person in the Judo community may do commendable, meritorious work, paradoxically he/she may not be helping in the growth of Judo. Inside the circle there is comfort, perpetuation and, in the long run, deflation or non-growth. Outside the circle, there is discomfort, exasperation and inflation, or growth.

Where do you fit in? Are you responsible for perpetuation, or growth? Are you inside or outside the circle? Or, are you a little or a lot of both?

..... UNDER EXPOSED

by Jerry Wizig, Houston Chronicle

(This article first appeared in the Houston Chronicle on April 30, 2000. Copyright 2000 Houston Chronicle Publishing Co. Reprinted with permission. All rights reserved.)

George Harris, now 67, and Jim Bregman, 58, are privileged to think of themselves as members of a Rainbow Coalition before there *was* a Rainbow Coalition.

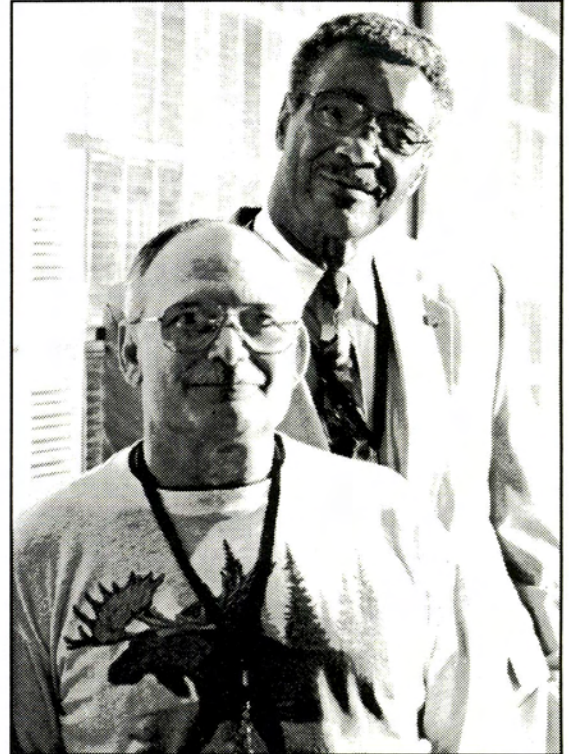
They formed half of the four-member U.S. men's judo team at the 1964 Olympic Games at Tokyo, the first time the sport was contested in the Olympics. Bregman, who is Jewish, won the bronze medal in the 80-kilogram division (176 pounds). Harris, who is black, shared fourth place at 176 pounds-plus. Their teammates on the USJA contingent were Asian Paul Maruyama, later head coach of the 1980 and '84 Olympic teams, and Native American Ben Nighthorse Campbell, currently a U. S. Senator from Colorado, who was the team captain.

Under the amateurism rules of that era, Harris recalled Saturday while attending the USJA Judo national championships at the George R. Brown Convention Center, he couldn't profit from two popular national television shows he appeared on after the Olympics. His \$2,000 fee from "To Tell The Truth" and \$200 from the "Dr. Joyce Brothers Show", were turned over to the U. S. Olympic Committee and the Amateur Athletic Union. Instead, Harris and his mother were given tickets to a Broadway show. "If there has been significant progress in our sport," said Bregman, "the whole reformation of amateur rules is perhaps the best that has happened." Harris said, "I hate to be negative, but I'm not sure the sport has advanced any at all since 1964. But one sign of some progress is that now kids get sponsorships and USOC stipends, which were never available in our time."

For a sport considered minor or low-profile in a nation so attached to professional, big-time, high-exposure sports, Bregman and Harris await the day, perhaps at the 2000 Sydney Games, when, as Bregman described it, "it will get a kick-start that will bring public awareness in the country. We in judo have not been very good media advocates. In this country it is a minor sport. In a nation of 260 million, there are about 6,000 to 8,000 registered athletes. In France and England, it is the second-most popular sport. In France, a country of about 65 million, there are about 1.5 million judo athletes. Japan probably is still the country where you go to learn the sport."

Bregman, who grew up and still lives in Arlington, VA, went to Sophia University in Tokyo in 1960 and earned an economics degree while also continuing his instruction in judo. He attended the 1960 USA championships that year in Tampa, FL, and saw Harris and Campbell compete for the first time. "I was so impressed by them that I told myself that was the type of level I wanted to reach in this sport," he said. "I never dreamed that four years later, I would be on the Olympic team with them."

Harris, an amateur boxer since he was 13, did not start judo until he was 21, while stationed at Travis Air Force Base in California. "It's a sport that you can start at age four and go with on and on, like tennis or golf," said Harris, a 20-year Air Force veteran who now lives in Brick, NJ.



Jim Bregman and George Harris

At Tokyo, Harris tied for fourth after sharing fifth in the 1960 and '63 world championships. His most vivid memory is the closing ceremony at the Olympic Stadium. "The opening ceremony was very rigid, very controlled," he said. "For the closing ceremony, we marched in locked in arms with the Russian judo team. I was in the armed forces of my country at the time, and I'm sure some of them were in the Russian armed forces, but at that time, there was a tremendous feel of camaraderie and good will."

Bregman remembered the opening ceremony as an occasion when the Western-style hats that were part of the USA team uniform proved useful and timely when the

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USJACOACH

SENSEI

by Ronald Allan Charles, Shichidan/Judo, Rokudan/JuJitsu

The old Sensei lay quietly in the hospital bed, eyes closed. To the nurse's casual glance he seemed to be sleeping. Actually, he was thinking of Judo, visualizing a match he had fought as a white belt. That was indeed long ago.

Into the hospital room came the judoka, the assistant instructor, disciple of the master, concern over his Sensei's fate showing on his face. He performed rei, a standing bow, as he approached the bed, and as he did so, Sensei's eyes slowly opened.

The judoka took the hand of his Sensei, and although Sensei's grip was firm, the judoka knew the strength of old was no longer there. That didn't matter now; they were not on the mat. Those days seems eons ago.

I am both beside you and behind you. When you feel unsure of yourself, look deep inside for my guidance.

Looking into his Sensei's eyes was hard for the judoka. They were cloudy - no longer those sharp, eagle-like eyes that used to pierce his judogi during training, finding flaws in his technique that even the judoka didn't know existed. Still, the judoka tried to maintain eye contact with his mentor, searching beyond the haze and wrinkles which mapped the old man's face. The judoka began to think of each wrinkle as a line on a map leading to an out-of-town tournament. The lines went everywhere, he thought. So many tournaments.

"How are you feeling, Sensei", he inquired. "I've been better", replied Sensei, with a hint of a smile. "How's Judo?" "It's not the same without you Sensei. We're working out, but it's different. I'm not sure I can handle the class without you. I wish you could be there so I could help you with instruction."

"I am there," said Sensei, stressing each word, detecting the uncertainty in his disciple's voice. "You will not fail in your new teaching role. You have the skills which your belt rank represents. You have learned well the many ways to pass on your techniques to others." "But how will I hold everything together? There's so much to do, to think about, and plan," said the judoka, bewilderment in his voice.

"Remember your first class?" asked Sensei. "There were fears - fear of falling, fear of injury, fear of failure. Now there is no fear from throws. You have mastered ukemi, the art of falling. You cannot be injured because

you have learned to prepare your body for training. You cannot fail, simply because others depend upon you."

The old Sensei closed his eyes for the longest time. The judoka thought for a moment that he had fallen asleep. Just when he was wondering if he should leave, Sensei continued, as though he hadn't broken off the conversation at all.

"You have watched me teach Judo for years. I still teach Judo, only now I teach through you. When you stand before your students, my presence is there. My Judo spirit fills the dojo, always. I am both beside you and behind you. When you feel unsure of yourself, look deep inside for my guidance. Calm yourself first, and then the right course of action will come to you, flowing just as surely as the rivers flow from the sea. Remember that I, too, once experienced these same feelings when I took over from my own Sensei. These are natural feelings." Sensei paused, closing his eyes.

"Carry on," he said, his eyes still closed. "Remember, I am with you, always. Always," he repeated. Then he was quiet.

After the longest while, during which time Sensei appeared to be asleep, the Judoka turned to go. Before leaving the room, he turned to bow to his old teacher. He stood tall, taller than when he had come into the room. As he walked out, now himself the Sensei, he thought he heard a whisper, a single word: "Always."

Dr. Ronald Allan Charles, operates and is Head Coach of Samurai Judo Association, Goose Creek, SC a USJA Gold Star Chartered Club with 337 members. He is a Master Coach, Examiner, National Kata Instructor, Judge, and Regional Referee of the USJA.

UNDER EXPOSED

(continued from page 5)

hordes of white doves were released and flew above the marching athletes.

Harris and Bregman's synopsis of their sport is: "It teaches discipline, respect and hard work. We don't brook any bad sportsmanship. Talk back to an official and you're out of the tournament. You win with discipline and humility, and you lose with discipline and humility."

(Both Jim Bregman and George Harris are currently serving as members of the USJA Board of Directors.)



A JUDO JOURNEY: FROM CASTRO'S GRIP TO HALL OF FAME EMBRACE

(The following story about Humberto (Bert) Becerra, 6D/Judo, 7D/JuJitsu, Head Coach, Becerra Judo & JuJitsu Club, Dallas, TX, appeared on the Internet. It was authored by Gary Clemente, Sports Writer, publication unknown; we find it worthy of reprinting).

Garland, TX. As in life, everything comes full circle. He's a seventh degree black belt now, and one of the country's most respected judo experts. But as Humberto "Bert" Becerra instructs a six year old student at tiny Lou Huff Recreation Center in Garland, he can't help but flashback to his own childhood days in Cuba.

Certainly, too, he remembers the James Bond-like escape he made from his native land, as well as the time spent as a police officer on the mean streets of Miami. Above all, perhaps, is the sixteen years he devoted in Japan to learning his chosen sport from the masters of the Kodokan, the cradle of Judo.

Becerra, now 51, how as a six year-old he was introduced to Judo by a Russian who gave the only instruction available on the island. He took to it like a dog to a bone. "I ate, slept and drank Judo six days a week," he recalled, "I started dreaming of becoming an Olympic champion some day."

After winning everything there was to win as a national champion up until he was 17, Becerra had never gotten cozy with the notion of living under a communist dictatorship. They could take advantage of his physical skills, he thought, but they couldn't have his mind.

In 1966, while flying back to Cuba with the rest of his junior national team after a

tour of eastern block countries, Becerra put his mind and body to work. The plane, forced to land in Montreal under blizzard conditions and needing fuel, soon became snowed in. It gave Cuban officials no option but to put everyone up somewhere for the night. "There were two security guards for every four team members that traveled with us," Becerra said, "and they were armed with weapons. I had saved some money to use for my plan to escape and asked one of the guards to go get us some pizza." That took care of one goon who left to get the food, but there was one more to contend with.

Becerra and the rest of the team had been ordered to turn over their clothes so they wouldn't get any ideas about escaping; he knocked out the other security guard with one punch and took his Uzi. He got rid of the gun, but kept the magazine and didn't hesitate to run out the door, through the hotel and into the snowy streets of Montreal in his underwear. He didn't stop running for three blocks until he reached the Swiss Embassy, where he banged on the door to seek asylum. His sprint to freedom was more "a matter of survival than anything else; it wasn't about being a hero. When they saw me in my underwear, they were in shock."

Becerra and the rest of the team had been ordered to take off their clothes so they wouldn't get any ideas about escaping.

After being reunited with his family in Miami, there followed a number of years patrolling some of the city's toughest neighborhoods as a cop. Becerra was consumed with an itch to return to Japan after having competed there in his youth, and what he hungered for was to learn more about Judo from the masters of the sport. It was no harder than hopping a plane to

Japan and spending the next 16 years of his life in martial arts heaven. Much of it in the "Mecca" of Judo, at the Kodokan, a school located in Tokyo. It was there, many years ago, that master Jigoro Kano, a doctor of physical education, originated the sport after wanting to develop a hybrid form of JuJitsu. It came to be known as Judo, which means "gentle way."

For many, it would have been boot camp hell, but Becerra gladly took on some of the toughest masters. First, though, was the "small" matter of getting used to some of their training methods. "They would toughen you up over time by choking you until you passed out," Becerra said. "Then they would revive you. They did it over and over again. It took a little getting used to at first, but I got through it."

Becerra described his life during his stay as an "honored existence." Time was a precious commodity and he used it to soak up the many complex nuances of the sport. Even though he did make it to several national title bouts there while competing, just being in the presence of greatness was enough. "To be with

all these masters and world champions who came from all over the world - it was incredible" Becerra said.

He discovered, too, that the best instructors were "some you never heard of," located in tiny neighborhoods and villages throughout Japan. Finding them, and the ancient techniques they had preserved, was like finding gold.

(continued on page 8)



IN MEMORY

It is with sadness that we send our condolences to families and friends bereaved by the death of the following people:

In early April, we received the following from Joseph F. Connolly, II: "It is with a sense of personal loss that I report the passing of my friend, and fellow ROK Yudo Association 9th Dan, **Leo D. Wilson**. As is known to many of you, this comes after a long and difficult illness. He is survived by his wife Ruth, son, daughter-in-law, and grandchildren, who live in Gresham, OR." **Ken Karmann** of Riverside, California, died on March 14, while teaching Judo. See "Farewell to a Friend" by Terry J. Kelly, elsewhere in this issue of USJA COACH. We were saddened to learn of the passing, on May 14, of **Carmen Shea Wilkes**, wife of Edward E. Wilkes, Head Coach of Goshin Budokan Shuyokai USA, of Tustin, CA. **Ngo Dong, Ph.D.**, founder of Cuong Nhu Oriental Martial Arts System, passed away on May 15. Elsewhere in this issue there appears a tribute to him issued by Helen Moore,

Vice-President of Cuong Nhu, sent to us by Dr. Ronald Allan Charles of Goose Creek, SC. **Robert G. Robinson, 39**, of Detroit, MI, died May 31. His father, Carey Robinson, wrote "Robert loved Judo." **Keith Warden, 44**, of Ketchikan, Alaska, died of a massive heart attack while on the mat at Mike Swain's clinic in Ketchikan. Keith was a Nidan and a great enthusiast of Judo; he was Head Coach of Ketchikan Judo Club, and contributed much to the sport in the State of Alaska. We are told he was buried in his Judo gi. Keith will be greatly missed by all who knew him. **Joe LeStrange**, past President of Judo Ontario, member of the Judo Canada Council, IJF-B Referee, past Women's Coach for Judo Ontario, passed away July 18. Joe was dedicated to Judo and enriched the lives of many Judo players over the years. He will be sorely missed. On August 2, **Trevor Pryce Leggett, 85**, London, England, affectionately known as one of the great figures of the Budokwai, passed away. See tribute elsewhere in this issue.

FOR THE YOUNGER SET

More dojo games for children:

THE FOOTSWEEP GAME: Once the basics of a footsweep have been introduced, students form a circle and grasp each other by the ends of their sleeves. They try to sweep only their neighbor's foot (or feet) out from under them. Whenever someone falls, wholly or partially to the mat, they most let go of the circle and quickly roll out of the way, and the remainder of the students form a smaller circle as the game continues. The last one (or two) students left standing, are the winners. *Teaches: basic from the hip, straight leg, sweeping motion, timing, balance, and even the occasional spontaneous tsubami-gaeshi.*

THE CENTIPEDE GAME: Class is divided into two even groups, both groups at one end of the mat, each group forming a tight line, standing with legs very wide so that a "tunnel" is created. When the race begins, whomever is last in each line must drop quickly to the mat and crawl on his/her stomach through the tunnel, taking up the lead position in the line when they emerge from the front end. The person who is then last in the line, does the same, and so on. First centipede to reach the other end of the mat is the winner. *Teaches: up/down agility; working as a team, and good alternative to the traditional Judo crawling exercises kids love to hate.*

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

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

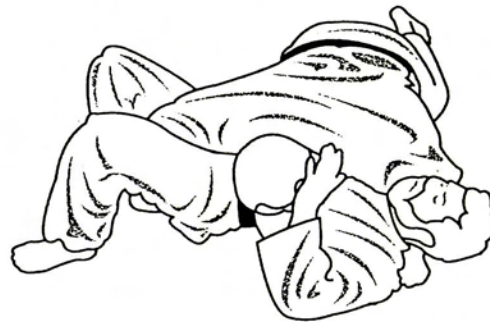
"A JUDO JOURNEY: FROM CASTRO'S GRIP TO HALL OF FAME EMBRACE" (continued from page 7)

Becerra came back to the U.S. with a desire to pass on what he had learned to a new generation of Judo enthusiasts. After starting out with just two students at the Huff Center, the number has now grown to more than 80, with a few of them becoming State and national champions.

In November, Becerra was called to Pittsburgh for his induction into the Black

Belt Hall of Fame under the category of Martial Arts Dedication, an honor permanently placed in the Eastern International Martial Arts Association Headquarters. He brought back the plaque given to him to his tiny recreation center; as he looks at some of the six year-olds he teaches, he'll no doubt know that he's come full circle.

.....
ESCAPE: Yoko shiho gatame
leg hooking head



FAREWELL TO A FRIEND

by Terry J. Kelly, Head Coach, Santa Rosa Junior College, CA
Member, USJA Board of Directors

On March 14, 2000, American Judo lost one of its beloved sons. Kenneth D. Karmann, Rokudan, suffered a fatal heart attack on the mat while teaching Judo at the San Bernardino Judo Club in Southern California. He followed his son into Judo at age 35 in 1961. "Once they put the gi on him, he fell in love with it," said his son, Brad. After only 18 months of study, Ken earned his Black Belt. He taught at the YMCA in Riverside, CA, at city recreation programs, and at Riverside and San Bernardino clubs over a period of nearly 40 years. He was training for the 2000 Senior Masters Championships.

I first met Ken Karmann in 1984 at the Las Vegas Championships. He was in my Masters Division, and after soundly defeating me, decided that he would coach me through my other matches. (He took the Gold, and helped me win the Silver.) This was the beginning of a Judo friendship,

which was based upon mutual respect, and which lasted through the years.

I would see Ken at various national championships; he was always a positive driving force for everyone in the Masters Divisions. He would be there if some last minute advice or words of encouragement were needed, and was usually around when my girls won, always giving the impression that he cared. Often, our young people would be competing on the same mat, and Ken made a point of greeting us, or congratulating the girls on their success. We had things in common other than Judo - gardening, and our military backgrounds - so we managed to have a good visit at tournaments. Then Ken would be off, and we would see each other at another event down the road.

Ken gave me an open invitation to work out at his club(s), and visit with him and

his family. His wife, Lois, is a dan grade, as is his son, Brad, and daughter, Sharon. With my busy schedule as a Deputy Sheriff, I never found the time to do this, but Ken always reminded me of that open invitation whenever I saw him.

Sensei Karmann will be missed by the Judo community and the hundreds of lives he touched. I know he is waiting for that workout and trying his skills with the legends of Judo. He was a real gentleman and a true leader. We should all be so lucky as to live the way he lived. Farewell, my friend, 'til we meet again.

THE PARADOX OF THE KATAS

(excerpted from Closing Ceremony speech of Anton Geesink, Judan - Rome, Italy, March 24, 2000)

Katas are not experienced in the spirit or way meant by Professor Jigoro Kano.

Katas are divided into two parts. Two katas were studied by Professor Kano in Kodokan Judo, and are described as Randori-no-kata, which includes the nage-no-kata and katame-no-kata. These katas should reflect present-day Judo, and need to be adjusted with each new generation. It comes down to the fact that techniques that are often being used during a World Championship or an Olympic contest, might replace non-used techniques in these randori-no-katas.

The katas mentioned should be undertaken by judoka who are already past their peak, who can thus demonstrate that they have more knowledge than just the tokui-waza techniques used during their contest days.

Why do they want and need to master these katas? First, as a necessity to qualify for a higher dan rank, and second, to be able to display their knowledge to those critics who say that he/she knows only a few techniques.

ANNOUNCING THE NEW USJA RANK INSIGNIA!!

The USJA Board of Directors approved new rank insignia at its meeting on January 26, 2000, as shown on this issue's cover. Actual size is 1-1/2" x 5".

The new insignia is worn on the end of the belt, or on the bottom portion of the lapel of the uwagi, at the same approximate spot as the manufacturer's label.

The insignia will be available for sale through the USJA Merchandising Division, at a price of \$4.00 each plus S&H, by January 2001.



A TRIBUTE Trevor Pryce Leggett - 1914-2000

(The following excerpts are taken from an obituary appearing in The London Telegraph on August 11, 2000. It came to us with tributes to Mr. Leggett from all over the world.)

Trevor Pryce Leggett, who has died at age 85, was a renowned Judo trainer at The Budokwai in London—the oldest judo club outside Japan—where he influenced a generation of British judoka.

As a Shihan, a senior judo master, Leggett, or “T.P.” as he was known, was fanatically disciplined. He never rested during training sessions and encouraged his students to do the same. During one of his classes, they would be instructed to engage in 10 or more sessions of randori (judo free-fighting) a night, with each session lasting up to 15 minutes. An invitation to join his Sunday class was greatly prized. Participants had to be at least brown belts, and virtually all the leading figures of British judo graduated from these sessions.

Once a year he held a katsu (resuscitation) class. Leggett would make the announcement: “All black belts downstairs to the lower dojo!” In the lower dojo (judo hall) the participants were shown how to revive somebody who was unconscious. Each member of the class would pair up and take turns to strangle his partner until unconscious, and then revive him.

Leggett’s intense teaching methods were respected and feared. He had the knack of knowing what the student dreaded most and would ensure that it was confronted during training. Anyone caught half asleep on the mat would be buried with an enormous throw. Leggett saw judo as a training for life, as much about character development as combat on the mat.

Trevor Pryce Leggett was born on August 22, 1914. His father, a professional musician, had been a musical child prodigy and the leader of orchestras under Sir Thomas Beecham. He did not approve of his son’s interest in judo, so to begin with, Trevor attended sessions in secret. In 1932 he joined the Budokwai and studied under Yukio Tani, celebrated at the beginning of the century for taking on all-comers in public matches. Tani was a strict teacher of the old samurai school, and Leggett was trained in that tradition. During this period, he also studied law at London University, graduating in 1934.

He went to Japan in 1938 and there continued his judo training. He gained his contest 5th Dan, a level that even today, very few non-Japanese have achieved. He embraced the challenges set by his Japanese fellow students of judo, who were inclined to be unimpressed by the Englishman. On one occasion, after a training session, Leggett stood for an hour in a cold shower when the Japanese man next to him refused to be the first to leave. In the end, both men agreed to leave together so that neither would lose face.

When the Second World War broke out in Europe, Leggett was attached to the British Embassy in Tokyo. In 1941 Japan entered the war and he was interned, along with the other embassy staff. During his internment he continued his judo training with his guards. He left Japan as part of an exchange with London-based Japanese Embassy staff.

Leggett began teaching at the Budokwai in 1945, and in 1954 was made a senior instructor. But in 1964, he suddenly severed all connections with judo teaching. He

decided he had produced enough competitors and teachers. Instead, he turned his attention to writing books about judo, Budo (the Japanese equivalent of European chivalry), eastern philosophy (Adhyamata Yoga) and Zen Buddhism. While in Japan, Leggett had undergone a ritual training at a Buddhist monastery. Part of this involved sitting outside the building for a number of days, followed by a prolonged period in the lotus position once admission had been gained.

When he returned to live in London, he became a regular lecturer at the Buddhist society. A Japanese friend once described Leggett as “more Japanese than the Japanese”. Such was his love of Japanese custom, he even wore a fundoshi, the loin cloth worn only by the most traditional Japanese man.

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SHINOHARA CLAIMS THIRD STRAIGHT TITLE

Report and photo by John Robertson, Tokyo



Shinohara uses brute strength to push Inoue in the final.

Shinichi Shinohara showed no technique and only scrappy, strong-arm tactics in his decision win over Kosei Inoue at the 2000 All-Japan Judo Championships held at the Nippon Budokan Hall in Kudan, Tokyo, at the end of April. The double world champion became the third Japanese judoka to win the All-Japan title three years in a row, after Yasuhiro Yamashita and Naoya Ogawa.

In the final, Shinohara, winner of the heavyweight and open weight titles at the 1999 World Judo Championships, was unspectacular even with a 35-kg weight advantage. For the full duration of the contest, he shoved Inoue around the mat or pulled him down onto his knees. Shinohara could do little with the lighter Inoue, who tried very hard to throw his heavier opponent.

Interviewed after his win, the expressionless Shinohara's only comment was that he hoped for a Gold medal at the Sydney Olympics.

Inoue said, after his second loss to Shinohara, that he did his best; that Shinohara had too much power pushing him and he could do little. He said he tried to use Shinohara's pushing power to his own advantage, but that Shinohara stood back each time and strongly resisted. He continued that it seemed Shinohara just pushed him across the mat with all his strength.

After the final bout, Yasuhiro Yamashita, Sydney Olympics head coach, 9-time All-Japan champion, commented that no player showed any fighting spirit at all in the first and second rounds. He said that changed when Kosei Inoue dropped Murase in the second round with uchi-mata, which livened things up. He went on to say that Shinohara displayed power only, and no technique, and that he considered him an average player. He said he would have to show more use of his limited technique and a much greater fighting spirit to do well at the Olympics. He praised Inoue for his good fighting spirit and said he showed great promise for the future. He noted that Japan may get 3 Gold medals in the men's division, with possibly 60 kg Nomura taking one, and Inoue and Shinohara the other two.

WANTED

If you are a grant writer, photographer or are able to research and/or recognize suitable martial arts-oriented feature articles, the USJA needs you!

You may be unable to take time away from work or home, to attend meetings, out-of-town clinics and seminars, yet have a desire to contribute. This is possible by using E-mail, snail mail and/or FAX or telephone, and we encourage you to get involved. We really need you.

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KEEP AT IT

(reprinted by permission of the Starkville Martial Artist, a publication of Starkville Martial Arts Academy, Starkville, MS Dr. Chris Dewey, Rokudan/Judo, Rokudan/Jujitsu, Head Coach)

Winston Churchill's university commencement address is a philosophy of life. It is an attitude of resilience; it is an affirmation of the nobility and integrity of character, even under stress. Given what we know of Churchill and his guidance of the English people during WWII when England stood alone in Europe, this testament is also a personal affirmation of everything he stood for. We can learn much from this sentiment and Churchill's attitude.

These days, we are too easily led astray by the lure of something easy. Too often, we turn aside when the going gets tough, and efforts do not appear to be matched by the immediate, or the expected, rewards. What Churchill was talking about was not simply being stubborn. He was talking about a strength of resolve that will not quit; not bashing our heads against a brick wall, however — but the inventive resolve that seeks solutions to what might appear to be insurmountable problems. The call is that we should not give up, we should not quit, and that if we do stay the course, we will find the success we seek.

The problem is that today we quit too often when the journey is hard, and we lose self-esteem as a result of that choice. We undoubtedly rationalize our reasons for quitting, but the reality is always that we have undermined our own self-esteem.

Quitting is also the breeding ground of regret. In his recent book "Business at the Speed of Thought," Bill Gates gives 13 rules of life. One of them is that self-esteem

is something we get from DOING something for ourselves, not from getting something free.

The point is this: according to the 80/20 principle, the last 20% of effort is what yields 80% of the rewards. From this perspective, the result and the purpose of the journey is clear. If we quit when the road gets hard, or we feel stressed, or we are tired and frustrated, we lose all the benefits of the journey. The difficult part of the road will cause you to question your motivation.

*Never give up.
Never, never give up.
Never, never, never give up.*
Winston Churchill

your ability and your resolve, but that's the point of the exercise. We learn who we are when we refuse to give in to a challenge, when we become resourceful and seek novel approaches to our challenges. We gain strength from doing . . . we discover the quality of our character when we find out how we deal with stressful and difficult times.

Learning martial arts is not always easy, but the rewards of training change our lives. There will be thresholds at which we may want to quit, or, we can make the decision to see things through and enjoy the rewards.

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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



USJACOACH

CROSSOVER SPORTS IN JUDO COMPETITION

by Terry J. Kelly, Rokudan/Judo, Rokudan/Jujitsu, and Charles R. Robinson, Shichidan/Judo, Shichidan/Jujitsu

FROM COACH KELLY: There has been an increasing number of grappling arts athletes taking part in Judo tournaments. This phenomena is taking place across the country and is especially apparent here in California. If you have some of these athletes in your club, here are some useful pointers to help you keep them in the winning circle at a Judo event. I have several Grapplers in my advanced classes, and a number of very good Wrestlers. Since the unit from my course is now transferable to the University system, I also have athletes from many other sports unrelated to the combative arts. (These athletes really do not have the crossover training problem, as, from a combative perspective, there is nothing to unlearn.)

Here are some of the potential problem areas for your athletes:

1. Rules! The athlete must know the rules of the game. They don't have to be able to recite them verbatim, but I strongly suggest that the penalties and prohibited acts be covered each and every time you have your people training on the mat. Remember, repetition and association - the athlete will do exactly what he/she has trained to do under pressure.
2. Attitude and etiquette: This goes hand in hand with the rules. A Judo event is not the Ultimate Fighting Challenge! It is a controlled sports event, with a well-established code of behavior. The one thing you don't want is your officials getting the impression that the athlete does not respect the game, or its rules. Once this becomes even remotely apparent, your crossover athletes are in

for a long day. There is one very good reason for this - safety of all participants. One of the many reasons Judo has had such an excellent all-around record of injuries during competition is not only the discipline and expertise of the officials, but also the athletes and coaches. All coaches should insist on exemplary sportsman-like

A Judo event is not the Ultimate Fighting Challenge.

behavior from all team members, at all times. You can insure this by reinforcing etiquette during training sessions, and leading by example. I have been very frustrated at any number of National events over the years, but my athletes never see me lose control in public (not that I don't vent a lot later, or bend the ear of my coach, but I make an effort to do so in private).

3. Takedown: My coach and long-time trainer is Charlie Robinson. He will be covering the technique section of this article. However, one important aspect of the Grappler in a Judo event needs to be mentioned before we get to that point. The takedown! Time and time again I see Grapplers throw themselves on the mat, giving the opponent a score. Then they grapple and maneuver for a good choke or armlock. If they are not quick enough, the referee calls matte, and they start again, only this time the Grappler athlete is down a score. (I have even seen this happen resulting in a score of ippon.) A good Grappler can soon point his or herself completely out of the game in very little time. Teach your Grapplers some basic (and I mean basic) take-down for a small score, then once on the mat they can depend on their grappling skills, and they will be a score ahead at

the same time. Reinforce the truism that "every move must have the potential for a scoring surface of the opponent's body to hit the mat first!" Conversely, you will want to train them diligently in the tournament skills, and evasion skills, to minimize or eliminate the opponent's scoring maneuver. Then they can attack with terminal newaza.

I recommend to my competitors at the College, that they take at least one semester of Wrestling in conjunction with their Judo training. We have an outstanding program at SRJC and the coach is very familiar with Judo competition. The crossover training works wonderfully, and both programs benefit from the additional athletes and competition experience. If you have a good wrestling program in your area, take advantage of it!

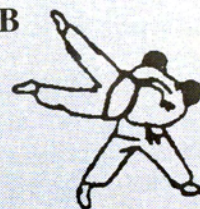
In summary: (a) Train your Grapplers in the rules and conduct of Judo. Identify the

(continued on page 15)

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CROSSOVER SPORTS IN JUDO COMPETITION (continued from page 14)

quick scoring take-down that they are either familiar with, or that are close enough to what they use whereby extensive retraining is not needed. (b) Make sure your athletes are at least familiar with the prohibited acts, and required behavior of Judo competition. (c) Identify the useful techniques that can be applied to both competitive activities, as suggested by Coach Robinson in this article.

FROM COACH ROBINSON: Athletes most akin to Judo coming into Judo competition will be those from Grappling and JuJitsu. The major difficulties in cross-training these individuals will be totally different. Wrestlers, as described by Coach Kelly, will additionally continue to demonstrate two fatal flaws. First is the mechanic during take-down, of going to the outside knee, when there is resistance to the takedown - with the tori in this position, the tori is easily driven to his/her stomach. Secondly, the normal pinning position of a wrestler, in yokoshiho gatame, for example, is with the knees under the body. This position provides body space, allowing for easier escape. To overcome these weaknesses, it is necessary to retrain the wrestler to go to the inside knee on rolling take-down, and to extend and spread the legs while pressing the pelvis to the mat during various mat techniques. There is a third aspect needing attention, concerning the concept of controlling the opponent and not trying for a press (putting the shoulders to the mat).

JuJitsu athletes will mostly need to be strengthened in the rules of Judo, as they may continue to attempt to lock joints, or rotate them, in violation of the stated rules of Judo.

There are great advantages to be gained by the inclusion of crossover athletes into your program. Many dynamic techniques can be

added to the store of knowledge both of you and of all the members of your team or club. To train athletes from other sports into Judo, or have judoka compete with crossover athletes, necessitates maintaining consistency and the strict enforcement of the rules and etiquette of each sport being

To create the team we gathered athletes from four arts - Judo, JuJitsu, Kick Boxing, and Wrestling.

trained. To train crossover athletes into Judo requires a competent Judo instructor; likewise, to train judoka in other sports, or to compete against crossover athletes, requires skilled instructors from those other sports.

Together with David Velasquez, a Muay Thai fighter with 25 years experience, I have formed a multi-sport team. To create the team we gathered athletes from four arts - Judo, JuJitsu, Kick Boxing, and Wrestling. Next, we established a training plan: train all athletes in all four arts. Establish a competition schedule to get and keep the athletes in the competition arena as much as possible. Each training session consists of specific training in at least two different arts.

At first, everyone trained in Judo and used Kick Boxing drills and sparring for our cardio work. In this way the rules and etiquette of Judo were reinforced, as was the way Judo must be performed. After Judo, open Grappling, Kick Boxing and submission fighting were introduced. Now, as these athletes compete in Judo, or in any of the other arts, there are no surprises; they have trained and competed with a good variety of crossover competitors. In well over 140 matches in the four arts, only one

penalty has been assessed. It resulted from one competitor applying pressure to the top of the opponent's head, not the side, while doing jime.

One of the adjuncts to the success of our group is the Kick Boxing instructor who has been training one day a week, for almost two years with Frank Shammrock. Frank is the undefeated middle weight champion of the UFC. Our planning, consistency, and respect for the rules of each art, has brought success. We haven't selected super athletes, simply those who have chosen to stay the course, don't get frustrated, and work with diligence at extreme levels.

(Terry J. Kelly is the Head Coach of Santa Rosa Junior College, CA. He is a Master Coach, Regional Referee, Master Judo Rank Examiner, Senior JuJitsu Rank Examiner, and a member of the USJA Board of Directors. Charles R. Robinson is Head Coach of Twin Cities Judo Club, Yuba City, CA, a Senior Coach, Regional Nage No Kata Instructor, and Master Judo Rank Examiner.)

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TRIBUTE TO NGO DONG - 1938 - 2000

Ngo Dong, Ph.D., founder of the Cuong Nhu Martial Arts system, and retired University of Florida professor of entomology, died Monday, May 15, 2000 at his residence in Gainesville, Florida. He was 62 years of age. He was born in Hanoi, Vietnam and is survived by his parents, three sons, and four brothers.

As a child, he learned Vovinam from his brother, Ngo Quoc Phong, one of the top five students of its founder, Grandmaster Nguyen Loc. He also learned Wing Chun from his two oldest brothers, who studied with Chinese Master Te Kong. Although their father, Ngo Khanh Thuc, was then Attorney General of the Northern Province of Vietnam, the Ngo brothers tested their

fighting skills on the street by engaging hustlers and professional street fighters who inhabited the alleys and back streets of Hanoi. After moving south to Hue, Vietnam, in 1956, Ngo Dong began Shotokan Karate training under a former Japanese captain, Choji Suzuki, and after years of fanatical training, earned his 4th Degree Black Belt. He also studied Judo and earned a Black Belt.

Later, he studied in Vietnam with Marine Lt. Ernie Cates, now of Burlington, NC, a Judo and Goshin Jujitsu instructor who had been in the first U. S. Olympic Judo trials. Through Ernie Cates' instruction, Ngo Dong began to better understand the spiritual side of martial arts. He shared

training techniques with Ernie, and eventually combined his broad martial arts knowledge into his own style, Cuong Nhu, which translates to "hard-soft" in Vietnamese.

During a special ceremony at the May 1994 Cuong Nhu Training Camp, Ngo Dong was promoted to 6th Degree in the USJA, with Ed Szejter making the presentation.

Professor Ngo Dong retired from the University of Florida in 1994. He was awarded dual proclamations from the City of Gainesville and Alachua County, Florida, with August 14 being declared as "Dr. Ngo Dong Day."

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BUILDING JUNIOR COMPETITORS

by William E. Andreas, Rokudan/Judo, Rokudan/JuJitsu
Head Coach, Central Florida Judo & JuJitsu Club, Orlando, FL

A few months ago at Judo camp I was asked to write a short article on junior Judo. After thirty years of working with children, although I sometimes still throw my hands in the air and wonder why I keep working with these little people, I think I'm beginning to understand.

As Coaches, we sometimes think they're not getting the message. They are. The problem is, they let you know it only when they are ready to, and our job is to have patience and continue to repeat those things we want them to learn.

Let me give you an example of how young minds think. Some years ago, my son entered his first competition at 5 years old. He won a nice 1st place trophy. I was overjoyed and gave him all kinds of praise. A few weeks later, we visited one of Lenny LeBlanc's tournaments, and he entered the competition like a champ. After his first

win, he came up to me and asked how he was doing. I said, he was doing just great, told him to keep up the good work and that he should be able to get 1st place. He went out, lost, and ended up with 2nd place. A month later we went to his third tournament. This time, he went out and lost his first match. He asked me how he was doing, and I said, not so well. Now you need to win the rest of your matches in order to place. He went out and did just that. Now he was in the finals, playing for 2nd and 3rd. He approached me and asked what would happen if he lost. I told him he would take 3rd place. He lost, but came off the mat with a big smile on his face and said to me. "Now I have, 1st, 2nd, and 3rd place trophies, isn't that great." It all came together for me at that moment. He had set his own performance goal. I would have preferred Gold, but he wanted all three trophies - 1st, 2nd, and 3rd!

It's O.K. if your juniors are not performing to your standards; they sometimes have their own game plan. Go along with it and let them enjoy themselves. They are not robots - they just want to have some fun and sometimes fool us into thinking they will be world champions 15 or 20 years from now. Remember, they are just children, not adults. They have plenty of time on their hands, and the rewards will come much later in life.

MORE ON JIGORO KANO...

The article appearing in the Fall/Winter '99 issue of USJA COACH entitled "Jigoro Kano - The Founder of Kodokan Judo", has elicited healthy comment. The article did not originate with the USJA - it was taken off the Internet Judo-L List and was written by **Fredrik Blom** (fredrik @PRETZELLOGIC.C.SE). We thought it might be of interest. Unfortunately, however, our printer omitted "OFF THE INTERNET", and Mr. Blom's preamble, which follows:

"In the light of the recent "debate" over how Jigoro Kano founded Kodokan after X years of practice and just being Y years old, I thought I'd share an excerpt from a web-page I found while looking for "something completely different." This page is about the history of Saigo-Ha Daito ryu Aikijujutsu lineage, and is somewhat biased I'd say.... The URL to the page is <http://www.geocities.com/Tokyo/4856/history.html> - just so that you can get the full text."

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USJACOACH

A FAN LETTER

We were so gratified to receive the following letter, we felt it worthy of reproduction here:

Thank you, one and all, for my experience at Camp Bushido this summer. Not only were the instructors obviously knowledgeable, but they conveyed the information in a manner that made one thirst for more. The high concentration of knowledge made for a synergistic learning experience, delivering more true learning than the hours themselves would allow.

I also realize that none of this would have been possible without the efforts and behind-the-scenes labors of you, the USJA staff. How in the world you people manage the constant and confusing influx of paper and special requests and still are able to smile, is beyond me. Indeed, our organization is well served by you, and you are very much appreciated.

Founders Day Dinner was again a great experience, giving us the opportunity to mingle, without our gi, with the Staff, instructors and campers.

Thank you for such a well run and enjoyable camp.

Carl Plummer
Wichita Falls, TX

SO LOOK FOR HIM AMONG THE STARS

Our congratulations go to NASA astrophysicist Dr. Yoji Kondo, Godan, Head Coach of Columbia Aikido/Judo Club, Columbia, MD. He has recently advised us that an asteroid has been named after him. It's designation is: (8072) Yojikondo = 1981 G01. Dr. Kondo added: "I now have a home in the sky! I thought you and our USJA friends might be interested in hearing this news."



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1999 USJA AWARDS PROGRAM FINALISTS

Our congratulations go to the following award winners:

Outstanding male athlete:	Theo Caracostas
Outstanding female athlete:	Nicole Akiyama
Most improved male athlete:	Steven Wolery
Most improved female athlete:	Christine Carrera
Outstanding kata practitioner:	Claudia Smith
Life member contributor:	Andrew Connelly
Coach of the Year:	Neil Ohlenkamp

State Outstanding Competitors:

	<u>Junior</u>	<u>Senior</u>
Arizona	Charles Jesse Udell	Eric L. Udell
California	Grayson Lindstrom	None
Connecticut	Kati Bartkowski	None
Florida	Aaron J. Silverman	Laurence Kingston
Georgia	Mark McDowell	Vincent Maynard
Illinois	Nicole M. Schultheis	None
Indiana	Abby Leigh Hosier	Krzysztof Wojciechowski
Iowa	None	Bret Parkhill
Kansas	Derek R. Moss	Mark Duffield
Massachusetts	None	Peter J. Bertucci
Michigan	Seth Waits	Charles Nostrant
Minnesota	Martin Magrum	Greg T. Olson
Mississippi	Raymond Davis	None
Missouri	Crystal Pierce	Randy Pierce
New Hampshire	Ian Flynn	None
New York	Lillie McNulty	Aneuris Cedeno Perez
N. Carolina	None	Randy Miller
N. Dakota	None	Dane Ankeny
Ohio	Joshua Hart	Mark A. Hunter
Oklahoma	Christine Okada	None
Oregon	None	John Joseph Granville
S. Carolina	Tristan A. La Presta	Randall Dabbs
Texas	Carol A. Rice	Bradley K. Sanchez
Washington	None	Erin Monaghan

WHAT DOES BEING A COACH MEAN TO YOU?

by Mark A. Hunter, Yodan
Head Coach, Amerikan Judo, Bluffton, OH

Here are the characteristics I feel a Coach should have:

- C = Comprehension
- O = Outlook
- A = Affection
- C = Character
- H = Humor

Comprehension: A Coach needs to know the rules, skills, and tactics of Judo.

Outlook: A Coach needs to know the perspective and the goals of Judo, and his/her team or club, and help judoka to develop their physical, mental, and social skills.

Affection: A Coach must have a genuine concern for their students. It involves having a love for kids, a desire to share with them your love and knowledge of the sport, and the patience and understanding which allows each judoka to grow from involvement in the sport.

Character: A Coach must listen to what others say, and model appropriate behavior in sport and in life. Also, a Coach should not be afraid to admit being wrong.

Humor: A Coach must have the ability to laugh at himself/herself during practice and meets. Allow your students, and yourself, to enjoy the "ups", and don't dwell on the "downs". A Coach must SMILE at all times!

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USJA JUJITSU DIVISION - Policy on Rank Registration

by Ben Bergwerf, Chairman

The USJA Jujitsu Division would like to accommodate all practitioners in the various styles of art, in securing registration of their legitimate ranks. To protect the validity of these ranks, we require that all requests for rank registration are accompanied by a photo copy of the latest rank certificate, together with the **COMPLETELY FILLED OUT** JuJitsu rank form, describing all the dates and times in grade in each previous Dan rank.

Upon entry as members, rank validation, as reflected on the certificate copy provided by the candidate, will be entered into our database records. No one will be promoted, or accepted at a higher rank level, until reviewed and tested by a qualified USJA

JuJitsu Examiner of higher rank, and/or by the USJA JuJitsu Ranking Board. This procedure provides formal rank **REGISTRATION**, and facilitates future rank promotion.

The USJA realizes that there are instances where JuJitsu Sensei have been teaching independently, or have been teaching their own system for many years, and may even be Hanshi or Soke (highest ranked individual in their given organization) in their own style. Since these Sensei may not have been ranked by a national organization, and no knowledge of their style and ability may be evident, the USJA requires that evidence of quality is provided in the form of a written curriculum for the

various ranks, and/or an unedited video tape of the applicant's techniques in that style.

There may also be a need to collect corroborating evidence by means of visual observation by higher ranking members of the USJA's JuJitsu Ranking Board. In other words, the Ranking Board needs to be convinced that the described rank compares with other national standards, particularly as it relates to total time in the various ranks.

The USJA cannot accept higher Dan ranks that are not within the time-in-grade schedule, as defined on the JuJitsu application form, nor will it accept rank promotions that are not deemed to conform to an acceptable standard.



High dan instructors attending the YMCA Camp, Huguenot, NY, August 13-19, 2000. Left to right: Ed Szejter, Hachidan; Yoichiro Matsumura, Hachidan; John Cooke, Shichidan; Paul Dominick, Rokudan; Paul Lim, Shichidan; George Harris, Kudan; Jim Bregman, Rokudan; Noriyasu Kudo, Shichidan; Bonnie Korte, Shichidan; George Pasiuk, Rokudan; Nagayasu Ogasawara, Shichidan; Walter Ing, Rokudan. Also in attendance but not shown: Jesse Goldstein, Rokudan; Teimoc Jonston-Ono, Rokudan; Tom Seabasty, Rokudan; Rick Celotto, Rokudan.

USJA PROMOTIONS

(Since the April and July 2000 USJA Promotion Board Meetings)

JUDO PROMOTIONS

Tim Amtoft	Sandan
Heidi Bartkowski	Shodan
Morris Blanchard	Yodan
Adam Blitzer	Shodan
Mike Bower	Shodan
Shelby Broughton	Yodan
Reggie Brown	Nidan
Kathryn Buys	Rokudan
Scott Caldwell	Shodan
James Castagnoli	Yodan
Daniel Collins	Shodan
William Conroy	Nidan
Thomas Coon	Yodan
David J. Damico	Shodan
Roderick Dashwood	Shodan
Shannon DeHart	Yodan
Tom Dennis	Nidan
Chris Dewey	Rokudan
James A. Ditto III	Nidan
Harry Doherty	Yodan
Paul Dominick	Rokudan
Ely Elefante	Shodan
Mark Forster	Shodan
Uzi Gal	Godan
Robert Gale	Shodan
Frank Gerlitz	Yodan

Jeff Giunta	Shodan
David Guffey	Shodan
Duane Gustafson	Shodan
Josh C. Hahn	Shodan
Richard Hahn	Godan
Jack Hardt	Shodan
William Harpin	Sandan
Alan Hastings	Shodan
Dennis Helm	Rokudan
Casey Henry	Shodan
John Itota	Nidan
Maria Del Carmen Johnson	Shodan
Garfield Johnson	Sandan
Craig Kawajiri	Godan
Michael R. Kelly	Yodan
David Kiang	Godan
Richard Knight	Shodan
Yoji Kondo	Rokudan
John Kucirek	Sandan
Kevin Kundert	Sandan
Martin Kwapinski	Shodan
Peter LaCroix	Shichidan
William E. Lambert	Yodan
Glen Landolt	Nidan
Thomas Layon	Godan
Bruce Leighty	Godan
Chris Lester	Shodan

Edward J. Liddie	Shichidan
Ralph Lisle	Yodan
Louis Lopez	Rokudan
Raimundo Marquez III	Rokudan
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James Overton, Sr.	Nidan
Edward Palomino	Shodan
Alan Panackia	Yodan
Greg C. Peters	Sandan
Samuel Pratt	Yodan
Claudia Priske	Shodan
David Reaver	Godan
Shaun Riley	Shodan
Constance Roth	Yodan
Samuel Rudd	Sandan
Joseph F. A. Ryan	Shodan
Ken Scialo	Yodan
Anthony Scuderi	Godan
Kerri Senerchia	Shodan
Mark Shima	Nidan
Claudia Smith	Godan
Danny L. Smith	Godan
Ray A. Smith	Shodan
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Robert Spraley	Rokudan
Gary Steward	Yodan
Peter Tamagni	Godan
Alexander Ten	Yodan
Thomas Vanderhoof	Nidan
Bob Van Patten	Godan
Edward Williams	Godan
Robert Yu	Shodan

OTHER MARTIAL ARTS CERTIFICATIONS

JUJITSU	
Anthony Anderson	Shodan
Kenneth Cox	Shodan
Mike Cullen	Rokudan
Rolando Gomez	Shodan
Jack Hardt	Nidan
Gerald Hill	Nidan
James L. Smiddy	Shodan
Harold Zeidman	Rokudan

AIKIDO	
Michael Malley	Nidan





USJACOACH

“GOING HOME”

We have received the following communication from Amy Rosenberg, Segment Producer, Pie Town Productions, Los Angeles, California:

“GOING HOME” is a new television series for HGTV (Home & Garden Television). It is a half-hour long program which follows real people returning to their childhood home towns. We are actively searching for people to be featured on our program and would like to feature someone returning home to compete in a JUDO competition. Pie Town Productions will pay for travel.

“GOING HOME” turns the spotlight on the emotional experience of journeying back to one’s home town and childhood beginnings. Each story will capture the sentiment of what returning home means to people in a variety of different

circumstances, as they travel back to their hometown for a special event. Perhaps a high school reunion, a milestone birthday celebration, a family reunion or a childhood friend’s wedding, will be our focus. Taking part in community celebrations (festivals, parades, carnivals), announcing an engagement, the holidays, renewed wedding vows, and a new baby, are also great reasons to return home. The sale of a family house or completion of military boot camp, could be the motivation for a trip back to one’s roots.

“GOING HOME” provides viewers with a rare opportunity to experience what returning home means for people from all walks of life and from various backgrounds. In every episode, our cameras will capture the emotional reconnection, the joy and the warmth of what we call home.

Pie Town Productions is also the producer of several other current shows: Home & Garden’s “House Hunters”, and “Designing for the Sexes”; The Learning Channel’s “A Baby Story,” and the new “A Dating Story”; and The Travel Channel’s prime-time series “Intersection.”

We are shooting through April 2001. If you know of anyone who is going home (domestic travel only, please) to compete in a JUDO competition, or if you can suggest someone with whom I might speak, please contact me.

Amy Rosenberg, Segment Producer
Pie Town Productions
3255 Cahuenga Boulevard West, Suite 300
Los Angeles, CA 90068
Phone: (323)851-2333, Ext. 284 Email:
arosenberg@pietownprods.com

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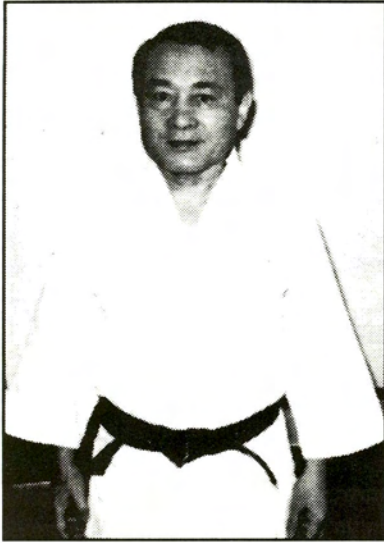
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KATA INSTRUCTOR
SENIOR COACH

PROFILE OF A JUDO LEADER



Yoji Kondo, Ph.D., Rokudan
Head Coach, Columbia Aikido/Judo club,
Columbia, MD

Yoji started Judo around 1950 while attending high school in Japan; his literature teacher was a Godan. He continued to practice Judo occasionally while at college. After a ten year hiatus, and after getting his Ph.D. from the University of Pennsylvania in 1965, he resumed Judo training in Maryland, at which Edwin Takemori of the USJF was an instructor.

During the Apollo and Skylab missions, Yoji headed the astrophysics laboratory in Houston and worked out with David Drake at the Clear Lake Judo Club. Once or twice a week they both went to the Karl Geis School of Judo in downtown Houston. Mr. Hiroaki Kogure, Executive President of the Japan Aikido Association was teaching

Aikido at Karl's place; he persuaded Koji to start training in Aikido. Since the late 70's, Yoji has been teaching and practicing at the Columbia Aikido and Judo Club in Maryland.

One of his avocations is writing science fiction. He was probably the first, and may still be the only author to *realistically* describe an unarmed combat in free-fall. In free-fall, most strikes, kicks and throws do not work. Yoji says: "Figuring out how to win a fight in weightlessness was fun. I try to make martial arts realistic in all my stories – as in my latest novel "Legacy of Prometheus" (written under a pseudonym with a co-author and published by Tor Books in April 2000)".

COMMENT

The following open letter distributed by Joel E. Holloway, M.D. of Norman, Oklahoma, is reprinted by permission:

To Whom It May Concern

Subject: The proposed action against chokes by the California Athletic Commission.

My name is Joel E. Holloway, M.D. I am the Chairman of the Medical Committee for the United States Judo Association and have served as tournament physician for multiple Judo tournaments both locally and nationally over the past 30 years. For the past 35 years I have been a Judo coach and am currently a Seventh Degree Black Belt in Judo.

The rules in Judo competition allow chokeholds. The player that has a choke applied to him may submit once the hold is in place, or if he does not submit and goes on to lose consciousness, the match is awarded to the player who applied the hold. The vast majority of chokeholds end in submission and not unconsciousness. The pressure from a Judo chokehold is applied to the carotid arteries at the side of the neck which results in a loss of consciousness with essentially no pain. As a matter of fact, the reason many players do not give up and go on to lose consciousness is because the hold does not hurt and they believe they can escape. I know this from personal experience as well as multiple observations and conversations with competitors.

During my entire Judo career as a competitor, coach, and physician, I have witnessed chokeholds being applied many thousands of times and several hundred times that have resulted in the loss of consciousness. In none of these cases do I recall any harm resulting. Recovery is rapid and complete, with competitors returning for their next match with no lingering problems from the technique.

It would be a great disservice to an Olympic sport as old as Judo to take away an integral part of the sport that has been proven safe for over 100 years. This would also put the Judoka of California at a great disadvantage since no other state and certainly no other country will move to outlaw chokeholds.

Sincerely,
Joel E. Holloway, M.D.
JEH/lik

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2000 YEARS

by Dennis Helm

The expanded 3rd edition

JUJITSU AND KODOKAN JUDO

This book is the result of a 22-year research effort, which covered most of the USA, along with a research and training trip to the Kodokan.

“Congratulations to Dennis Helm, 5 Dan, and his research team. I am the proud possessor of their collaborative effort entitled: *2000 YEARS - Jujitsu and Kodokan Judo*. The title is somewhat misleading, as the content of the book briefly centers on Jujitsu and Judo in general, but happily veers off as a treatise on U. S. Jujitsu and Judo: the early years of American development, including topics that takes the reader to the very present.

To all American Jujitsuka and Judoka, this is our story; we ALL have a vested interest in it, and all can trace his/her Jujitsu/Judo roots to the book's origins. It is not complete; no history book is, but this one does provide OUR Martial Arts Community with an honorable anchor to fasten our ideas, ideals, hopes, and aspirations to! It is a great story. It is OUR story; let us continue to build upon it holding fast to the principles contained within its pages.

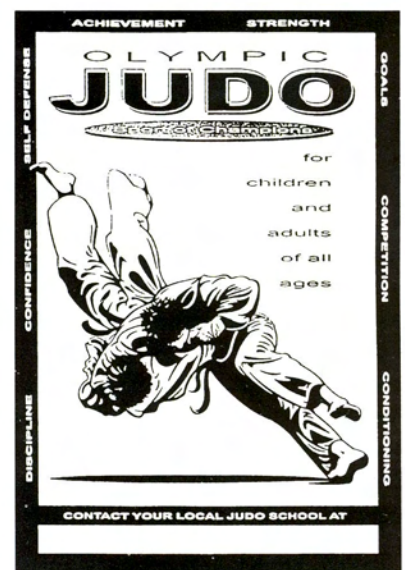
We are indebted to the writers for their time, devotion, dedication, and many sacrifices made on behalf of ALL American Jujitsuka and Judoka. Now we have OUR story to review with thanksgiving and pride. Bravo! George A. Hamm, Jujitsu 8 Dan, Judo 7 Dan, Yudo 7 Dan.”

The book costs \$25.00 plus \$5.50 S & H. Send check or money order to: Dennis Helm, 9907 Debbie Lane, Machesney Park, IL 61115-1530. Email: PANDA30256@aol.com.

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SEAMLESS JUDO

by Marc B. Cohen, Godan/Judo, Shodan/JuJitsu
 Head Coach, Go Rin Dojo, Long Beach, NY
 Senior Examiner, USJA State Development Director, New York State

In nearly every sport there is a sort of “Holy Grail”, which while attainable, is usually just out of reach. It is the moment that defines the highest achievement of the sport. It is usually the moment that stuns the participant and spectator alike, because it is the crowning achievement that rewards the long and often arduous hours of practice required to accomplish the feat. In baseball, it’s the triple play, in tennis it’s the fast volley, in basketball, the fast break and assist. The list goes on and on.

In Judo, it’s what I like to call the seamless attack. I loosely define seamless Judo as the ability to move from technique to technique without break or interruption in the judoka’s rhythm, speed, balance, or momentum. We have all seen matches and randori where the attempts at attack are punctuated by long lapses of pushing, tugging, and general jockeying for position and grip. On the other hand, seamless Judo is continuous movement which allows for integrated attack, depending upon the tori and uke’s relative position, speed and balance.

Seamless Judo requires an exceptional amount of aerobic, as well as anaerobic ability, coupled with a learned sense of balance relative to the partner. Essentially, it is continuous attacks, appropriate to the position and defense of the playing partner. Let’s look at a scenario of seamless Judo:

1. Tori attacks uke with right side O Soto Gari;
2. Uke defends by raising the left leg and stepping over tori’s sweeping leg;
3. Tori now has his right leg between uke’s legs, and attacks with right side O Uchi Gari;
4. Uke defends by lifting the leg over tori’s attacking leg;
5. Tori continues the attack by pivoting on the left foot 180 degrees, and dropping the right leg outside of uke’s right leg, and attacks with Tai Otoshi;
6. Uke defends by stepping over tori’s right leg, leaving it between his own;

In baseball, it’s the triple play, in tennis it’s the fast volley, in basketball, the fast break and assist.

7. Tori is once again in position to attack uke with O Uchi Gari.

It is possible to continue this scenario on and on until tori is able to catch uke off balance and vulnerable. This also assumes that uke has not mounted a tenable defense or counter-attack of his own.

Training for seamless Judo is not easy. First and foremost, each

technique has to be effective in its own right. No combination can work unless the individual techniques are good. Secondly, linking, or combinations, have to be practiced continuously in uchikomi and randori, so that it becomes second nature and the judoka begins using linking techniques instead of stepping out of an unsuccessful attack and starting over. All techniques have to be practiced from different angles and sides of the body, so that the attacks can be accomplished from any position on the mat. Finally, each successful throw has to include an immediate movement from standing to ne waza position, so that the attack can be followed upon the mat.

I’ve heard spectators at tournaments say that Judo is boring to watch because it is mostly negotiating for grip and position, and one or two decent attacks. Seamless Judo is not about making Judo more spectator-friendly, although it might have that result. It is more about making the attacks effective and utilizing Kano Sensei’s tenet of best use of energy - Sieryoko Zenyo.



Minehiko Nakano, 8D, shown with some of his students, in Kintai, Japan. Nakano Sensei taught Ed Szrejter, and his daughter Kathryn Buys. He is still teaching at the dojo attached to his home, at 87 years of age.

RESULTS OF THE USJA JUNIOR NATIONALS

July 14-15, 2000, Independence Arena, Charlotte, NC

Approximately 530 contestants from all over the United States competed in this, the third event in the Triple Crown of Junior Judo Championships.

AGE GROUPS:

- Bantam 1: 6 years
- Bantam 2: 7 years
- Bantam 3: 8 years
- Intermediate 1: 9-10 years
- Intermediate 2: 11-12 years
- Juvenile A: 13-14 years
- Juvenile B: 15-16 years
- Juvenile C: 17-19 years

DIVISION: Girls Bantam 3; 27 Kg

1. Christina Chow, Honolulu, HI, Shobukan
2. Tierra Davis, Decatur, GA, Waka Mu Sha
3. Earniece McLin, Jackson, MS, Melton's Judo Club
4. Sarah Long, Summerville, SC, Kara Uwagi

DIVISION: Girls Bantam 3; 31 Kg

1. Helen Delpopolo, Westfield, NJ, Cranford Judo
2. Rachael Zapp, Sherkston, CAN, Port Colborne
3. Renee Reardon, Silver Spring, MD, Hui-O-Judo
4. Natalie Wortley, Louisville, KY, Tosji Dojo

DIVISION: Girls Bantam 3; 35 Kg

1. Marina Lambert, Chesapeake, VA, Norfolk School of Judo
2. Kathrine Williams, Charleston, IL, Decatur Dojo
3. Taylor Medrea, Saline, MI, ACE Martial Arts
4. Hope Smith, Garland, TX, Becerra

DIVISION: Boys Bantam 3; 23 Kg

1. Jonathan Toler, Clermont, FL, Central Florida Judo
2. John Delaney, Buffalo Grove, IL, Cohen's

DIVISION: Boys Bantam 3; 27 Kg

1. Seth Waits, Saline, MI, ACE Martial Arts
2. Michael Sclater, Saline, MI, ACE Martial Arts
3. Andrew Sloggy, Fayetteville, NC, Fayetteville/Ft. Brag
4. Jeryd Wilder, Cincinnati, OH, Renshuden

DIVISION: Boys Bantam 3; 31 Kg

1. Christopher Roman, Atlanta, GA, Waka Mu Sha

2. Adrian Gonzalez, North Bergen, NJ, Kobukan Judo Club
3. Jesse Stone, Whitby, CAN, Kiichi-sai
4. Jay Dustin Adair, Acworth, GA, Atlanta Judo

DIVISION: Boys Bantam 3; 35 Kg

1. Robby Schultheis, Gurnee, IL, Cohen's/Gurnee
2. Owen McProuty, Bowie, MD, Prince Georges Judo
3. Shane Bennett, Fairview, NC, Four Seasons

DIVISION: Boys Bantam 2; 21 Kg

1. Jacob Jacquo, New Britain, CT, New Britain Judo
2. Kevin Ruppert, Fayetteville, NC, Fayetteville/Ft. Brag
3. Joshua Prado, Coconut Creek, FL, National Judo Training
4. Steven Glover, Pomona, CA, Guerreros

DIVISION: Boys Bantam 2; 25 Kg

1. Joshua Villani, Everett, WA, US Training Center
2. Mason Reid, Groveland, FL, Central Florida Judo
3. Conner See, Decatur, IL, Decatur Dojo
4. Matthew Babineau, Earlysville, VA, Charlottesville Judo

DIVISION: Boys Bantam 2; 30 Kg

1. Glynn Cheeks, Jackson, MS, Melton's Judo
2. Jake Miller, Ontario, CAN, Kidokan
3. Pablo Redden-Gonzalez, Earlysville, VA, Charlottesville Judo
4. Adam Bratschi, Potomac, MD, Maryland Judo Team

DIVISION: Boys Bantam 2; +30 Kg

1. Jacob Campbell, Clemmons, NC, Nito Judo Club
2. Arthur Everhart, Cherokee, NC, Yellowhill Judo Club

DIVISION: Boys Bantam 1; 19 Kg

1. Chris Alviar, Ft. Bragg, NC, Fayetteville/ Ft. Brag
2. Nicolas Jones, Duluth, GA, Waka Mu Sha
3. Kell Berliner, Cumming, GA, Atlanta Judo Academy

DIVISION: Boys Bantam 1; 23 Kg

1. Carlito Morgenstern, Durham, NC, Bushido Judo
2. Austin Smith, Indian Trail, NC, CAJA

DIVISION: Boys Bantam 1; 28 Kg

1. Conner Dantzer, Damascus, MD, Maryland Judo Team
2. Trey Woods, Durham, NC, Bushido Judo
3. Jacob Bryant, Indian Trail, NC, CAJA

DIVISION: Girls Intermed. 2; 30 Kg

1. June Gibbons, Germantown, MD, Maryland Judo
2. Sarah Sloggy, Fayetteville, NC, Fayetteville/Ft. Brag
3. Sara Garrett, Maryville, TN, Lakeridge Shinyo
4. Maria del Mar Villar-Villar, Charlottesville, VA, Charlottesville Judo

DIVISION: Girls Intermed. 2; 34 Kg

1. Nicki Schultheis, Gurnee, IL, Cohen's/Gurnee
2. Sussanna Gonzalez, North Bergen, NJ, Kobukan Judo Club
3. Allison Uemura, Torrance, CA, Venice Dojo
4. Amy Aragon, Gaithersburg, MD, Maryland Judo Club

DIVISION: Girls Intermed. 2; 39 Kg

1. Monka Majka, Caurtice, CAN, Kiichi Judo
2. Lacey Pernsky, Kenora, CAN, J & M Judo
3. Sarah Alvarado, Dallas, TX, Becerra
4. Robyn Johnson, Lake Forest, IL, Cohen's Judo

DIVISION: Girls Intermed. 2; 44 Kg

1. Caitlin Deetz, New Philadelphia, OH, Judan Judo
2. Brenna See, Decatur, IL, Decatur Dojo
3. Maya McNulty, Altamont, NY, Judo America
4. Terilyn Miller, Ontario, CAN, Kidokan

DIVISION: Girls Intermed. 2; 49 Kg

1. Khadijah Bracey, Norfolk, VA, Norfolk School of Judo
2. Hilary Ragin, Morrisville, NC, Bushido Judo Club
3. Chasity Jacobs, Fayetteville, NC, Fayetteville/Ft. Brag

DIVISION: Girls Intermediate 2; 64 Kg

1. Allie Taylor, Jackson, MS, Melton's Judo
2. Abbie Haire, Bryson City, NC, Yellowhill Judo
3. Amber Theis, Barstow, CA, Barstow Judo
4. Nicole Bart, Clemmons, NC, Nito Judo Club

DIVISION: Girls Intermediate 2; +64 Kg

1. Eller MaRee Robertson, Jackson, MS, Melton's Judo
2. Tiffany Bunch, Boiling Green, KY, Boiling Green YMCA

DIVISION: Girls Intermed. 1; 26 Kg

1. Alexa Liddie, Colorado Springs, CO, OTC Juniors
2. Meg Maceau, Colorado Springs, CO, OTC Junior Club
3. Veronica Prado, Ft. Lauderdale, FL, National Judo Traini
4. Zshakira Gibson, Jackson, MS, Melton's Judo Club

DIVISION: Girls Intermed. 1; 30 Kg

1. Marlina Grovenstein, Colorado Springs, CO, OTC Junior
2. Adrienne Kalmanczey, Oshawa, CAN, Budokan
3. Bianca Powell, Jackson, MS, Melton's Judo
4. Susannah Boulet, Elma, NY, Kin-Tora

DIVISION: Girls Intermed. 1; 34 Kg

1. Abby Hosier, Pendleton, IN, Madison County
2. Stephanie Pagan, Winston Salem, NC, Nito Judo Club
3. Jillian Roman, Stonebridge, GA, Waka Mu Sha
4. Gillian Moorman, Van Buren, IN, Marion Youth Center

DIVISION: Girls Intermed. 1; 38 Kg

1. Anne Yoshimura, Camarillo, CA, Venice Dojo
2. Chelsea Zapp, Port Colborne, CAN, Port Colborne
3. Kayla Harrison-Yazell, Middletown, OH, Renshuden
4. Krisanna Reardon, Silver Spring, MD, Hui-O-Judo

DIVISION: Girls Intermediate 1; +50 Kg

1. Faith Smith, Garland, TN, Becerra
2. Jasmeen Sapp, Atlanta, GA, Waka Mu Sha

DIVISION: Boys Intermed. 2; 30 Kg

1. Jerry Blanco, Bronx, NY, Jamie Towers
2. Joseph (Seiji) Hashimoto, Thornton, CO, Northglenn Judo
3. Christopher Martin, Whitby, CAN, Kiichi-sai
4. Brian Lopez, Beltsville, MD, Hui-O-Judo

(continued on page 27)



RESULTS OF THE USJA JUNIOR NATIONALS *(continued from page 26)*

- DIVISION: Boys Intermed. 2; 34 Kg
1. Landon Ginsberg, Long Grove, IL, Cohen Judo
 2. Jordan Jones, New Britain, CT, New Britain Judo
 3. Andrew Blakely, La Puente, CA, Guerreros
 4. Matt Kang, Cupertino, CA, Cupertino Judo Club

- DIVISION: Boys Intermed. 2; 39 Kg
1. Michael Russell, Norwalk, CT, New Britain
 2. Nicholas Delpopolo, Westfield, NJ, Cranford Judo
 3. Mark Parnell, Kenora, CAN, J & M Judo Club
 4. Stephen Perez, Bronx, NY, Jamie Towers

- DIVISION: Boys Intermed. 2; 44 Kg
1. Bobby Lee, N. Wales, PA, Liberty Bell
 2. Andrew Law, Dover, OH, Judan Judo Club
 3. Michael Bernikow, Bronx, NY, Jamie Towers
 4. Jayson Miller, Ontario, CAN, Kidokan

- DIVISION: Boys Intermed. 2; 49 Kg
1. Oscar Meza, Baldwin Park, CA, Guerreros
 2. Kaleb Young, Tenstrike, MN, Epizoundes Martial Arts
 3. Michael Tokar, Skokie, IL, Shogun Academy
 4. DeAntre Townsend, Little Rock, AR, Little Rock Judo

- DIVISION: Boys Intermed. 2; 54 Kg
1. William "Mason" Walsh IV, Charlottesville, VA, Charlottesville Judo
 2. Blake Kilday, Woodstock, GA, Atlanta Judo
 3. Alex Beauregard, Port Colborne, CAN, Port Colborne
 4. Ben Gribben, Whitby, CAN, Kiichi-sa

- DIVISION: Boys Intermed. 2; 60 Kg
1. Josh Dean, Ann Arbor, MI, EMU/WCC
 2. Richard Lambert, Cherokee, NC, Yellowhill Judo

- DIVISION: Boys Intermediate 1; 66 Kg
1. Ben Johnson, Indianapolis, IN, Virgil
 2. Christian Gerlitz, Ann Arbor, MI, EMU/WCC

- DIVISION: Boys Intermediate 2; +66 Kg
1. Brandon Reamer, Decatur, GA, Waka Mu Sha
 2. William Reardon, Silver Spring, MD, Hui-O-Judo
 3. Joshua Kapelke, Colgate, WI, Wahadachi
 4. William Bonds, Toledo, OH, Judan Judo of Toledo

- DIVISION: Boys Intermed. 1; 26 Kg
1. Nathan Silva, Baldwin Park, CA, Guerreros
 2. Tyler Smith, Bowie, MD, Hui-O-Judo of Beltsville
 3. Keegan Aragon, Gaithersburg, MD, Maryland Judo Club
 4. Michael "Micha" Grunberg, Greenbelt, MD, Hui-O-Judo

- DIVISION: Boys Intermed. 1; 30 Kg
1. Kenji Ito, Bellevue, WA, US Judo Training Center
 2. Skyler Teague, Norman, OK, USA Stars
 3. Matthew Parker, Garland, TX, Becerra
 4. Kyle Dahl, Bowling Green, KY, Bowling Green YMCA

- DIVISION: Boys Intermed. 1; 34 Kg
1. Daniel Chow, Honolulu, HI, Shobukan
 2. Corey Delmastro, Bethel Park, PA, Kims
 3. Nelson Mannie, Jr., Jackson, MS, Melton's Judo
 4. Akeem Gibson, Jackson, MS, Melton's Judo Club

- DIVISION: Boys Intermed. 1; 38 Kg
1. Jarrod Brooksher, Hesperia, CA, High Desert
 2. Peter Ricks, Mansfield, MA, San Machi
 3. Marquale Pierson, Rowlett, TX, Becerra
 4. Willem Faber, Davenport, FL, Central Florida Judo

- DIVISION: Boys Intermed. 1; 43 Kg
1. Beau Wenger, Navarre, OH, Ohio Judan
 2. Daniel Ferguson, Dillsboro, NC, Waynesville Kodokan
 3. Tristan LaPresta, Ladson, SC, CMAFC
 4. Cody Bennett, Fairview, NC, Four Seasons

- DIVISIONS: Boys Intermediate 1; 50 Kg
1. Garth Roberson, Salem, VA, Roanoke Judo
 2. Dallas Brightman, Assenet, MA, Taki-Gawo
 3. Karl Heierman, New Baden, IL, Belleville Dojo

- DIVISION: Boys Intermediate 1; +50 Kg
1. Benjamin Herr, Nashville, IN, Tora No Me
 2. Victor Shaffer, Harrisburg, PA, Harrisburg Judokai
 3. Andrew Phelan, Waterbury, CT, Naugatuck Judo

- DIVISION: Female Juvenile C; 44 Kg
1. Katherine Ensler, Norman, OK, Sooner Judo
 2. Diana Puentes, Wellington, FL, Budokan
 3. Ivy Lopez, Baldwin Park, CA, Guerreros

- DIVISION: Female Juvenile C; 48 Kg
1. Alexandra Causey, Lomita, CA, Harbor

- DIVISION: Female Juvenile C; 52 Kg
1. Teresa Ratanasurakarn, Whittier, CA, Mojica
 2. Kaure Williams-Murray, New York, NY, Jamie Towers Judo
 3. Shannon Mullins, Ontario, CAN, Kidokan

- DIVISION: Female Juvenile C; 57 Kg
1. Telitha Ellis, Westfield, NJ, Cranford
 2. Carrie Chandler, Dalton, MA, Jason Morris
 3. Tracy Von Richter, Ontario, CAN, Kidokan
 4. Stephanie Moyerman, Philadelphia, PA, Liberty Bell

- DIVISION: Female Juvenile C; 63 Kg
1. Cindy Imai, Rosemead, CA, Mojica
 2. Marija Djokic, Citrus Heights, CA, Team Sacramento
 3. Aleksandra Szabla, Ontario, CAN, Kidokan
 4. Tameka Davis, Jackson, MS, Melton's Judo

- DIVISION: Female Juvenile C; 70 Kg
1. Brigitte Kubes, Fort Worth, TX, Fort Worth Judo
 2. Lillie McNulty, Altamont, NY, Judo America
 3. Shelbi Lee, N. Wales, PA, Liberty Bell
 4. Kelly Ann Perner, Wanwatosha, WI, Judo Inc.

- DIVISION: Female Juvenile C; 78 Kg
1. Valarie Regas, Kennesaw, GA, Atlanta Judo Academy
 2. Nina Cutro-Kelly, Albany, NY, Judo America
 3. Melinda Adams, Macon, GA, Middle Georgia

- DIVISION: Female Juvenile C; +78 Kg
1. Valarie Regas, Kennesaw, GA, Atlanta Judo Academy

- DIVISION: Female Juvenile B; 40 Kg
1. Christine Okada, Tulsa, OK, Yashitaha

- DIVISION: Female Juvenile B; 44 Kg
1. Katherine Ensler, Norman, OK, Sooner Judo

- DIVISION: Female Juvenile B; 48 Kg
1. Tawny Uemura, Torrance, CA, Venice Dojo
 2. Melissa Orden, Ewa Beach, HI, Shobukan Judo Club

- DIVISION: Female Juvenile B; 52 Kg
1. Mandi Edlund, Kenora, CAN, J & M Judo Club
 2. Julia VanHelder, Scottsdale, AZ, Phoenix Grappling

3. Femi Olufemia Ayadi, Fayetteville, NC, Fayetteville/Ft. Brag
4. Kelly Dashner, Toledo, OH, Judan Judo of Ohio

- DIVISION: Female Juvenile B; 57 Kg
1. Stephanie Moyerman, Philadelphia, PA, Liberty Bell
 2. Randi Miller, Ontario, CAN, Kidokan
 3. Ashley Coday, Sylva, NC, Yellowhill Judo
 4. Ellen Hoepfinger, Buffalo, NY, Kin Toru

- DIVISION: Female Juvenile B; 63 Kg
1. Marija Djokic, Citrus Heights, CA, Team Sacramento
 2. Stefanie Howorun, Ontario, CAN, Kidokan
 3. Oona Spruiell, Norfolk, VA, Norfolk School of Ju
 4. Corinne Geier, Menomonee Falls, WI, Wahadachi

- DIVISION: Female Juvenile B; 70 Kg
1. Zofia Majka, Caurtice, CAN, Kiichi America
 2. Lillie McNulty, Altamont, NY, Judo America
 3. Heather Psonak, New Philadelphia, OH, Ohio Judan

- DIVISION: Female Juvenile B; +70 Kg
1. Nina Cutro-Kelly, Albany, NY, Judo America

- DIVISION: Female Juvenile A; 41 Kg
1. Leilani Akiyama, Bellevue, WA, US Judo Training
 2. Christine Ellis, Westfield, NJ, Cranford
 3. Adri Sugrue, Brookline, MA, Tohoku Judo
 4. Nao Suzuki, Rockville, MD, Maryland Judo

- DIVISION: Female Juvenile A; 45 Kg
1. Adriana Blakely, La Puente, CA, Guerreros
 2. Angelle Davila, Wellington, FL, West Palm Beach
 3. Monica Ricks, Cherokee, NC, Yellowhill Judo
 4. Bertha Medina, Asheville, NC, Four Seasons

- DIVISION: Female Juvenile A; 50 Kg
1. Alexandra Causey, Lomita, CA, Harbor
 2. Mary Colleen Matthews, Northglenn, CO, Northglenn
 3. Sasha Simmons, Toledo, OH, Judan Judo of Toledo
 4. Courtney Cacopardo, Germantown, MD, Maryland Judo Team

- DIVISION: Female Juvenile A; 55 Kg
1. Kendra Dorr, Woodland Park, CO, OTC Judo Club

(continued on page 28)

RESULTS OF THE USJA JUNIOR NATIONALS *(continued from page 27)*

2. Heather Swett, West Medford, MA, Tohoku Judo
3. Jessica Wooldridge, Fort Worth, TX, Kodokan
4. Kemi Olukemi Ayadi, Fayetteville, NC, Fayetteville/Ft. Brag

DIVISION: Female Juvenile A; 61 Kg

1. Melanie Vega-borja, Wellington, FL, West Palm Beach
2. Erin Reagan, Whittier, NC, Yellowhill Judo
3. Rachel McProuty, Bowie, MD, Prince Georges Judo

DIVISION: Female Juvenile A; +61 Kg

1. Atanyia Cheeks, Jackson, MS, Melton's Judo
2. Chelsea Brooksher, Hesperina, CA, High Desert
3. Carrie Long, Cherokee, NC, Yellowhill Judo
4. Meagan Pettit, Montclair, VA, Potomac

DIVISION: Male Juvenile C; 55 Kg

1. Kyle Shewchuk, Ontario, CAN, Kidokan
2. Frank Sanchez, W. Covina, CA, Guerreros
3. Jonah Shaver, Waynesville, OH, Renshuden
4. Teras Germanovich, New Britain, CT, New Britain

DIVISION: Male Juvenile C; 66 Kg

1. William Lambert, Cherokee, NC, Yellowhill Judo
2. Dino Delmastro, Bethel Park, PA, Kims
3. David Borg, Brampton, CAN, Kidokan
4. Mark Shima, Dunlap, IL, Canton Judo

DIVISION: Male Juvenile C; 73 Kg

1. John Donofrio, Cranford, NJ, Cranford Judo
2. Thomas Matthews, Northglenn, CO, Northglenn
3. Chris Kmiecik, Mississauga, CAN, Sakura Judo
4. Ryan Alexander, Whitby, CAN, Kiichi

DIVISION: Male Juvenile C; 81 Kg

1. Aaron Cohen, Buffalo Grove, IL, Cohen
2. Jesse Garshnick, Armagh, PA, Dilltown
3. Chris Oliva, New Orleans, LA, Belle Chase Martial
4. Marko Zanoski, Ontario, CAN, Kidokan

DIVISION: Male Juvenile C; 90 Kg

1. Michael LaMantia, McAllen, TX, Harlingen Judo Club
2. Charles Nostrant, Saline, MI, Ace Martial Arts
3. Bryan Enlow, East Alton, IL, Wood River

DIVISION: Male Juvenile C; 100 Kg

1. Richard Esparza, La Puente, CA, Guerreros
2. Joseph Ferguson, Hamilton, OH, Renshuden
3. Christopher McCrudden, Pickering, CAN, Ajax Budokan
4. Vincent Maynard, Macon, GA, Middle Atlanta Allst

DIVISION: Male Juvenile C; +100 Kg

1. Conor Driscoll, Pittsburg, PA, Kims Martial Arts
2. Luke O'Toole, Jr., Charlottesville, VA, Charlottesville Judo

Division: Male Juvenile B; 51 Kg

1. Eric Sanchez, W. Covina, CA, Guerreros
2. Josh O'Neil, Racine, WI, Cohens
3. James Akiyama, Bellevue, WA, US Judo Training
4. Daniel Gillam, Bethesda, MD, Maryland Judo

DIVISION: Male Juvenile B; 55 Kg

1. Manuel Neuhauser, Clemmons, NC, Nito Judo Club
2. Lamar Chargois, Decatur, IL, Decatur Dojo
3. Kyle Shutey, Rochester, PA, Kim's Martial Arts

DIVISION: Male Juvenile B; 60 Kg

1. Steve Wolery, Cincinnati, OH, Renshuden
2. Michal Popiel, Murphy, TX, Tamura Judo
3. Dennis Climent, Weehawken, NJ, Kobukan Judo Club
4. Kenneth Patterson II, Little Rock, AR, Little Rock Judo

Division: Male Juvenile B; 66 Kg

1. Sasha Mehmedovich, Toronto, CAN, Ajax Budokan Canada
2. Chad Dias, Fall River, MA, Taki-Gaua
3. Anthony J. Donofrio, Cranford, NJ, Cranford Judo
4. John Davis, Wake Forest, NC, Bushido

DIVISION: Male Juvenile B; 73 Kg

1. Eli Garshnick, Armagh, PA, Dilltown
2. Johnathan Lambert, Cherokee, NC, Yellowhill Judo
3. Marco McDowell, Lawrenceville, GA, Waka Mu Sha
4. Zach Smith, Vine Grove, KY, Toshi

DIVISION: Male Juvenile B; 81 Kg

1. Gregory Donofrio, Cranford, NJ, Cranford Judo
2. Marc Cohen, Wheeling, IL, Cohen
3. Christian Haire, Bryson City, NC, Yellowhill Judo
4. Clint Duke, Newcastle, OK, USA Stars

DIVISION: Male Juvenile B; 90 Kg

1. Bryan Enlow, East Alton, IL, Wood River

DIVISION: Male Juvenile B; +90 Kg

1. Ian Alexander, Whitby, CAN, Kiichi
2. Ian Thomas, Vine Grove, KY, Toshi
3. Brian Hayward, Toledo, OH, Judan Judo of Toledo
4. Jonathan Fuller, Elmendorf, TX, Downtown YMCA

DIVISION: Male Juvenile A; 40 Kg

1. Michael DeMarrias, Northglenn, CO, Northglenn
2. Aaron Silverman, Palm City, FL, West Palm Beach
3. Diego Golden, Atlanta, GA, Waka Mu Sha
4. Joseph Wells, Jr., Clover, SC, CAJA

DIVISION: Male Juvenile A; 43 Kg

1. Kenneth Hashimoto, Thornton, CO, Northglenn Judo
2. Sam Kang, Cupertino, CA, Cupertino Judo Club
3. Toshiya Nishimura, West Chester, OH, Renshuden
4. Kydrie Scott, Little Rock, AR, Little Rock Judo

DIVISION: Male Juvenile A; 46 Kg

1. Ariel Molina, Arlington, VA, Washington Judo
2. Arian Monteagudo, West New York, NJ, Kobukan
3. Roger Minnick, Springfield, OH, Renshuden
4. Aaron Allison, Mars Hill, NC, Waynesville Kodokan

DIVISION: Male Juvenile A; 50 Kg

1. Jake Holden, Ontario, CAN, Kidokan
2. Ryan Hanstead, Kenora, CAN, J & M Judo Club
3. Nicholas Kossor, Coatesville, PA, Liberty Bell Judo
4. Jakub Majka, Caurtice, CAN, Kiichi

DIVISION: Male Juvenile A; 54 Kg

1. Christopher Sibbald, Sherkston, CAN, Port Colborne
2. Brendan Ferguson, Dillsboro, NC, Waynesville Kodokan
3. Gilbert Monk III, Winston-Salem, NC, Nito Judo
4. Zachary Kostopoulos, Somerville, MA, Tohoku Judo

DIVISION: Male Juvenile A; 59 Kg

1. Shane Alexander, Whitby, CAN, Kiichisai
2. Ricky Burgess, Portsmouth, VA, Norfolk School of Judo
3. Kyle Duke, Newcastle, OK, USA Stars
4. Joshua Lopez, Colorado Springs, CO, OTC Junior

DIVISION: Male Juvenile A; 64 Kg

1. Raymond Davis, Jackson, MS, Melton's Judo
2. Kevyn Wilder, Cincinnati, OH, Renshuden
3. Frank Crudo, Skyland, NC, Four Seasons
4. Michael Beck, Deerfield, IL, Shogun Academy

DIVISION: Male Juvenile A; 69 Kg

1. Gabriel Moore, Apple Valley, CA, High Desert
2. Derek Moss, Lansing, KS, Barry's Jujitsu
3. Dillon Holden, Ontario, CAN, Kidokan
4. Mark Napier, Marion, IN, Marion Youth

DIVISION: Male Juvenile A; +69 Kg

1. David Chapman, Plainville, CT, Gentle Way
2. Christian Zilinski, Kenora, CAN, J & M Judo Club
3. Joshua Karrer, Fort Wayne, IN, Ft. Wayne Judo
4. Jared Catholique-Bruyere, Fort Frances, CAN,

MEDAL COUNT, BY STATE ORDERED BY TOTAL MEDALS

State Name	Total	#1	#2	#3
1. North Carolina	29	5	13	11
1. Canada	29	9	9	11
2. California	22	14	4	4
3. Illinois	14	5	5	4
4. Ohio	13	3	3	7
4. Georgia	13	4	4	5
5. Pennsylvania	11	4	4	3
5. New Jersey	11	4	5	2
6. Virginia	9	5	2	2
7. Colorado	8	4	4	0
7. Mississippi	8	5	0	3
7. Maryland	8	2	3	3
7. New York	8	2	4	2
7. Florida	8	2	4	2
8. Texas	7	2	1	4
9. Michigan	6	2	3	1
9. Massachusetts	6	0	5	1
9. Connecticut	6	4	1	1
10. Oklahoma	5	3	1	1
11. Washington	4	3	0	1
11. Indiana	4	3	0	1
12. Hawaii	3	2	1	0
13. Kentucky	2	0	2	0
13. Wisconsin	2	0	1	1
13. Tennessee	2	1	0	1
14. Minnesota	1	0	1	0
14. Kansas	1	0	1	0
14. Arizona	1	0	1	0
14. Louisiana	1	0	0	1
14. South Carolina	1	0	0	1



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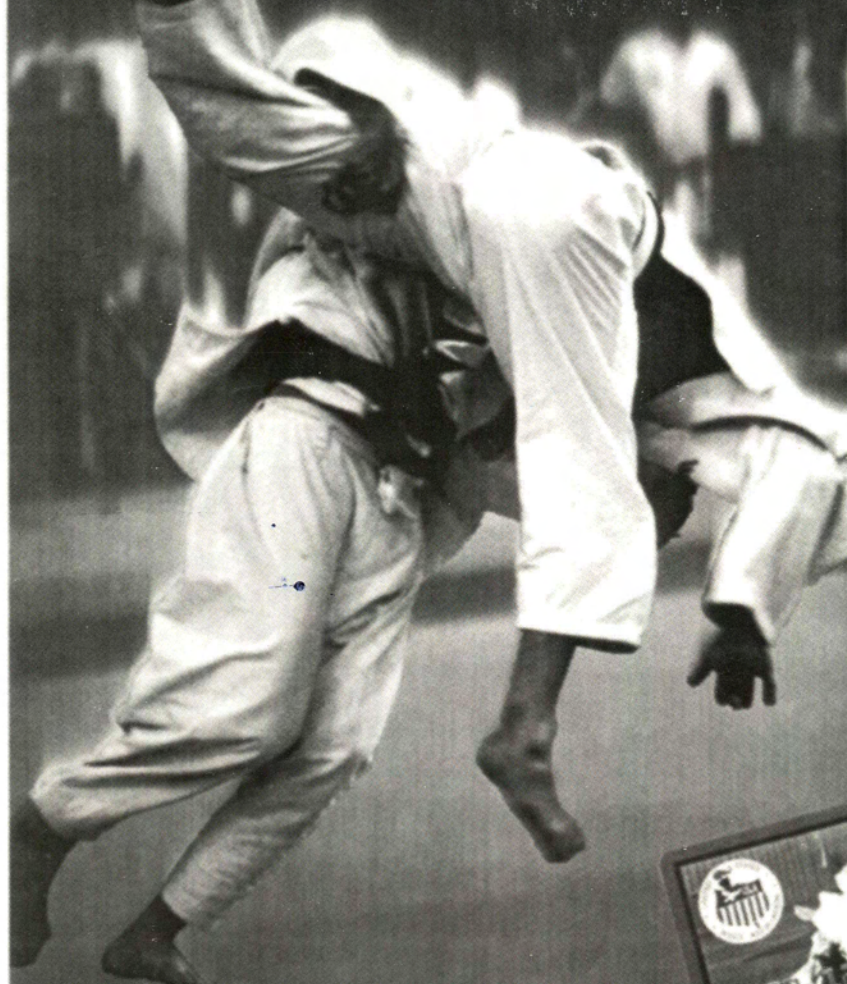
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