

2001 - Issue 1

\$2.95

USJA



COACH

A Quarterly Publication of the USJA

USJACOACH



USJA LINEUP

OFFICERS

President James S. Bregman, VA
Vice-President Michael L. Szejter, FL
Secretary Thomas A. Layon, Esq., OK
Treasurer James Webb, TX
Chief Operations Officer Jesse L. Jones, CA

BOARD OF DIRECTORS

Virgil J. Bowles, IN
James S. Bregman, VA
Ronald E. Hansen, NC
George L. Harris, NJ
Jesse L. Jones, CA
Terry J. Kelly, CA
Thomas A. Layon, OK
Ernest R. Smith, CA
Michael L. Szejter, FL
James R. Webb, TX
Steven R. Cunningham, CT
Patrick E. Szejter, NC
Thomas V. Reiff, SC
George R. Weers, Jr., IL
Eugene S. Fodor, OH

COMMITTEES

Awards Ronald A. Charles, SC
Camps and Clinics Edward N. Szejter, CO
Clinic Coordinator Gary L. Monto, OH
Club Accreditation Raymond A. Conte, NY
Coach/Certification Chris Dewey, MS
Coach/Education Terry J. Kelly, CA
Collegiate Philip M. Rasmussen, NC
Examiner Certification Charles R. Robinson, CA
High School Lee A. Wheeler, GA
JuJitsu Ben Bergwerf, IL
Kata Judge Certification Joel E. Holloway, OK
Kata Certification Gregory L. Fernandez, CA
Law Enforcement Richard A. Fike, OH
Media/Electronics Thomas V. Reiff, SC
Medical Joel E. Holloway, OK
NTC Program Elaine Meyer, CO
Promotion Board Ronald E. Hansen, NC
Referee Certification Rick J. Celotto, CT
Standards Anthony M. Zimkowski, MI
Tournaments Jesse L. Jones, CA
Tournaments Terry B. Kozell, AZ

USJA National Headquarters

Executive Director Edward Szejter
General Manager Katrina Davis
Data Entry Dee Dee Moore
Executive Secretary Norma Fogel
Printer Larry Edwards

INSIDE

| | |
|--|----|
| MESSAGE FROM THE PRESIDENT | 1 |
| MESSAGE FROM THE EXECUTIVE DIRECTOR | 2 |
| A TRIBUTE TO JESSE JONES | 3 |
| A NEW KATA? | 4 |
| A TALE OF TWO KATA | 5 |
| IN MEMORY | 6 |
| OFF THE INTERNET | 6 |
| HE'S PARTIAL TO MARTIAL ARTS | 7 |
| WHAT DOESN'T KILL YOU, MAKES YOU STRONGER | 8 |
| THE STUDY OF KUZUSHI | 9 |
| PROFILE OF A JUDO LEADER | 10 |
| FOR THE YOUNGER SET | 10 |
| KAN JIU-JITSU CONTEST RULES | 11 |
| A MOST UNUSUAL SENSEI | 12 |
| THE \$ANCTION THING | 13 |
| PROFILE OF A JUDO LEADER | 15 |
| KEEPING AT IT | 16 |
| FAILURES . . . BUT NOT QUITE | 17 |
| OUR THANKS | 19 |
| WORKING WITH NON-PROFIT AGENCIES TO FURTHER YOUR DOJO | 20 |
| NEW USJA PROMOTION POLICIES AND FEES | 22 |
| THE NEW USJA BLACK BELT PATCHES | 23 |
| USJA PROMOTIONS | 24 |
| SAMBO AND JUDO - ALIVE AND WELL IN VLADIVOSTOK | 25 |
| REMEMBERING MITSUHO KIMURA | 26 |
| USJA STATUS REPORT AS OF JANUARY 2001 | 27 |

USJA COACH is a technical and informative publication of the United States Judo Association (USJA). Reprints of articles contained herein are reprinted with permission of the publisher or author. Views expressed do not necessarily reflect the policies of the USJA. All items submitted for publication in *USJA COACH* become the property of the USJA and may not be reprinted wholly or in part without written permission.

The United States Judo Association is headquartered at 21 North Union Boulevard, Colorado Springs, Colorado 80909 and can be reached by calling 719-633-7750, faxing 719-633-4041, or by corresponding with this address. The USJA is also accessible via email at usja@csprings.com and on the world wide web at <http://www.csprings.com/usja>.



MESSAGE FROM THE PRESIDENT



James Bregman

At its January 2001 meeting in Las Vegas, NV, the Board of Directors of the United States Judo Association asked me to serve as President of the Association. I accepted the position with the understanding that after two years there would be another President. Mr. Jesse Jones has agreed to fill the newly created position of Chief Operations Officer. He and I will work together at the direction of the Board and the membership, to restore credibility, integrity, and financial stability to the Association.

Mr. Phil Porter's self-assessment of his own managerial capabilities was that they were poor. I find nothing in my management review that would allow me in any way to quibble with Mr. Porter's accurate self-confession. Mr. Jones did an outstanding job in bringing to light and documenting the impact and severity of this lack of managerial ability. His documentation has been posted to the USJA web site for those who are interested. The Association owes Mr. Jones its very future, because without his leadership and that of the Board of Directors, the courage to create a transition of management by removing Mr. Porter

could not have been mustered. the USJA would have faced certain financial ruin and collapse.

History will judge Mr. Porter's legacy to American Judo and the youth of this country harshly, I trust. With all of his charm, marketing ability, and technical knowledge and skill, he did not need the self-adorned and somewhat preposterous title of O-Sensei; he did not need to "sell" red and white belts to the highest cash contributor; he did not need to alienate and drive away loyal USJA members who disagreed with his at times insane schemes and policies; he did not need to treat the other Judo organizations and their members with harsh words and disparaging remarks; and he did not need to corrupt the finances of the Association with his personal greed. But he did.

For all this, I apologize to the past and present members of the United States Judo Association, the other Judo organizations and their members, and most importantly, I apologize to the youth of America who are the future of the sport in this country. There are many great leaders, past and present, who can revitalize the dream of the Association when it was created.

The initial dream saw a bright and prosperous future for American Judo, a future of inclusiveness for all. Where each member could become part of a greater community and benefit from the basic concepts of Mutual Welfare and Benefit and Maximum Efficiency with a Minimum of Effort. The Association has benefitted in the past from its dedicated club leaders, its tireless national leadership, and its devoted

general membership. Men and women of impeccable Judo credentials and managerial integrity such as Mr. Jim Nichols, Mr. George Harris, Ms. Bonnie Korte, Mr. Melvin Ginter, Ms. Joan Ginter, Mr. Bill Horve, Mr. George Pasiuk, Mr. Bruce Toupes - the list could go on for hundreds of pages.

As I sit here, early this Tuesday morning, I am literally crying and in mourning. My emotions run the full range from intense anger created by betrayal over where the USJA was taken by misguided ego-mania, to a burning determination to continue the effort initialized by Mr. Jesse Jones and the Board of Directors to rebuild and

restore to vitality a very worthwhile United States Judo Association which can contribute once again, as it has in the past, to building a bright and prosperous future for the current membership, and especially for the youth of America. For me and many others, it is legacy time. What do we leave in the world which will make mankind a little kinder and gentler? Perhaps it could be The Gentle Way.

I ask you all, our dedicated leaders, our devoted members, the other Judo organizations and their members and leadership, and members of the general population to work with me and the Board to restore the USJA to what it was, so it can realize what it can be. This will require great effort and cooperation, but, if the USJA is destroyed, so is a major segment of our American Judo program.

Peace,

Jim Bregman

What do we leave in the world which will make mankind a little kinder and gentler? Perhaps it could be The Gentle Way.

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Greetings:

First, my thanks are extended to Jesse Jones, for serving as President for the last five years. Jesse worked diligently to repair the damage caused by the previous administration and to put the USJA back on track; he deserves our appreciation. I congratulate him on his new USJA position, that of Chief Operations Officer.

Next, I am pleased to welcome James S. Bregman to the position of President, and thank him for agreeing to take the rowing oar for the next two years. Jim, a great judoka, and a man of integrity and vision, was USJA President back in the 1970s. He has my support and that of the entire USJA Board of Directors. We are all looking forward to his administration and know that the USJA can only benefit from his input.

CLINICS AND CAMPS: I want to take this opportunity to remind you all that Gary L. Monto of Toledo, OH is the coordinator for all USJA clinics. Please schedule a clinic, select a clinician (and alternate) of your choice, and Gary will make every effort to accommodate you. He can be contacted at: (H) 419-693-3682; (FAX) 419-693-1903; (E-mail) Judanjudo@aol.com.

Some dates to remember:

2001

Apr 25-28

Senior Nationals, USJI and USJA Board meetings, Disney World, FL;

May 25-26

USJA Symposium, Houston, TX;

Jun 08-09

USJA Intern'l., Masters, Team and Kata Championships, Toledo, OH

Jun 20-24

All-Carolina Judo Camp, Matthews, NC (suburb of Charlotte).

Jul 01-07

Spirit of the Eagle Camp, Bluffton, OH;

Jul 14-15

USJF Junior Nationals, Monterey, CA;

Jul 15-20

Camp Bushido, Colorado Springs, CO;

Jul 20-21

USJI Junior Olympics, Louisville, KY;

Jul 26-28

USJA Junior Nationals, Toledo, OH;

Jul 29-Aug 03

High Sierra Camp, Clipper Mills, CA;

Aug 04-08

Camp Tomodachi, Boynton Beach, FL;

Aug 12-18

YMCA Camp, Huegenot, NY.

This year, each USJA camp will feature a past Olympian - Jim Bregman, Mike Swain or Jimmy Pedro. I encourage everyone to make the effort to attend one of these camps and benefit by the superb instruction available.

A word to all Coaches and Tournament Directors: please make sure your event is sanctioned and that it is reflected in our database and on our website.

2002

Jul 06-07

USJF Junior Nationals, Sacramento, CA;

Jul 13-14

USJA Junior Nationals, West Palm Beach, FL;

Jul 20-21

USJI Junior Olympics, Indianapolis, IN.

2003

Jul 05-06

USJA Junior Nationals, Louisville, KY;

Jul 12-13

USJF Junior Nationals, Miami, FL;

Jul 19-20

USJI Junior Olympics, Albuquerque, NM.

PUBLICATIONS: Dennis Helm, Rokudan, of Illinois has published an excellent book entitled 2000 YEARS OF JUJITSU AND KODOKAN JUDO, which he has also produced on CD. The book and CD may be purchased from our Supply Division. Steve Jimerfield, Rokudan, retired Alaska Highway Patrolman who now lives in Vancouver, Washington, has published two books - the first, ONE ON ONE CONTROL, and the second COLD WEATHER ONE ON ONE CONTROL. They are excellent both for the novice or experienced martial artist, and may also be purchased through our Supply Division.

We are always looking for Judo-oriented articles, cartoons, crossword puzzles, etc. for USJA COACH. Short Judo bios and head shots (preferably in judogi) of our Coaches and notable assistants are also needed to use in the Profile of a Judo Leader feature of our magazine. While on the subject of the magazine, please encourage your club members to take out a subscription; at \$9.00 per year, where can you find a better bargain? While subscriptions certainly help to alleviate the cost of publication, we need more advertisers. Advertise your club with a business card ad - the advertising rates are located in this issue.

(continued on page 3)



A TRIBUTE TO JESSE JONES

A letter from Robert D. Donaldson, Yodan (presently serving overseas) member, Tar Heel Kodokan Judo Dojo, Jacksonville, NC

When I read the letter from the USJA's new President, Mr. James Bregman, I took some time to reflect on many of the events that have taken place. I have been a member of both the USJA and the USJF ever since my introduction to Judo (it was my Sensei's attempt to avoid the destructive politics of Judo in America).

As I reached adulthood in the early 80's, I left the USJA for two reasons; no one was concerned that I was a Judo "orphan", and I felt that the organization, once the former Armed Forces Judo Association, did little or nothing to support members of the United States military. Leadership became dictatorship, seemingly dividing rather than

furthering friendship and the fellowship of the Judo community.

After some prodding from Ed Szejter, Executive Director, I returned to the USJA in 1995, simply out of loyalty to Jesse Jones and in support of his tenure as President. I continue to make a small token donation every month, with the understanding that in some small way, American Judo (not just the USJA) benefits.

I have known Jesse Jones since 1976, and although I was not a member of his Unidos Judo Club, he has always demonstrated a genuine concern for my development, both as a person and as a judoka. I will always owe him a debt of gratitude for not only that but also for being a mentor to so many of the young. His courage to admit things were wrong, his leadership in the actions

necessary to remove Mr. Porter, and his continued dedication to Judo, must never be understated. I was sorry that he gave up his position with the USJI because of a perceived conflict of interest (the USJF has *not* divested), but this is a personal opinion. As a man of great character, Jesse Jones would have served all of Judo.

Jesse Jones was "the right man for the right job" at perhaps the most trying time in USJA history. I thank him for a job well done. While he is taking a new position in USJA leadership, his role is no less important. The USJA is stronger now than in 1995; I have a newly found sense of belonging, due in part to the efforts of Jesse Jones and Ed Szejter, a feeling that was missing for a while.

I believe the USJA to be far more than a place from which to receive promotions or certifications. It is a source of Judo excellence and a place of great resource, a place dedicated to the continued growth and development of Judo. Any person, from any walk of life is welcome to come and share in that continued development, not only the "Elite Athlete" or State official.

Many of we younger judoka have dynamic and innovative ideas about how things should be changed, and the seasoned guard will be ready to pass the torch in years to come. I urge everyone in the USJA to stand ready to accept the torch just as our leaders did in the past.

Again, I convey my thanks to Jesse Jones for the difference he has made in me and countless others, and my congratulations to our new President James Bregman on his second term as the head of the largest Judo organization in the United States of America.

—Bobby Donaldson

EXECUTIVE DIRECTOR *(continued from page 2)*

OUR COMPUTER RECORDS: Please help us to better serve you, and at the same time save postage. In the past several months we have seen a great deal of correspondence, publications and even some merchandise, returned because of bad addresses. If there has been a change in your address and/or zip code, (and for that matter, telephone and/or area code numbers), please call or email us with the correct information.

OUR COMPUTER WOES: Please bear with us if our return service has seemed slow, for which we apologize. We have suffered serious computer crashes and are in the process of updating and revamping our system. We hope soon to have everything in shipshape order.

FUND RAISING: We are grateful to those members who have so generously responded to our appeal for funds to help pay our legal fees, and again convey our thanks. Although we are liquidating these debts slowly but surely, we hope the Litigation Fund appeal will realize continuing results.

LIFE MEMBERSHIP FEES: The USJA Board of Directors, at its January meeting, authorized a reduced LM fee of \$100.00 valid through June 30, 2001. On June 30, the fee will climb to \$300.00. USJA Bylaws set the Life Membership Fee at \$400.00, and going to \$300.00 will move us more in line. Now is the opportunity to encourage your students to take advantage of this \$100.00 LM opportunity!

Sincerely,

Ed Szejter

USJACOACH

..... A NEW KATA?

by Edward N. Szejter, Hachidan, USJA Executive Director

Due to severe back pain, I participated in the All Carolinas Judo Camp last year only as a spectator. While sitting on the sidelines watching various kata being taught by many of our senior instructors, it occurred to me that there was one kata missing. We have nage-no-kata (throwing techniques), katame-no-kata (grappling techniques), and go-no-sen-kata (counters) - *all randori kata*. But what about a kata of combinations - renraku kata?

Using nage-no-kata as a base, I assumed that uke would not take the necessary step, or would move in an entirely different direction, and this is where the combination

move comes into play. For example: the first technique in nage-no-kata is uki otoshi. If uke, instead of continuing his movement forward, steps back with his right leg, he becomes vulnerable to a taiotoshi by tori.

During the All-Carolina Camp, Bill Ryan, Rokudan (Clarksville Judo Club, TN) as tori, and Dr. Ronald A. Charles, Shichidan (Samural Judo Club, Charleston, SC) as uke, helped me to formulate this kata. It is executed in the fashion of nage-no-kata, but only on one side.

Later, at the Tomodachi Judo Camp in Boynton Beach, FL, I had the pleasure of

working with Chris Dewey, Rokudan (Starkville Martial Arts Academy, MS) as tori, and national champion Thom Layon, Godan (of Yoon's Judo Club, Tulsa, OK) as uke. Between the three of us, the wrinkles were worked out and a smooth renraku kata was performed. We were fortunate that Bill Andreas, Rokudan (Central Florida Judo Club) was taping; while not professional, the resulting tape, which is accompanied by printed instructions, is of good quality and can be purchased from the USJA Supply Division at a cost of \$10.00, plus shipping and handling.



Taken during Ed Szejter's clinic at All American Judo, Spring, TX, September 2000. Left to right, standing: Andrew Connelly, Ed Szejter, Mike Szejter, Mark Oermann, Donald MacLeod, John Patrick. Left to right, kneeling: Rachel Ragosa, Lex Van Den Ende, Robert McWilliams, Leen Van Den Ende, Michael Sorice, Brian Kissane.



A TALE OF TWO KATA

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

The first of these stories was related to me by the uke in the performance.

Jim Bregman, Olympic and World Championship Bronze Medalist, and Hayward Nishioka, international elite competitor, were chosen to open the 1963

This old warrior had back troubles and was slightly stooped. Bregman San learned Nage no Kata with a stoop.

All Japan Judo Championship with the traditional performance of Nage no Kata. In order to prepare, they were provided with a private dojo at the Kodokan.

On the first day of preparation, one of the Kodokan's top Hachidan Sensei arrived and informed the performers, "I'm here to instruct you in Nage no Kata." Well, this old Sensei favored his left knee, so Mr. Bregman had to learn to perform the skills with a limp. After practicing for a few hours, the old gentleman announced, "Yes, you have it", accepted thanks from our heroes, and left. Bregman and Nishioka returned to their preparation.

Bright and early the next day, another of the Kodokan's top Hachidan arrived, and informed the performers, "I'm here to instruct you in Nage no Kata." This old warrior had back troubles and was slightly stooped. Bregman San learned Nage no Kata with a stoop. The Sensei was satisfied, and left the subjects to practice.

Days went by and the line of Hachidan continued. In the circumstances, Jim and Hayward weren't getting any practical

training; they needed privacy. An undisclosed location was found and preparation for the big day proceeded without interruption.

On the day of the 1963 All Japan Championship, Jim Bregman and Hayward Nishioka performed a brilliant Nage no Kata. The following day, every Hachidan of the Kodokan proudly boasted - "I taught them Nage no Kata!"

I was an eye witness to the following incident.

Larry was (and presumably still is) a man six feet tall, weighing around 180 pounds - a tough player with whom I'd had several good matches in our younger days. He and I attended a training camp in West Virginia in 1963, with a group headed by Coach Bill, a dear friend, indefatigable builder of American Judo, and a fine Coach who consistently developed tough players. At the time, I was a Shodan and Larry an Ikkyu. Naturally, he wanted to attain Shodan, and Bill charged Larry to test for Shodan at camp.

West Virginia training camps were conducted by Jim Bregman and were REAL, competitive training camps. The camp site and conditions were tough - everything open air, and no heat. When your clothes were removed after a hard morning's training, steam would be seen rising from your body. We trained hard in hard conditions and loved every minute.

Training was intended to develop real Judo players out of those of us who thought we had what it takes. We rose at 6:30, ran two miles, performed calisthenics for 45 minutes, and then had breakfast. After

breakfast came two hours of competitive training; after lunch there was an hour and a half of miscellaneous training, followed by two hours of competitive newaza. Dinner was followed by two hours of hard-fought, enter at your own risk randori. And of course, there was a party every night!

Not surprisingly, this stringent regimen resulted in major fatigue and a few minor injuries. Larry was added to the list of walking wounded when he broke a big toe. He fractured it the night before his test for Shodan, but he limped through his technical demonstration admirably. We were attending a camp which made tough players tougher, and Larry believed that when you die in battle, you die facing the enemy.

The final obstacle to a coveted Black Belt was performance of Nage no Kata before Jim Bregman and an assortment of Judo personalities. Larry's uke was Dan, a big

. . . Larry believed that when you die in battle, you die facing the enemy.

man - 6'2" and 220 lbs. Larry hobbled to the starting position, clearly in pain, and opened the kata. With a stern face and assertive posture, he stepped back for the first ukiotoshi. One, two, swing the lead leg back to lower yourself - on to a broken toe. Larry dropped, snapped his hands to bring uke off his feet and into a graceful arc - right into the middle of Larry's chest.

I swear, the world went into slow motion. Larry and Dan piled into an undignified heap and tried to look as if nothing was wrong. I looked over at Joseki; Jim

(continued on page 6)



USJACOACH

A TALE OF TWO KATA

(continued from page 5)

Bregman, internationally renowned kata performer was closely examining the inside of his leather cowboy hat. Bill (heretofore proud Coach of this pile-up of judoka) had been occupying a place of honor behind Joseki - the better to observe his protege, and more convenient to receiving well-deserved praise for his obvious coaching skills. He chose to adopt clandestine tactics and low-crawled out a nearby exit. The remaining luminaries sat in dumb-struck awe.

Meanwhile, back on the mat, Larry and Dan rose, collected themselves and proceeded to ukiotoshi on Larry's unimpaired side. Upon recovery from ukiotoshi, left, Dan stood, assuming a menacing countenance and struck a wicked blow. Larry coolly stepped under the malevolent missile and executed a brilliant ukigoshi. Excuse me, shouldn't that have been a seoinage, Larry? Dan quickly rose, set about the head and shoulders of his antagonist and received a well-timed seoinage for his troubles. Kataguruma progressed without incident. Our heroes retire to contemplate the first set while repairing respective uniforms. Larry is clearly shaken; Joseki is beginning to look for somewhere else to be; Sensei Bill is nowhere to be seen.

Set two went by without incident. Larry was clearly in pain; his foot was hurting and he was having trouble just walking back to fix his gi between sets two and three. Set three began with okuriashi barai - a little shaky, but not bad. Sasaetsurikomi ashi loomed immediately at hand, but there's a problem, Larry is going to have to use his injured foot to block Dan's progress in the execution of the next throw. In spite of a valiant effort, Larry nearly goes down from the pain. Jim Bregman, humanitarian, mercifully proclaims that the distinguished panel has sufficient evidence to evaluate the performance.

There is a moral to each of these stories.

Our heroes overcame adverse conditions and committed themselves to the best kata they knew how to demonstrate. They each performed to the best of their ability under the given circumstances. They were able to perform because they focused on the task at hand. They were able to persevere simply because of commitment to excellence.

Now, I ask you, can you do anything less?

IN MEMORY

We were saddened to learn of the death of MICHAEL ROLLER, of Steelton, PA, who died of a heart attack at the age of 12. Michael was a student of Charles H. Cavrich, Harrisburg Judokai. Our sympathies go to Michael's father, Michael Roller, Sr. On September 21, LEONARD J. LeBLANC, Shichidan, passed away after a long illness at the

age of 64; he suffered from diabetes and heart failure. Leonard was Head Coach of Kwang Moo Kwan Judo Club, N. Stonington, CT. Our condolences go to his students and friends. On February 21 at the age of 84, MITSUHO KIMURA. See separate tribute to Kimura Sensei, this issue.

OFF THE INTERNET

A word about Kosen Judo

Martin W. Russell wrote: What is Kosen Judo? Has it something to do with grappling as the main training method? I've tried to find Kosen in several books, but have been unsuccessful.

Virgin J. Bowles replied: Martin, maybe this will help. In 1914, the All Japan Special High School championships were started at Kyoto Imperial University. These championships emphasized the trend toward newaza, or grappling techniques, and the schools that participated became so proficient at this approach they earned for it the name "Kosen Judo", or grappling Judo. This form of Judo was becoming so predominant that, in 1925, Kano began to see throwing techniques as disappearing from the syllabus of effective Judo skills. Judo rules were changed to specifically require that all techniques had to begin from a tachiwaza or standing throwing technique, and that further, if a competitor pulled his opponent down without such an effort, the opponent would be declared the automatic winner.

However, Kano understood the proficiency of Kosen Judo, and saw a need for specialists to be encouraged in its development. And so, the Seven Universities Tournament, which continues in Japan to this day, has been exempt from this 1925 Kodokan rule change. The Kosen Judo students represented an elite, and it was considered shameful to tap or declare maitta, surrender. A choke or an armarbar would have to continue to its inevitable conclusion. Those modern derivatives of Judo, Gracie Ju Jitsu and Sombo, show the effect of both this technical approach, and attitude, which is not remarkable since the founding instructors of both styles learned Judo during this pre-1925 period.

HE'S PARTIAL TO MARTIAL ARTS - Former airman shares his love of the sport with free lessons

by Rick Emert, (excerpted from *Stars & Stripes* - October, 2000)

Bamberg, Germany – You might not know it by looking at him, but H. G. Robby Robinson, 65, is someone you don't want to mess with. Robinson is a morale, welfare, and recreation community officer for Warner Barracks in Bamberg. He also happens to be an eighth-level Black Belt. He hasn't battled Chuck Norris or Steven Seagal in any martial arts flicks, but he has trained with world-renowned teachers and has been active in martial arts for more than 50 years.

The teenage Robinson was originally into gymnastics and fencing. Since he grew up in the Bronx, it's obvious why he decided to switch to Judo at the age of 14. Three years later, he was in the U. S. Air Force teaching escape and evasion for the Strategic Air Command Combative Armed and Unarmed cadre. He spent the next 30 years teaching combative skills, physical fitness and self-defense in the Air Force - skills he says are vital to service members.

"You can jump [into a combat zone], land on your feet and get applause," Robinson said. "But, if after that jump you [become a prisoner of war], the first thing you are required to do is try to escape. It's not just a matter of being able to jump and carry a weapon," he said. "You have to have discipline and good character. That's what we learn from martial arts. As for physical fitness, this is one of the best sports to participate in - it involves the whole body."

During his career as an enlisted man in the Air Force, and later as a Department of the Army civilian, Robinson opened 25 martial arts clubs all over the world, catering specifically to military community members of all ages. His latest martial arts club in Bamberg, will begin taking students

in January [2001]. The lessons will be available to all ages, but Robinson prefers teaching children. "When it comes down to children, every adult can be a mentor," Robinson said. "A lot of my kids have come to me for various reasons, and it usually goes beyond just wanting to learn Judo. I've had kids who were hyperactive, on Ritalin, and some that were a little slower than others. They come in thinking they don't have the tools to control themselves, but I teach them that they do," he said. "They just have to work at their own pace and transfer everything into the training. A lot of students have come to me more to have someone to talk to than to learn self-defense."

It's not all about throwing, kicking and hitting.

"I think there is a misconception about the martial arts," Robinson said. "People see it on television and in the movies and think it's all about drawing blood. The martial

arts are designed more to develop the mind and body."

His lessons are available at a price that can't be beaten. They're free. "I don't believe in charging people for lessons," Robinson said. "The students are there for a reason, to learn this art form. I feel that if I open the doors for money, they will lose sight of why they are here." "Martial arts goes beyond the physical, they also benefit mentally," said Renee Robinson, a second-level Black Belt and Robby's wife. The two met in Korea and have been married 10 years. "You really can't let money drive this."

When the Bamberg club's lessons begin, Robinson will be looking for members of the community with martial arts experience to help out with lessons and keep the club going. "My goal with this club, as with all the clubs I've opened, is to have it continue after I'm gone," Robinson said.



H.G. Robby Robinson and wife, Renee, are opening a martial arts center in Bamberg, Germany.



USJACOACH

WHAT DOESN'T KILL YOU, MAKES YOU STRONGER

by Jan and Christina Finkbeiner

(This came to us with a note from Jan reading: "Enclosed you will find a short story about my railroad-related accident on May 7, 2000, written at the request of a total stranger who heard about my injuries. He has a son, a professional baseball player, who coached approximately 5,000 inter-city kids in Branson, MO; he wanted to share the story with the kids at camp. I contemplated whether or not to write this — it was harder than I thought; when describing my injuries I'd start to feel the pain I experienced at the time of the accident. However, I hope it helps people in some way. Remember, what doesn't kill you makes you stronger...")

Jan Finkbeiner, Godan, Judo & JuJitsu, Head Coach of Juniata College Judo Club, Altoona, PA, is very lucky to be alive. He is also just as lucky to be intact - whole. The events of Sunday, May 7, 2000, forever changed his life. Following is a condensed version of what happened.

The day was sunny, very humid, and hot. Jan, who owns his own track rehabilitation company, left home early that morning, probably around 6:00 a.m. He was also a Track Supervisor for Norfolk Southern. On that particular Sunday, he was working for himself on a local job with his hired crew.

Very near the end of the day, while gathering tools and parking track machines, Jan slipped off a cart onto the railroad tracks and was run over by the tie-handler (a five-ton track machine), causing his left leg to disappear under the machine. Struggling to keep his right leg clear of the wheel, it too became entangled. A machine of this weight and having large steel wheels does not stop on a dime. Jan was pinned under the wheel and pushed down the track. After continuing about another 30 ft. the tie-handler finally came to a stop. Screaming

at the top of his lungs because of the unbelievable pain, Jan ordered the operator to back the machine off his twisted body. As he did, he felt a large piece of steel protruding from the machine's frame squeezing his pelvis and hips against the ground, fracturing both legs and his pelvis in several places.

Jan's "call 911" scream was heard, his friend Dave began to treat him for shock, and soon he heard sirens, becoming louder as they approached. Within minutes he was surrounded by 8 or 10 paramedics, speaking to him in an effort to keep him awake. He finally realized they were going to put him onto a wooden medical board, and would need to straighten his left leg. Asking if he was ready, they began to count back 5, 4, 3, 2, 1. They pulled the leg into a straight position and, quoting Jan, "I screamed as I had never screamed before."

By this time, a helicopter landed nearby ready to transfer Jan to the nearest trauma unit about 50 miles away. The medical personnel had to carry him over the railroad tracks and around a pond before reaching the helicopter. They worked frantically, running with him towards the chopper. Sliding through the rear hatch, the inside seemed claustrophobic, he heard the tremendous sound of the engine and chopper blades and the yelling of the medical personnel. Once aboard, a nurse repeatedly told him to keep his eyes open. As the chopper lifted off the ground, it shook violently and by this time the pain was worsening. He was at the end of his rope and truly frightened for his life.

Jan was in the trauma unit for six days, receiving morphine for the intense pain, and

also the knowledge that he could not walk for three months. Here, in his own words, is what he came to know. "By Tuesday afternoon I realized the extent of my injuries. My lower right leg was fractured; my left leg had a compound fracture of the femur and now has a stainless steel rod running its full length, along with four screws to hold it in place. My left hip socket had numerous fractures. The lower pelvic area had two major fractures. The sacrum, which is the large bone at the base of the spine, was severely fractured, along with

four right ribs. I also lost about two-thirds of my blood from internal bleeding and surgery. After six days in the trauma unit, I was transported to a rehabilitation hospital for another fifteen days. There,

I began to do non-weight bearing exercises for my injuries. Full recovery may take up to a year." Jan was wheelchair-bound until August, when he finally healed sufficiently to get up and start to walk.

At the beginning of this past September, Jan began teaching Judo at Juniata College. No break falls or randori, but teaching nonetheless. He is also instructing Judo to a Tai Kwon Do group at Progressive Martial Arts in Altoona, PA.

Here are Jan's thoughts on what Judo has done for him and how it helped him through his entire ordeal: "Judo has enhanced my physical and mental discipline far beyond any of my expectations since I started in 1972. The wonderful people I have met and trained with, have left me with many positive impressions. My physician says my healing time was almost one-third less than expected. I contribute this to the grace of God, the love of my family, and the many, many gifts Judo has bestowed upon me. For these things, I am alive."

I contemplated whether or not to write this — it was harder than I thought . . .



THE STUDY OF KUZUSHI — “I’m falling and I can’t get up.”

by Neil Ohlenkamp, 6th Dan/Judo, 5th Dan/JuJitsu
Head Coach, Encino Judo Club, Santa Barbara, CA

While teaching my Judo class the other day, I tried to explain the principal of kuzushi, or breaking balance. I was doing this because during practice that evening, most of the students were focusing on how to get their body into the proper position to apply the technique we were studying. Very little attention was being focused on placing their partner’s body into the proper position. As I explained the importance of breaking an opponent’s balance, I could see that everyone understood that it is easier to knock down another person when they’re off balance. In fact, I’ve noticed that it is quite common that the principles of Judo are understood long before they can be applied effectively. It is obvious, even to someone who has never studied Judo, that a throw will be more effective and require

less strength when applied to an opponent who is in a weakened state of balance.

One of the things that distinguishes a beginner from a more advanced student, is the ability to focus attention on an opponent’s balance. It is one of the differences between learning a throw, and being able to effectively apply a throw. Many martial artists tell me that they know how to do basic Judo throws like seoinage or osotogari for example. However, learning to get your body into the proper position to effectively apply your strength is only part of learning a Judo throw. The real trick to making Judo techniques work easily is to find a way to catch your opponent off-balance or to force your opponent off-balance.

There are many ways of moving that will result in your opponent responding in a predictable way . . .

Most people do a fine job of getting off-balance themselves. One way to apply Judo throws is simply to catch the opponent at every opportunity that he or she gives you. It is just not possible to move without some degree of imbalance. It is certainly not easy for your opponent to attack you without the force and movement that makes him/her vulnerable to your counter attack. However, learning to take advantage of your opponent’s imbalance requires a finely tuned sense of timing. In order to be at the right place at the right time, you generally have to anticipate your opponent’s movements, a skill that requires a great deal of experience.

Another way to apply kuzushi is to set up or force your opponent into a weak position. There are many ways of moving that will

result in your opponent responding in a predictable way so that you can anticipate and take advantage of it. It can be as simple as stepping forward and pushing on your opponent, which usually results in the opponent stepping away from you, bracing, and pushing back. This in turn gives you the opportunity to throw your opponent forward in the direction of their push. The most common way to force one’s opponent off-balance is to use combination throws where the first throw

attempted puts him or her into an unstable position so that a subsequent attack can be successful.

Kuzushi is very often thought of as simply pushing or pulling. At more advanced levels, however, it is much more than that. For example, kuzushi can also be achieved by breaking the opponent’s rhythm, faking attacks, strikes, changes of body position or grip, kiai (a shout), or a sudden change in speed or tempo. A critical element in kuzushi is that it should disrupt more than the body. Kuzushi is very much a mental thing; it should always disrupt an opponent’s concentration, resulting in a momentary opportunity for an attack. This is one of the reasons confidence is such an important factor in Judo. A strong and positive mental attitude can often dominate a weaker state of mind, resulting in effective kuzushi.

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

OLYMPIC VIDEO TAPES AVAILABLE

A source for Olympic Video Tapes. Herb Schumacher advises that he’s found a source for these tapes, copied from Japanese TV. He says they’re “good quality at a good price.” \$85.00 for seven (7) tapes.

If interested, contact:

Herb Schumacher
2131 W. Mulberry Street
Lancaster, OH 43130
Phone: 740-653-2348
Email: herb@fairfieldi.com

..... PROFILE OF A JUDO LEADER



Ronald C. Thomson, Nidan, Head Coach,
Jackson YMCA Judo Club, Jackson, TN

Ron began Judo training in the U. S. Air Force by joining the Armed Forces Judo Association (AFJA) while stationed at Chateauroux Air Station in France. His Judo instructor was George A. Edmonds, who conducted training with a group of 10 or 12 members. Ron competed in two United States Armed Forces Europe (USAFE) tournaments, as well as several other smaller tournament throughout Europe. Due to his dedication and participation in Judo during his tour in Europe, he was promoted to the rank of Sankyū in 1965.

He was reassigned to McClellan AFB near Sacramento, CA, where he continued in Judo with Barnes Sensei and a small group consisting of one other brown belt and three white belts. After six months of training, Barnes Sensei arranged for the McClellan AFB Judo Club to work out regularly with the San Juan Judo Club in Sacramento. During Ron's stay in Sacramento, he competed throughout Northern California,

and assisted the San Juan Judo Club by being an active participant in a special Judo exhibition with the touring All Japan High School Judo Champions.

Ron then took a year off from Judo as he was assigned to duty in Vietnam and Thailand. Upon his return to the U.S., he was assigned to Offutt AFB near Omaha, NE, where he resumed his participation and competition in Judo for the next four years. In 1972, the Air Force then sent him to Fairbanks, AK, where, at that time, Judo was non-existent.

In 1996, Ron met Sensei Frank Hurtado, and assisted him in the formation of the Henderson Judo Club in Henderson, TN. Ron was validated to the rank of Shodan in 1998. He attended Tomadachi Judo Camp in 1999 and was certified in Nage No Kata, Katame No Kata, and received a Level One coaching certification. He was promoted to Nidan in October 1999. When the Henderson Judo Club folded, Ron transferred his membership to the Clarksville Judo Club under Ryan Sensei and Hurtado Sensei. He attended the All-Carolina Judo Camp in Charleston, SC in June of last year. After returning to Jackson, TN, and with the help of Hurtado Sensei, Ron opened the Jackson YMCA Judo Club as Head Coach, and currently has registered 28 members. As of the end of 1999, his group had entered three tournaments and brought home three Bronze Medals.

Ron says "my long-range goals are to open at least two more Judo clubs in the local area, and eventually introduce Judo as an intramural sport in middle and high schools in at least Western Tennessee."

..... FOR THE YOUNGER SET



More dojo games for children. Needless to say, a Coach must always be present and alert when these games are played, so that no child is hurt.

CATCH THE HORSE: At one end of the mat - "horses" on hands and knees; the "catcher-cowboys" are standing some distance in front of them. On "Hajime", the horses start crawling to the other end of the mat, and the cowboys must stop them.

Teaches: Ne-Waza techniques - stopping a player from moving; turning them over to prevent them from using their legs to get away.

SAFETY TIP: Teach a roll-over where you hook one leg and roll sideways to get the opponent on their back between your legs. It has been noticed (especially with adults, in fact), that people tend to throw themselves at their opponents, and roll. See that your students catch the opponent, hook the legs in (to stop them crawling) and THEN roll. This prevents injuries.

INNER TUBE TAG

Here, the standard game of tag is played, but instead of an opponent being touched by a hand, a bicycle inner tube must be placed over their head and shoulders. Obviously a good warm-up activity, but skills are developed in agility (running around to avoid being caught), and breakfalls. The breakfalling comes once the tube is over an opponent's head and shoulders and it is relatively easy to guide them forward into a roll. The elasticity of the inner tube prevents too much force being applied.



KAN JIU-JITSU CONTEST RULES

The original Kodokan Judo Tournament Rules

H. Irving Hancock and Katsukuma Higashi, *The Complete Kano Jiu-Jitsu (Judo)*,
New York: Dover Publications, 1905



1. Each contestant shall wear coat and belt.
2. A contestant shall be deemed to have been defeated when his two shoulders and hips shall have touched the floor, provided that said contestant shall have reached this position on the floor through having been thrown down.
3. A contestant shall be deemed to have been defeated when in such position on the floor, if said combatant cannot free himself from his opponent's arms within two seconds' time.
4. A contestant shall be deemed to have been defeated when from any cause or causes he may become unconscious. But it is not permitted to use serious tricks when the wrestling bout is between friends. Such tricks as kicking and the breaking of arms, legs, and neck are barred.
5. A combatant shall be deemed to have been defeated when he has been reduced to submission through the employment by his opponent of any hold or trick.
6. When a defeated combatant finds himself obliged to acknowledge his submission, he must pat or hit the floor or his antagonist's body, or somewhere, with his hand or foot. The patting with foot or hand is to be regarded as a token of surrender.
7. When a defeated combatant pats or hits the floor, or anywhere, in token of submission, the victor must at once let go his hold.
8. It is understood and agreed that the Jiu-Jitsu man, whether he fights a boxer or contests with a wrestler, shall be allowed to use in his defense any of the tricks that belong to the art of Jiu-Jitsu.
9. It is further understood and agreed that the Jiu-Jitsu man assumes no responsibility for any injury or injuries caused by any act or thing done during the contest, and that the Jiu-Jitsu man shall be held free and blameless for any such ill effect or injury that may be received during the contest.
10. Two competent witnesses representing each side, four in all, shall see to it that these articles of agreement are properly drawn, signed, and witnessed, to the end that neither contestant or other participant in the match shall have cause for action on any ground or grounds resulting from any injury or injuries, or death, caused during the contest.

ADVERTISEMENT

BECERRA JUDO & JUJITSU CLUB

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



Dojo - 515 E. Ave. B Garland, TX
Mail - 12610 Jupiter Rd. #505
Dallas, TX 75238

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

A MOST UNUSUAL SENSEI - The John Granville Story

John Granville enlisted in the Marine Corps in 1968, and had his life totally changed in Vietnam when, as part of 1/27 Charlie Company, he hit a land mine and in an instant became a double leg amputee. He was sent to Travis Air Force Base in California, where, John remembers, he was greeted by screaming anti-war protesters who tried to tip over his ambulance.

A few months later his mother died, and although having proudly served as a Marine in the unpopular Vietnam War, he was despondent and totally at loose ends. Saddened by seeing his government make a political war of the conflict in which he lost his legs, and protesters angry at him and not the government, John became withdrawn and wanted to hide from the world. Two things changed that however: John found solace in religion, and John found Judo.

In 1991, he thought he wanted JJ, his son, to take Martial Arts, so he contacted Wayne Owen Fighting Arts and talked with Bunny Owens, who enrolled JJ, and soon after, his daughter JoAnna, and later, when she was old enough, his daughter Marcie. John stood on the sidelines watching enthusiastically and seeing how Judo works.

Then Lee Frakes, asked John to participate. The first day he got on the mat everyone was impressed that John had the guts to even try, and at the end of the session, everyone applauded. He was taught by Lee Frakes, Dick Andrade, and at different times Jim Linn, Damien McLean, Russ Gibson and Elie Morrell.

It was an exciting day in 1994 when Ed Szejter conducted a clinic at Grants Pass and presented John with his brown belt. In

the next year, John completed his Black Belt test and became the first USJA double leg amputee to become an instructor.

He has perfected many different ways to accomplish certain techniques because he doesn't wear artificial legs when competing. To quote John: "Foot sweeps look very interesting when executed with stumps." Competitors look at him warily when he gets on the mat standing on his stumps, as he is very broad shouldered and has great upper body strength.

John had 5 years of running his own Judo club—Selma-Kan Judo Club in Selma, OR, and is now looking for another building in which to meet. He is also part of the Grants Pass Judo Club, Grants Pass, OR.

John spends his Judo time teaching now, and as he comes on the mat with his artificial legs that have backward feet, a new Judo student might look twice to see if the shoes truly are backwards. Most of us know, however, this is John, the only double leg amputee Judo Sensei.

John Granville is now a Nidan; Joanna Granville got her brown belt from her Dad, and is now attending Harrisburg Judokai in Harrisburg, PA, Charlie Cavrich, Head Coach. JJ Granville is a brown belt still attending Grants Pass Judo Club, where his Dad is one of his instructors. Marcie Granville is now a purple belt and also attends GPJC.

So you see, John and his family are very much involved in Judo. John feels it has truly saved his life and given him a sense of purpose and a reason, when times were bleak, to hang in there and go on.

The USJA is proud to give you his story.



John Granville and his club.

THE \$ANCTION THING

by Charles R. Robinson, Shichidan, Judo & JuJitsu,
Head Coach, Twin Cities Judo Club, Yuba City, CA, Chairman, USJA Examiner Committee

(This was first mailed to all USJA Examiners earlier this year. We consider it worthy of reprinting.)

Although I retired in 1968, I'm still working at two part-time jobs - as a college instructor and in a program which links education and industry. You may find this hard to believe, but if I don't instruct, the college doesn't pay me, and if I don't perform the tasks assigned to me by the other program, I receive no pay. It is understood that a day's wages are not paid for half a day's work.

The poor participation evident in the USJA sanctioning program indicates our corps of Examiners is failing to perform the tasks they are certified to undertake. This lack of response is an indicator of two possible character flaws: 1. Dan promotions are being signed off without testing, or 2. Additional promotion points are being accepted without being earned.

Due to this lack of caring - or perhaps the lack of knowledge of the financial repercussions - the USJA is being deprived of sorely needed funds in the neighborhood of \$25,000 a year. How is this? By not sanctioning events. Past President Jesse Jones recently indicated that there are 1,400 USJA clubs, and there are over 340 people listed in the Examiner Roster. If each club, and each Examiner, would sanction one event a year, the income to the USJA would exceed \$27,000.

In 1998 only 200 events were sanctioned, realizing a total of \$3,000. This indicates a lack of participation, especially when it is considered that over 140 sanctioned clinics were conducted by one person.

It doesn't take a lot to sanction an event; it takes only the decision to do it, and \$15.00. Even if a person has a club of 5-6 members, a "Promotion Clinic" could be sanctioned

and conducted, and the 2 or 3 judoka considered ready could be tested, and submitted for promotion.

It is not necessary to conduct a camp, tournament or national event in order to sanction. Just get out there and do something to benefit some of our USJA members. The sharing and exchange of knowledge and skills with others can help to enhance Judo and strengthen our Association.

Be creative. See if there is a way to sanction and conduct at least one event this year, and every year. If members would utilize the USJA Sanctioning Program, thousands of dollars would be available to our organization every year to help alleviate the financial stress it is experiencing. A certification is a contract to perform, not a license to do nothing.



ADVERTISEMENT



Dojo Address:
431 Base Line Road
Claremont, CA 91711

www.goltzjudo.com

Gary Goltz, Head Instructor,
Judo Consultant to the
Los Angeles Police Department



The first ever Pan American Judo Championships Kata Team, photographed at Orlando, Florida, October 2000. All team members have won in U. S. Senior National Kata competition throughout the years.

3rd WORLD MASTERS JUDO CHAMPIONSHIPS

June 29, 30
July 1 2001

Radisson Resort
7171 N. Scottsdale Rd.
Scottsdale / Phoenix
Arizona, USA



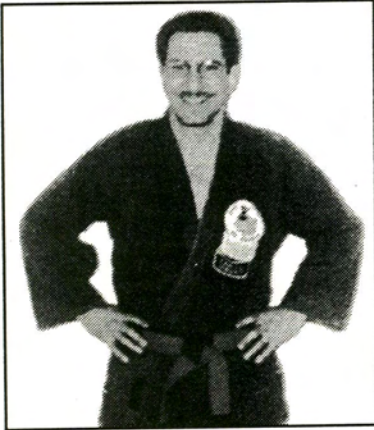
Men and women over 30 years old, categories by 5 years increments (e.g. 30-34, 35-39, etc, up to 70+ yrs old). No qualifying necessary. Membership is necessary. Weight categories in effect (kata & team competition also included)



Register and book Hotel early (now) at:
Web Page www.masterathlete.com
Tel./Fax: 1-905-707-8464
Info: 1-602-787-8323
Championships Director: Dr. W. VanHelder

Future championships:
2002 Northern Ireland
2003 Kodokan, Japan

PROFILE OF A JUDO LEADER



Dr. Tony Scuderi, 5th Dan
Head Coach, American Kodokan Judo Club, Aston, PA

Tony Scuderi began his Judo career in high school, during which time as a young scrawny youth with a funny last name, he was picked on and beaten up a great deal by neighborhood and school bullies. His father tried many ways to get him to defend himself, and Tony was enrolled on the Philadelphia Police Athletic League (PAL) boxing team; he lasted about six months; he couldn't find it in himself to hit someone. One day, however, as a freshman at Archbishop Ryan High School in Philadelphia, one of the teachers, Rev. David Jakubiec, OFM, a well-loved teacher and Coach, held a meeting after school for students who wanted to learn Judo. Fr. Dave and his Judo club became Tony's ticket to learning a martial art.

He began Judo in 1972, competing as a high school student, but spending most of his time perfecting techniques, practicing them one after another, and enjoying learning different ways to get in and out of pins. He found it fascinating when he reached the appropriate age to perform chokes and arm locks, and by senior year, he was awarded a 3rd degree brown belt.

It was now time for Tony to leave his Sensei and go off to college. Entering Bucks County Community College in Newtown, PA, he took a course in Hapkido. The Sensei, Mike Mikowski, saw in Tony the potential of a really good player: he taught Tony and allowed him to incorporate Judo into the class. After his Sensei left Bucks, Tony took over the club, and as a student he studied under Howard Wray in Newtown, PA. Howard awarded him the ranks of Ikkyu and Shodan, allowing Tony to skip a rank due to his diligence and dedication. While at Bucks, Tony became friends with Professor Howard Troxell, who was the moderator of the martial arts club. While Howard was not a martial artist himself, he befriended Tony and took him to the Willow Grove Naval Air Base, where Howard served as a retired Lt. Colonel. Tony hooked up with a Marine who practiced Judo, and who helped Tony write his first Judo book. Still in manuscript form, the text is a photo book on all the Judo techniques, with an additional section on self-defense. Two years later, Tony graduated from Bucks and attended East Stroudsburg University, PA.

At ESU, Tony learned about a Jujitsu club run by Sensei William Gessner, Professor of Physics at the college, with whom Tony enjoyed a fond relationship. Tony earned his Nidan while attending the Olympic Training Camp at Huegenot, NY.

The East Stroudsburg Kodokan Judo Club became home to Tony for the next three years. He studied JuJitsu, and upon graduation was promoted to Ikkyu by Bill and Barbara Gessner.

It was time for Tony to move on. He traveled to the mid-West and studied to become a Franciscan priest. During that time, while he was unable to practice Judo,

he never left it alone. In his mind, he was still practicing technique after technique. Tony says: "a few times I even woke up on the floor of my bedroom after losing a match in my sleep." The Spirit of Judo was alive and well.

Tony was ordained as a priest in 1987. His first assignment was to a parish in a small town in Wisconsin called Sturtevant. There, he formed The St. Sebastian Judokai. He had at least 50 students from the parish, including parents. He trained them hard and put them in tournaments. Tony was soon to find himself popular with reporters and several articles were written about The Reverend Judoka. His students became known in the mid-West and they won tournament after tournament. Tony hooked up with Rick Olstad, who promoted him to Sandan.

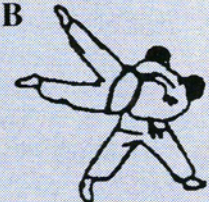
Soon, Tony left Wisconsin and went to Philadelphia, PA, where he practiced in the

(continued on page 16)

ADVERTISEMENT

AMSTERDAM JUDO CLUB

Raymond Conte
Denise Conte
Jennifer Conte
Michael Conte
Instructors



Dojo • Rt. 30 Amsterdam, N.Y.
Mail - 174 Hagadorn Mills Rd.
Broadalbin, N.Y. 12025

Voice: 1-888-999-Judo
Fax: 518-883-4646
email: amsjudo@superior.net
<http://www.amsterdamjudo.com>



.....

KEEPING AT IT

by Dr. Chris Dewey, Head Coach,
Starkville Martial Arts Academy, MS (reprinted by permission)

Churchill's university commencement address is a philosophy of life. It is an attitude of resilience, and 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 the early years of World War II 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.

We are too easily led astray these days by the lure of something easy. Too often we turn aside when the going gets tough and the effort does not appear to be matched by immediate or expected rewards. What

Churchill was talking about is not simply being stubborn; he was talking about a strength of resolve which will not quit. Now, we're not talking about bashing our heads against a brick wall, but inventive resolve which seeks solutions to what might appear to be insurmountable problems. The call is that we do not give up, we do not quit, and that if we 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 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 those rules is that self-esteem is what we gain from DOING something, not something we get free. The point is this: according to the 80/20 principle, the last 20% of effort is what yields 80% of

What Churchill was talking about is not simply being stubborn; he was talking about a strength of resolve which will not quit.

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. Certainly, the difficult part of the road will cause you to question your motivation, 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, not from quitting. We discover the quality of our character when we find out how we deal with stressful and difficult challenges.

Learning martial arts is not always easy, but the rewards of training will change your life. There will be thresholds at which you will want to quit. Only you can make the decision to see it through and enjoy those rewards.

.....

PROFILE *(continued from page 15)*

Philadelphia Dojo with Art Bourgeau, and worked on his Master's Degree in Counseling Psychology.

Tony's fate was then to change. He left the priesthood in 1991 and did not work out for two years. He was reestablishing himself in a world he did not know. He was depressed, and felt lost. In 1993, Tony married Heather Hall, a medical doctor and psychiatrist, who was a strong force in Tony's return to Judo. In 1994, he found Roger Burens, Yodan in Go-ju-ryu Karate, and they teamed up, exchanged talents, and Tony was back in action.

In 1997, Tony was awarded a Doctor of Ministry Degree in Marriage and Family

Counseling from Eastern Baptist Seminary. He became an Adjunct Professor of Psychology at Immaculate College, and has worked in various positions in Philadelphia as a drug and alcohol, mental health counselor and supervisor. He and Heather have their own practice in Upper Darby, PA.

As a competitor, Tony never fended well. He won first place in 1987 in the Wisconsin State Judo Championships and in 1990 took third at the Dutch Country Open in Pennsylvania; in 2000 he took second at the Keystone Games. Tony says he would like to compete and win in kata, and continue to teach Judo to the serious student.

..... FAILURES . . . BUT NOT QUITE

Reprinted by permission of the publishers of *GOOD STUFF*, (a monthly publication), P. O. Box 3019, Malvern, PA 19355-9617.

- After Fred Astaire's first screen test, a 1933 memo from the MGM testing director said, "Can't act. Slightly bald. Can dance a little." Astaire kept that memo over the fireplace in his Beverly Hills home.
- A relatively unsuccessful marketer of restaurant equipment, he didn't sell his first hamburger until age 52. At a time when many people prepare for retirement, Ray Kroc built McDonald's from a handful of hamburger stands into the world's largest food chain.
- When his older brother was killed during WWII, he first withdrew into a shell. Then he began to listen to the radio to ease his pain. Soon he was dreaming about hosting his own radio show. That led Dick Clark to start American Bandstand.
- Walt Disney was fired by a newspaper for lacking ideas. He also went bankrupt several times before he built Disneyland.

You can place your company
or product ad in
USJA COACH.
See ad rates on page 19.
Call: 719-633-7750

COMMON SENSE SELF-DEFENSE



BY VINCE TAMURA
8TH DEGREE BLACK BELT

VOLUME 1
BASIC FUNDAMENTALS

Requirements: PC; Windows 95; Active Movie (included); 4X CD-ROM

By Vince Tamura, 8th Degree Black Belt
Quarter Finalist, 1st World Tournament
3 times Senior National Champion
14 times National Masters Champion

For a dojo with student retention problems, this training system is perfect. The trainee is brought into his or her martial arts experience through a non-threatening, non-competitive environment. As the training progresses the student has the opportunity to experience traditional Judo techniques and ideals. Many students are kept around long enough to make the transition from Jujitsu to Judo. Others earn rank in Jujitsu only. Some earn rank in both systems.

Common Sense Self Defense - set of 3 videotapes: \$39.95.

Set of 3 video CDs: \$39.95. Training manual: \$10.00.

2000 YEARS

9907 Debbie Lane

Machesney Park, IL 61115-1530

PANDA30256@aol.com

.....

ESCAPE - kamishiho - double arm pull





ADVERTISING RATES

Published Spring, Summer, Fall and Winter

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

Deadline:

10th day of February, May, August and November

Advertising Art:

Must be camera ready

Payment:

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

OUR THANKS

To MARK JOHNSON of Cedar Hill, TX, and to USJA Board of Director THOMAS V. REIFF, of Ladson, SC, for donating so much of their time to assist us. Mark drove from Texas and spent a day with us attending to our computer glitches. Tom drove down from Denver where he had a business meeting, and spent an evening and an entire Sunday, upgrading our system. We are extremely grateful to both of these gentlemen of the USJA Electronics/Media Committee, for their generosity.

Judo Uniforms and Belts

Videos & Books



toraki®

Dragon Brand (Warrior)



1-800-223-5526

Fax: 716-873-8518

E-mail: pacillo@pacillo.com

Visit us at: www.pacillo.com

G. PACILLO CO., INC.

1390 Hertel Avenue
Buffalo, New York 14216



USJACOACH

WORKING WITH NON-PROFIT AGENCIES TO FURTHER YOUR DOJO

by Edward H. Byers, Yodan, Judo & JuJitsu
Head Coach, Seven Owl Dojo, Waxhaw, NC

Are you having problems finding suitable space for the full-contact martial arts of Judo and JuJitsu? Is your club growing and you need a larger workout area? Do you want to start a new USJA-affiliated club but have only limited financial resources to invest?

Not-for-Profit agencies exist in most communities. They should be considered as a possible location for your club when an expansion or a change in location is necessary. These agencies offer assistance to service-oriented programs which could not function without such help. They normally help targeted public groups such as single parents, at-risk kids, or battered spouses. The YWCA, YMCA, Boys' and Girls' Clubs, Police Athletic Leagues, and some school-related functions are examples of community Non-Profit agencies. Here are some hints for establishing and maintaining a good relationship with a Non-Profit:

1. *Always remain flexible when difficult situations arise.* You probably cannot get the perfect space or room at the perfect time, especially when other programs are offered at the Non-Profit. Many directors have "pet programs" that they want to see succeed, so martial arts may not be their primary focus. You may need to explain what restrictions limit your practice of Judo and JuJitsu. Suggestions, rather than demands, will often lead to a suitable compromise to allow you to continue your worthwhile program.

2. *Try to integrate your program into the Non-Profit's existing areas.* If the Non-Profit has programs to help victims of

abuse, offer to teach a basic self-defense class. If children are the focus, set up an introductory program to teach Judo or JuJitsu for kids at a sponsored camp, or during a Saturday activity day. See that the inclusion of your program into the Non-Profit's activities is a mutually beneficial situation.

3. *Offer your club's time and efforts to help the Non-Profit.*

Most employees of Non-Profits wear many hats and are responsible for many different jobs. Budget cuts and increasing public demands have made time their most valued asset. Offer to help clean an area to make space for your program. But don't limit your participation to functions that just benefit your club. Offer to help in the many different fund raisers that Non-Profits sponsor. Participation in auctions, special classes, and demonstrations, allows you to present the benefits of Judo and JuJitsu while you help the Non-Profit. Don't be afraid to have your club members grab brooms and mops on occasion.

Remember that you are asking for a favor, so do your best to make the relationship favorable for both parties.

4. *Maintain communication with your contact.* Non-Profits need to charge a fee to meet their expenses. You can pay a monthly fee which will not change with the increase or decrease in your club's membership. This arrangement is ideal if

your club has a strong membership which works out regularly. It can result in a lower cost per person as you add members. However, user fees are pre-set amounts which each person pays per

month no matter the number of members. This situation is ideal if your membership fluctuates during the year and you want to keep the per-person costs at a constant level.

Don't expect a Non-Profit to bend over backwards for you. Remember that you are asking for a favor, so do your best to make the relationship favorable for both parties. With a little effort, you'll be surprised how easily you can make it work.

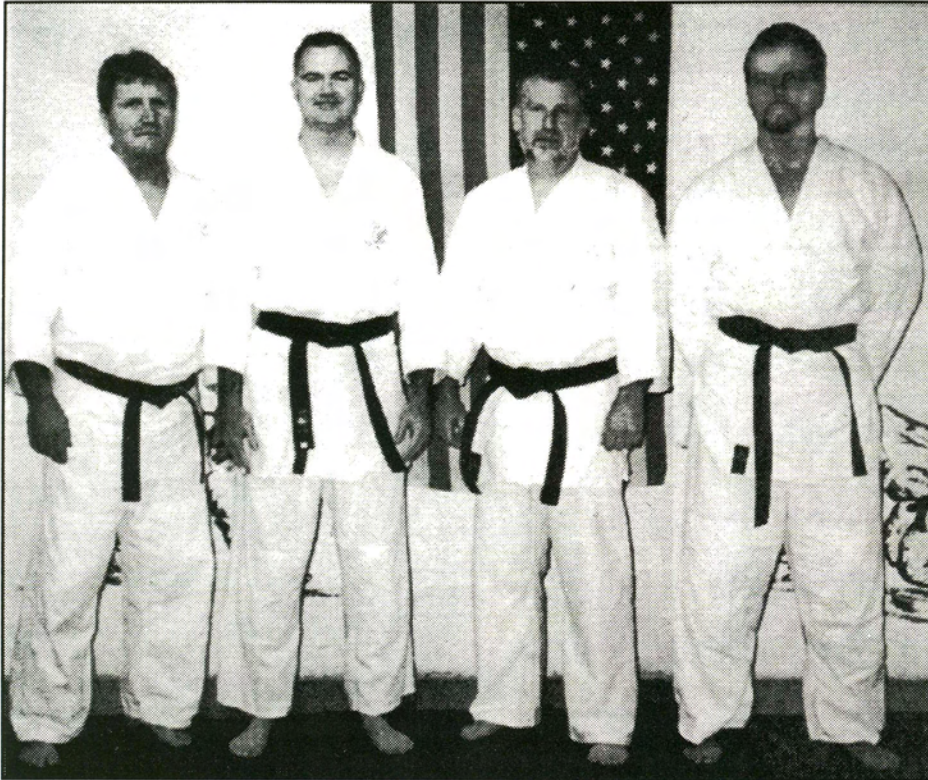
FOOD FOR THOUGHT

"Great spirits always encounter violent opposition from mediocre minds."

—Albert Einstein



USJACOACH



Head Coach, Richard Hahn, (Hahn's Martial Arts, New Castle, IN) far left, shown with students Kenny Cox, Tom Thompson and Van Goar, after recently awarding their 1st Degree Black Belt promotions.

USJACOACH A QUARTERLY MAGAZINE



Each issue will be 24 pages or more full of information such as training techniques, health and Judo information, international tournament results and much more.



YES, please accept my subscription for the NEW USJA Coach Magazine @ \$9.00 per year (4 issues).

Payment Information:

Check/Money Order (payable to USJA)

Charge My: MasterCard Discover Visa Exp. Date _____

Card Number: _____ Signature: _____

Send to:

Name: _____

Address: _____

To order: Call 719-633-7750, Fax 719-633-4041, Email usja@csprings.com, Website www.csprings.com/usja or mail to: USJA, 21 N. Union Boulevard, Colorado Springs, CO 80909

**\$9.00 per year
or \$2.95
each issue**



USJACOACH

NEW USJA PROMOTION POLICIES AND FEES (effective as of July 1, 2001)

At the October 2000 meeting of the Board of Directors, the following was proposed, and adopted:

... That all promotion requests to be considered by the USJA Promotion Board, will arrive at the USJA Central Office not later than thirty (30) days before the scheduled promotion meeting. The USJA Central Office will then make copies of the promotion requests and forward them to the members of the USJA Promotion Board within five (5) working days in order for those members to adequately review the promotion requests prior to the meeting of the USJA Promotion Board. The time requirements specified in this section may be waived in the event of special circumstances by vote of the USJA Board of Directors.

The USJA Promotion Board for Yodan and higher ranks, convenes three (3) times a year: at the USJI Senior Nationals in April, the USJA Junior Nationals in July, and, at the U.S. Open in October of each year.

Also adopted by the Board of Directors:

That candidates for promotion to Yodan and higher be required to remit a \$25.00 non-refundable processing fee with their request for promotion. When the candidate is advised that he/she successfully met the promotional criteria, he/she will be required to remit the appropriate promotion fee. Further, that a new rank certificate not be sent out until all fees have been paid.

Another item passed by the Board of Directors:

That members registering their rank with the USJA from another organization (USJF, USJI, IJF Affiliate) be required to pay the USJA validation fee for the privilege of registration. That is, we will recognize their rank; however, if they want to be promoted by us, they need to have their current rank validated.

Promotion Fees: Raise Dan fees as listed below effective January 1, 2001:

| | | | |
|-----------|-------|------|-------|
| Shodan | \$100 | from | \$75 |
| Nidan | \$125 | from | \$100 |
| Sandan | \$150 | from | \$125 |
| Yodan | \$175 | from | \$150 |
| Godan | \$200 | from | \$175 |
| Rokudan | \$225 | from | \$200 |
| Shichidan | \$275 | from | \$250 |
| Hachidan | \$325 | from | \$300 |
| Kudan | \$375 | from | \$350 |
| Judan | \$450 | from | \$400 |

Validation Fees: Effective January 1, 2001, candidates for validation shall pay a fee of \$50.00 in addition to the promotion fee for each grade through which the candidate is validated.

That the Promotion Committee is authorized to grant honorary Black Belt rank to individuals who distinguish themselves by virtue of demonstrated contributions to the advancement of Judo and the USJA. Further, that any certificate issued for honorary rank shall incorporate the word "honorary" on its face. Further, that the regular promotion fee schedule applies. However, same may be waived at the discretion of the Promotion Committee.

NOTE: While the date proposed above was January 1, 2001, these new fees will actually go into effect as of July 1, 2001.

ADVERTISEMENT

NEW JUDO VIDEO

The 67 Throws of KODOKAN JUDO

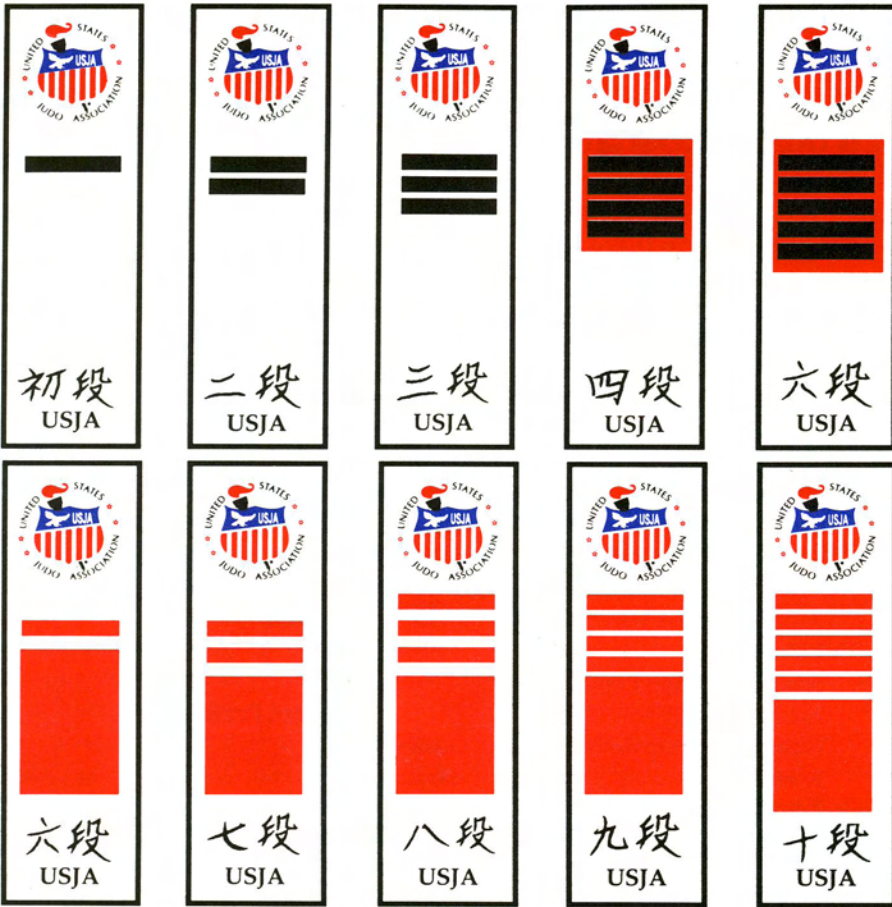
All of Kodokan Judo's official nage waza throws, with some modern variations. The complete single tape features Dr. W. Van Helder, 6th Dan, World Master's Judo champion, and Shun Kasuga, 6th Dan former Japanese Olympic team coach. Throws are captured from several different angles in both fast and slow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

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

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



USJACOACH



The New USJA Black Belt Patches!

Shodan — Sandan: **\$3.50** each
 Yodan Godan: **\$4.00** each
 Rokudan — Shichidan: **\$4.50** each
 Hachidan — Judan: **\$5.00** each

Yes, please accept my order for the new USJA Black Belt Patches:

Name: _____ Phone: (____) _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Payment by: Check/Money order payable to USJA, or Master Card, Visa & Discover accepted
 Card No: _____ - _____ - _____ - _____ Expiration Date: _____
 Name on Card: _____
 Authorized Signature: _____

| Qty. | Item | Price Each | Total |
|---|------|-------------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Shipping & Handling: 1-10 - \$.50, 11-20 - \$1.50, 21+ - \$3.50 | | Subtotal | |
| | | S & H | |
| | | Grand Total | |

To order: Call 719-633-7750, Fax 719-633-4041, E-mail usja@csprings.com, Website www.csprings.com/usja or mail to United States Judo Association, 21 N. Union Blvd., Colorado Springs, CO 80909



USJA PROMOTIONS (Since the October 2000 Promotion Board Meeting)

Judo Promotions

| | | | | | | | |
|-----------------------|----------|---------------------------|---------|--------------------------|--------|------------------------|---------|
| Phillip A. Acosta | Shodan | Tim Everhart | Shodan | Leo R. Paul, Sr. | Nidan | Van Goar | Shodan |
| Kenneth Altman | Shodan | Thomas Fenoseff | Shodan | Kim D. Perkins | Shodan | Guy W. Howard | Shodan |
| Daniel Alvarez | Shodan | Christina L. Finkbeiner | Shodan | Ocie Poole | Shodan | Francisco L. Hurtado | Yodan |
| John Amtmann | Nidan | Steven Fruscella | Nidan | Todd Pryor | Shodan | George D. Jurinek | Nidan |
| Marcos E. Aranaha | Sandan | Gary S. Goltz | Rokudan | Roderick Ritchie | Shodan | Michael Lee | Shodan |
| Andrew J. Aubin | Sandan | Christian C. Haire | Shodan | Bernard L. Rusiniak, Jr. | Shodan | Robert D. Okada | Rokudan |
| Kati L. Bartkowski | Shodan | Reginald L. Heefner | Rokudan | Parker Shelton | Shodan | Bryan Tropper | Shodan |
| Richard J. Bartkowski | Shodan | Lisa A. Henisey | Sandan | James H. Stockwell | Yodan | Yoshito (Vince) Tamura | Kudan |
| Lendon L. Bartlett | Nidan | Sean Horton | Shodan | Thomas F. Tebbe | Sandan | Thomas Vanderhoof | Shodan |
| William J. Bly | Shodan | Savas Iyidogan | Rokudan | Robert Tepper | Sandan | Mark E. Walls | Shodan |
| James Bollin | Sandan | Patrick M. Keating, Sr. | Rokudan | Douglas F. Tedrick | Shodan | John Walsh | Nidan |
| Lonnie D. Branam | Sandan | David W. Kelly | Shodan | Brenda Thomson | Shodan | | |
| William Brazil | Nidan | Hope D. Kennedy | Nidan | Mat Van Essen | Shodan | | |
| Peter J. Bertucci | Yodan | Melvin E. Keuch | Sandan | John Walsh | Nidan | | |
| Tom Buckley | Shodan | William F. Lambert | Nidan | | | | |
| Stacey T. Campfield | Nidan | Caterine Le Caranta | Shodan | | | | |
| Jose Carricarte | Shodan | David G. Mata, Jr. | Nidan | | | | |
| Paul Ceely | Shodan | Michael J. Nees | Godan | | | | |
| James J. Colgan | Hachidan | Thomas O'Brian | Sandan | | | | |
| James Eddings | Shodan | Robert D. Okada | Rokudan | | | | |
| | | Albert R. Olevsy | Nidan | | | | |
| | | Ishmael L. Patterson, Sr. | Shodan | | | | |

Karate Promotions

Robert D. Okada Sandan

Sombo Promotions

Robert D. Okada Shichidan

Tae Kwon Do Promotions

Lonnie D. Branam Sandan

Jujitsu Promotions

Bruce Bender Sandan
 Lonnie D. Branam Sandan
 Luis Brizuela Shodan
 Joel Cooling Shodan
 James Eddings Nidan

ADVERTISEMENT

Virgil's Judo Club

USJA

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

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

SAMBO AND JUDO - ALIVE AND WELL IN VLADIVOSTOK

by Professor Laurence P. James, Sandan
Division of Earth Environmental Sciences, Puk-yong National University, Pusan, Korea

When visiting Vladivostok, Russia recently, I found only one public Judo dojo. There, high school and students of younger age told me they had studied another budo form beginning in elementary school. I asked about sport Sambo, and was directed to three large clubs in the downtown area, and was told there were more. Maps of recent tournament sites suggested that Sambo, a Russian, partly Vladivostok-oriented cousin of Judo, still flourishes in former Soviet states and satellites. Russians pronounce Sambo with an "a" as they write it, and looked puzzled when I mentioned "Sombo".

Participants and coaches of various ages at one university and at the regional (Dinamo) stadium, were especially cordial. They countered my few words of Russian with slightly better English and a lot of

humor. All the facilities were large rooms, with soft, non-segmented, smooth-cover mats. My new teachers were former national champions - they complained of a severe lack of funding compared to former times, and thus - fewer medals. But they had plenty of enthusiastic students, many of them recreational players, and several university Sambo men were also competing internationally in Judo.

Outside, the wind was blowing at minus 20 degrees Celsius, and there were fuel and power shortages. Inside, after thorough warm-up, most of the "trainserovna" was Sambo randori with frequent individual coaching. Several lighter-weight guys were careful with this visitor, mixing practice with demonstrations of unusual throwing grips, and Neil Adams style rolls. They emphasized fast, soft take-down into holds.

According to the Internet, Sambo referees should stop mat grappling after about 15-20 seconds unless there is progress. But the Russians said their rules say after *one minute*. Matches (and some randori periods) are 8 minutes in duration, and a pin (20 seconds) gives points but not an automatic win. Despite the many possible leg holds forbidden in Judo, the most common decisive Sambo technique still seemed to be juji gatame.

Men and women, as well as young teens and kids, all train separately and at different times, with practice held six days a week at all facilities. There is a huge club for women only, set among facilities for less energetic sports and conditioning in a large sports-health spa complex, with two colorful full competition rings. I was told the women's team regularly takes medals at all-Asian competitions. At the stadium I also watched a more "extreme" men's non-sport practice, combining boxing and grappling, with police staff among the participants.

By the time I left, it was clear that Judo was also widespread, with two regional tournaments forthcoming in February alone. I returned to Korea with a pair of soft leather *sambofki* (shoes) and a great new respect for Russian friendship and energy.

Clearly, Judo and Sambo are alive and well in the cold, far-North Pacific!



Nightly practice at Fareastern Polytechnical University, Vladivostok

REMEMBERING MITSUHO KIMURA February 22, 1916 - January 28, 2001

Kimura Sensei, survived by his loving wife of over 60 years, was born in San Francisco, the oldest of eight brothers and sisters. He worked for Simmons Mattress Company for 35 years, but his greatest work was in Judo.

About 1931, Kimura Sensei and his family moved to San Gabriel in Southern California, where at the age of 15 he began his study of Judo; it would be a life long commitment. In 1935, he obtained his competitive Nidan rank, and in the very same year he received his Sandan from Kotani Sensei, Head Instructor of Japan's Kodokan Judo. By 1949, as a Godan, he had returned to San Francisco and opened his first dojo on Post Street. Around 1950, he moved his dojo to Kimmon Hall on Bush Street.

In 1956, he entered the World Championships, then the equivalent of today's Olympics. In 1966, he changed the name of his dojo to the San Francisco Judo Institute and moved to Taraval Street, where he continued to tutor and mentor many judoka. In 1997, he received his Kudan rank (9th Degree).

Judo students, young and old, came to respect Kimura Sensei's quiet wisdom. He was a world class individual, who served Judo well.



Photo taken at the Vineland Judo Club (Vineland, NJ) October 2000 clinic which commemorated its 40th Anniversary. Ray Marquez, Head Coach, standing fifth from left. Mike Szrejter (standing, right of Sensei Marquez) and Elaine Meyer (standing, end right) conducted the clinic.



USJA STATUS REPORT AS OF JANUARY 2001

| Top 25 Clubs | Member Count |
|---|--------------|
| Vineland Judo Club | 486 |
| Ohio Judan Judo Club | 393 |
| Samurai Judo Association | 323 |
| Fayetteville-Ft. Bragg Judo Club | 221 |
| New London Judo Club | 321 |
| Lee's Judo Academy | 297 |
| Jundokai Judo & Jujitsu Club | 290 |
| Epizoundes Martial Arts | 249 |
| USJA National Training Center | 309 |
| Tomodachi Judo Club | 187 |
| Carolinas American Judo Association | 147 |
| Harrisburg Judokai | 166 |
| Yellowhill Judo Club | 186 |
| Cahill's Judo Club | 186 |
| Goltz Judo Club | 158 |
| Tremont Judo Club | 190 |
| Virgil's Judo Club | 166 |
| Unidos Judo Clubs | 142 |
| Fox Valley Judo Club | 119 |
| Tar Heel Judo School | 166 |
| Ju Nan Shin Martial Arts Academy | 153 |
| Solano College Judo Club | 136 |
| Roanoke Judo Club | 139 |
| U of Tennessee Judo Club | 146 |
| Desert Judo Club | 139 |

| Top 20 States | |
|---------------|-------|
| CA | 3,228 |
| FL | 1,660 |
| NY | 1,354 |
| OH | 1,218 |
| NC | 1,205 |
| NJ | 1,053 |
| PA | 1,003 |
| TX | 996 |
| AZ | 842 |
| CT | 829 |
| VA | 733 |
| IL | 694 |
| IN | 686 |
| WI | 656 |
| CO | 623 |
| SC | 615 |
| NE | 472 |
| WA | 471 |
| MI | 467 |
| MO | 462 |

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

Your company or product ad could be here!

Call: 719-633-7750



USJACOACH

ADVERTISEMENT

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, 6th 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 on which to fasten our ideas, ideals, hopes, and aspirations! 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!"

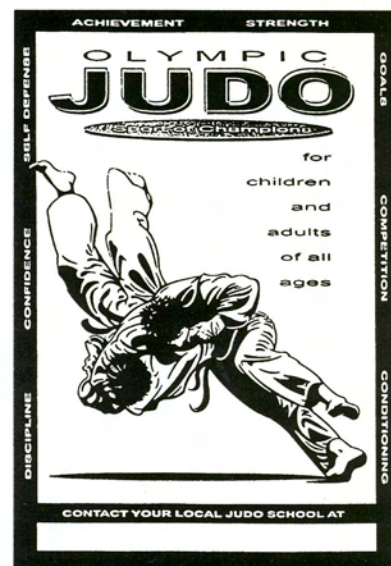
George A. Hamm,
7th Degree, Judo
8th Degree, Jujitsu

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.

OUR OLYMPIC JUDO SPORT OF CHAMPIONS POSTER

WOULD YOU LIKE TO GAIN MORE STUDENTS? DO YOU WANT TO BE RECOGNIZED IN YOUR COMMUNITY? DO YOU WANT TO PROMOTE YOUR JUDO PROGRAM? THEN NOW IS THE TIME TO ORDER THIS HANDSOME NEW POSTER! ACTUAL SIZE IS 12-1/4" WIDE BY 18" HIGH. THIS VERY APPEALING POSTER IS PRINTED ON SLICK BOARD IN SIX BEAUTIFUL COLORS. POST IT AT SCHOOLS, YOUR LOCAL YMCA, BOYS' AND GIRLS' CLUB BULLETIN BOARDS, STORE FRONTS, ETC.

COST: 1-10/\$1.75 ea; 11-25/\$1.70 ea; 26-49/\$1.65 ea; 50-100/\$1.60 ea; 100+/\$1.50 ea. plus shipping and handling fees





USJACOACH

JUDO MATS

USED AT THE 1996 AM CAN; USED AT THE 1996 USJA JUNIOR NATIONALS; NO GAPS OR SPACE, LIGHTWEIGHT, EASY TO CARRY, LAY AND STACK. NO COVER OR FRAME REQUIRED. IDEAL FOR DOJO, HOME USE AND DEMONSTRATIONS.

JUDO VIDEOS

- (1) A DEFINITIVE STUDY OF THE ARMLOCK WAKI-GATAME. Set of 3 videos. ("The best educational videos we have ever used in our Anchorage dojo." —Robert Brink, Ex-President, USJF).
- (2) PREPARING FOR YOUR JUDO PROMOTION; SELF-TESTING CONTEST COVERAGE - 110 TECHNIQUES. FIVE VIDEOS.

- (1) 40 LESSON PLANS — NEVER BE AT A LOSS AS TO WHAT TO TEACH! 150 PAGES.
- (2) CONTACT GAMES. INTRODUCING JUDO WITHOUT TEACHING ("The best book I've ever seen on the subject" —George Harris, 9th Dan Olympian.) ("Truly remarkable" —Abe Brown, 4th Dan, Columbia University.)

FOR FURTHER INFORMATION:
JUDO WORKSHOP VIDEOS, INC.
P.O. Box 16875, West Haven, CT 06516
(203) 937-1922

SID KELLY, 7th Dan Judo, 7th Dan Ju Jutsu
Ex-British International Team Player
Ex-New England Black Belt Champion
10 years Class "C" Referee
USJA Coach - USJA Examiner
Gold Medalist 1999 World Masters (60-64 years) 90 kg

5% discount mat sales with 6 mat minimum; 10% discount video and book sales (\$100 minimum order), discounts to be donated to your USJA Life Membership.

Get a Grip

ON YOUR CREDIT

Certainly your best self-defense in today's financial arena is not to overspend, but with the new USJA MasterCard, you have an opportunity to get a grip on your credit and help the USJA too. Every time you use your card to make a purchase, MBNA America® makes a contribution to the USJA.

- No Annual Fee
- Low Introductory Annual Percentage Rate (APR) for Balance Transfers and Cash Advance Checks

Become a "card carrying" member of the USJA!



Call Now to Apply!
1-800-780-5540

Please mention priority code QNCN

The information in this advertisement is accurate as of 6/97. The information may have changed after that date. To find out what may have changed, call MBNA at 1-800-847-7378, or write to MBNA America, P.O. Box 15020, Wilmington, DE 19850. The United States Judo Association logo and mark depicted herein are the property of United States Judo Association and may not be reproduced without the prior written consent of the United States Judo Association ©1997 United States Judo Association. MasterCard is a federally registered service mark of MasterCard International Inc., used pursuant to license. MBNA America® is a federally registered service mark of MBNA America Bank, N.A. ©1997 MBNA America Bank, N.A.