



American Judo

A Journal of the United States Judo Association

Summer 2006



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Spring 2006

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On the cover: Future Nage-no-Kata Champions Julia and Eileen from Venice Dojo and Goltz Dojo, both second graders.

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All submissions to *American Judo* are carefully reviewed by the Editor. If you wish to submit material to *American Judo* please send those articles, photos, regional, national or international tournaments/camps, or such items to the Editor. If you are submitting a photo, please send it in digital format to the Editor with a relevant caption; and please be sure that the photo is of high-quality (e.g., good contrast, some action is preferred but line-up photos are welcomed, without shadowy faces that are unrecognizable, totally black backgrounds, etc.). The copyright for all articles/photographs remains with the authors/photographers.

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**USJA is now accepting bids
for the 2008 USJA Junior Nationals
Interested parties can contact
Gary Monto
JUDANJUDO@aol.com**



2006 USA Judo Senior Nationals in Houston, Texas



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Michel Brousse (left) and David Matsumoto, Ph.D (right)
Co-authors of 'Judo in the U.S. A century of Dedication'

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GOLTZ



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Official Host

USJA CHAMPIONSHIPS

to be held in

Ontario, California

December 2 - 3, 2006

Information:

gary@goltzjudo.com

www.goltzjudo.com



NYAC Open Results

Lifetime Achievement Award.....Dr. Frank Fullerton

Jita Kyoei Award.....Dr. Arthur Canario

Outstanding Player Award.....Valentin Grekov

Men's 60kg

- 1. Ronnie Talledo (PER/North Lauderdale, Fla./North Miami USA Judo National Training Site)
- 2. Juan Roman (PUR)
- 3. Vitaliy Vanyan (UKR)
- 3. Sergio Pessoa (CAN)
- 5. Jean-Pierre Durand (North Lauderdale, Fla./North Miami USA Judo National Training Site)
- 5. Jeremy Liggett (Glenville, N.Y./NYAC/Jason Morris Judo Center)

Men's 66kg

- 1. Taylor Takata (Harlingen, Texas/Harlingen USA Judo National Training Site)
- 2. Marek Krecielewski (POL)
- 3. Sasha Mehmedovic (CAN)
- 3. Jean-Pierre Choy (PER/North Lauderdale, Fla./North Miami USA Judo National Training Site)
- 5. Felipe Novoa (CHI/Colorado Springs, Colo./U.S. Olympic Training Center USA Judo National Training Site)
- 5. Michal Popiel (CAN)

Men's 73kg

- 1. Radu Brestyan (Medway, Mass./Pedro's Judo Center)
- 2. Samir Boucheraoua (FRA)
- 3. Nick Delpopolo (Glenville, N.Y./Jason Morris Judo Center)
- 3. Tomas Krecielewski (POL)
- 5. Yoel Razvozov (ISR)
- 5. Toni Lettner (GER)



Men's 81kg

- 1. Klemem Ferjan (SLO)
- 2. Illyan Chymchyuri (UKR)
- 3. Aaron Cohen (Buffalo Grove, Ill./NYAC/Cohen's Judo Club)
- 3. Takehiro Mizuochi (JPN)
- 5. Alexandre Emond (CAN)
- 5. Avisar Sheinman (ISR)



Men's 90kg

- 1. Valentin Grekov (UKR)****Also Outstanding Player Award
- 2. Sylvain Potard (FRA)
- 3. Sylwester Gawel (POL)
- 3. Helge Molt (GER)
- 5. Robert Edward (CAN)
- 5. Radoslan Karwowski (POL)



Men's 100kg

- 1. Primoz Ferjan (SLO)
- 2. Carlos Santiago (PUR)
- 3. Keith Morgan (CAN)
- 3. Sebastien Godin (CAN)
- 5. Nobunari Arakaki (JPN)
- 5. Carl Trotter (CAN)



Men's +100kg

- 1. Vitaly Polyansky (UKR)
- 2. Naoki Hashimoto (JPN)
- 3. Kirk Hoffmann (Colorado Springs, Colo./U.S. Olympic Training Center USA Judo National Training Site)
- 3. Matias Ceraj (SLO)
- 5. Perdivara Valeriu (ROM)
- 5. Joel Brutus (USA)





Second Saturday Morning Grassroots Clinic

The second Saturday Morning Grassroots Clinic series was held at the Goltz Judo dojo in Claremont, CA featuring Jin Iizumi, 7th Dan. Iizumi Sensei was Mufne's uke in the 50's at the Kodokan and is the author of the Soft Judo DVD series <http://www.softjudo.com/>. More than 70 attended and saw some of the finest techniques demonstrated include Iizumi's spinning uchimata (see clip). Money raised goes towards the USJA's Grassroots Development Fund.



SOUTHERN CALIFORNIA GRASS ROOTS MINI-CAMP

The perfect way to follow up a successful local judo tournament is with an overnight mini-camp featuring clinician Ann Maria DeMars. On the weekend of March 25-26, 2006 more than thirty participants from seven Southern California clubs joined in this USJA Grassroots effort to provide the expert training usually accessible to only elite players at a local dojo to all levels of players.

"This is exactly what I was hoping we could accomplish with the USJA grass roots program. Most of the kids worked harder and did more than they would have believed possible at the beginning of the weekend," observed clinician AnnMaria. The clinic included eight hours of mat time for students who had already attended a tournament. While physically demanding, AnnMaria incorporated judo games and a mini tournament into the instruction to bring variety into the fast-paced workout. Many brownies and cookies were consumed during breaks and few had trouble falling asleep on the mats after Saturday's session.

Several clubs cooperated to co-sponsor the clinic, once again demonstrating the power of working together. Tony Allen of Combined Martial Sciences graciously opened his dojo for the weekend. Sensei Wayne McCleod from Discover Judo and Sensei Gary Butts from Los Angeles City College Judo assisted AnnMaria during the Saturday evening sessions. Instructors Mark and Lisa Guerrero from Mountain Judo drove two hours Sunday morning to help out with the Sunday sessions. Goltz Judo Club provided the logistical and administrative support required to run the weekend. With so many clubs working together to support grass roots development, it's no wonder that this was a perfect judo weekend in Southern California's Inland Empire.



animal judo



Paul Nogaki Grassroots Clinic





USJA – Saturday Morning

grassroots clinic series

- Saturday January 28, 9 to 11AM – AnnMaria Rousey
- Saturday February 18, 9 to 11AM – Jin Iizumi
- Saturday March 18, 9 to 11AM – Paul Nogaki
- Saturday April 15, 9 to 11AM – Gerald Lafon
- Saturday May 13, 9 to 11AM – Butch Ishisaki
- Saturday June 17, 9 to 11AM – Steve Bell
- Saturday August 26, 9 to 11AM – Terry Kelly
- Saturday September 16, 9 to 11AM – Mike Noriega
- Saturday October 28, 9 to 11AM – Tony Mojica

GOLTZJUDO CLUB

Alexander Hughes Community Center
1700 Danbury Road
Claremont, CA 91711
909-399-5490

Fee: \$5 USJA members, \$10 non USJA members

Sanctioned by the USJA

For More Information Contact:

Gary Goltz

909-985-0486

gary@goltzjudo.com

www.goltzjudo.com

Proceeds will go towards the USJA Grassroots Funding efforts



Judo Night with the L.A. Avengers

The LA Avengers are an indoor arena professional football team that play in Staples Center. On Saturday February 25, 2006 the half time show included a large judo demo in front of the estimated 10,000 spectators. USJA Clubs from southern California took the field led by John Moe of Discover Judo, who organized the event. Gary Goltz of Goltz Judo, Greg Fernandez of Jundokai, Paul Nogaki of Temecula Judo, and Butch Isihisaka of Cal State LA Judo, along with students from their clubs demonstrated a wide assortment of randori, kata and self defense techniques. Goltz drew lots of laughs when he disarmed his attacker of a notorious thunder stick! Over 125 judoka attended. It was a huge hit.





Meet John Moe, Our New Webmaster:

Graduate of Northern Arizona University with a degree in Electrical Engineering

Employed by Claremont University Consortium since 1990.

Building Automation Systems Engineer

First introduced to Judo, age 7 or 8, on Guam Island as a military brat.

Rediscovered Judo at NAU at age 25

Began Discover Judo in 2001

At Discover Judo we believe that Judo is a path of discovery. Each of us discovers something different about the sport and about ourselves through the practice of Judo.

Since assuming the IT Director role of the USJA, John has been working hard to keep the USJA's website up to date. Among his top priorities are to provide a seamless interface with our GTMA partner so our members can order gis and other supplies directly. John also plans to give the USJA central office staff access to club rosters and allow club coaches to get them on line. John is a long time USJA supporter and former student of USJA COO Gary Goltz (1990 until 2001 when he started his own club).



John is a 4th Dan. He and his main 2 assistants Danny Martinez and Ramiro Real are shown in the picture. Wayne McLeod is not shown.





Gary Goltz presenting John Moe the inter club trophy. Twice a year Goltz and Discover Dojos have a team match for this perpetual award.



Herb Parsons



Long time USJA Life Member #179, Herb Parsons, 7th Dan, teaches self-defense classes to teenage girls in what may be the only program in the country. He is a four-time national master's champion and at age 71 has lived two careers as a history teacher for over 30 years and as a judoka for over 50 years. Herb has merged those two careers to bringing a unique program to 6 high schools in the Northwest Suburbs of Chicago.

The program began several years ago when Herb noted the growing number of crimes against teenage girls and decided to do something about it. According to the National Victim Center, 61% of all rape victims are younger than 18 years old. Herb uses hardly any throws or groundwork in classes. The main idea is to teach how to escape from the various grips of the attacker.





Promotion Procedures: How To Register New Senior Members Who Have Rank

by Virgil Bowles



CERTIFICATION, VALIDATION AND PROMOTION

When coaches register new USJA members who hold rank of Sankyu and above awarded by another judo organization, they must understand the three ways by which the USJA recognizes rank and enters it into our computer records. These methods of recognizing and recording rank are: (1) certification, (2) validation, and (3) promotion. Ranks of Yonkyu and below and all junior ranks are automatically issued to the new member upon recommendation of the registering coach. Senior ranks of Sankyu and above must be verified by one of the above procedures.

What is certification of rank?

Rank is certified when a new member includes a valid membership card or rank certificate from an organization recognized by the International Judo Federation (IJF), the world governing body, with an Annual or Life Membership application and fee to the USJA National Headquarters. The USJA recognizes certificates of any IJF member national federation, and ranks issued by them are certified immediately and entered in the USJA records without fee upon payment of Annual or Life Membership dues. In the United States ranks are awarded by three organizations; the United States Judo Association, the United States Judo, Incorporated (also known as USA Judo), and the United States Judo Federation (USJF). The IJF recognizes these organizations. Consequently any rank cards or certificates issued by the USJI or USJF are recognized and accepted by the USJA.

To register a new member with acceptable rank credentials, a coach fills out a USJA Annual or Life Membership application, attaches a copy of the new member's recognized rank card or certificate, and mails this to USJA National Headquarters along with the Annual or Life Membership fee. There is no additional fee for certification. If a coach is in doubt as to whether a rank card or certificate is acceptable, he or she only has to send a photocopy of the card or certificate to the USJA for determination. The coach will receive a prompt and courteous reply.

A new member who has rank certified will receive a USJA membership card indicating current rank. The new member does not receive a USJA Rank Certificate. While the USJA recognizes ranks awarded by all members of the IJF, Rank Certificates are issued solely to members who satisfactorily complete all requirements and examinations of the USJA Rank System. New members desiring a Rank Certificate must be examined and promoted in accordance with the USJA Junior or Senior Rank System.

What is Validation of Judo Rank?

In many cases martial artists of experience and skill may not be able to produce any certificate or card from a recognized organization. Why they do not have a recognized rank card or certificate is unimportant, but such ranks cannot be certified because proper credentials do not exist or cannot be produced. In these circumstances the new member may be validated by being examined by a USJA black belt. After the examination the examiner fills out the Request for Validation of Rank form, recommending the new member for the rank the examiner believes the new member is qualified to hold.

The examiner must be at least one rank higher than the rank to which he or she is recommending the new member. USJA National Headquarters, when it receives the validation form and fee, will validate the new member to the recommended rank, provided that all validation requirements have been met. If the validation is for Yodan or higher, the new member must be examined by the required number and proper level of Examiners and be approved by the National Promotion Board.

What is Promotion in Rank?

Promotion is the awarding of the next higher grade to a member who has rank registered with the USJA. It can be accomplished only when the member fulfills all requirements for the next promotion in accordance with the USJA Junior or Senior Rank System. Changes since the last printing of the Junior and Senior Handbooks are in the Board of Directors minutes and available on the USJA web site.

(Virgil Bowles, 8th dan judo, is Chairman of the Judo Rank Promotion Board. He teaches judo and resides in Indianapolis, Indiana. Contact him at virgilbowles@juno.com or phone (317) 356-5818.



The Crisis Still Is In Coaching By Gerald Lafon

In a 1979 article entitled *The Crisis Will Be in Coaching*, Phil Porter declared that, "We are going to have a really hard time to find the coaches to train these young people, because we have seriously neglected coaching programs of all kinds." Porter was talking about finding enough elite coaches to train the top 100 players in the country.

Since 1979, not much has changed. We still have a crisis in coaching. True, we have required coach certification programs that satisfy our legal obligations, but they do little to make a meaningful difference in the abilities and knowledge of our coaches. While anything is better than nothing, our current program of coach certification does little to solve our coaching dilemma: too few qualified coaches.

Although Porter didn't say it directly, it's difficult to train the top tier of our athletes and coaches without a stronger, larger base of local athletes and coaches. If we are serious about the development of Judo in the United States then we must be willing to tackle the hard task of raising the overall abilities of our weakest link- the local Judo coach. In order to do that, we certainly do need "coaching programs of all kinds."

Defining Coach Education

Our first task is to decide what a coach must know. As I see it, three areas need to be addressed:

1. Teaching class: the how, what, who, when and where of teaching and learning
2. Competition coaching: preparation of athletes, matside coaching, tournament bracketing, and developing knowledge of contest rules
3. Business development: how to run a Judo club as a business. This includes fund raising, marketing, advertising, selling, zoning laws, city regulations, etc.

A New Model of Coach Education

Whether our coaches teach free or make a living from teaching Judo, we must strive for a corps of professional coaches, educated in every aspect of the Judo industry. A sound coach education program should result in the following:


- More trained coaches, especially those willing to make a living teaching Judo
- More clubs in more communities
- More students attracted and retained over longer periods
- Greater Judo skills and athletic abilities among local participants
- More competitors at all levels
- Divisions that are deeper and more competitive
- More international medals won

Current coach certification programs cover only some aspects of class teaching and very little of competition coaching other than contest rules. This is clearly not sufficient. We need to address the immediate "nuts and bolts" requirements of our coaches as well as their long-term development. I propose the following programs:

Continuing Education

A major drawback to our current system is that once coaches certify, we have more often than not lost their attention and interest until it is time to re-certify three or four years later. We have also in all probability not addressed all their needs at the coaching clinic they attended. Many professions require continuing education. It makes sense for Judo coaches too.

Continuing education, both mandatory and voluntary, comes in many forms. It can be attending clinics; reading (articles, coaching newsletters and books); viewing and analyzing (videotapes, DVDs or Internet clips); or interacting with a mentor, which I will address later on. Much of continuing education can be conducted via distance learning to make it easier to acquire new information. However, interaction between coaches is invaluable and should not be neglected.



Current coach certification programs cover only some aspects of class teaching and very little of competition coaching other than contest rules. This is clearly not sufficient.



Reading Program

An old adage in Judo is that you can't learn Judo or anything about Judo from books. I disagree. USAF General W.L. Creech, the Commander of the Tactical Air Command, said that, "The best intellectual growth comes from being a consummate, even voracious reader of books of all kinds." Our best WWII generals- Eisenhower, MacArthur and Patton in particular- were voracious readers. Recognizing the importance of reading in the development of leadership, the U.S. Marine Corps has implemented a Professional Reading Program for all enlisted and officer ranks. Consider the directive from General M. W. Hagee, the current Commandant of the Marine Corps:

All Marines must develop a disciplined approach to studying, thinking, and discussing our profession... The selected books will facilitate a common understanding, stimulate intellectual curiosity, and...bolster professional education within our ranks... to make the critical decisions upon which future victories will rest.

If the military man can read in order to improve his fighting and leadership skills, why can't Judo coaches do so to improve their teaching and business skills? While many coaches own and have read a fair number of Judo-specific books, they are undoubtedly missing the boat on other topics. Many non-Judo books are very relevant to our job-- books on athletic performance, psychology, sociology, education, military leadership, biographies of famous coaches and athletes, etc. A coach education program should develop a list of recommended books for each of these topics. It should also recognize the specific needs of local, national and international coaches. For example, here are some books I recommended to one of my black belts when he started a new club.

- *Strong Together!*, by Walter Gain & Jurgen Hartmann
- *Strength, Speed and Endurance for Athletes*, by Jurgen Hartmann
- *The War Against Boys: How misguided feminism is harming our young men*, by Christina Hoff Sommers
- *The Feel-Good Curriculum: the dumbing down of American kids in the name of self-esteem*, by Maureen Stout
- *What It Takes To Be #1: Vince Lombardi on Leadership*, by Vince Lombardi Jr.
- *Beyond Winning: the timeless Wisdom of Great Philosopher Coaches*, by Gary Walton
- *Judo for the West*, by Geof Gleeson
- *Anatomy of Judo*, by Geof Gleeson
- *Judo Inside Out*, by Geof Gleeson

Mentorship Program

A great many of our coaches toil in solitude far from resources and from colleagues who could provide supervision, feedback and encouragement. Still they forge ahead by trial and error, often with meager results. With some help, some information, someone to guide them, things would be better. One way to make things better would be to use the American version of the sempai: the mentor.

While some of us are already mentoring junior coaches, there is no official program for coaches who wish to seek out a mentor nor is there a push to encourage coaches to seek out mentors. We need to rectify this. I propose the development of a general mentorship program as well as a career tracking mentorship program. Under the general mentorship program, coaches could request a mentor through the national organization. Under the career tracking mentorship program, developing coaches would be recognized and selected by the national organization, then mentored and groomed for national or international assignments. The national organization would support this financially.

Promotion Track

We need to revisit the way coaches are promoted within the Judo ranking systems. None of the national ranking systems in the U.S. prepares our coaches to be the professionals they should be. They follow the same track as competitors, general non-competitors and officials. We must recognize that coaches are the lifeblood of Judo and that their preparation and education as coaches have been mediocre at best. It is time that Judo coaches come under a promotion system for



specialists, ensuring compliance with the requirements of the coach education program.

Performance Requirements

Many foreign and domestic coaching programs require one thing that all of our systems fail to require: coaching performance guidelines. Those systems require the coach to have produced athletes who have medalled at specific tournaments, i.e. "E" level tournament, national championships, international championships, etc. In U.S. Judo all you have to do is complete a course (sometimes without even taking a test!), meet the rank requirement, pass the background check, and pay the fee. The result is that we have coaches certified to our highest levels who have never produced national or international level athletes. Furthermore, many of these "certified coaches" aren't even running clubs. If coaching levels are to be meaningful, we must require coaching performance guidelines based on the performance of the athletes.



We must change the scope of our coach education program in order to get our sport out of the closet and into mainstream America. And until we do that, the crisis still is in coaching. Our athletes deserve better. Judo deserves better.

Conclusion

Shortly after its declaration as a nation in 1949, East Germany faced a tough decision in its national sports program. It needed to support its athletes, to build sports facilities and to train professional coaches. It could only afford to do one of those, not all three. It chose to develop a corps of professional coaches first. We all know that East Germany then produced one of the greatest sports machines ever seen,

It is clear that we are not on the right path in training coaches in the U.S. We need changes that may be unpopular among coaches threatened by education and performance requirements. Still, I am convinced that many coaches would embrace a coach education program designed to help them become more effective Judo instructors, program directors and trainers of athletes. We must change the scope of our coach education program in order to get our sport out of the closet and into mainstream America. And until we do that, the crisis still is in coaching. Our athletes deserve better. Judo deserves better.



GOLTZ JUDO CLUB

Host of



2006 USJA NATIONAL CHAMPIONSHIPS

(Seniors, Masters, Juniors, and Kata)

Registration: Friday December 1

Competition: Saturday & Sunday December 2 & 3

ONTARIO HIGH SCHOOL
901 Francis Street
Ontario, CA 91761

Gary Goltz, Tournament Director
909-985-0486, gary@goltzjudo.com

Bernie Semel, Head Referee

Greg Fernandez, Head Kata Judge

Joan Shiosaki, Travel Agent
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Best Western Country Inn, Host Hotel
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800-770-1887

For More Information go to www.goltzjudo.com



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In the City of San Bernardino

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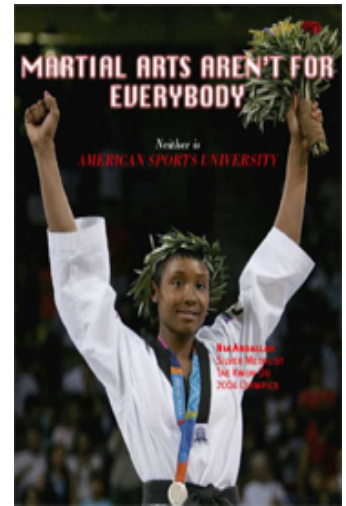


ASU / Martial Arts Values

American Sports University offers students a lifestyle as well as an education. The University has been created to reflect the entire scope of traditional martial-arts values. Words like "self-control," "respect," "self-discipline," "courtesy," "personal responsibility," "diligence," "focus," "perseverance," "flexibility," and "self-improvement" resonate on our campus and will be the basis of the interpersonal relationships you will develop throughout your four years at ASU.

Our central premise is that these classic qualities of character are demonstrably associated with success in all aspects of life. As such, we prefer to educate students whose values are consistent with the best odds for success in whatever aspect of the sports industry their careers take them. The educational mission of ASU's faculty is to help our students fully capitalize on these core-values in ways that will provide a significant competitive edge throughout their work-experience.

The University, moreover, is dedicated to building martial-arts teams you will be proud to cheer for. One of our initial students is Nia Abdallah, the Taekwondo Silver Medalist from the 2004 Olympics who led ASU to a second-place finish at that sport's 2006 National Collegiate Championships, competing against such schools as Ohio State, Stanford, and Texas. One of our fundamental missions is for ASU to become recognized worldwide as a training-ground for martial-arts Olympic - and National Championship-level athletes--your fellow-students.



ASU

American Sports University

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Jujitsu: More Than Just Techniques by Philip Rasmussen



Invariably martial arts instructors are asked, “What is jujitsu?”, and our standard reply has been that it is a form of self-defense or it is a group of techniques to defend your self, family, and others. While these answers are correct, jujitsu is more than technique.

As we go from class to class, we’re taught to be aware of not just the person attacking us but also those around us. Occasionally instructors will address the environment and discuss weapons of opportunity. However, jujitsu study involves much more than techniques and awareness.

The samurai warrior studied more than the arts of war -- art, tea-making, calligraphy, and other arts -- “learning to appreciate the world around the samurai because death is so much a part of the samurai’s life” or to “bring peace of mind.” Educators today would describe such studies as liberal arts.

However such studies were much more than liberal arts education. To fully comprehend jujitsu, we must understand that it is more than techniques, practice, and attitude. It encompasses the concepts of risk assessment and management. To understand these, we first must recognize what takes place when risks are presented

and then what is needed to minimize or reduce them.

As various scenarios present themselves in the dojo, we learn how to deal with them. For example, if a person approaches you with a raised baseball bat, what technique will you use? Generally this is about how far most instructors will take a lesson. But let’s analyze further: How is the person approaching? Is the attacker crouched or rushing; is the bat overhead or swinging around a shoulder; which end of the bat is held; is it held by one or two hands? Answers to these questions determine defensive responses. Your responding technique may also change based on the environment: Is the environment open or confined? If confined, is the ceiling a factor; is closeness of walls a factor; are you in a narrow or wide hallway? Resolving these questions is part of risk assessment. Your response to the assessment is called risk management.

Michael Dorn, an internationally recognized school security consultant, recently provided an excellent example of risk assessment and management. It encompasses the tenants of jujitsu. Consider the drive-by shooting. Five elements must be present:

1. Gang members
2. One or more guns
3. A vehicle
4. Desire to commit the crime
5. Access to the intended target

To fully comprehend jujitsu, we must understand that it is more than techniques, practice, and attitude.

To prevent the shooting, one or more elements must be removed. Now that we understand risks, we can manage them, right? Wrong! We need to understand the risks in more detail. We must understand gang psychology and other elements.

The first four elements exist when the scenario begins. Typically a gang will drive through or park in a neighborhood where the intended target may live or work. Once they spot the target, they drive by and shoot. If law enforcement is present, the gang likely will postpone the drive-by until it is safer. Presence of police officers impedes access to the target. Furthermore, research shows that in the US, police recover most illegal firearms during traffic stops and that gang member vehicles often are impounded because they fail to meet safety requirements. Now that we are aware of risks, we can better understand how to minimize or reduce drive-by shooting.

This is what jujitsu is about: learning to recognize risks, understanding their composition, and then minimizing or reducing them. It is more than simply techniques learned and practiced in the dojo. Jujitsu is risk assessment and management. We can apply what we learn in the dojo to daily life if we understand the elements of each attack and the techniques we practice in the dojo.

(Phil Rasmussen, 6th dan in jujitsu, has been involved in the martial arts for over 55 years. He works at a community college in the Blue Ridge Mountains of North Carolina and is CEO of PeopleSafe, a risk assessment/management security consulting firm.)



MARCH
IS
NATIONAL VISIT
ANOTHER
DOJO MONTH



IN ORDER TO
PROMOTE
MORE
ENTHUSIASM AND
CAMARADERIE IN
THE JUDO COMMUNITY





Visit a Dojo Month

German visits Dojo

On Tuesday, March 14th at 7 PM. - 8:00 p.m. at the Gentle Way Judo Club, 530 Birch Street, Forestville (behind ESPN) participated in the United States Judo Associations "National Visit Another Dojo Month." The GWJC invited the New Britain Judo Club, 83-85 West Main Street, New Britain in a joint training session. This session was to promote more enthusiasm and camaraderie in the judo community as the Ct. Jr. State Championships scheduled for March 25th quickly approached. A special guest instructor from Germany attended the training session.

Here is added information regarding the Gentle Way Judo Club visitors. Sensei Joern Dittmann is a 4th dan (Yodan) from Germany, having practiced Judo since 1978. He started being an instructor in 1989. He is also Ikkyu in Jujitsu (National Champion in 1997, 1998; German National Team; placed 3rd at 1998 IJJU Full-Contact World Championships in Sweden) and Nikyu in Wado-Ryu-Karate (German Show-team at 2000 World Championships in Munich). "I am interested in all martial arts and it is good to be variable - but my home is still Judo!"

Derry Club by Roger Lenfest

In the spirit of the USJA's March is Visit Another Dojo Month, the New Hampshire Judo clubs got together for a two day clinic hosted by the Derry Judo Club on March 13th and 15th. Twenty-eight judoka from five New Hampshire clubs participated in the clinic. Participants ranged in age from seven to adult. A variety of standing and mat techniques were shown by the black belts from the Derry Judo Club in Derry, Keene YMCA Judo Club in Keene, UNH Judo Club in Durham, and Checkmate Self-Defense in Manchester.

The Derry Judo Club coached by Roger Lenfest and Chris Veziris were honored to have excellent instruction given to the participants by Ken Durand of Keene YMCA; Jacob Freedman of UNH; Robert Proksa of Checkmate Self-Defense; and Kevin Gilman, Kevin Fritschy, and Tom Moreau of Derry Judo. Every judoka thoroughly enjoyed themselves. Attention was given to every age group and ability. Students were taught Sankaku as a strangle and a pin, the British strangle, turnovers into a pin, a few hand pick takedowns, how to get out of common situations,

common combinations such as haraigoshi to osotogari or hip throw to uchigari, the switch, sumi gaeshi, and hikkomi gaeshi.



Tom Moreau assists Harley and Max Eisan



Robert Proksa shows a turnover with Paul Eisan as uke



Chris demonstrates Hikkomi Gaeshi



Jake Freedman assists Scott Gilman and Devin Lenfest



Ken Durand showing a hand pick takedown



Clinic picture 3-15-06

Visit Another Dojo event in Connecticut



Kathy Sasso's club from East Lyme, CT visited Dan Mallon's club (Shoreline Judo) in Guilford.



Dinner Honoring Dr. James M. Lally, USJA Contributor of the Year.

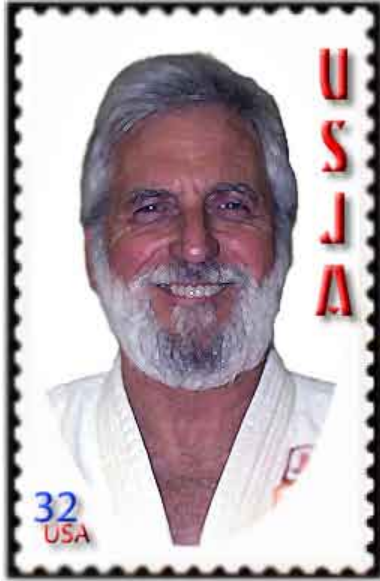


Dinner was held for Dr. James M. Lally USJA Contributor of the Year. Many local and national JA leaders attended. Award presentation by Gary Goltz, COO, Dr. AnnMaria Rousey, VP, and Jim Pedro, Sr. Head of Coaching and BoD.

The photo shows Gary Goltz, Dr. Lally, AnnMaria Rousey, Jim Pedro Sr. with award.



Designer Judogi Colors by Dr. Ronald Allan Charles



For over a century all judogi were white. It took that long for coaches and referees to realize that white-on-white made difficult the task of determining who was doing what to whom.

But long before the International Judo Federation decreed blue as the judogi color for one player, thereby simplifying referees' work while at the same time increasing the cost of each competitor's wardrobe, judo stamps led the way.



The first judo stamp I ever saw, the one with which I began my collection, was from Monaco and commemorated the 1964 Tokyo Olympics.

While the judo world wore white, this stamp featured a player in green throwing another in red. How colorful, I thought. But I had seen nothing yet!

One of my judo students, John Miller, was wearing a camouflage judogi when I first met him. I was fortunate even to see him, as his greens and browns blended perfectly with the green tatami. He was teaching ninjutsu at the time to youngsters, honing their killing skills.

Another of my judoka, a Marine named Adam McHenry, once showed me a camouflage obi. He was going to attend a clinic conducted by Ernie Cates, and I suggested he wear the camouflage belt and ask Cates Sensei where to sit in the lineup. Regrettably he lacked the intestinal fortitude to follow through with my prank.

Judo stamps today feature interesting colors:





At The Greatest Camp on Earth a couple summers ago, in a frenzy of patriotic fervor, I set up a photo with camp director Patrick Szejter in a red judogi and then-USJA president James Bregman wearing a blue one, with myself in the middle. While not a stamp, it illustrates how colorful our art has become. This inspiring photo graced the cover of the July 4th issue of *American Judo* magazine.

Other martial arts stamps show colors that defy description:



One interesting stamp features a judogi with a red lining. It looks more like a bathrobe. I would not want to encounter this fearsome dude on any mat.

Though colors dazzle our dojo and brighten our judo lives, I bet we never will see, nor see through, a transparent judogi.



(Dr. Ronald Allan Charles, 7th dan and leader of the Samurai Judo Association, a gold-star club, is the leading authority on judo stamps, coins, and telephone cards. The stamp of him above is a Cinderella, a stamp-like item without real postage value. At the time Greg Gomez, a USJA sensei teaching in England, designed it, one had to be deceased to be honored on a US postage stamp. Though his sense of humor may be dead, Dr. Charles reportedly is alive and well in Goose Creek, South Carolina. Visit the world's largest collection of judo and other martial arts stamps, coins, and phonecards at http://usja-judo.org/~judo_stamps)



Industry Sheriff's Judo Club City of Industry

A newly created Judo Program started on March 15, 2006, by the Los Angeles Sheriff Department in the City of Industry, California. This program was created by Deputy Sheriff Jeff Domingo, judo student of the USJA's COO, Gary Goltz, 6th Dan, of Goltz Judo Club in Claremont. This program is sponsored by the "Industry Sheriff's Youth Activities League (Y.A.L.)", which is always looking for new ways to get their youth (mostly from low-income family households) involved in activities outside of gangs and drugs. And thereby, the "Industry Sheriff's Judo Club has been established.



The Head Instructor for the Cal State LA Judo Club, Sensei Sanders (Butch) Ishisaka, USJA 5th degree black belt, is supervising this activity along with students from California State University, Los Angeles. Some of the assistants aiding in the instruction are students seeking college degrees in Sociology, Teaching, Child Development, Law Enforcement, or they just want to help others the art of American Judo. Sensei Butch has produced over 223 Junior, High School, Senior National Champions, and International Placed Winners during his 45 years in Judo, as well as being an alternative for the 1976 Olympic. Under the guidance of Sensei Goltz, and Deputy Jeff Domingo, the new judo program, started with over 30 children is a beginning of a bright future. Sensei Butch, which drives 1½ to 2 hours to volunteer his services to teach the art of judo at the YAL, say, "it is worth very minute to see the faces of youth learning the sport that I love and respect, and hopefully create better individuals for the community and the judo world."



The Industry Sheriff's Station Youth Activities League (Y.A.L.) began in 1991, as a nonprofit organization, and is the largest community based program at the station. The concept and goal of the Y.A.L. is to be proactive in dealing with the youth of the community and divert them from gangs and drugs. The program recognizes the importance of early intervention and the need to provide alternative activities to prevent negative behavior. The Y.A.L. provides supervised recreational and educational activities and reaches economically and socially disadvantaged boys and girls from the age of 8 to 18. The Y.A.L. strengthens the relationship between the deputies and volunteers as they work together for the benefit of the youth of the community. The Y.A.L. not only has a positive influence on thousands of children, but has UNITED THE COMMUNITY through the involvement of law enforcement, parents, business, education, government and community service groups.

All programs are absolutely **FREE** to all participants.



Since there is a lot of youth, Sensei Butch teaches judo by “playing various judo games”, which enhances their motor skills, develop strengths in the legs, arms, and make it fun for the class.

The pictures below are during the first class, learning kesa gatame. Assistant David Matutte helps one student learn this mat technique.







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Blues Brothers Pay Tribute To LAPD

ENTERTAINMENT



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Blues Brothers Pay Tribute To LAPD

ENTERTAINMENT



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ENTERTAINMENT





CHP 1199 Foundation/Goltz Judo Club Tournament





Congratulations to Ameri-Kan Judo and Mark Hunter!

Mark,

I am happy to inform you. Your club has hit The Class A club status. Ruby has printed your certificate and will be mailed today. Congratulations!

Sincerely,

Dee





10 principles learnt from 40 years of playing Judo and studying politics

By Senator José Garriga Picó, Ph.D., Shodan (Kodokan)

1) Stand firm. Stand firm on your own two feet.

- Keep your balance and do not let anyone or anything trip you out of it.
- Don't bend your back, keep your head up straight
- To better keep your balance, bend your knees but only slightly.
 - i. If you don't bend your knees you are stiff and vulnerable
 - ii. If you bend them too much you are slow to move and have little strength in your legs.

2) Move cautiously. But move because, if you stay put, you will be toppled.

- In order to attack, evade your opponent, or counterattack you must move.
- If you move appropriately, you will slightly lose and regain your balance all the time.
- You must learn to “feel and predict” your movement and those of your opponents.

3) Learn to fall. Fall a thousand times to learn to take your falls.

- Everybody is sometime swept off his or her feet, toppled, or in general will fall, be choked or arm locked. You will not be the exception.
- Falls need not hurt (too much) if you learn how to fall.
- Falling is necessary to learn how to throw.
- It is better to fall than to hurt yourself by resisting.

4) Hang Loose. When moving and holding your opponent hang loose until you are ready to move to throw him.

- Do not lock your arms or legs defensively nor pull or push your opponent aimlessly. Every use of your strength must have a goal.
- Do not telegraph your intentions before you move.
- Do not depend on your strength to dominate your opponent but use primarily your “feel of movement” and technique. To win you must rely on your intelligence not on your strength.
- Yet do not fail to build your strength because, two opponents being equal on technique, the stronger one will win.

5) Be fast, decisive and strong. When attacking, move in a fast, surprising and explosive way.

- Never act halfheartedly. When you decide to pull, push, hold, choke go all the way.
- If at first you don't succeed, Try again (The “Sigue Continuando” principle)
- All the strength flows from (a correct positioning and/or movement of) the hips
- But being flexible is more important than being strong. (The palm tree principle)



6) Be smart. The best aggression is a good defense.

- Learn to “feel” your opponent’s attack before s/he begins to move.
 - i. Learn to feel beforehand what technique your opponent is going to use.
 - ii. Learn to pre-position yourself to evade and counterattack her.
- Turn every attack from your opponent into an opportunity for you to counterattack
- When you are attacked do not resist or confront the attacker

7) Be cool. Never act out of contempt or underestimate your opponent, never lose your temper, and never attack out of rage or fear.

- An angry or frightened judoka is defeated judoka.
- Your every attack must be based on a “feel” assessment of your balance and the balance of your opponent.

8) Be down to earth and circumspect.

-- When fighting on your feet enter into the techniques as low as possible

- But keep your back straight
- The lower you can bring your center of gravity (hip) without losing your balance, the strength of your legs or your ability to move, the easier you can topple your opponent.
- Remember: all your strength flows from the hip

-- When fighting on the mat keep your neck and extremities to yourself

- Keep your neck protected, your arms to yourself. Grab your opponent’s arm or neck as soon as they are exposed
- Keep your chest over the opponent’s chest and be quick to change from one hold to another

9) Be respectful and friendly. Be respectful of your “senseis” (teachers) and your fellow practitioners specially those who know less than you (lower belts).

- Never play to hurt your opponent but to dominate him or her as a way to mutually benefit from the experience unless you are acting in self-defense against a real aggression.
- Always be willing to let other judokas throw, hold, choke or arm-lock you in practice and randori (practice combat)

10) Learn to plan rationally but act instinctively. If you have to think and analyze to apply any of the principles mentioned above you are lost.

- If you have to think too hard about what is ethical and what is not, you are prone to get into problems.
- The principles of Judo, as ethics, must be second nature not exceptional behavior.

Dynamic Judo Edge Rules 2006 (Trial Application)

Borderline Testing Rule

April 27, 2006

By Richard J. Celotto

For Coaches and Competitors

This is only a trial (test) rule application. It is NOT an official IJF rule change. However, with good feedback from its use in all the Unions, I suspect it will become official in 2007.

Currently the rule is to be applied in all Senior and IJF junior elite point categories and divisions. It may be utilized at the Local and Regional Level if the Regional Referee authority and Tournament Directors wish to do so. A full safety area is required.

Some of you may have seen a previous article by me with regard to this Dynamic Edge Rule. One adjustment has been made. Dynamic Judo or Action requires that there is a tori and uke, therefore the tori must be executing a throw for it to be considered action. This is different from the first article.

Now onto the rule.

THE COMPETITION AREA (Article 1)

The competition area shall be divided into two (2) zones, the Contest Area and the Safety Area. The Contest Area will remain a minimum of 8m x 8m or a maximum of 10m x 10m. The Safety Area (of a different color) shall be 3m wide.¹

1. This explanation seems to be very clear.

Those with green tatami will have to get yellow or blue tatami to use as safety area. Actually any combination has been used. The Paris Open had yellow tatami for the contest area and green tatami for the safety area. Another had green tatami for the contest area and blue tatami for the safety area.

THE DANGER ZONE (Article 1 - 2nd paragraph)

The present function of the Danger (red) Zone becomes cancelled. However, the red mats (for the time being) may still be used.²

2. For those with vinyl or canvas mat covers, removal of the danger area or purchase of new mat covers would be prohibitively expensive. Therefore, the danger area can continue to be included, but will serve no function as indicated in the rule above. Except the outer edge will demarcate the contest area from the safety area. Even those with tatami will have a significant cost as most have only green tatami and some red tatami.

If you start using this rule you should NOT use the words "danger area (zone)" anymore. After 34 years it has been changed out of existence.

THE PENALTY IN THE DANGER ZONE (Article 27 - 4th paragraph) (27(a)4)

Consequently the Shido penalty for remaining (generally more than 5 seconds) within the Danger Zone shall be eliminated (as well as its gestures from Article 8 - 20th paragraph.)³

3. Without the danger area, this prohibited act no longer can be enforced. This will end the practice of one competitor forcing the other to stay in the danger area.

SITUATIONS ON THE EDGE (Article 9 - Location (Valid Areas).)

This article becomes completely modified with the exception of the paragraphs ruling *Newaza*. The criterion to apply in the standing position (*Tachi-waza*) during actions on the edge will be the following: **“The “action”⁴ is valid as long as either contestant has some part of his (or her) body touching the contest area.”** (In fact, the same criterion will be applied that currently rules *Newaza*.)⁵

As this new rule evolves more language may be added.

The word “Action” and its meaning is very important to the application of this new rule.

*4. “Action” **IS** when there is a tori and uke. So the tori must be engaged in the execution of a throw or counter.*

CONCERN: Competition areas without a full 3 meter safety area may pose a safety issue with competitors being thrown near or off the edge.

GOING OUTSIDE THE CONTEST AREA - PROHIBITED ACTS

Nothing is changed, present rules must be applied. Going outside the Contest Area without action (by the contestant, or forced by the opponent) will be applied as described in Article 27, Prohibited Acts and Penalties: **SHIDO (Slight Infringement Group)**

²⁰⁾ To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in *Newaza*.⁶

6. There is a change, but not in wording. In the 2003 rule it was possible for tori to get a shido for doing a throw outside. This is no longer the case with the new edge rule. Any throw attempt at the edge would be considered dynamic action and should be considered for scoring purposes.

Additional Comments from Richard Celotto

The “Sutemi Waza” Edge Matter

During dynamic action on the edge if a competitor executes a sutemi waza and goes more than half out, this throw should be considered valid for scoring purposes. This is contrary to the 2003 written rule, but the change follows the new edge rule.

Currently this seems to include both **passing through the danger area** (Matte was called, throw invalid, but no penalty) and **dwelling in the danger area** (earned tori a shido) in the danger area. Both of which now should be considered **IN** and if successful should score.

Clarifications

If there is no dynamic action on the edge and one competitor causes the other to step out or one competitor just steps outside, this action will continue to receive the penalty of shido.

If there was action on the edge and one competitor stepped out and then quickly stepped back in, that action should be allowed to continue and Matte should be called. The competitor who stepped out should get shido. This “action” was not the result of a throw or counter.

This new rule is a paradigm shift of thinking for those of us in Judo a long time. Do not make it complicated. Just remember this one sentence! **“The “action” is valid as long as either contestant has some part of his (or her) body touching the contest area.”**

Final Notes

As it seems is always the case, when new or changed rules are introduced even when they are official, there is a period where all the variables have not been worked out. With time as certain undefined and unexpected results show themselves the IJF will provide a clearer picture of how these unique situations are to be handled.

When the U.S. Referee Commission members are made aware of any variations or the proper handling of any specific situation with regard to this rule, that information will be forwarded to the Continental (IJF-B), Regional (PJU-C) and National Referees for their dissemination to the Regional and Local areas.

The Wave

215 WASHINGTON STREET, WEST WARWICK, RHODE ISLAND 02893 401.822.1360 FAX 401.823.4694 WEBSITE www.tidesfs.org

MAYO QUANCHI ...A WAY OF LIFE FOR TIDES KIDS

BY HIS OWN ADMISSION, Serge Bouyssou, 35, was a bad boy before Tides Family Services and Brother Michael Reis; president/CEO got a hold of him. Serge was 12 then and in and out of trouble that could have sent him down a road of destruction.



Instead, Br. Michael enfolded him in Tides programs and with the collaborative efforts between Tides and Serge's public school; he was transformed from a troubled teen to a young man with purpose.

"Serge is an example of a youngster who struggled when he was younger and with the support of Tides and his school was able to turn his life around," Br. Michael said. "It's these kinds of partnerships between the public schools and Tides that enable us to make a difference in kids' lives."

Many years have passed since Br. Michael and Serge first met. Br. Michael is still saving troubled teens and now, Serge has joined him.

A successful businessman, a loving father and husband, Serge also owns and operates one of the largest judo studios in the country. His students have won countless national and international awards. His studio — Mayo Quanchi, located on Main Street in West Warwick — is packed with kids and adults of all ages. Many of them are Tides clients.

"Opening my door to Tides kids is my way of paying back," he said. "No one gets turned away regardless of their ability to pay. I usually have between six to 10 Tides clients that come here on scholarship. Judo has a positive influence on kids. Not only do they get physically fit, but they are exposed to positive role models."

But Serge doesn't stop at judo lessons; he runs a tutoring program at his studio, he and his wife are foster parents to a Tides client

and his home is a gathering place for kids in his program.

"We cannot overestimate the influence and positive effect that Serge and judo has on these kids," Br. Michael said. "Through judo, he has given kids reasons to push themselves to reach their goals and with that comes success, which breeds self-confidence and self-awareness that they can overcome whatever obstacles they may face in their daily lives."

"Opening my door to Tides kids is my way of paying back..."



SERGE BOUYSSOU teaches a hold to Keenan and Sandra. See page 3 for more on Keenan and Sandra.

MAYO QUANCHI

...A WAY OF LIFE FOR TIDES KIDS

SANDRA “Knowing self-defense will help me in my life.”

One day, Sandra, 14, hopes to be on the Olympic Judo team. She practices five days a week.

Sandra’s foster parents are Serge and Elizabeth Bouyssou. Serge is her judo coach and has been involved with Tides Family Services since he was 12 years old and a Tides client.



A judo student for about four years, Sandra is a brown belt and has won the Triple Crown — a splendid achievement for a youngster.

According to her teachers, Sandra has the potential to compete on an international level. “Judo,” she says, “has helped me establish and achieve my goals.”

KEENAN “Serge is tough on the mat, but off the mat, he would give you the shirt off his back.”



A friend introduced Keenan, to judo about three years ago. “Judo keeps me out of trouble and off the streets,” said the 15-year-old Met student.

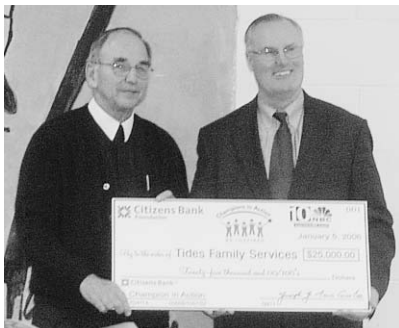
Keenan considers Serge Bouyssou, his judo teacher, his second father, and credits him with giving Keenan an awareness of the world, discipline, and a greater sense of responsibility.

Since his introduction to Serge and Judo, Keenan has traveled all over the United States and has placed or won 17 awards. “Keenan has the potential to compete on an international level and possibly the Olympics,” Serge says.

And that is just fine with Keenan, who will travel to Costa Rica this summer to compete internationally. “My hope is to someday compete in the Olympics,” he says.

TIDES FAMILY SERVICES DESIGNATED AS A CHAMPION IN ACTION

CITIZENS BANK OF RHODE ISLAND AND NBC 10 recently named Tides Family Services as its 2006 first quarter Champion in Action in the after-school category. As part of the award, Tides received a \$25,000 grant, media coverage and extensive promotional and volunteer support. Tides was recognized for:



CAPTION to come **PHOTO CANNOT GO ANY LARGER**

Creating an alternative learning program designed to provide at-risk students with a combination of one-on-one educational services;

Providing an intensive outreach program for youth involved in the juvenile justice and child welfare systems;

Providing home-based therapeutic services to children and their families with severe behavioral, emotional and psychiatric needs.

“We are pleased and gratified to be recognized for our work,” said Tides President/CEO Michael Reis, FSC. “Citizens Bank and NBC10’s assistance in promoting Tides to the community can only help to enhance our services to the young people and their families who depend on us for services.”

TIDES FAMILY SERVICES CALENDAR OF EVENTS

TIDES AT THE DUNES

JUNE 4, 2006

THE DUNES CLUB

NARRAGANSETT, RHODE ISLAND

Honoring the Koch Family of Koch Eye Associates for their humanitarian efforts

SECOND ANNUAL TIDES GOLF TOURNAMENT

OCTOBER 4, 2006

RHODE ISLAND COUNTRY CLUB

BARRINGTON, RHODE ISLAND



ILLUSTRATION BY OSCAR RATTI. © 2001 Futuro Designs & Publications.

COMPETITION, KATA AND THE ART OF JUDO

LLYR C. JONES, PH.D.



INTRODUCTION

The word “judo” comes from a combination of two Japanese words—*ju* meaning gentle or supple and *do* meaning path or way. This literally defines judo as the “gentle way.”

At the level of first principles, the essence of Kodokan* judo is turning an opponent’s strength against himself and overcoming the opponent through skill rather than sheer strength (Kano, 1986). This theory is captured by the Japanese expression *ju yoku go o seisu*—usually translated as “softness overcomes hardness,” “flexibility overcomes stiffness,” “gentleness controls strength,” or “win by yielding.”

Watching the seemingly effortless combination of grace, technique, and power of a true judo expert in action, it would be very easy (but very wrong) to underestimate the intense physical and mental demands that judo makes upon its exponents. Achieving excellence in judo demands considerable single mindedness. Achieving mastery of all of the throwing, grappling, and striking techniques that makes up the system demands intensive and demanding training over an extended period of time under the guidance of an experienced and knowledgeable teacher.

Judo has been well established in the West since the early 1900’s and is now practiced in almost every country in the world. The aim of this paper, however, is to question the direction that judo has taken in the West (especially in the United Kingdom) and to challenge whether a significant re-orientation is now required. Where specific statistics or statements are used to support an argument, data and examples from the British Judo Association (BJA)—the national governing body for the Olympic sport of judo in the United Kingdom—are used.

* KODOKAN: THE HEADQUARTERS OF JUDO, ORIGINALLY FOUNDED IN 1882 BY KANO JIGORO WHO HIMSELF HAD ESTABLISHED JUDO.

THE STATE OF JUDO TODAY

As a starting point, it is worthwhile stating the definition of judo as provided by the *Kodokan New Japanese-English Dictionary of Judo* (Kawamura & Daigo, 2000):

Judo: A martial art formulated by Jigoro Kano based on his reformulation and adaptation of several classical jujutsu systems as well as his own philosophical ideals.

Such a definition may not resonate well with the image of judo promoted by the official accredited national governing bodies—i.e., those belonging to the International Judo Federation (IJF)—the majority of whom seem to be actively encouraging the distancing of judo from its martial arts origins. In these early years of the 21st century, it is difficult to challenge the view that in the West (and in the United Kingdom in particular) judo is promoted one dimensionally, as a combat sport—organized around championships and competition—often for competition’s sake. To reinforce this sporting dimension, the competitive style of judo is often referred to as *Olympic Judo* or *Performance Judo* (a style in its own right).

A direct consequence of the leadership and policies of the accredited judo governing bodies is that, for the majority of judo practitioners, judo is now just about medals and prizes. These bodies measure the health of their country’s judo simply in terms of results at major championships and accordingly focus their investment only on the handful of elite athletes who have the potential to be World or Olympic medalists. Bethers (n.d.) recognizes this issue:

It seems that some modern judo leaders have narrowed the objective of judo to only “Contest Proficiency.” For many, world-wide judo has become equated with contest proficiency. Although this belief is today wide-spread, it is the very thing that Dr. Kano warned against throughout his life. Dr. Kano stated, “Judo should only be a means to the end of skill and principles for higher self-development, and any ‘drift’ toward ‘contest’ judo as the ‘sole’ interpretation of judo should be carefully regulated.” This “drift” has become a major focus among many well intended judoka [practitioners], but in the minds of many sensei [teachers], technique has suffered and judo has become (more often than not) a sport in which “win at all costs” is the underlying objective.

It is evident that the strategy of focusing on Performance Judo must now be challenged, as judo today is an activity in decline. In the United Kingdom, this is manifested by decreasing adult membership of the British Judo Association—75% of the BJA membership is under the age of 16 (British Judo Association, n.d.)—and the continuing lack of consistent and substantial success of British judo players in international competition despite all the effort directed to this end.

It is a matter of additional concern that the governing bodies have overwhelmingly biased their rank promotion structures (i.e. grading) toward accelerating the grade advancement of those who are successful in competition, with often only lip service being plaid to the breadth and depth of an individual's technical judo knowledge. Again, Bethers (n.d.) writes:

This emphasis on "Contest Proficiency" has caused the true meaning or purpose of judo to be unclear and somewhat out of proportion to what was intended by Dr. Kano. This problem is surfaced nowhere more clearly than in "notion" that contest victories are rewarded with rapid rank promotions.

Currently there is little prospect for grade advancement for those who (through age, physical condition, or personal preference) wish to practice judo as an art as opposed to a sport. This is, of course, with the notable exception of the promotions that governing body officials and administrators seem to receive as a matter of course. The risk one runs with such a policy is a resultant judo hierarchy that is both one-dimensional in its knowledge and skewed in its priorities.

It is especially disappointing that those judo players who prefer to focus their study on the more traditional and technical aspects of judo (e.g. forms or *kata*) have become tagged with the label recreational players—implying that they are somehow inferior to contest players and not worthy of attention or recognition.

BACK TO BASICS

This author and other writers (Watanabe, 2003; Burkland, 1998) advocate the thesis that judo in the West has lost its way and that there is a real need for it to return to its martial art roots. In doing so, the author's aim for this paper is not to decry the considerable merits of Performance Judo—indeed success in contest over several traditional jujutsu schools was key in establishing Kodokan judo as an effective combat system (Kano, 1986). Rather, it is to argue that judo based solely on sport is not judo *in toto* and that the original and arguably truer meaning of the art lies elsewhere.

Elementary research will reveal that the underlying concept of judo as envisioned by Kano was that it was to be a means of (cooperative) physical and social education—in simple terms, a training for life. Kano captured this principle of mutual welfare and prosperity via the maxim: you and I shining together (*jita kyo ei*, mutual welfare and prosperity) (Kano, 1986).

Indeed, with the overwhelming majority of those now practicing Performance Judo, it is reasonable to conclude that mainstream contemporary judo has now deviated significantly (and quite possibly permanently) from Kano's original ideas. Smith (1999: 221) notes:

The popularization and spread of judo has weakened Kano's base so greatly, I see no chance of it ever recovering. Judo is now merely a jacketed wrestling sport. The competitive has ousted the cooperative.

Figure 1
Nage no Kata

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Bates (n.d.) argues that judo has two essential components—martial and art. The martial component of judo can be related to combat through the way of the warrior (*budo*)—the contemporary representation of which is competition (*shiai*). In preparation for contest, the modern judo player focuses on the development of physical conditioning and fitness, motivation, tactics, and technique for the sole purpose of securing victory. Conversely, art can be defined as technical excellence and understanding of techniques developed through repeated practice (*uchi-komi* and *nage-komi*), free-practice (*randori*), and kata.

Judo is, of course, both martial and art, but today the concept most people have of judo is martial. Martial represents but one small element of judo, yet almost without exception, most judo teachers focus on developing their students' contest prowess and many believe it unnecessary to practice or even know any kata.

REDISCOVERING KATA

In the most general sense, any cooperative judo training between partners—e.g. a sequence of combinations or counters etc.—can be considered kata. However, a greater degree of focus is provided in a dictionary of judo (Kawamura & Daigo, 2000), which defines kata as follows:

Kata: Formal movement pattern exercises containing idealised model movements illustrating specific combative principles.

Kata is not unique to judo—it is recognized as a valuable training drill in most Japanese martial arts. The exact nature of kata training, however,



Figure 2
Katame no Kata

varies from art to art. For example, karate kata is a solo form (like shadow boxing), whereas the judo kata are usually performed with partner—each partner having a specific role and performance objective depending on the kata. In judo, there are kata for throwing techniques, groundwork techniques, self-defense, as well as others that illustrate the fundamental principles of judo (Kano, 1986; Otaki & Draeger, 1983; Leggett & Kano, 1982; Kawaishihi, 1982; Fromm & Soames, 1982; Ohlenkamp, 2005).

For completeness, a comprehensive list of the kata practiced in judo follows, together with a summary description of each (Ohlenkamp, 2005). Illustrations of techniques from the seven most common kata are provided in Figures 1 to 7.

Note that not all of these kata were created by Kano or at the Kodokan and, as such, some are not official Kodokan kata. Note also that the last six kata in the list are seldom practiced outside Japan and, even in Japan, few judo players would be familiar with them.

- *Nage no Kata*: The kata of throws. Includes examples of hand, hip, leg, and sacrifice throws (Figure 1).
- *Katame no Kata*: The kata of grappling. Includes examples of holds, strangles, and chokes and joint locks (Figure 2).
- *Kime no Kata*: The kata of decision. This is the traditional judo self-defense kata. It includes both standing and kneeling defense against empty handed, knife, and sword attacks using strikes, chokes, joint locks, and throws (Figure 3). *Kime no Kata* is also known as *Shinken Shobu no Kata* (Combat Forms).



Figure 3
Kime no Kata

Figure 4

Kodokan Goshinjutsu



- **Kodokan Goshinjutsu:** The modern Kodokan self-defense kata (Figure 4). It includes defense against empty hand, knife, stick (*jo*), and pistol attacks using strikes, joint locks, and throws.

- **Ju no Kata:** The kata of gentleness. It includes a number of attacks and defenses demonstrating the efficient redirection of force and movement (Figure 5).

- **Itsutsu no Kata:** The kata of five principles. This kata is intended for the demonstration and practice of body movement (*tai sabaki*) and for the application and redirection of energy as in nature (Figure 6).

- **Koshiki no Kata:** The ancient kata. This kata has its origins in Kito-ryu Jujutsu and demonstrates the techniques of fighting while wearing armor (*kumiuchi*), and is intended to illustrate the ancient origins of judo techniques (Figure 7).

- **Go no Sen no Kata:** The kata of counters. This kata includes counter throws for a number of common techniques.

- **Kaeshi no Kata:** An alternative kata of counters.

- **Seiryoku Zenyo Kokumin Taiiku:** The national exercise based on the principles of maximum efficiency. This kata is atypical of judo in being a completely solo kata and comprises a variety of striking and kicking techniques.

- **Kodokan Joshi Goshin-Ho:** The Kodokan's women's self-defense kata. This kata includes a number of escapes from holds and grabs, some basic striking techniques, and one throw.

- **Renkoho:** The kata of arresting techniques. This kata includes a number of control and submission holds useful in restraining criminals.

- **Kimi Shiki:** The kata of decision. This kata emphasizes the use of body movement in responding to attacks and includes both kneeling and standing defenses against empty hand, knife, and sword attacks.

- **Shobu no Kata:** The kata of attack or contest.

- **Go no Kata:** The kata of force or blows. This kata includes a variety of striking techniques (*atemi waza*).

Figure 5

Ju no Kata





Figure 6
Itsutsu no Kata

In nearly all martial art styles, forms are used as training tools from the novice stage upwards. In judo, however, its significance has long been under-emphasized and kata practice is now largely confined to very high grades or those who are not contest-inclined. It is a tragedy of modern judo that, in the headlong rush into Olympic-type competition, most ranked black belt holders regard forms as an anachronism of little relevance to competition that should be discarded. The late Charles Palmer (then BJA president) anticipated this situation when he wrote his 1982 foreword to Leggett and Kano's kata text (Leggett & Kano, 1982):

... too much emphasis is being placed on winning at all costs. Not enough time is being spent by judo players on acquiring the vital self-discipline necessary to proper performance of the sport, and the ability to continue enjoying it later in life after the ability to win contests has decreased.

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Figure 7
Koshiki no Kata



It was particularly insightful of Palmer to recognize that Performance Judo is age limited. Such sport judo is the domain of the young, whereas Kodokan judo (especially kata) can be done up until a very advanced age.

A direct consequence of kata not being part of the normal activity of most judo clubs is that the availability of people with the required knowledge and teaching skills is very limited. Today some of the better known judo forms are in serious danger of becoming extinct.

For the reader's interest, teaching sequences for two techniques from *Kodokan Goshinjutsu*—two-hands hold (*ryote dori*) and uppercut (*ago tsuki*)—are provided in Figures 8 and 9. Similarly, teaching sequences for two techniques from the *Koshiki no Kata*—strength dodging (*ryokuhi*) and water wheel (*mizu guruma*)—are provided in Figures 10 and 11. These sequences were performed under the technical direction of world masters international kata judge Bob Thomas.

Two-Hand Hold

8a Bob Thomas (right) and Eddie Cassidy approach each other.

8b The attacker steps with his left foot forward into the proper distance to simultaneously grab the defender's wrists and tries to strike with his right knee to the groin.

8c The defender bends his right arm hard toward his chest to free it and,

8d continues his motion to strike the attacker's right temple with the knife-edge of his right hand.

8e The defender grabs the attackers right wrist from the top with his right hand and applies an armlock (*kote hineri*). He steps back with his right foot and opens his body to his right. The defender clamps the attacker's right arm under his left arm and twists the attacker's wrist. The attacker is forced to submit, or have his arm broken.





Uppercut

9a Eddie Cassidy (right) and Bob Thomas approach each other.

9b The attacker steps with his right foot forward into the proper distance to simultaneously throw a right uppercut. The defender steps slightly back with his left foot and deflects the attacker's uppercut from below with his right hand.

9c Immediately, the defender grabs the attacker's right wrist with his right hand, thumb down, and the attacker's elbow with his left hand. He twists the attacker's wrist away from him and pushes the attacker's elbow toward his face.

9d While keeping his arm extended and locking the attacker's elbow, the defender takes a big step forward with his left foot and throws the attacker forward.



Strength Dodging

10a Eddie Cassidy (right) and Bob Thomas approach each other.

10b The attacker steps forward, left foot then right, and attempts to grab the defender's belt with a cross grip—right hand uppermost. The defender simultaneously pulls the attacker's right arm forward.



10c The defender pulls the attacker forward to his right side, while placing himself behind the attacker. He holds the attacker's elbow bringing the arm upwards while holding the attacker's upper left arm.



10d The defender pulls the attacker backward to the right side while dropping to his left knee as the attacker falls to the ground.



10e As the defender kneels, the attacker sits up, keeping his legs spread with straight legs, toes up.

Water Wheel

I Ia Eddie Cassidy (right) and Bob Thomas approach each other.

I Ib The attacker steps forward with his left foot then right, and attempts to seize the defender's belt with a cross grip—right hand uppermost. The defender simultaneously pulls the attacker's right arm forward.

I Ic The attacker resists by pulling backward. The defender responds by changing his direction of movement, lifting the attacker's right arm, and presses it toward the attacker's forehead.

I Id The defender moves in closer and unbalances the attacker by bending the attacker at the waist with his left hand and pressing the attacker's right arm against his own forehead with his right hand. This makes it easy to push to attacker backward.

I Ie The defender bends the attacker backward and the attacker responds by resisting and straightening up and inclining forward a little. The defender then takes advantage of the attacker's forward inclination and changes his grip. He also adjusts the position of his feet.

I If The defender then falls backward and executes a sacrifice throw.

I Ig The attacker rolls over the defender in mid-air.

I Ih The attacker

comes onto his feet and the defender remains on his back with legs and hands spread for about three seconds. This concludes the action.



THE IMPORTANCE OF KATA

To gain a true understanding of judo as envisioned by Kano, it is necessary to look beyond competition to kata. This author believes that the link between judo's past and future is embodied in the accurate teaching of kata for it is only in kata that the totality of judo has been preserved—especially the traditional and more dangerous self-defense techniques that are also present in judo.

Kano identified two types of training for judo—forms and free-practice—and held the firm belief that these two training systems had to co-exist in parallel. Kano envisaged kata being the laboratory for judo development and free-practice as the testing ground (Otaki & Draeger, 1983).

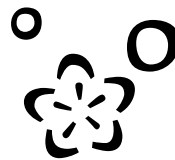
In particular, Kano developed kata to demonstrate the principles of judo and to provide a type of training in which students could examine techniques under ideal circumstances—thus penetrating their very essence.

Through repeated practice, the techniques of the various forms can be performed without thinking and, in the extreme, kata can unify mind, body and spirit—arguably the purest goal of a martial art. Indeed, many judo practitioners claim to have experienced moments of enlightenment and insight as a result of a perfect kata performance. Notwithstanding the subjective spiritual dimension, it is certainly true that all judo players involved can derive a great deal of self-satisfaction from a high-quality kata performance and the associated focus, awareness, attention to detail, and self-discipline demanded. Furthermore, students and teachers should also not overlook the significance of forms as purely a part of general instruction: kata teaches movement, timing, and coordination. Kata was, and remains, the basis of judo, and provides the vehicle for perfecting many throws, holds, and other techniques in a finer way than individual technical instruction or general free-practice.

Critics of kata argue that forms bear very little resemblance to competition in that the techniques are performed at a standard pace with a predetermined outcome in an overly symbolized style. It is not widely known that most high-grade Japanese teachers still emphasize the importance of kata for a judo practitioner's development and that many consider the study of the *Randori no Kata* (*Nage no Kata* and *Katame no Kata*) in particular to be an essential part of training for the highest level of contest success (Watanabe, 2003; Otaki & Draeger, 1983; Kawaishihi, 1982).

In their seminal text *Judo Formal Techniques*, Otaki and Draeger (1983) state:

Sufficient kata study and practice impose a well-defined technical discipline on the judoist, one that is unattainable by only *randori* and contest methods. This discipline, instead of hampering the judoist, actually frees him from undue restrictions, liberates his bodily expression in movement, and teaches him economy of mental and physical energy. This process can only be understood through experience, and only through kata performance can judoist come to appreciate judo in its fullest sense.



Kawaishi (1982) reinforces the point:

The kata will temper the combative ardor of the young performer and will undoubtedly also enable him to discover the reason for certain errors he commits in competition... Thus the kata is a valuable source of technical progress.

Accordingly, the contest player should consider kata as part of his training for physical, mental, and contest proficiency in an identical fashion to free-practice and conditioning work, etc.

CONCLUDING REMARKS

Given the substantial decline in the number of adults practicing judo, it can be argued that there is a real need to re-examine the value system associated with judo. A way must be found to retain and ideally attract more adults into judo. As part of this exercise, the emphasis between the martial and art strands of judo should be examined simultaneously because the strands should not be separated. In doing so, one would be well served to note Burkland's (1998) conclusions:

Judo must focus on its heritage as a traditional martial way by emphasizing *randori* [free-practice] and kata as the primary training vehicles for the development.... *Shiai* [competition] must be returned to its proper perspective and cannot be allowed to dominate our thinking and our efforts.

Gleeson (1976) showed that there was a close connection between the three dimensions of judo and argued that free-practice, competition, and forms were all essential to each other. Gleeson recognized that, through ignorance and neglect, artificial boundaries had been built between the dimensions, preventing people from moving easily from one to another. Gleeson also acknowledged the need to deconstruct these boundaries for judo to prosper

A similar idea has been expressed metaphorically by relating judo to a three-legged stool—the three legs being free-practice, competition, and forms (Kin Ryu Judo, n.d.). The metaphor proceeds to argue that if any one leg is removed, the stool falls over. Therefore, without equal emphasis on all three elements, judo will be flawed. The interested reader requiring a further perspective on Kodokan judo—including the introduction of a concept of four overlapping areas for study (i.e. physical education, sport, unarmed combat, and philosophy) is also directed to Anderson (n.d.).

Additionally implicit in the re-evaluation of judo's value structure is a real need to reassess and reformulate the promotion system. In doing so, a fundamental tenet of Kano's philosophy should be at the fore:

It's not that you are better than someone else that's important,
but that you are better than you were yesterday.



—British Judo Association, 2004

The principles expounded in this paper are already starting to come to the fore with the emergence of a number of bodies dedicated to the preservation of the traditional techniques and values of judo as a martial art. Such bodies could provide a more natural home for the judo purist than the official sport-orientated governing bodies.

Judo today faces a crisis no different than that facing Kano Jigoro in 1882 when he founded judo from jujutsu. In evolving judo from jujutsu, Kano endeavored to preserve jujutsu's fundamental elements unless they be lost forever. In the West, similar radical steps are needed to re-establish and preserve the heritage, traditions, and forms of judo that were Kano's true genius.



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