



# American Judo

A Journal of the United States Judo Association

Spring 2007



*Allen Coage*

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On the cover: Manipulated photo from Allen Coage, My Hero, Our Hero page 20

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## Allen Coage, My Hero, Our Hero by Jim Bregman

It was an odd set of circumstances that day so long ago in Philadelphia. The venue was alive with the excitement of the Judo Trials for the 1976 Olympic Games to be held later in the year in Montreal. The event was about 90% completed when the “tournament officials” made an announcement about a late breaking decision they had just made concerning the selection process and the tournament. The exact details blurred now by time matter very little, but to these athletes who had spent their entire lives trying to make an Olympic team it was devastation, a crushing tsunami which meant that some deserving winners might indeed not be selected!

After the ‘official announcement’, there was a long moment of stunned disbelief and silence. The ABC camera crews were baffled as were the directors and producers. This was to be the first time the Olympic Judo Trials were to be covered live. Then the noise level rose steadily to a vibrating din and the athletes were milling around agitated, angry, hurt, confused, and astonished at this “stupid” last minute “switch” which would completely determine their future Olympic hope and dreams. An athletes’ revolution was brewing and they were “mad as hell”. They were not “going to take this crap” any more. But what on earth to do to rectify this “official blundering fiasco”. How do powerless athletes reason with “unreasonable officials” who are “dictatorial in their edicts” and domineering.



Allen Coage and Jimmy Wooley were to fight next and, although, the confusion, milling around and athlete disgust and disappointment were being voiced now by shouting and jeering, yelling and screaming at the “tournament officials,” Ben Campbell, George Harris, Paul Maruyama and I were dumbfounded and standing on the floor by the mats completely taken aback by the announcement and the loud “revolution” which was gaining momentum.

Allen and Jimmy approached us for advice and guidance and, as we were talking, the other athletes gathered around and the boiling noise level began to simmer. Then it turned into dead silence. You could have heard a pin drop.



*Allen stands with a few of his many awards*

Allen and Jimmy asked us simply, “What would you guys do in a situation like this?” It wasn’t Ben’s, George’s, Paul’s or my Olympic birth that was on the line. It was Allen’s and Jimmy’s and all the other Olympic Dreamers who came to fight that day. The four of us were awe struck at the question, at the dilemma and speechless. The five of us talked quietly and logically and explored options. All of which were, to say the least, not good.

Finally, the call came out from the announcer commanding Wooley and Coage out to the mat for the final match. Allen and Jimmy respectfully asked one more time, “What would you guys do?” A second call to the mat came with a threat of disqualification. Time had run out.

We four told them “we” would not compete in this situation and we would demand another trials with consistent and fair selection criteria published at the start and immutable throughout the tournament. I said that the USOC/AAU will be sued by the USJA and that the four of us would work with the USJA Board to correct this mess and get a retrial under a court order if necessary! We also told Allen and Jimmy that it must be their decision and their decision alone as to what course to follow because the personal stakes were too high for us to “tell them what to do” not that we ever really would have tried to do that.

Allen and Jimmy, two of the greatest American Judoka of all time had great senses of humor at this moment of “truth” and with impish smiles on their faces they said “Just watch this!”

The ABC cameras were rolling, the very nervous officials were all in their chairs and places of honor and the venue was hushed. As they walked to the mat together, friends and competitors at the same time, they whispered quietly to each other and then took their respective places to compete opposite one another on the mat.

They stepped onto the mat and bowed to the officials. Then stepped up to the line to wait for the hajime. And then, it came, loud and clear from the referee, “hajime!”.

With dignified grace these two men of the mat, bowed and walked slowly to the center of the mat. They shook hands, walked back to the line, bowed humbly and walked off of the mat.



What followed can only be described as total chaos, a loud cheer went up from the athletes and the audience, flags were waved and cheering and yelling continued for a long time. Allen and Jimmy made their way over to the four of us and we all hugged and jumped joyously. The athlete's revolt, which had been brewing for a long time, erupted like a volcano.

I quietly and slowly made my way through the crowded floor to an exit. I was cornered by four officials who said in essence, I was to blame for this and that I would pay for this "disrespectful behavior". I smiled and excused myself. I needed to find a pay phone. Cell phones had not yet been invented!

I called Michael Rosenberg, the USJA attorney in Washington, D.C., and related all the shocking events in detail. Michael said his firm would do everything possible to see that there was a retrial. A case was filed in the Federal District Court of the District of Columbia. Short story, they settled, agreed to a retrial under consistent rules and procedures.

Allen and Jimmy at the retrial entered separate categories and made the 1976 Olympic Team.

I was in Montreal that day and watched Allen fight and win a Bronze Medal. After the medal ceremony, I called Michael at the law firm from a pay phone outside the arena in the hall. I told him Allen had won and let him listen to the applause. WE, American Judo Athletes, had won and Allen and Jimmy showed the way with dignity and courage at a time of high crisis.



I can hear my youngest son, Matthew, calling me, as he often did as a child, "Hey, Dad, come on down and watch wrestling with me! Bad News Brown is wrestling tonight. Hurry, you don't want to miss it." This was a ritual on wrestling night and I would sit with Matthew and we'd watch the latest saga of Bad News Brown unfold week after week.

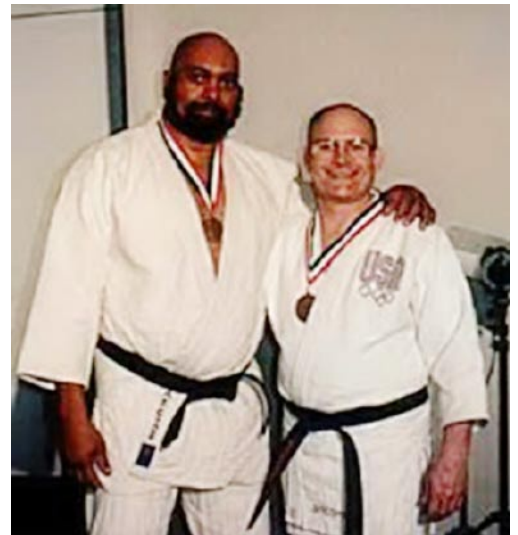
After the wrestling was over, I would tell Matthew many stories about the Olympic Trials events, the Montreal Olympics, the Camp Olympus stories, training trips to Europe with Allen and the trips to South Africa to have team judo matches with the South Africans during apartheid. Allen was the Captain of all of those teams. The South Africans loved him.

WE all loved him. WE will all miss him.

He was a courageous and honorable man, dignified, steady and had a great sense of humor. He was a tremendous DANCER.

Matthew and I, like many millions of children and parents around the world, mourn the passing of the one and only Allen Coage, Olympian, and OUR hero. Our regrets and sympathy are with his loved ones.

Respectfully,  
Jim Bregman  
Olympic and World Medalist  
Dancer





## Remembering Allen Coage

Dear Sir,

My name is Shun Kasuga from Japan. I just couldn't help writing this to you after I found Allen's death because I have a good memory of him. I don't know any of his family and I didn't know where I should send this, so please accept my sincerest condolences. I was with Allen at an Olympic Judo Camp which was held in Brockport, NY just before to Olympic in 1976. That time, I just came from Japan to teach Judo in Ann Arbor, Michigan.

Dr. Ashida, a head coach for 1976 US Olympic Judo team, told me to join their training camp as a sparring partner for Allen and his teammate. So, I came to the camp. I practiced with him and with other team members day after day and traveled around with them. I couldn't speak English and didn't know much about a culture and custom of America that time.

Allen and his teammates were very kind to me and they made my stay at a Camp very enjoyable one, especially, Allen. I first thought that he was a mean guy especially on the mat but off the mat he was very nice person and I became his fan. He talked to me a lot and I never forget his kindness.

When he became a pro wrestler he had many fights in Japan. He was very popular and I was so proud of myself telling everyone that I know him well and we practiced Judo together in US. One time, I came to see his fight in Tokyo. I tried to meet with him and wanted to talk in person but the security people wouldn't let me. And, that time was the last time for me to saw Allen.

Now, I was very shocked to know that he is gone now. I know he doesn't remember me but I do remember him very well with those good memories with him from a long time ago.

Please forgive me writing this to you but I just wanted someone close to Allen to know that there is someone laments the death of Allen Coage in Japan.

Thank you.

Shun Kasuga

Kyoto, Japan

Japan's Olympic Judo Coach in 1996, Atlanta



**Gary S. Goltz**  
**Chief Operating Officer**  
**United States Judo Association**  
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**(909) 985-0486**

Date: Winter 2007

RE: AmberWatch® // World Black Belt® - “Be Safe!” Program Pilot

I am pleased to announce our agreement with [World Black Belt®](#) and [AmberWatch®](#) for USJA Clubs to participate in the “Be Safe!” Program on a pilot basis. For a discounted fee of \$500 any USJA chartered club whose head instructor has met our [Background Screening](#) policy can offer this basic self defense course to kids and their parents. It will be advertised in all major media forms and has a huge amount of celebrity endorsers. The basic points are:

- The AmberWatch® Foundation will send you a “Get started!” package, which will include the “Be Safe!” Curriculum for 2007, an instructor’s manual and details on how to get started.
- The AmberWatch® Foundation will send you a disc containing the celebrity image for your use in advertising, promoting and marketing the “Be Safe!” 2007 Curriculum in your club.
- Your club will become an official AmberWatch® Foundation/World Black Belt® 2007 “Be Safe!” club.
- Your club will be listed on the AmberWatch® Foundation website as an official 2007 “Be Safe!” club (January 1<sup>st</sup>, 2007).
- Your club will benefit from many public service announcements featuring many high-profile celebrities (Teri Hatcher, John Walsh, Samuel L. Jackson, Ray Romano, and many others) airing on radio and television throughout the nation in 2007 and driving traffic to the AmberWatch® Foundation site, where your club will be listed as an official “Be Safe!” club.
- AmberWatch® Foundation will provide a press release template to use in your local market to drive local awareness about the “Be Safe!” Curriculum taught in your club.
- Your club will benefit from national press releases disseminated by the AmberWatch® Foundation throughout 2007, as pertaining to “Be Safe!” news, and on a newsworthy basis (to be determined by the AmberWatch® Foundation).
- Your club will benefit from local “Be Safe!” for Kids and “Be Safe!” for Parents presentations facilitated by local law enforcement and education professionals, where the presenters will be encouraged to direct participants to your club.
- You will be granted the rights to retail the World Black Belt® private labeled AmberWatch® (the super loud child safety alarm housed in a stylish watch), when available.
- Your club will benefit from the ongoing promotion of the “Be Safe!” at each and every AmberWatch® Foundation event throughout 2007.
- You as a martial arts instructor will be eligible to become a “Be Safe!” for Kids and “Be Safe!” for Parents Instructor, which will give you the choice to teach the “Be Safe!” for Kids and “Be Safe!” for Parents curriculums in your club and elsewhere.

The USJA is committed to helping our club leaders grow American Judo!

Gary S. Goltz



## UNITED STATES JUDO ASSOCIATION LAUNCHING PILOT PROGRAM WITH AMBERWATCH FOUNDATION AND WORLD BLACK BELT PROGRAM TO PREVENT CHILD MOLESTATION AND ABDUCTION

The United States Judo Association (USJA) with its 700 clubs and 10,000 members has taken a leadership position on one of the nation's most effective campaigns to protect children from the ever-growing threat of molestation and abduction. The "BeSafe!" program instituted by the AmberWatch Foundation and World Black Belt is an educational and defensive training effort being conducted in association with major school systems and law enforcement officials and agencies across the United States.

The USJA has launched a pilot program by offering its member clubs the opportunity to be designated as official training centers for the AmberWatch / World Black Belt program. Bob Wall, President of World Black Belt said "we are pleased that USJA club leaders will have the opportunity to teach these specifically designed defensive techniques children can apply in dangerous situations and to teach avoidance skills. This is all part of the Amber Watch and World Black Belt's sponsorship of the "Be Safe!" effort to combat the heinous crime spree of child endangerment."

According to Gary Goltz, COO of the USJA, "we are thrilled to be involved with this AmberWatch Foundation and World Black Belt effort because the security of children has become one of the nation's and parents' primary concerns, and this program is the vital ounce of prevention that can prevent the ton of sorrows too many parents have had to endure. I'm proud that the USJA has taken the initiative in keeping our kids safe and proud through our USJA clubs helping introduce this great safety measure throughout the nation."



*Bob Wall, President of World Black Belt with Gary Goltz, COO of the USJA*

Chairing the "Be Safe!" program nationally is John Paul DeJoria whose Paul Mitchell hair products sponsor the World Champion Paul Mitchell Karate Team.

Among national figures that are supporting the program to educate children to be their own first line of defense are "Desperate Housewives" star Teri Hatcher, child advocate and "America's Most Wanted" star John Walsh, Kelsey Grammer and black belt expert DeJoria. Many other celebrities are creating awareness through public service announcements and personal participation.

**FOR MORE INFORMATION CONTACT:** Gary Goltz, COO, United States Judo Association, 909-985-0486 or 909-702-3250 (cell), or via e-mail [Gary@USJA-JUDO.org](mailto:Gary@USJA-JUDO.org)

### **ABOUT THE AMBERWATCH FOUNDATION:**

Through its "Be Safe!" Education Program, the Foundation's mission is (by the end of 2008) to educate 25 million elementary-aged children and their parents on how to identify potential dangerous situations and stay out of the hands of abductors and predators.

The AmberWatch Foundation's three-pronged approach includes:

The "BeSafe!" Curriculum is a safety program presented in elementary schools by local educators and law enforcement professionals. These presenters show children how to identify and respond to dangerous situations. The "Be-Safe!" Curriculum is offered as a public service at no cost to schools and communities.

The "Be-Safe!" Workbook features the 12 Be-Safe Tips and "what-if?" scenarios children can role play with their parents.

The National Public Service Announcement Campaign for radio, television and print was recorded by major celebrities and well-known sports stars such as Susan Sarandon, Ray Romano, Samuel L. Jackson, and LaDainian Tomlinson of the San Diego Chargers.

[www.AmberWatchFoundation.org](http://www.AmberWatchFoundation.org)





AmberWatch Foundation press contacts:  
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**ABOUT WORLD BLACK BELT:**

World Black Belt, Inc. is a membership based media and financial services company concentrating on the Martial Arts. The primary goal of World Black Belt is to unify the hundreds of millions of Martial Arts practitioners and enthusiasts by developing a global community through all forms of media including the internet, television, film and magazines. World Black Belt is supported and guided by a group of Martial Arts leaders called the Founding Members.

[www.WorldBlackBelt.com](http://www.WorldBlackBelt.com)

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## **What is Judo? (from the Kodokan website)**

Judo is loved by all generations. You can see people of all ages from six to over eighty years, and people of all professions, nationalities and sexes enjoying Judo at the Kodokan.

They all have their own purposes. Some of them want to be strong, some want to be healthy, some want to strengthen their mind, some want to appreciate the pleasant feeling after perspiring, some want to be able to defend themselves, some want to become instructors of Judo, and some are already devoted to training others.

Why is Judo attracting people of all ages and people with so many different purposes?

Prof. Kano created Judo from Jujutsu as the means to learn the great principle of humanity, not only to learn Waza (technique). He named the training institution "Kodokan". The word "Kodo" means to learn, prove and practice the principle. The fact that Prof. Kano named Judo "Kodokan Judo" shows us how he made much of the principle and made it a principal objective of life to learn.

Prof. Kano himself said that the purpose of Judo is to strengthen body by practicing attack and defense, to complete the personality by training the mind, and finally to devote oneself to society. The principle and ideal of Judo: "Maximum-efficiency" and "Mutual welfare and benefit."



## The Buckeye Judo Club

The Buckeye Judo club is located on 808 Eason Ave., Buckeye, Arizona. Our club meets from 5:30 pm to 7:30 pm on Monday and Wednesday. We are open on Friday nights for special tournaments preparation classes.

The Buckeye Judo Club instructors are:

Eiji Teragouchi 5-dan, head instructor

Edwin Eng 3-dan and David Dyrez 2-dan, assistant instructors

Buckeye Judo is a proud USJA member club and all new members are encouraged to sign-up for the USJA upon completion of initial orientation.

The club has generated many local, regional, state and national competitors and champions. One competitor won 3rd place (bronze metal) in the World Masters Judo Championships.

The main goal is to teach Kodokan Judo as a way of life, and attempt to explain the parallel path between the judo philosophy and our daily life application.

Above all, there can only be a few Judo champions but Judo will produce many good citizens.”



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A Long, long time ago, in a city called Pittsburg...

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"THE DANS OF PITTSBURGH JUDO." Black Belts from the Pittsburgh area at recent clinic held by George Harris, (center right), to Georges right is Dixon Lightcap to his left Jim Nichols. Far left is Gary Goltz.

## Pittsburgh Area Judo Coming On Strong

"Pittsburgh area USJA Judo has been growing since 1968 and is finally coming on strong," according to Gary S. Goltz, newly elected Judo chairman for the Allegheny Mountain Association AAU. The AAU chairmanship was a highly contested position and Goltz's victory marked the climax of a general shift in the Pittsburgh region toward the USJA. Gary was quick to point out that "he could not have won without the diligent efforts of all local USJA loyalists."

Two major clinics were recently held in this region. The first at Nidonjo Judo-Kai, a USJA top 10 school operated by Nick Zaffuto, Sandan and a bronze life member. The clinic was given by Dr. Martin Bregman of the National Referee Review Board and aimed at improving local officiating. The second clinic was held at Indiana Martial Arts operated by Dixon Lightcap, Nidan, and Warren Henninger, Shodan. Indiana, Penn-

sylvania is a small community located about 70 miles east of Pittsburgh. The feature attraction was George Harris, President of U.S.J.A. Harris taught for over 6½ hours covering various throwing techniques, grips and postures. The clinic was almost cancelled due to flooding in the Dojo from heavy rains earlier in the week, but thanks to Dixon's and Warren's marathon clean-up job the show went on as scheduled. Jim Nichols, member of the USJA Board and head of the AAU litigation, was on hand at both clinics to answer questions.

This fall Gary Goltz plans to initiate a major Judo club in the Pittsburgh area which should produce many new memberships.

In the future this region should become one of the strongest USJA bases in the country thanks to the work and support of all Pittsburgh Judo leaders.



Dear Sensei Goltz,

Earlier this week, I sent you a Request for Validation of Rank and a Life Membership application to the USJA. I hope that you have received it by now.

Since it's been quite a long time since I competed in Judo tournaments, I was unable to provide dates as to my participation, which really dates back to the 1970s and early 1980s. I no longer have my trophies with me, but I was able to save some of my medals, which appeared to be in fair condition.

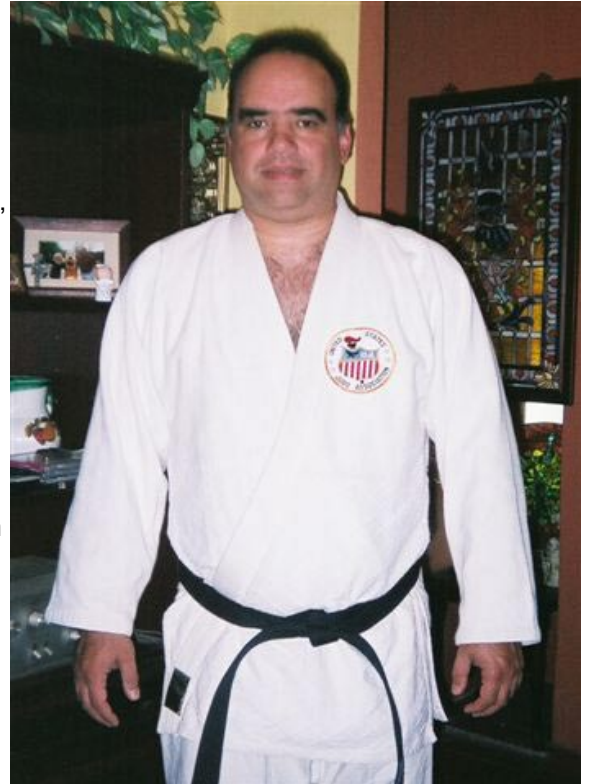
I thought that it might be a good idea to supply you with a picture of my medals, which somehow show that I did pretty well. I am also attaching a picture of myself showing my USJA patch with pride.

I no longer look intimidating.

Thank you again for your consideration of my rank validation and membership application. Also, please have me in mind for participation in USJA activities.

Respectfully,  
Ed

Edgardo M. Rodriguez  
PO Box 9022287  
San Juan, PR 00902-2287  
USA



Editors' note: Edgardo Rodriguez's rank was validated!



# Philosophies of Judo and How They are Beneficial to Children

by Kimberly Neumann

Hajime! The judo match begins...nothing happens. The children are then told in English to start the match. They both run towards each other, grip the other's gi, then look around. "Now what?" their facial expressions ask. Simple judo techniques are called out as suggestions, techniques such as Osoto-Gari, and O-Goshi. Both children do the same move



at the same time—everybody smiles, when six year olds compete against each other in a match it's always cute. "Keep going!" the coach calls. Invigorated by this statement both children mentally return to the match with renewed vigor, but still, no one scores. Finally, one of the children manage to do a simple technique, the other does not even try to defend against it, and lets himself fall. "Ippon!" the referee yells. The match is over! The children start running to their places in excitement, but are reminded to go back and bow to each other, a symbol of respect. The martial art judo has ancient philosophies that teach children good values. When these philosophies are applied over time the character of the child is greatly improved. These philosophies were invented in Japan over a hundred years ago by Dr. Jigoro Kano, but because they are universal they still apply today, and they still work effectively.

The philosophies of judo are not meant to be used only in the dojo (a place where judo is practiced), but in everyday life. Children involved in judo are helped by the structure of the classes, and what they experience there. Children learn to get along better with others their age, they learn to lose, take directions, how to work hard. They develop mental toughness, and many other good characteristics.

When Kano invented judo he did not want it to be comprised of solely impressive techniques, but to also include philosophies for living. The word judo means "gentle way", and has two principles from which the other philosophies branch off; seiryoku zenyo (maximum efficiency with minimum effort), and jita kyoei (mutual welfare and benefit). "It is often said that the ultimate goal of judo practice is the development of one's character" (Matsumoto). This is true. People who stay with this sport gradually realize the value and truthfulness of the philosophy. Todd Brehe, a two-time World team member for the US, and an Olympic Team alternate in 2000, said, "These skills are acquired as a result of an extended participation in our program. You don't learn them in a single season" (Brehe). Judo is a martial art with techniques that can be learned quickly, but it also has something deeper that can only be obtained with constant practice, and determination. The philosophies behind judo are meant to be a way of life, and many people follow them religiously, they constantly strive to be better people, and to help their world improve. "These philosophical and educational aspects of judo are undoubtedly one of the major reasons why judo spread as far and wide as it did in the world since it's beginnings" (Matsumoto). The martial art of judo has a great amount of substance to it, and when the philosophies are presented to young children they are able to understand sooner the benefits of such a martial art.



There are certain skills one must learn before seriously practicing judo, such as learning how to fall. Learning this skill will make it possible to be thrown down with intensity and land without any pain whatsoever. "Each technique is a method that may apply to the situation of physical attack or how not to be injured when thrown to the ground" (Tichenor). Instead of trying to stop the fall with one's hand and braced arm, one is taught to fall onto one's side or back and to slap the mat just before impact. Slapping the mat absorbs the force of the throw, and makes it possible for judo players to always practice with full intensity without injuring each other. Another interesting feature of judo is the fact that size does not always matter. This aspect was developed long ago, before judo was invented, back when there were many different and informal types of martial arts. "The object of all these martial art forms was to avoid an enemy's superior strength and to use that



strength to his disadvantage” (History). This concept is still in use today, although it is only used in a competitive sense. Judo is a martial art where the smaller of the two opponents has many advantages the larger does not have. Kano understood this concept, and proved it when he fought a man much larger than himself. The larger man was angry that he could not prevail in the fight, although he used all his strength in his attempts to win. “The judo response is to give way, not to meet force head on. However, this is for the purpose of defensively beating the oppressor” (Tichenor). This is exactly what Kano did. He used the energy of the larger man against himself

to throw him, and to ultimately win that fight. There are many scientific aspects of judo that relate to the movement of physical activity.

The science behind the judo is what makes every move solid. Because the moves are scientific they can be depended on to work every time they are executed correctly. “The combative techniques of judo have the most scientific analysis and application of methods of any martial art” (Tichenor). There are three points to every successful throw, the first being kuzushi (off balancing your opponent), next is tsukuri (fitting into the throw), and finally, kake (the execution of the throw). “As a science, it involves a mastery of such basic, natural laws as gravity, friction, momentum, weight transmission, and unity of forces” (History). When a person is knocked off balance and one, or both of their legs is taken out from under them, simple rules of physics will insist that that person fall. This type of scientific reliability allows for judo techniques to be dependable, and to work every time. The philosophies of judo are more concrete because there is a scientific background to the martial art. Learning the science of the sport is essential to mastering this martial art, but once this is done one can use it to win competitive judo matches. Sensei Gary Goltz, 6th degree black belt and founder of Goltz Judo Club, said that, “Judo has a deep science, and part of it is learning to redirect an opponents energy and make it apart of your own” (Goltz). Judo can be done without an understanding of the science, but growth is limited to this person and their judo will be sloppy and unreliable. Another part of this science is that proper technique will overcome brute force and strength.



Being strong is definitely helpful in a judo match, but strength is not everything. “Judo techniques do not reject strength as long as it is efficiently applied in a highly controlled manner” (Tichenor). In competitive matches power and technique do not come from stiff limbs and tense muscles, but rather flexible, relaxed bodies, and steady minds. This is a difficult concept to teach, especially to young children. Many of them are intimidated by opponents they are assigned to fight against because they feel their opponent is too strong for them to fight. Even though this may occasionally be the case, coaches encourage the children to give their best effort, and to try to perform the judo skills they have been taught. “This philosophy does two things. It encourages kids to focus on something within their control—their own personal performance—and helps them ignore things outside their control, such as the referees, the draw, or the opponents belt color” (Brehe).

Being exposed to this kind of situation is extremely beneficial to the children because they learn to face a difficult situation, and they learn that they can work to get around it. This is an important lesson for judoka (people who study judo) to learn. It is also essential for judo players to, “Understand the connection between failure and success, to understand that losing is the other side of winning, and that without losing, you won’t take the necessary risks to win” (Goltz). Kano did not want people studying his martial art to be poor losers. Judo philosophy desires that all participants of judo accept losing, and want participants to learn from their losses, and to grow from them.



Understand the connection between failure and success, to understand that losing is the other side of winning, and that without losing, you won’t take the necessary risks to win” (Goltz). Kano did not want people studying his martial art to be poor losers. Judo philosophy desires that all participants of judo accept losing, and want participants to learn from their losses, and to grow from them.



After extensive participation in judo, the philosophies become a part of the people involved. Judo philosophy applied to the human mind helps people improve themselves. People who study judo do not feel as much of a need to prove themselves, and when they absolutely have to defend themselves they use as minimal of a response as possible. “The assurance this creates to the ego does not make them belligerent, but rather very tolerant. They submit to more provocation and indignity than the average person who feels the need to save face and prove himself” (Tichenor). When one has the quiet confidence of knowing that they could defend themselves, the desire to use that power is lessened,



and will only be used when one is seriously threatened. “Not only will the martial arts teach you the techniques to defend yourself, but also the way to think about defending yourself...and give you the confidence to fight back” (Wolf). This is an excellent philosophy to use in social situations. Once this quiet confidence is embedded within the judoist it frees them from peer pressure, and encourages true self-expression. Judo is also a great martial art for defending one’s self. “Judo ...incorporates throwing skills, takedowns, grappling techniques and submission holds so that students learn to defend themselves on their feet and on the ground” (Timberline). Judo is the most effective and efficient self-defense system known. Judo philosophy does not encourage aimless and boundless power. Judo is meant to improve one’s self, and when used properly it can be used as an extremely effective defense.

Judo, combined with the philosophies behind it, can greatly improve the lives of children. “Longitudinal studies support the hypothesis that judo yields positive results” (Scuderi). These scientific studies have been repeated many times, with different children, and every study

has shown that prolonged participation in judo helps children improve themselves, and become more confident. “The primary reason that parents bring their children to a judo club is to help them learn skills like self-confidence and mental toughness” (Brehe). While all children progress at different rates, all children involved with judo have become more self-confident, and learn to not back out of a seemingly difficult situation because it may be challenging. “Participation in judo is associated with the development of character traits typically associated with judo—emotion regulation, self-control, discipline, courage, respect, and sincerity” (Matsumoto). While children progress at different rates, all children involved with judo have shown significant improvement in these areas, and are better people for it. These positive changes do not only help the children individually, but help improve the lives of others as well.

The martial art judo does not focus only on the student’s ability to perform a throw, but also on what kind of people the students are becoming. “...Martial arts led to beneficial psychological changes by encouraging moral and ethical development” (Scuderi). Along with helping the students become better judoka, coaches also encourage their students to become better people, to rise to challenging situations, and to be respectful to everyone. The head instructor of Timberline Judo Club states many benefits of a child’s participation in judo saying, “Not only will he learn respect for others and courtesy, he will make improvements in: school grades, self-discipline, self-esteem, learning skills, behavior at home, fitness, coordination, flexibility, and physical awareness” (Timberline). These abilities help children in other types of athletic activity as well. Learning these life lessons are essential to the happiness of the children later in their lives. Both parents and coaches, “...Consider the skills kids learn while practicing judo to be life skills” (Brehe). And they truly are. The situations children face in judo, such as competing in a challenging match or tournament, or working to earn a higher rank, help them prepare for the challenges of their future lives.





All parents want their children to bring home good grades from school, but many students who are depressed, or who lack self-discipline do not. “The correlations between judo participation and grades...suggest the positive benefits of judo to academic achievement” (Matsumoto). The benefits that judo participation provides spills over into every aspect of children’s lives—including school. The structure, provided by the rules, “Teaches children to respect one another, their opponents and colleagues, and how to play games fair and square—lessons that follow them in their non-martial arts lives” (Wolf). No one likes the child that refuses to play fairly, or cheats to always win. Children who study judo long enough will never succumb to acting that way. After the technique of a throw is mastered and the child is able to win a match against someone who had previously been able to win using mainly strength and force, the feeling of accomplishment the child feels helps them to grow greatly as a person. Once children step out of their comfort zone and risk losing a match (or two, or ten), “They learn that much can be learned from losing, and they become better people because they learned to lose with dignity” (Goltz). With this confidence the children will be better friends, better students, better behaved, better judoka, and better people in general. Judo is the perfect sport for children to improve themselves.



In judo no child ever has to sit on the bench because they are not as good, or they are too small. Whether they win or lose competitions depends mostly on them and how hard they work to prepare. “Judo taps into the human potential. It gives the disenfranchised an opportunity to build their self-esteem and self-confidence by giving them a sense of accomplishment” (Scuderi). Children thrive on accomplishment. When a child is told that they did something, such as a throw, correctly, they beam, and it is obvious that they feel good about themselves. Another valuable aspect of judo is that, “...Each child’s success is based on his or her own individual merits” (Wolf). The children do not have to depend on a team, if they want to get promoted to a higher rank, or win it is completely up to them and how much effort they put into practice. It takes many months to earn a promotion to the next rank, but this shows children, “...That with the right motivation, they can succeed...belts are a great way to help children track their progress and motivate them to strive higher” (Goltz). Belts also teach children that frequent practice has its benefits, and that it takes patience to achieve certain goals. The belt system is especially beneficial to more difficult children.

Children who are used to getting away with unacceptable behavior at home, or at school will find that they cannot get away with that same behavior at a judo class. “As a sport, rather than simply a combat form, judo includes a code of sportsmanship, a sense of mutual respect, and a system of ethical and moral development” (History). This code of sportsmanship is always enforced, so children will learn respect, they will learn how to lose with dignity, and that poor behavior will not be tolerated. “As an art, judo enables its practitioners to gain self-respect, self-confidence, and self-expression” (History). Once the children gain the ability to express themselves in an appropriate way, their feelings can be dealt with in a mature and productive manner. Children learn that tantrums and being unkind to others only result in them being disciplined; they do not get their way when they misbehave. Scientific studies have shown that, “Judo participation was significantly correlated with well-being, quality of life, and life satisfaction” (Matsumoto). Life satisfaction can only be achieved if one is given high expectations, and judo provides these expectations for many children. Judo is also a huge help to the more exuberant children who struggle with respecting authority, and fitting in socially.

Sadly, there are many aggressive children today who do not know how to handle their feelings, or how to deal with certain situations. However, “Judo...training helps aggressive children by providing a structured environment







to improve self-discipline and an outlet for their energy” (Timberline). This is true. There are many parents who are thankful for the improvement in their children’s lives that judo participation provided. Parents sometimes bring their children to judo knowing that others have been helped and they want this for their own children. “These parents are looking for help improving attention span, respect, demeanor, and self-control.” (Wolf). Again, it is the structure of the classes that aid so greatly in these areas. There are many specific examples of children who started judo with numerous issues they were working through, and after a while the judo classes helped to iron out the problems these children were struggling with. One such example, told by Mrs. Dutton, was about her son, and how he had difficulty transitioning after their family moved. She told of how his grades began to fall, and how he was depressed, and then a friend invited him to join his judo club. He did, and Mrs. Dutton explained the results saying, “He found an activity that really fit for him and his life changed. He developed more friendships and his grades improved. His confidence increased and his overall outlook on life became more positive” (Timberline). She also recommends judo to help build character, discipline, and friendships for children.

It is not judo itself that benefits the lives of the children who practice it. It is the universal philosophies that make judo such a fulfilling, and satisfying martial art. Judo is not about the power and brute force of a throw, but about the correct technique that makes the throw work. The proper application of strength is extremely important, and is emphasized to the children. Judoka improve themselves by carrying the lessons they learn in the dojo to every other aspect of their lives. Children benefit greatly from participating in judo. They learn to respect authority, to take directions, to socialize better with others their age, they develop self-confidence, they learn that it takes hard work to accomplish great things, they learn to rise to challenges and to not back away from them. Judo is a terrific sport that is not only competitive and fun to learn, it is also a way of life with principles to follow and expectations to rise to.



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**Kimberly lives in LaVerne, CA and has been doing judo for 4 years. She is a nikyū.**



## Lafon Grassroots Clinic

On March 17, 2007 Gerald Lafon conducted a Grassroots Clinic at Goltz Judo club. 40 students of all ranks and ages attended.



## Los Angeles Cherry Blossom Festival Judo Demonstration

On Saturday March 31, 2007 Goltz Judo Club and Industry Sherriff's Judo Club performed a judo demo at the Annual Los Angeles Cherry Blossom Festival. This event celebrates the beginning of the spring season and is held in the Little Tokyo area of Los Angeles, CA. The city closes a large stretch of San Pedro Street for exhibits displaying Japanese art, food, and other aspect of their culture. Thousands attend the 2 day event.

Jigoro Kano himself founded Nanka the Southern California Judo Association back in the 1930's. It is a big honor for 2 USJA clubs to be asked to perform. A half dozen juniors and several seniors from both clubs showed basic judo skills and Gary Goltz, USJA COO did the goshin jitsu kata.





## Ode to a Crash Pad by Marc Cohen

I began Judo, in 1963, with teenage Explorer Scouts in an apartment house basement. I progressed to a basement Dojo on Long Island and graduated to a Jewish Community Center in Brooklyn.



That prepared me for the New York Dojo in Manhattan, then one of the best clubs in the nation. Sensei George Yoshida taught me to be a good and humble judoka. During my first ten years competing in every neighborhood club that I could find, I never saw, heard of, or used a crash pad. The New York Dojo's mats were four or five layers of carpet under a carpet pad topped with canvas. The mats weren't very forgiving, and we had to set them up and take them down at each practice.

I learned judo the hard way, throwing and being thrown as hard as possible. The only crash was

a body hitting the mat. I learned to close distance with my partner and tuck into a technique as Sensei directed. Often we paid the price for heavy practice with a concussion, dislocated shoulder, or loss of breath.

Crash pads permit practice using maximum speed and power with little or no fear of injury. Until our club got one, juniors worried about injuring partners and withheld power, often fouling terminal techniques. Our club's new crash pad allows



me to teach throws emphasizing position and torque. I teach techniques to conclude with either a standing finish or transition to the mat for ne-waza.

Dynamics of the class, lessons, and even randori have changed because of the crash pad. Though we don't use full power and speed during randori, our kids have become familiar with that through the pad and stop throws just short of a damaging finish.

It's hard to weigh the price of the pad versus benefit. Zebra brand is one of the best and most affordable at about \$340, plus shipping. It measures 8' x 5' x 6" and folds to 4' x 5' x 1' for easy storage. George Pasiuk donated a crash pad to us, and the two together allow five groups of juniors to practice. After about fifteen minutes of uchi-komi on the pads, judoka randori for about twenty.

I don't know who invented the crash pad or when or where, but it definitely has changed judo. Competitors cannot train seriously without one. We credit ours with reducing injuries. Perhaps I should re-title this article "Owed to a Crash Pad."

Marc Cohen holds godan rank in judo. He has operated Go Rin Dojo on Long Island in New York for a quarter-century and produced countless national champions. Many of Cohen Sensei's students have sent their children to become his students.





## Mayo Quanchi Judo Team Announces Summer training camp

This year Mayo Quanchi Judo Club in West Warwick, RI will be hosting its fourth annual Judo training camp from June 15 —June 30.

It is open to judoka of all levels. Coaches are welcome. This year we are expecting athletes from all age groups and skill levels as well as coaches from clubs throughout the United States, Canada, and the United Kingdom.

There will be multiple trainings sessions daily with plenty of exciting recreational activity to include, swimming, hiking, fishing, and relaxation in a country setting.

This camp is a great opportunity to train with some of the best in the USA and the UK.

Due to the number of judoka we will be breaking our camp up into three 5 day segments: June 15<sup>th</sup>-20<sup>th</sup>, 20<sup>th</sup>-25<sup>th</sup>, 25<sup>th</sup>-30<sup>th</sup>. We will be on a first come first serve basis. In the application below you will need to provide the dates you wish to attend. Multiple weeks are possible.

Place:

Mayo Quanchi Judo club  
751 Main Street  
West Warwick R.I. 02831

Camp fee for home stay and all meals included will be: \$175 if received by April 20th. April 20th – May 10th \$200. If space is still available after May 10th the cost will be \$250.

Camp fee for staying on your own \$150

Contact Serge Bouyssou (401) 647-4678 or [Judocoach@cox.net](mailto:Judocoach@cox.net)

Please make checks payable to Serge Bouyssou and mail application and waiver to Serge Bouyssou 290 Matteson road Hope R.I. 02831

Airport to fly into: Providence

Please remember to bring sleeping bags and swimwear.



## 'Tiny Tots' Classes

Tiny Tots ( ages 4-7) classes started at the Goltz Judo club in February 2007. Ms. Ashton Farah (Shodan) is teaching the classes.

Judo games and keeping it fun—much like its done in Europe. Our first class has 15 sign-ups already!







## Visit to USJA staff headquarters by Gary Goltz, USJA COO

I had the opportunity to visit our staff at our headquarters in Colorado Springs recently. What I found besides a lot of snow was a dedicated group highly service oriented professionals. Led by Katrina Davis, USJA Executive General Manager the staff includes Dee Dee Weller who handles promotions and certifications, Michael Lucadamo who handles sanctions and supplies, and Ruby Pacheco who handles memberships. I was happy to be able to take the staff out for a celebration lunch in honor of Katrina, Ruby and Dee Dee's birthdays!

The staff is currently implementing our new database from Silk Systems who have patented DojoLink an internet management system endorsed by the National Association of Professional Martial Artists (NAPMA). The system will allow instant updates, rosters, membership statistics, and eventually club leader access. The staff is scrubbing all of our existing membership lists to ensure only the latest and most accurate information is loaded into the new system.

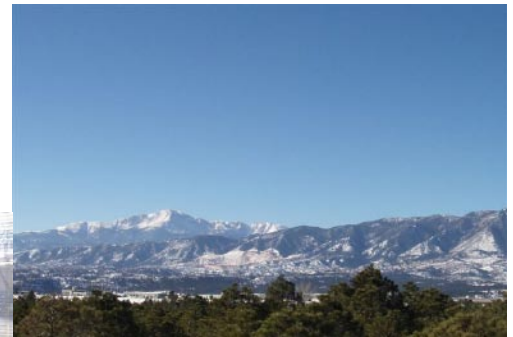
Overall, I believe one of the strategic advantages of the USJA is our full time well staffed headquarters. With the new database and our GTMA agreement to handle members supply needs, we are well positioned to offer our members a great deal of value. BTW, they have many USJA patches, lapel pins, posters, and stickers available for very nominal fees in stock. To view them go to [http://www.usja-judo.org/Merchant2/merchant.mv?Screen=CTGY&Store\\_Code=USC&Category\\_Code=P](http://www.usja-judo.org/Merchant2/merchant.mv?Screen=CTGY&Store_Code=USC&Category_Code=P).



Staff headquarters in Colorado Springs



Katrina Davis, USJA General Manager



Colorado Springs



Dee Dee Weller and Michael Lucadamo



Birthday lunch!



Ruby Pacheco



## Juido by Robert Spraley

Juido is a universal physical and mental training system that includes a personal defense component. It develops strength, flexibility, coordination, and aerobic fitness as well as increases mental awareness. It is not intended to be competitive or a self-defense system.

By late 1990 the Internet offered a wealth of information detailing Kodokan Judo's development. Before then, most information was limited and often presented in a predetermined mold. For years I waded through this information, seeking and verifying.

My research led to surprising conclusions challenging contemporary thought regarding development of Kodokan judo. I became convinced that Dr. Kano had developed two systems: a jiu-jitsu based combat system and another focusing primarily on physical and mental training.

Both were founded on the principal of maximum effect, which means a person should determine what effect he or she wishes to achieve and then proceed toward that goal by making best use of mental and physical resources. Dr. Kano had successfully applied that principal in developing his jiu-jitsu system.

Dr. Kano wrote of the need for a more effective method of physical education designed to be physically and mentally beneficial, interesting, and useful. He further had noted during his years of jiu-jitsu training that most jiu-jitsu masters had well-developed bodies and were confident and quick-thinking, attributes developed from jiu-jitsu. These were not the primary reason for jiu-jitsu study but simply a by-product of training. He noted too that although practicing jiu-jitsu was enjoyable, injuries were common.

Using jiu-jitsu as a foundation and guided by the principle of maximum effect, Dr. Kano devised a system of physical training. There are many similarities between jiu-jitsu of Kano's day and Judo of today.

I considered that exposing people to Judo through a Judo-based exercise system, Juido, might reverse Judo's declining popularity. Combining Dr. Kano's requirements for an ideal physical education system with my knowledge of Judo, I worked to develop such a system, built on Kano's concepts of maximum effect and mutual benefit with a personal defense component based on the principal of maximum effect.

I have developed Juido into a trademarked system, as different from today's judo as was judo from jiu-jitsu schools of Kano's day. How effective is it? Using Juido as a foundation of instruction for judo, in less than two years I produced a judo club ranked among the USJA's top ten.

Juido is utilized for physical education at the college level as a physical education credit course for beginning and intermediate level, a self-defense as well and a women's self-defense course. It fares well against judo, aikido and jiu-jitsu classes. Juido also is being featured as a health and fitness program in a YMCA in my area and retaining members that popular cardio, kickboxing, and boot camp type classes compete to attract. Juido replaces the need to seek aerobic, strength, flexibility, and agility training elsewhere.

Juido is a tool that can enhance life in all stages. It provides for youngsters beneficial physical activity that promotes social skills, develops leadership skills, and increases self-esteem. For adults Juido additionally provides a means of maintaining or regaining strength, flexibility, aerobic fitness, and mental alertness.

Robert Spraley, 6th dan, teaches judo and Juido in Ohio, where he coaches the American Kodokwan Institute. A popular clinician, Spraley Sensei works to spread knowledge of his Juido system. He serves as a Director on the USJA Board and is the author of the USJA Junior Judo Handbook.







## Action From USA Judo Senior Nationals 2007



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Guest Instructor for 2007  
is Jon Bluming,  
please read more about him  
at [www.jonbluming.com](http://www.jonbluming.com)



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Expert Coaching and Skill Development for Players of All Ages

August 12 - August 18

The 35<sup>th</sup> International Judo Camp is for you...  
if you're 6 or 66 Plus, Male or Female, Novice,  
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**EACH CABIN** has a number of caring, experienced counselors who cater to the needs of each camper.

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**OUR STATE-OF-THE-ART FACILITY** with 2 official Tatami mat areas and an additional mat area of puzzle mats that are 80 feet by 50 feet provide plenty of space for training.

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4:1  
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ratio!

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## Learn from Olympians and National Champions.

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## Great Instructors and Counselors are Great Role Models.

Our 4 to 1 camper to instructor ratio ensures that each camper develops skills, strategies and confidence. Instructors work side by side with campers in Randori (free practice) and take a personal interest in each individual's growth and accomplishments during the week. All staff members are carefully screened and complete a full background check and drug test before being hired. We encourage the parents to meet your child's counselor so you can feel comfortable knowing they will be well cared for while they are with us.

## The Daily Program Provides Balance.

Each day's training begins with an optional class in Tai Chi or a jog on a scenic mountain trail. Morning and afternoon classes are taught in small groups and campers practice their new skills in the evening during Randori.

A Kata clinic which features instruction on the formal demonstration of techniques is offered daily by a certified instructor and self-defense classes are conducted by experienced martial artists.

## World-Recognized Instructors and Camp Managers Include:

- George Harris** – Co-Director; 9th Dan; Olympian, 4-Time Grand Champion
- George Pasiuk** – Co-Director; 6th Dan; President Metropolitan Judo Association
- Jon Bluming** – Guest Instructor, 9th Dan Red Belt; trained in Japan for 3 years; produced Olympic and World Judo Champions.
- Yoichiro Matsumura** – Technical Advisor; 8th Dan
- Nagayasu Ogasawara** – 8th Dan; author of Textbook of Judo; former West Point coach
- Paul B.T. Lim** – 7th Dan; former West Point Coach
- Harry Glackin** – Self defense and Tai Chi Instructor; 7th Dan
- Rick Celotto** – 6th Dan; International Judo Federation Class "A" Referee
- Jim Bregman** – 6th Dan; 1964 Olympic bronze medalist
- Bonnie Korte** – 7th Dan; British Open Gold Medalist; 10-Time US National Champion
- Sid Kelly** – 7th Dan; 1999 World Masters Champion; British International Player
- David Kiang** – 5th Dan; Kodokan-Certified Kata Instructor
- Noriyasu Kudo** – 8th Dan, Judo Instructor, Tokyo Police
- Konstantyn Tshovrebashvili** – 4th Dan; 7 time Ukrainian National Champion
- Joe Walters** – 5th Dan; 1994 World Masters Silver Medalist
- Mike Berkowitz** – Nursing Staff; 3rd Dan
- Heiko Rommelmann** – Recreation Director; 4th Dan
- Penny Brusio** – Dorm Director, Camp MOM



### **Participation in the Final Competition is Optional**

An IJF tournament is held on the last day of training. Campers at all levels are eager to compete if they feel that they are ready.

### **The Dojo is the Center of our Championship Facility.**

The 10,000 square foot sports center is surrounded by walls of windows that open to provide cross ventilation and comfort while practicing.

- 2 official Tatami mat areas
- puzzle mats that are 80 feet by 50 feet
- Shower and Locker Rooms with Sauna
- Trainer's Room
- Whirlpool, Treatment Table
- Weightlifting & Cardiovascular Workout Equipment
- Trainers & Medical Attention Available 24/7

### **Our A+ Referee Training Produces Highly-Qualified National Refs.**

Our program is the most extensive training for aspiring referees in the country. Classes are conducted by International Judo Federation International "A" referees with 11 hours of classroom rule review, videotape analysis and on-the-mat sessions including signal drills, procedures drills, positioning, unorthodox osaekomi, invalid gripping and prohibited acts. Mock competitions with instructors commenting via wireless radio enhance the program.

*"It's hard to stay a stranger for long; this is a weeklong family reunion for the judo community and everyone is family. Perhaps that is the best part, a whole week surrounded by people who share a passion for a sport that our families and coworkers rarely understand."*

*—M Williams, Columbia University Judo Club*

### **We Offer Levels I, II and III USJA Coaching Certifications.**

Level I Certification addresses conditions of learning, physical development and the mechanical principles of Judo. Level II focuses on curricula, lesson plans and the development of training drills. Level III is geared toward the development of the individual student.

Certification courses are taught by Bill Montgomery and George Weers and will meet for approximately one hour daily. Certification fee is \$25 with a \$15 materials fee.

### **We're Only 90 Miles NW of New York City.**

Judo players enjoy our modern lodge-style accommodations and buffet meals with great lunch and dinner salad bars. We can accommodate all dietary needs.

### **There's Lots of Other Fun "Stuff" To do.**

Canoe, row, fish and swim. Climb our indoor climbing wall or hike on miles of trails. Play tennis, volleyball and softball and then relax at our lakeside canteen and sun deck. Horseback riding is also an option for an additional fee. See registration page.



# YMCA INTERNATIONAL JUDO CAMP

Please print legibly. Mail this completed form to: YMCA Camping Services; 300 Big Pond Road, PO Box 622, Huguenot, NY 12746-0622. Or register online at www.ymcanyc.org. Include credit card information or enclose a check/money order made payable to YMCA Camping Services.

Camper \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Circle one Male Female  
Last First Middle Initial

Address \_\_\_\_\_  
Street Apt. # City State Zip

Home Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ E-mail \_\_\_\_\_ Camper E-mail (optional) \_\_\_\_\_

Member of \_\_\_\_\_ Y Branch Membership # \_\_\_\_\_

Camper lives with Both Parents Mother Father Other (specify) \_\_\_\_\_

1st Contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Relationship \_\_\_\_\_

2nd Contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Relationship \_\_\_\_\_

Other emergency contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Alt (\_\_\_\_) \_\_\_\_-\_\_\_\_

Roommate Request One request per camper. Names must appear on each camper's form. \_\_\_\_\_

Session 1 / 7 days AUGUST 12-18 \$530 Late fee of \$50 charged after July 20th

10% Family Discount for additional campers from same household.

Register before July 20th to receive a t-shirt.

T-Shirt Size: Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

### Check Optional Activity to Authorize Additional Charge

\_\_\_\_ Horseback Riding \$30

Training Fee: \$530, includes all meals, lodging, instructional and recreational activities and a tee-shirt. After July 20th, a late fee of \$50 is charged, making the total fee \$580.

I give permission for the above-named camper to attend camp. A deposit of \$100, plus \$15 YMCA membership fee for non-members, is REQUIRED with application. There will be absolutely no refunds after June 1. No refunds will be given if a camper is dismissed for disciplinary reasons.

Signature Required \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Standard Release In consideration of the good will, public service and community aid provided by the YMCA of Greater New York, which I support and from which I have received benefit, I hereby grant permission to take and publish photographs, videotapes, motion pictures and recordings of the camper registered above. I acknowledge that you will be the sole owner of all rights arising out of their use for all purposes. I understand that I shall receive no compensation for their use from any source whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Check/money order in the amount of \$ \_\_\_\_\_ enclosed or Credit Card, circle type MasterCard VISA AmEx

Card # \_\_\_\_\_ Verification Code \_\_\_\_\_ Exp Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Print name as on credit card \_\_\_\_\_ Amount Charged \$ \_\_\_\_\_

The information below is optional and used only for statistical purposes. Please circle appropriate information. Thank you.

Racial/Ethnic Category: American Indian or Alaskan Asian or Pacific Islander Black Hispanic White Other \_\_\_\_\_  
Household Income: Below \$13,999 \$14,000-\$24,999 \$25,000-\$39,999 \$40,000-\$54,999 \$55,000-\$74,999 \$75,000 and over

REGISTRATION FORM 2007



## STRONG KIDS CAMPAIGN:

### ENSURING EVERYONE CAN PARTICIPATE!

Each year, more than 2,000 youth age 6-15 have the good fortune of spending two weeks at our YMCA camps. Here, they leave behind the concrete, cell phones, and subways and discover the joys of the great outdoors.

For many families, the cost of a one-week camp stay—even one as relatively affordable as the YMCA strives to provide—is beyond reach. We think every city kid deserves a chance to go to camp, especially those living in the most difficult circumstances. If you agree, please consider making a generous tax-deductible contribution to make that chance available for one more kid.

Through the support raised by the **YMCA STRONG KIDS CAMPAIGN**, the YMCA reaches out to children throughout the community to provide opportunities that they might not otherwise have. Your support provides the funds needed to make these programs available, providing the recreational, learning and life-enhancing experiences that build strong kids, strong families and strong communities.

Learn more about how your support helps build strong kids by visiting: [ymcastrongkids.org](http://ymcastrongkids.org)

Click on **NY state**, then go to **New York City: Camping Services**



**35th  
year**

**COME TO OUR SUNDAY  
OPEN HOUSES!**

**April 1, April 29, May 20, June 3**

Come see camp and get to know our fine staff! If these times are not convenient, please call us for an appointment at 845-858-2200.

**CHECK OUT OUR OTHER GREAT PROGRAMS!**

**ADVENTURE TRIPS**

**MCALISTER & TALCOTT SLEEPAWAY CAMPS**

**WINTER CAMP**

**WORLD VOLLEYBALL TRAINING CENTER**

**FAMILY CAMP**

**NATIONAL GYMNASTIC TRAINING CAMP**

**DAY CAMPS IN HUGUENOT AND THROUGH-  
OUT THE FIVE BOROUGHS OF NYC**

**CALL US AT 845-858-2200!**

**YMCA CAMPING SERVICES SUMMER 2007**







**YMCA CAMPING SERVICES**

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Fax: 845.858.7823  
Web: [ymcanyc.org](http://ymcanyc.org)  
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# REGISTER.

*We are located 90 miles NW of NYC near Port Jervis, NY  
on 1,100 wooded acres and 3 lakes.*

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NEW YORK  
for over 150 years.