



# American Judo

A Journal of the United States Judo Association

Winter 2007-2008



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Winter 2007-2008

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President Theodore Roosevelt (see article on page 4)

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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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## Honorary 8<sup>th</sup> Degree Black Belt to President Theodore Roosevelt

James Webb, the President of the United States Judo Association presented an honorary 8<sup>th</sup> degree black belt to President Theodore Roosevelt, the first and only American President to have studied the Japanese art of Judo.

Also in attendance, Mr. Gary Goltz, the Chief Operating Officer of the USJA, Mr. David Passoff, Mr. Marc Cohen and Mr. James Bruns, the President of the Theodore Roosevelt Association who received the award today, November 17, 2007 at the Roosevelt Home, Sagamore Hill, NY at 11:00 AM.

Honored guests included Mr. Jiro Okuyama, Deputy Consul General and Director of the Japan Information Center from the Consulate General of Japan in New York, and Ms. Yuko Suzuki, also from the Consulate.

Sagamore Hill was the home of Theodore Roosevelt, 26<sup>th</sup> President of the United States, from 1885 until his death in 1919. From 1902 to 1908 his "Summer White House" in Oyster Bay, New York was the focus of international attention.

For more information about the Theodore Roosevelt Association you can visit their web site: [www.theodoreroosevelt.org](http://www.theodoreroosevelt.org).





21 North Union Boulevard  
Colorado, Springs, CO 80909

July 4, 2007

Jim Bruns, President  
Theodore Roosevelt Association  
P.O. Box 719  
Oyster Bay, NY 11711

Dear Jim:

Throughout history it has remained of paramount importance for us as a people to remember and pay tribute to those who were instrumental in giving us the courage and guidance to build a better way of life.

The achievements of President Theodore Roosevelt are impressive. He led our country into the arena of international politics while creating an environment of order, social justice, and fair dealings here at home.

Less well know but equally as impressive in their own right were President Roosevelt's contributions to the adoption of Kodokan Judo in the United States. In 1904 Professor Yoshiaki Yamashita proclaimed Roosevelt to be one of his best students – notable Professor Yamashita remains one of the very few people to obtain the rank of tenth degree black belt.

It is in recognition of his support of judo at a time when judo was in a critical period of acceptance in the United States that we proudly present President Theodore Roosevelt with the certificate of the judo rank of eight degree black belt.

Sincerely,

James R. Webb,  
President

**THEODORE ROOSEVELT ASSOCIATION**

P.O. Box 719  
Oyster Bay, NY 11771-0719  
(516) 921-6319  
(516) 921-6481 Fax  
www.theodoreroosevelt.org

July 30, 2007

Mr. Dave Passoff  
Post Office Box 4451  
Great Neck, NY 11023

Dear Dave:

On behalf of the Theodore Roosevelt Association, I wish to express our deepest appreciation to you for arranging for a presentation by the United States Judo Association in tribute to Theodore Roosevelt. This is indeed a most fitting honor for President Roosevelt, who took up Jiu-jitsu for about a year or two after he stopped boxing as a result of an eye injury to his left eye.

The Association looks forward to accepting the United States Judo Association's tribute, and we would like to suggest that the formal presentation take place at Sagamore Hill, at a convenient date in September.

I look forward to working with you to make this a truly memorable event.

With best regards,

James H Bruns  
President

CHARTERED BY AN ACT OF CONGRESS 1920

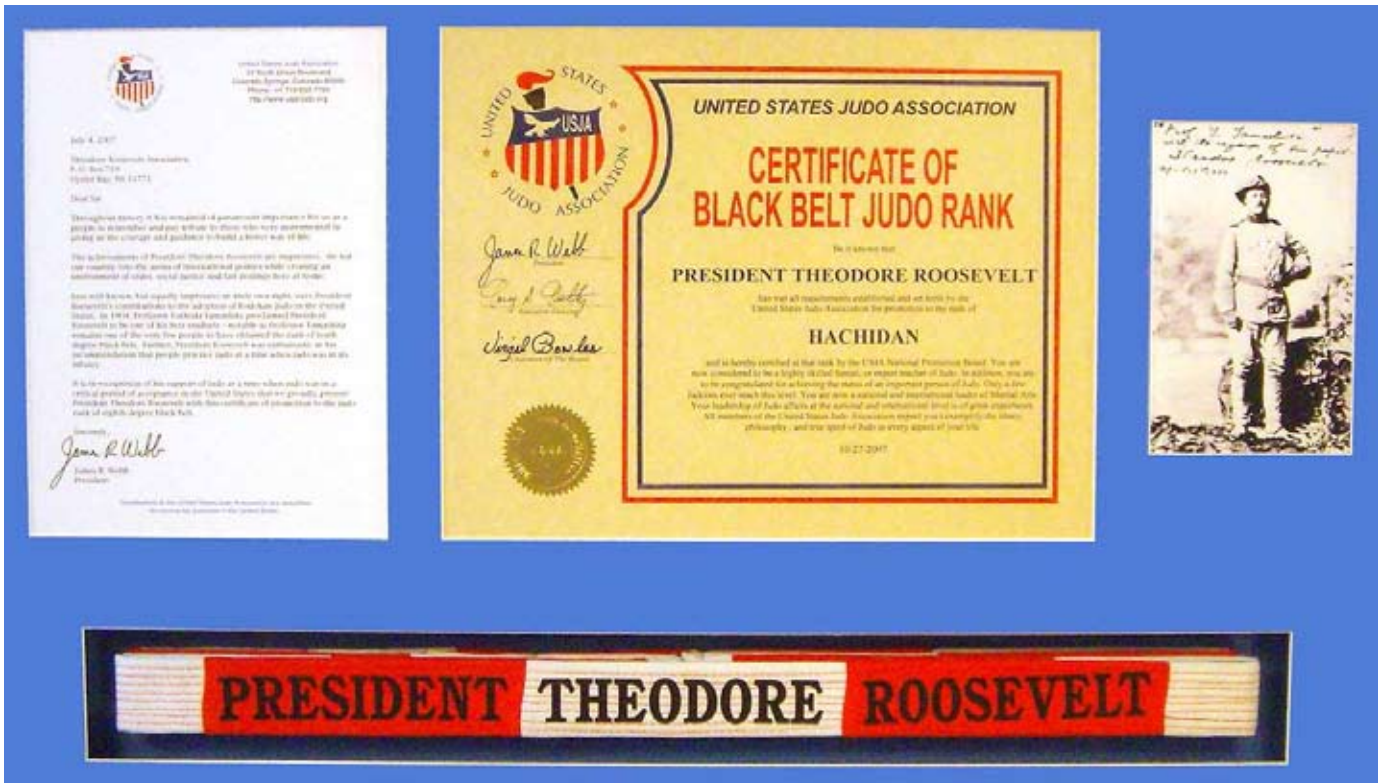


photo by Gary Goltz

## GOLTZ JUDO CLUB



**CHP 11-99 FOUNDATION**

***BRODERICK CRAWFORD***

**CLUB TOURNAMENT**

**Saturday March 1, 2008**

ALEXANDER HUGHES COMMUNITY CENTER  
1700 Danbury Road  
CLAREMONT, CA 91711  
909-399-5490

ENTRY FEE: \$10.00

REGISTRATION TIMES:

8:00AM to 9:00 AM, 5 to 12 year olds  
9:00 to 10:00 AM, 13 to 16 year olds  
10:00AM to 11:00AM, 17 years old to adults

Host: Sensei Gary Goltz  
Phone: 909-985-0486 Fax: 909-985-3786  
E-mail: [gary@goltzjudo.com](mailto:gary@goltzjudo.com)

[Download a Registration Form](#)

[Read more about the CHP 11-99 Foundation](#)

[Read more about Sensei Gary's 1955 CHP Buick](#)

Sanctioned by the USJA



## **USJA/USJF - SATURDAY** grassroots clinic series



**FEATURING – THE JAPANESE DOZEN**

**YOSHIHARU ENOKI with 11 OF HIS DISCIPLES**

Enoki Sensei is a former grand champion of the All Japan Police Judo Championships and is the Chief Judo Shihan of the Imperial Palace Police, Head of Judo at Nichi dai University, as well as a Kodokan Sensei and kata expert.

**Saturday February 9, 2008**

**9:00AM to 1:00PM**

Host

**GOLTZ JUDO CLUB**

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

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

For More Information Contact:

Gary Goltz

[gary@goltzjudo.com](mailto:gary@goltzjudo.com)

909-985-0486

**Sanctioned by the USJA**

Must be a current USJA, USJF, or USA Judo Member

**Mat Fee - \$10**

**Donations Accepted**

*Portion of proceeds go towards the USJA/USJF Grassroots Funding efforts*

[Download a Registration Form](#)

Clinic to be followed by -

**Luncheon at Eddie's New York Pizzeria in Claremont**



## At Age 65, Sensei Bregman Still Throws A Fine “Uchi Mata” by Sam Allred

Sensei Bregman, Olympic medalist and probably the best judoman ever produced in the United States, visited Mexico in October 2007. The pictures show him and his friend Terry Rusnak during their visit. They stayed with me and were absolutely wonderful guests.

They attended Mexico’s 1<sup>st</sup> National Jukensa Kajukenbo Tournament and really enjoyed several hours of karate, as well as the party afterward. It was especially fun for me because the tournament was on my 72<sup>nd</sup> birthday, which celebrated in so many ways.

These photos feature Sensei Bregman’s very well-received seminar, which earned him four rousing rounds of applause. Among other people seen in the various photos are O Sifu Sadoc Sierra, leader of Kajukenbo in Mexico and his wife, Lic. Nohemi.







ALL photos this article: [www.kajukenbo.info](http://www.kajukenbo.info)

## Industry Sheriff's Judo Club

From Industry Sheriff's Judo Club wearing their gold medals from the 2007 USJA Winter Nationals with LA Sheriff Lee Baca and of course Santa Claus at a demo at Staples center in front of 10,000 people in December.



Wyatt Soto on the left, Stephanie Ovalle on the right and Zachary Clark in the back



柔道



Host



# WINTER NATIONALS

December 5 - 7, 2008

SOUTHERN CALIFORNIA



## MY FIRST FLYING LESSON by Ed Carol



I'd looked for a Martial Art for self-defense for nearly a year. Every Karate school had at least one instructor who'd hit a student hard to make a point. Most of my fighting wasn't defensive; rather it was more about hanging onto a suspect so I could get him or her to jail without injury to myself.

I stumbled onto Tamura Judo Institute just when Tamura Sensei was teaching five-year-olds. He never yelled at them. They had a great time playing judo. Though Tamura Sensei appeared to put forth minimal effort to keep them working, they sweated like little pigs. Anyone that patient could teach a hardhead like me without socking me in the face! I paid for my first month of lessons.

That first year of jujutsu training was one of the most exciting of my life. Tamura Sensei wouldn't teach me judo but worked me in Jujutsu because he felt that as a cop I needed all the help I could get. Seeing as how I was short, fat, and mouthy, he was exactly right.

Tamura Sensei refused to call me by my first name for almost five years. I was accustomed to coaches calling me by my first name and by my last when they were angry but never had a coach who always called me "Mr. Carol." High school football, track, and wrestling and college football and wrestling had not prepared me for Y. Vincent Tamura.

It took over six years to make shodan. By then I was beginning to understand that Tamura Sensei was always just a hair better than I was. If I knew one throw just a little bit better, could move just a little faster, be a tad stronger, or have a slightly faster combination, I felt that I could throw him. I'd been nidandan about five years when my suspicions were confirmed. Tamura Sensei began calling me "Ed" and had me teach beginners.

After a private lesson, he asked me to randori, as he felt his timing was off. I was honored. This time things were different. Have you ever ridden a bronco, been in a major car wreck, or had a bomb detonate beneath you? Well, that's how it felt to randori with Tamura Sensei! I had ridden bucking horses, but they didn't throw me as high or as often. I'd survived major car wrecks but never felt as much out of control as I did with Sensei. And now I imagine what it's like to have a bomb go off under me! Those four minutes seemed like an hour. Even though he threw me quite high, he mercifully slid me across the mat instead of slamming me into it. After a couple of minutes I began to sense what he was about to do and began a counter or escape of some sort, to no avail. Finally he was done and thanked me.

For the next three weeks there were only two black belts in the club whom I couldn't throw. My randori partners seemed to move in slow motion. When the effect wore off, I tried to get Tamura Sensei to randori again, but he refused.

That was the only time I felt helpless on a judo mat. Not many judoka have the opportunity to randori with a superlative player. I cherish the memory.



Ed Carol holds yodan rank and has taught for 30 years at the Tamura Judo Institute. Now retired after 31 years with the Dallas Police Department, Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kaufman, Texas.



## Walter Ing and Elena Ing-Conduragis



*Memorial Service*

*22 December 2007*



### *Memorial for Walter Ing and Elena Ing-Conduragis*

- 12:00 Noon Reflection time:  
Guest Sign In  
Photo Display/Cards*
- 12:15 Commence Memorial  
Opening Prayer  
Eulogy for Walter Ing  
Taps and the laying of the Flag*
- 12:35 Eulogy for Elena Ing - Conduragis*
- 12:45 Blessing of the Meal  
Celebration Meal - Buffet Style  
View Memorial Display Table/Photos  
Card/Donation Box  
Informal Sharing of Memories*
- 3:00 Conclusion of the Memorial Service*

In lieu of flowers, contributions can be sent to the:  
**Walter Ing Memorial Judo Camp Scholarship/ c/o Liza Ing**  
13280 220th Ave. Big Rapids, MI 49307



**Walter Stillman Ing**  
*24 Jul 1927 - 10 Dec 2007*

A World War II Navy Veteran, Postman, husband of 52 years, father of eight children, Bayshore – Brightwaters volunteer fire-rescue, Cubmaster, hunter, fisherman, Scoutmaster, Judo/Ju-Jitsu – student and Sensei, a friend to many, 3<sup>rd</sup> son of Fong (Charles) and Elena Ing.



Judo became his passion over 42 years ago. He rose to the rank of 6<sup>th</sup> degree Black Belt in Judo and 3<sup>rd</sup> degree Black Belt in Ju-Jitsu, was a National-level referee, and Sensei (instructor) at the Port Jervis, NY Judo Camp. He participated in the camp as a volunteer for over 30 years and helped develop many Olympians during this time. He started up many programs on Long Island mostly as a

volunteer instructor at YMCA's, PAL clubs, many local dojo's, etc. The object of his enthusiasm was instructing new and experienced judoka [students] even at 80 years old.



Walter died peacefully in his sleep of aggressive small cell lung cancer and is survived by his wife Marjorie, children Bryon, Liza, Katrina, Gregory, Melanie, Ronald, Lance, Jelana, and his sister Greta "Oy" Tom, eight grandchildren and one great-grandson.



*Alfred, Charles (Tommy), Walter*

*Above: Fong (dad)*



## ***Elena Ing – Conduragis***

*15 May 1922- 10 Oct 2007*

Elena was married to the late Evangelos "Andy" Conduragis who with their son Rod were active members of the Wasada Dojo. Elena was a supportive mom who could be found cheering in the stands at every tournament. Elena was the 4th child of 7 children.



Her parents Charles and Elena would have said she was a lovely and vibrant child, who was loved by her 3 sisters, 3 brothers, cousins and friends.

She is remembered as Sister [Sis], the life of the party, tough cookie and a go getter.

Elena was a loving mother to her five children, 10 grandchildren and 17 great-grandchildren.

She is survived by her children , Linda Greco, Kenneth Lee, Carol Wittenben, Todd Conduragis and Rod Conduragis and her sister Greta.



*Elena (mom), Greta, Elena (Sis), Frances*



*Elena & Andy*



## Walter Ing Scholarship Fund

The family is setting up a scholarship fund in my father's name for the YMCA Judo Camp to help kids interested in Judo who would otherwise be unable to afford going to the camp, as well as to help promote Judo. In response to the many inquiries that are being sent to us, we are issuing the following statement:

We are requesting that, in lieu of flowers, contributions be sent to the Memorial YMCA International Judo Camp Scholarship we are setting up in my dad's name. Address is below for any memorial contributions:

Walter Ing Scholarship/Liza Ing  
13280 220th Ave.  
Big Rapids, MI 49307

Thank you for your compassion, thoughts and prayers,  
We wish you and your family love and peace on the holidays

Jelana and the Ing Family

Editor's note:

Walter Ing was a very important man at the YMCA Judo camp. Not the highest rank, best competitor, or flashiest player—BUT:

He was one of the instructors who always put the little kids first, especially those kids sent by parents who didn't know what Judo was, and thought that the camp would be good for them.

Despite the instructions saying that campers needed to bring judo uniforms, there was always a parent or two that would send their children without any Judo experience. Walter Ing and Harry Glackin would get them a uniform (at their own expense) and Walter would spend time each day with those children so that they could safely participate in the Judo camp for the week.

We ask that people send photos and reminiscences to [americanjudomag@gmail.com](mailto:americanjudomag@gmail.com) for inclusion in a future issue.



# Charles Robertson Dies by Ronald Allan Charles

It is with sorrow that I report the passing of Charles Robertson of Harlingen, Texas. A bushy-bearded retired schoolteacher, Charlie used to motorcycle from home in the Rio Grande Valley to judo camps in Colorado Springs at the former National Judo Institute, where he was known affectionately as "Charlie Who?" Another prominent sensei with a similar name, Charlie Robinson, was at each camp. When anyone called for "Charlie," Robertson Sensei would ask, "Charlie who?" thus earning his nickname.

He was a founding member of the facetious Ninja Mama Judo Association, along with Roby Reed, Ken Burton, Terry Kelly, Steve Jimerfield, and myself. We would work up humorous skits to present at Founders' Day Banquets. We issued promotion certificates to four individuals, to the rank of Yomamadan. I am not at liberty to divulge their names, but they know who they are, and if you were there, you do too.

As fellow board members armed with traditional samurai weapons chanted, I would read and present certificates. These promotion certificates from 1987 to 1990, now collectors' items, stated that the recipient had "met all requirements established and set forth by the Ninja Mama Judo Association for promotion to the rank of YOMAMADAN, and is hereby certified at that rank by the Ninja Mama National Promotion Board. A high level of technical skill and knowledge of Judo have been demonstrated without witnesses at secret high mountain camps according to never-revealed Ninja Mama tradition.

**NINJA MAMA JUDO ASSOCIATION**

**CERTIFICATE OF  
BLACK BELT JUDO RANK**

*Be it known that*

**PETE "POISON DWARF" LACROIX**

*has met all requirements established and set forth  
by the Ninja Mama Judo Association for promotion to the rank of*

**YOMAMADAN**

*and is hereby certified at that rank by the Ninja Mama National Promotion Board.  
A high level of technical skill and knowledge of Judo have  
been demonstrated without witnesses at secret high mountain camps  
according to never-revealed Ninja Mama tradition.*

*As second highest living master (the highest living master cannot be found)  
of this most unknown art, Yomamasan Yomamadan Lacroix must protect the secrecy  
of Ninja Mama Judo by never revealing or exemplifying its philosophy  
and discipline in any or all aspects of life, whether now or hereafter.*

Date of Issue: July 26, 1990

**NINJA MAMA NATIONAL PROMOTION BOARD**




*Ronald Allan Charles*  
Most Humble Ultimate Supreme Master of Splitting Rolls  
and Lord of the Midnight Throw

*Ken Burton*  
Sir Dapiek Natsugesai, Knight of the NJI, Killer of Weeds

*Steven J. Jimerfield*  
Imperial Wizard of Bokken

*Roby Reed*  
Grand Poobah of Roundoffs

*Charles J. Robertson*  
Texican Mamadanza Ass.

**NINJA MAMA JUDO ASSOCIATION**

**CERTIFICATE OF  
BLACK BELT JUDO RANK**

*Be it known that*

**JOHN "GRANDAN" WIERCINSKI**

*has met all requirements established and set forth  
by the Ninja Mama Judo Association for promotion to the rank of*

**YOMAMADAN**

*and is hereby certified at that rank by the Ninja Mama National Promotion Board.  
A high level of technical skill and knowledge of Judo have  
been demonstrated without witnesses at secret high mountain camps  
according to never-revealed Ninja Mama tradition.*

*As second highest living master (the highest living master cannot be found)  
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*Steven J. Jimerfield*  
Imperial Wizard of Bokken

*Roby Reed*  
Grand Poobah of Roundoffs

*Charles J. Robertson*  
Texican Mamadanza Ass.

"As second highest living master (the highest living master cannot be found) of this most unknown art, Yomamasan Yomamadan (name of promotee) must protect the secrecy of Ninja Mama Judo by never revealing or exemplifying its philosophy and discipline in any or all aspects of life, whether now or hereafter."

One of these promotions was provisional and included this admonition: "Should the secret requirements associated with this provisional rank not be fulfilled during the indeterminate probationary period, this promotion, along with its provisional holder, will self-destruct." Whew, this indeed was serious stuff!

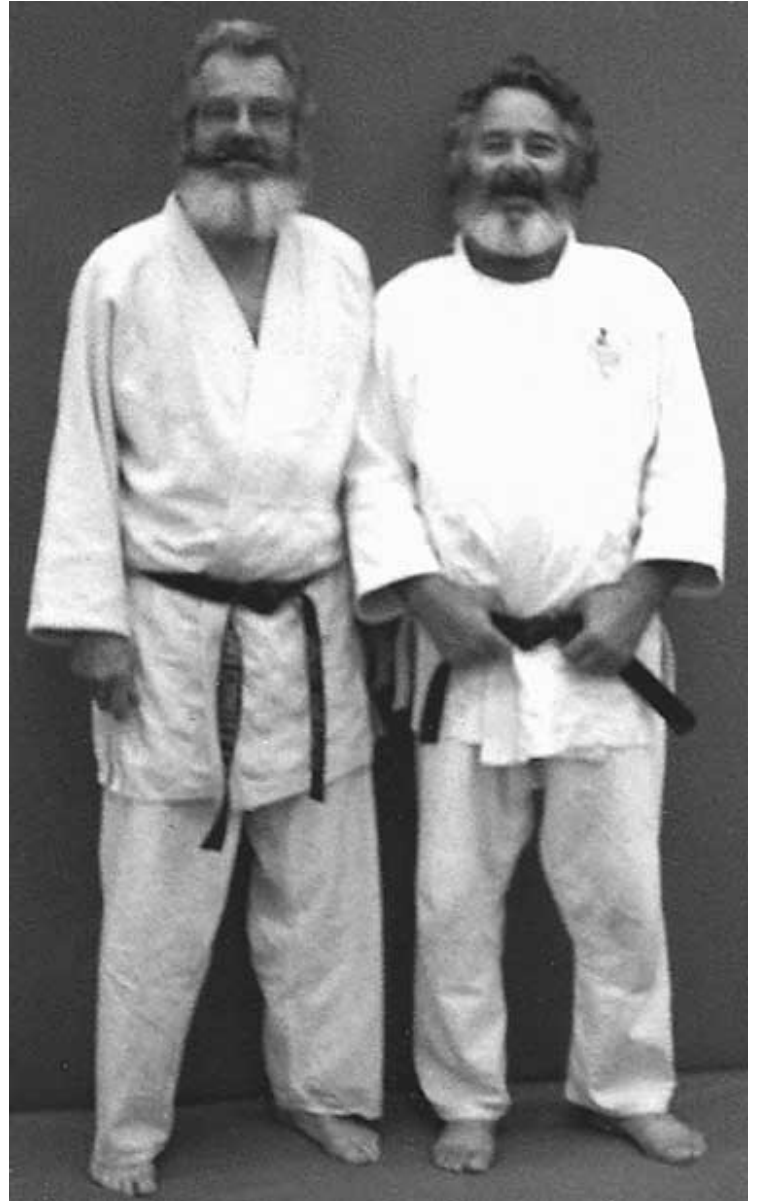
A few years ago on a trip by Judomobile to share judo goodwill in Mexico I arranged to stop in his town in the Rio Grande Valley to present a clinic in his club at the Marine Military Academy in Harlingen, Texas. His players were not USJA members, so we agreed to charge a modest fee for the clinic, exactly the cost of a USJA membership. Voilà! In one day Robertson Sensei had a chartered USJA club. He coached judo there and at the Harlingen Judo Club for many years.





"Charlie Who?" died in December of congestive heart failure. He was 77, a Life Member and 6th dan. Those who knew him will miss him. Those who didn't, missed out. Rest in peace, Charlie.

Should you wish to express condolences, his widow, Betty Robertson, lives at 1406 East Bowie, Harlingen, TX 78550.



*Charles Robinson on right, Charles Robertson on left...to prevent confusion, Charlie Robertson would answer Charlie who? when folks called Charlie...hence the nickname...and he even printed that on the back of his judogi jacket.*

## **The Passing of Charlie (Who?) Robertson, a Personal Note by George Weers**

I spent many, many hours on the mat with Charlie at the National Judo Institute. You could count on Charlie to be maximally mischievous and ever cheerful. In spite of a very serious heart condition, Charlie could not be kept out of randori sessions. Prior to randori the Camp Directors would corner Charlie and make him promise not to participate. We always received a solemn vow that he would only observe. Not 10 minutes later Charlie would have some young black belt at the end of his arms dancing around as though he was 30 years younger. The sessions frequently ended with his pallor as ash and him laughing all the way to corner where he could rest and recover. It got to the point where we assigned Junior staff to help keep him off the mat. It didn't work. His spirit and tenacity were inspirational and he will be missed.



## Laureen Anderson

To the Judo Community

A message from Corky Peters, a longtime instructor at the Baltimore Judo Club and a good friend of John Anderson's, sadly announced the passing of John Anderson's dear wife, Laureen Anderson, at 6:30 PM January 2, 2008. Mrs. Anderson had been seriously ill for some time. Over the years she remained a solid supporter of Judo and of John Anderson's outstanding Judo career. When she was younger she also practiced Judo for a number of years earning her black belt.

Michael W. Landstreet



*Laureen was born on July 3, 1936. In 1956 Laureen, as Miss Bay Shore Park, entered and was a runner-up in the Miss Maryland Pageant. They were married in 1957.*



*John said "she was my partner, my lover and my friend."*



*Photo was taken during a judo demonstration at Andrews Air Force Base. Laureen was Shodan and John was Godan at that time.*



*Laureen (holding Michael), Jean Ellen and Mark*



### ***A personal reflection:***

Throughout the years there have always been spouses of Judo players who we never see. In fact, it sometimes comes as a surprise to many that the Judo person you have known for years has a spouse, a significant other, or even children. These men and women behind the scenes love and support their Judo husbands and wives.

Laureen Anderson was one such person. I only met her once, at a Nationals in Florida, but it was clear to me that she adored John, and that John was still fiercely in love with her. She was his rock and he was hers. Indeed, over the years listening to John speak quietly about Laureen, I felt the warmth and steady presence helping him day by day. Their love and respect for each other was wonderful to hear about.

The Judo community lost another one of our own with her, even though she was not on the mat, working a table, or sorting a pool sheet.

Rest in peace.  
Connie Halporn

John Anderson's address is:  
8405 Downey Dale Drive  
Randallstown, MD 21133

The obituary mentions in lieu of flowers, expressions of sympathy may be directed in Laureen Anderson's name to:  
Multiple Myeloma Research Foundation  
383 Main Avenue, 5th floor  
Norwalk, CT 06851  
or at [www.multiplemyeloma.org](http://www.multiplemyeloma.org)

Saturday, January 5<sup>th</sup> Laureen Anderson was buried in Druid Ridge Cemetery at Park Heights Avenue and Old Court Road in Pikesville, Md.



*John, Michael, Laureen, Jean-Ellen and Mark Anderson*



*John and Laureen on vacation in Bermuda*



## Israeli Judo Expert Gives Women A Fighting Chance

from a New Jersey Jewish News online article

by Debra Rubin

NJJN Bureau Chief/Middlesex

12.11.07



*Women employees of the Jewish Federation of Greater Middlesex County proudly hold up the boards they broke with their hands during the class conducted by Sidikman, kneeling third from left.*

Yudit Sidikman says she learned judo not so much for self-defense, but because it provided an opportunity for "fun and sport."

Sidikman, who grew up in Somerset and Highland Park, moved to Israel in 1984 while she was in college, married, and had five children. She was pregnant with her youngest when she was asked by a group of women to join a neighborhood judo group, earning her yellow belt "by throwing around a group of 15- and 16-year-old boys."

And she found something more than fun and sport.

"It helped me get in touch with my body, self, and power," she explained. "People ask if I've ever used my Judo, and my answer is I use it every day. It's not just about fighting. It's about feeling good about yourself and knowing your fight and choosing to be in it or not to be in it."

Sidikman now uses those lessons to help other women and girls become strong and independent.

Sidikman divorced her husband and eventually founded El Halev-Israel, the Israel Women's Martial Arts Foundation. The nonprofit Jerusalem-based organization helps women confront the trauma of domestic abuse through martial arts and women-oriented self-defense.

"In general the Jewish community, especially the Orthodox, likes to believe abuse doesn't happen in this community," said Sidikman during an interview Nov. 26 at the South River offices of the Jewish Federation of Greater Middlesex County, where she had just conducted a self-defense training class for female employees.

Her roots in Middlesex County go deep — her father, Larry Zicklin, was president of both Anshe Emeth Memorial Temple in New Brunswick and the federation.

"Yudit works with women at the Jerusalem Shelter for Battered Women, which has been supported by our federation for 10 years through the Jennifer Lalin Memorial Foundation," said federation executive director Gerrie Bamira. "Her program empowers the women and their daughters, physically and emotionally."



In the United States to visit friends and family, she had earlier in her stay conducted a similar class for the youth group of Anshe Emeth. Her own involvement there as a youngster led to her spending a semester in Israel at age 16 through the Reform movement's North American Federation of Temple Youth.

The former Andrea Zicklin, now a Modern Orthodox feminist, said her varied background affords her the opportunity to work well with those of different ethnic, racial, and religious backgrounds.

"I used to be much more Orthodox," she said. "I'm a returnee to the middle ground so I can play well in all communities."

Now a third-degree black belt in judo and skilled in other martial arts forms, Sidikman said El Halev offers referral services, scholarships, and networking opportunities for women from all backgrounds. They are also taught self-confidence and self-respect through discussion and exercise.



Sidikman also directs two related institutions. The Martial Arts Center at Gush Etzion focuses on young people, particularly at-risk teens. Merkaz Edna, named after her late grandmother, Edna Sulam, shares space with El Halev and is a rehabilitation center for women with psychological problems.

Sidikman, who serves as a Special Olympics judo referee, was honored earlier this year for her 20 years of working with special needs children.

### **Better safe**

Yudit Sidikman, a former resident of Somerset and Highland Park, conducted a program Nov. 26 on self-defense for the female employees of the Jewish Federation of Greater Middlesex County. She is the founder of El Halev-Israel, the Israel Women's Martial Arts Foundation.

One of Sidikman's proudest moments came in 2002 — 18 years after she left college to make aliya — when she completed her degree through Thomas Edison State College, a distance learning institution. Her children traveled to New Jersey to watch their mother receive her diploma.

Her children — the two oldest are in the Israeli Air Force — range in age from 14 to 21 and are all skilled in Judo. Sidikman herself has taught in Holland, Houston, and Utah and will again teach at Anshe Emeth and Arizona when she returns to the United States in February.



During her federation program, Sidikman had the women practice raising their voices, making faces, holding their outstretched arms out, and pushing others off as techniques to ward off those "who were getting in their space" and making them uncomfortable.

Under Sidikman's instruction, every woman broke a wooden board placed across cinderblocks.

In another exercise, the women discussed degrees of abusive behavior.

"Women want to be nice so we take all those bad feelings and put them up in our heads," explained Sidikman. "We tell ourselves, 'Well, he's well-educated, he's wearing a suit, drives a nice car, comes from a good family.' Believe me if it feels icky, it is icky. Get out of there because better safe than trying to figure out how to get out of an abusive relationship."

Sidikman also said embarrassment can be a powerful tool in stopping women from reporting harassment and related one of her favorite stories, which took place on an Israeli bus.

"This woman lifted this man's hand and yelled to the entire bus, 'Has anyone lost a hand because I just found one on my thigh,'" said Sidikman, as the women laughed and applauded.



## The Essence Of Midori Ryu Jujitsu by Hal Zeidman



I have been practicing martial arts for 34 years and am a 6<sup>th</sup> degree black belt. Nevertheless I've just spent the last four months intensively studying the front punch and as a consequence have learned a number of things. In case you were wondering, the front punch is one of the first techniques that I learned 34 years ago, and I've practiced it regularly during the intervening years.

However this article isn't about the front punch. Instead it's an exposition of the essence of Midori Ryu jujitsu and how it differs from other styles. Most important, how can knowing the essence of Midori Ryu make us better martial artists?

This essence can be summed up in one word – kuzushi. The use of another's motion to off-balance that person is what Midori Ryu is all about. Most jujitsu styles use kuzushi, teaching it as part of the syllabus. In Midori Ryu, kuzushi is its defining characteristic, the essence of the syllabus. Every technique is taught as an expression of kuzushi.

Jujitsu focuses on practical defenses against an attacker. In Midori Ryu we express this concept differently. There are neither attackers nor defenders. Instead, what others think of as attackers in Midori Ryu are thought of as those who give kuzushi. Instead of being defenders, in Midori Ryu we accept that kuzushi and allow its giver to continue his or her motion. Hence with the front punch, I do not strive to block the attack and then respond with a front punch before my attacker can recover and launch another. Rather, I accept the motion and allow it to continue until the attacker strikes my fist with his face (or other sensitive body part) as a natural outcome of giving me kuzushi that I accept.

Midori Ryu stresses politeness. It would be rude not to accept an offered kuzushi. Similarly, if someone wants to move in a certain direction (the direction of the kuzushi), we would not impede that motion. Instead we accept that kuzushi and, as a gesture of politeness, add to it. In the example of the front punch, the attacker's face desires to strike my fist. With o-goshi, the assailant wishes to strike the ground head first at 35 miles per hour. Midori Ryu's goal is to be polite enough to allow an attacker to achieve his or her true desire.

How do we learn this? First, we must understand that study of Midori Ryu is a journey, not a destination. There is no point at which the student has arrived in the sense of knowing all there is about kuzushi. Instead students strive to improve knowledge and understanding, which is why, after 34 years of study, I find myself back at the beginning, intensively restudying the front punch. If I live long enough, my journey will take me back to the front punch many times.

Second, we need to understand ourselves and our bodies before seeking to accept the kuzushi that the kuzushi "giver" provides. (For more information, see my article on the USJA's Jujitsu website at: <http://usja-jujitsu.org/Article.php?ArticleID=15>).

Third, we need to accept completely the other person's attack to become part of it. Ultimately there are not two people involved in an altercation; there is one motion with two bodies connected by strong invisible lines. Understanding this takes years of practice. Attaining shodan rank in Midori Ryu doesn't indicate mastery of the art. It means that the student understands his or her own body well enough to begin accepting another's. Such acceptance can apply to many situations, such as multiple or armed attackers.

Midori means green in Japanese. What's green to do with kuzushi? Well, in one sense nothing and in another everything. Professor Green founded Midori Ryu. Upon his death, his disciples named the style after him.

Many have told me that I have a good understanding of kuzushi, to which I have two replies. First, it's a journey, not a destination, and I do not even begin to understand kuzushi as I would like. Second, to paraphrase a famous quote, if I can touch the sky, it's because I stand upon the shoulders of a giant. Thank you, Professor Greene.

Hal Zeidman, 6<sup>th</sup> dan in USJA Jujitsu and vice-chair of the USJA Jujitsu Committee, lives in Connecticut. Zeidman Sensei conducts many seminars.





## Martial Arts Phonocards by Ronald Allan Charles



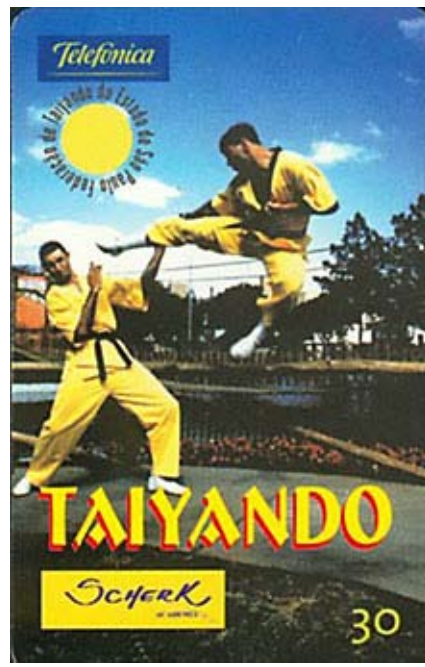
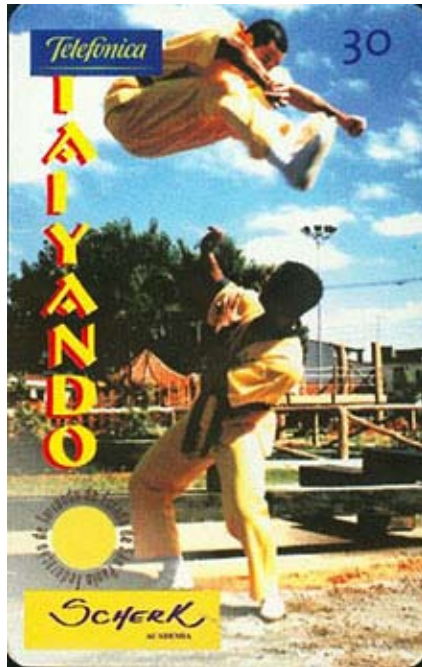
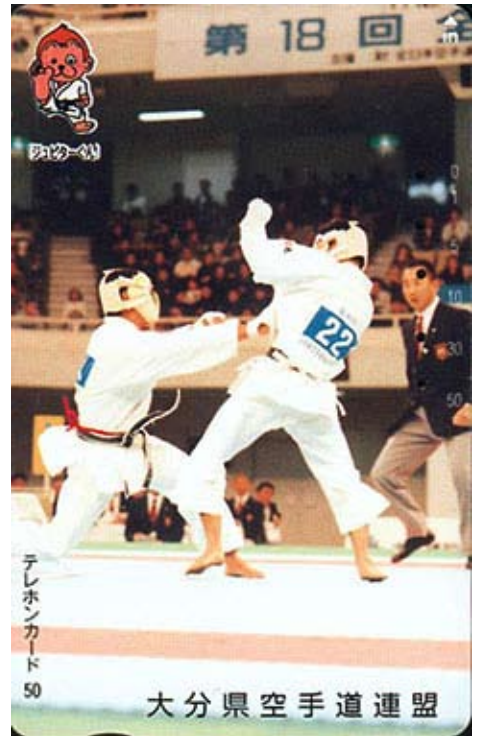
There are more martial arts than you can shake a stick at. And many — kali, arnis, jodo, bojitsu, jojitsu, kendo, and tambo in Cuong Nhu — really do shake sticks. Well, they use them to beat on each other. An assistant instructor in my judo club searched the internet for martial arts and reported over 2,000.

Just as stamps feature martial arts, so do telephone cards. Lesser known arts never will achieve stamp or phonocard glory. Most martial arts stamps and phonocards depict judo, an Olympic sport since 1964, with taekwondo a distant second. Other martial arts are not as popular.

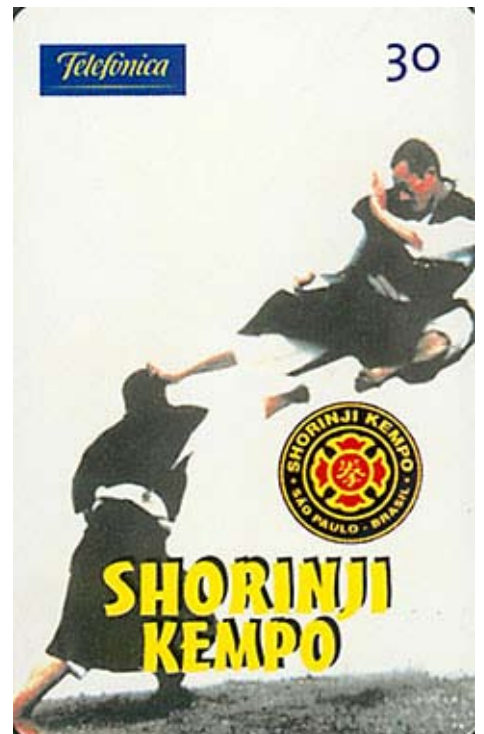
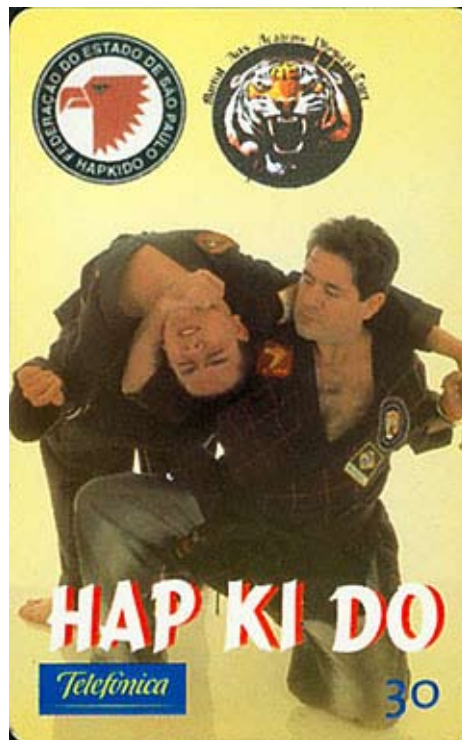
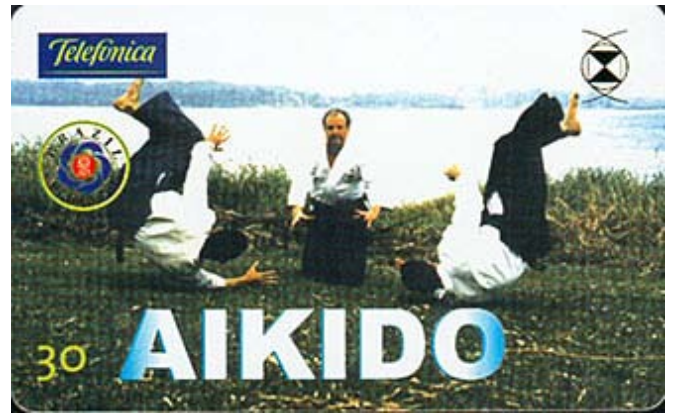
Some phonocards portray creative artwork. Some are action photos, but quite a few are advertisements or simply show a judoka or club posing, often with awards. A few show more than one martial art or a martial art and other sports. Many are cartoons. Many are boring. Most are inexpensive, often available through e-Bay.

Below is a sampling from the Other Martial Arts Phonocards section of the Judo Stamps, Coins, and Phonocards website, the world's largest collection of these items. I have not included boxing, wrestling, and that killer stick-fighting sport, hockey, nor are they on the website.

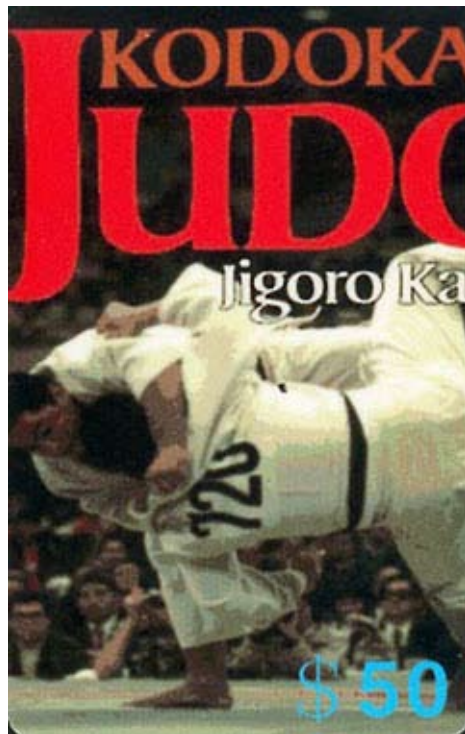
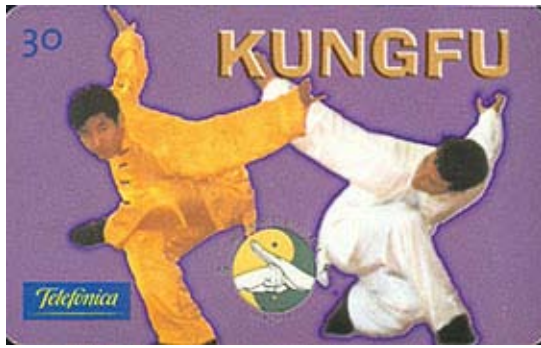


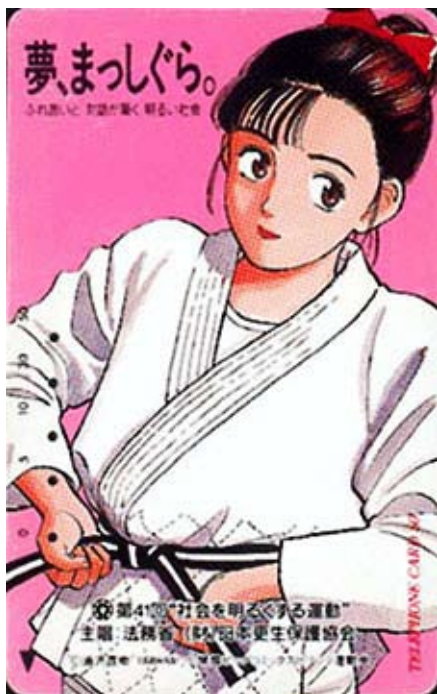












To see these and other martial arts phonecards, stamps, and coins, visit <http://www.usja-judo.org/~judo.stamps>. If you come across any not on the List, please scan and send them to me.

Ronald Allan Charles holds 8<sup>th</sup> dan rank in judo and 6<sup>th</sup> dan in jujitsu and leads the Samurai Judo Association. He teaches in his club in Goose Creek, SC, near Charleston, when not travelling and sharing skills in other countries.



## A Christmas Card

Isn't this cool? They had their gis on for their Christmas Cards.

Mike Muender was in our club and is still on our roster. He was a Sandan 12+ years ago. As he has moved from Charlotte, to go back to seminary and to pastor churches, he has started dojos in Harmony, NC, Cary, NC, Wake Forest, NC, then Exmore, VA.

Dana and I went to see him in 2007. You could visit him if you come to the JI Sr. Nationals. You have to travel across a bridge/tunnel 26 miles long to the peninsula. Exmore is a tiny, tiny town.

—Deb Rucker



## Santa Sensei At The Shiai by Ronald Allan Charles

We were all surprised to see him  
as he walked in the dojo door.  
He wore his bright red judogi;  
his boots tracked mud across the floor.

Each player's eyes were fixed upon  
his snow white beard and belt of black.  
His belly bounced with every step.  
Behind him dragged a heavy sack.

A bright-eyed junior thought to ask,  
"Have you brought us sugar and spice?"  
Santa Sensei shook his head, said,  
"It's full of JA merchandise."

I asked him for his JA card  
and which division he'd fight in.  
He said he hadn't time to play,  
though if he did, he knew he'd win.

He'd always fought in open weight,  
— no scale could read his many pounds —  
but he was running a bit late  
and had to finish with his rounds.

According to his JA card  
he'd finished his Life Membership.  
He took his card and turned to go,  
and at the door he made this quip:

"I'm here to wish you Christmas cheer,  
so have the greatest judo year."  
With that he gave a "Ho, ho, ho!"  
and headed for the next dojo.

Ronald Allan Charles, with his white beard and black belt, sometimes is mistaken for Santa. Sometimes he is mistaken too for the Grinch.





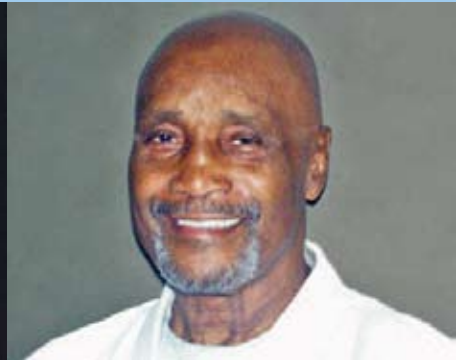
# INTERNATIONAL JUDO CAMP



George Pasiuk, Director



Pat Burris, Guest Instructor



George Harris, Director

**August 10 -16, 2008**





# Welcome

# DEVELOP SKILLS AND CONFIDENCE

## 2008 INTERNATIONAL JUDO CAMP

Expert Coaching and Skill Development for Players of All Ages

August 10 - August 16

The 36<sup>th</sup> International Judo Camp is for you... if you're 6 or 66 Plus, Male or Female, Novice, Veteran, Competitor or Recreational Player!

**WE PRIDE OURSELVES ON TEACHING JUDO IN A SAFE AND FUN ENVIRONMENT.** We believe in teaching it right the first time.

**OUR MASTER COACHING STAFF** has over 36 years of National and International experience. All staff members are carefully screened and complete a full background check and drug test before being hired.

**EACH CABIN** has a number of caring, experienced counselors who cater to the needs of each camper. All participants are housed by age group so that adult and youth campers have separate accommodations.

**WE REALIZE THAT EACH CAMPER COMES IN WITH INDIVIDUAL GOALS AND NEEDS** for the week. Our low Judo player to coach ratio provides the individual attention necessary to reach and even surpass those goals.

**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.

**A WIDE VARIETY OF FOOD** is served at each meal meeting each individual's nutritional needs as well as personal tastes.

Phone 845-858-2200 | Fax 845-858-7823

E-mail us at [camps@ymcanyc.org](mailto:camps@ymcanyc.org)

[www.ymcanyc.org/judo](http://www.ymcanyc.org/judo)

### Our Mission

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth. Participants are accepted regardless of race, color, national origin or religion.

Financial assistance is available for all Y programs. For information, contact (845) 858-2200.



### Learn from Olympians and National Champions.

International Judo Legend George Harris and Grand Champion George Pasluk lead a staff of top competitors and instructors from Asia, Europe, North and South America.

### 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. 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.

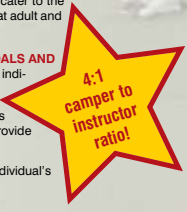
### The Daily Program Provides Balance.

Each day's training begins with a 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:

- Pat Burris  
Guest Instructor; 1972 and 1976 USA Olympic Team Member; Judo; 1976 USA Grand National Champion, Judo; Coached 1995 USA World Judo Team in Tokyo, Japan.; The only individual to be inducted into the Black Belt Hall of Fame for Athletics and Coaching.
- George Harris  
Co-Director; 9th Dan; Olympian, 4-Time Grand Champion
- George Pasluk  
Co-Director; 6th Dan; President Metropolitan Judo Association
- Jim Bregman  
9th Dan; 1964 Olympic bronze medalist
- 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
- 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 Klang  
5th Dan; Kodokan-Certified Kata Instructor
- Noriyasu Kudo  
8th Dan, Judo Instructor, Tokyo Police
- Konstantyn Tshovrebashevili  
4th Dan; 7 time Ukrainian National Champion
- Joe Walters  
5th Dan; 1994 World Masters Silver Medalist
- Mike Berkowitz  
Nursing Staff; 3rd Dan
- Helko Rommelmann  
Recreation Director; 4th Dan
- Penny Brusio  
Dorm Director; Camp MOM



INTERNATIONAL JUDO CAMP



### A Who's Who list of Guest Instructors

#### Previous guest instructors include:

- Byeong Kun Ahn (Korea)
- Tony MacConnell (Great Britain)
- Jon Bluming (Holland)
- Ruslan Mashurenko (Ukraine)
- Sylwester Gaweł (Poland)
- K.G. Mehdi (Brazil)
- Ho San Han (Germany)
- Toishikazu Okada (Japan)
- Radomir Kovacevic (Yugoslavia)
- Angelo Parisi (France)
- Suk Chan Lee (Korea)
- Jimmy Pedro (US)
- Bernard Lepfotoker (US)
- Alan Petherbridge (Great Britain)
- Lutz Lischka (Austria)
- Peter Seisenbacher (Austria)
- Mohammed Maach (Morocco)
- Andre Tsupachenko (Russia)

### Let Us Name Names...

Our alumni include many champions, such as:

- Celita Schutz (US)
- Liliko Ogasawara (US)
- Ed Liddle (US)
- Eve Aronoff-Travella (US)
- John Saylor (US)
- Jason Morris (US)
- Fredy Glock (US)
- Peter Seisenbacher (Austria)
- Clyde Worthen (US)
- Poochie Montgomery (US)
- Marveen Brazier (US)
- Marissa Pedulla (US)

### COME TO OUR OPEN HOUSES!

- March 9
- March 30
- May 3
- June 1

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

### CHECK OUT OUR OTHER GREAT PROGRAMS!

- OUTDOOR ADVENTURES
- MCALISTER & TALCOTT SLEEPAWAY CAMPS
- WINTER CAMP
- WORLD VOLLEYBALL TRAINING CENTER
- FAMILY CAMP / WINTER WEEKEND FESTIVAL
- NATIONAL GYMNASIAC TRAINING CAMP
- DAY CAMPS IN HUGUENOT AND THROUGHOUT THE FIVE BOROUGHES OF NYC

CONTACT US AT 845-858-2200!

### 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.

### 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 the class 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.

Canoes, 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.

*"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



## YMCA INTERNATIONAL JUDO CAMP



### Directions To Camp

**NEW JERSEY AND THE SOUTH:**  
Take the New Jersey Turnpike (I-95) north to I-80W (local). Exit on to Route 17N and follow 17N to the New York State Thruway (I-87) north. Follow "New York City and vicinity" directions below.

**NEW YORK CITY AND VICINITY:**  
Take the New York State Thruway (I-87) north to Exit 16 (Harriman). Take Routes 6 and 17W to exit 121W. Follow I-84W to Exit 1 (Port Jervis, NY). At the end of the exit ramp, make a left turn at the stop sign onto Route 6W. Bear right at the next traffic light. \*(see below)

**MIDWESTERN STATES:**  
Take I-84E through Pennsylvania to Exit 1 (Port Jervis, NY). At the end of the exit ramp make a right at the stop sign. Turn left at the first traffic light. \*(see below)

**NORTHEASTERN STATES:**  
Pick up I-84W in Hartford, Connecticut. Follow I-84W to Exit 1 (Port Jervis, NY). At the end of the exit ramp, make a left turn at the stop sign on to Route 6W. Bear right at the next traffic light. \*(see below)

\* This is now East Main Street, Port Jervis. Follow East Main Street (Route 6W) past Bon Secours Hospital and the Port Jervis Middle School (both on your right). At the traffic light after the school, Motel Gas Station is on the right, make a right turn on to Route 209N. Continue for about 5 miles. Look for the YMCA Camps sign on the right side of the road, directing you to turn left in 11/10th mile onto Peapack Trail. Take the next right on to Garage Road. Take the next left on to Big Pond Road. Follow Big Pond Road to our entrance (on the right).

Please do not use Mapquest or other services because they are confusing!

Please print legibly. Mail this completed form to: YMCA Camping Services; 300 Big Pond Road, PO Box 622, Huguenot, NY 12746-0622. Include credit card information or enclose a check/money order made payable to YMCA Camping Services. 10% Sibling Discount for additional campers from same family. Register online at [www.ymcanyc.org/judo](http://www.ymcanyc.org/judo)

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

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

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

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

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

Mother/Guardian \_\_\_\_\_ W Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Father/Guardian \_\_\_\_\_ W Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ W Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Relation \_\_\_\_\_

SESSION	DATES	FEE
<input type="checkbox"/> Session 1	August 10 - August 16	\$535
Late fee of \$50 charged after July 18th		
<b>T-Shirt Size:</b>	Youth S <input type="checkbox"/> Youth M <input type="checkbox"/> Youth L <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL <input type="checkbox"/> Adult XXL <input type="checkbox"/>	
<b>Register before July 18th to receive a t-shirt.</b>		

**Training Fee: \$535**  
Includes all meals, lodging, instructional and recreational activities and a tee-shirt. After July 18th, a late fee of \$50 is charged, making the total fee \$585.

As parent/guardian, I give permission for the above-named child to attend camp. A deposit of \$100 per session, plus \$15 YMCA membership fee for non-members, is REQUIRED with application. There will be no refunds for cancellations after July 18, 2008. No refunds will be given if a camper is dismissed for disciplinary reasons. I understand that if I do not wish the above named child to be photographed or videotaped, I am required to submit a letter to the YMCA of Greater NY explaining my wishes. Payment in full is required by July 18, 2008.

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



### 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 two-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)



| 5 |



# REGISTER.

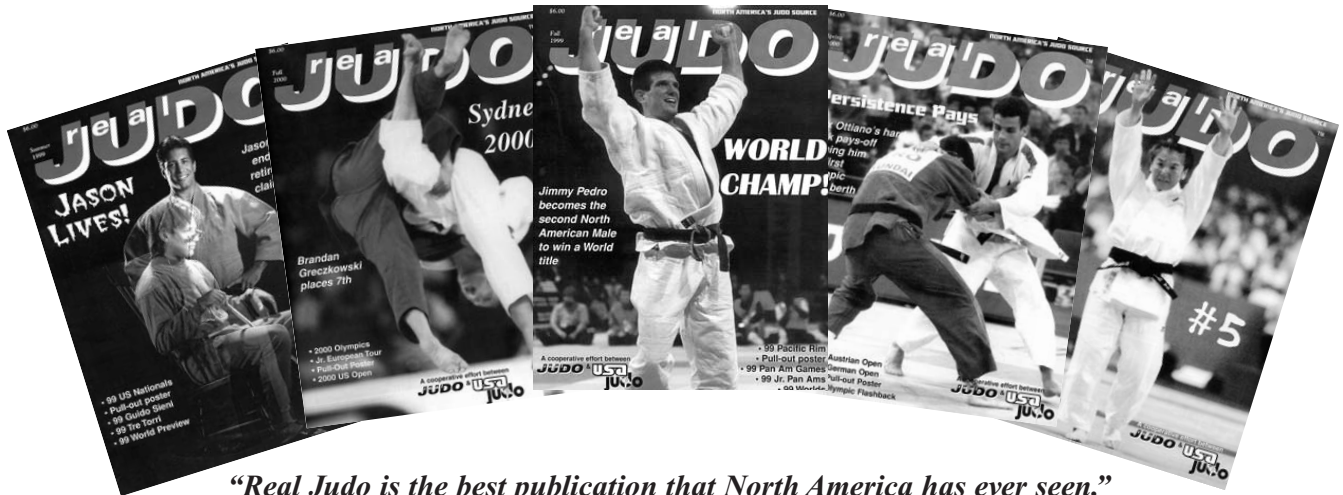
We are located 90 miles NW of NYC near Port Jervis, NY on 1,100 wooded acres and 3 lakes.

SO MUCH A PART OF  
**NEW YORK**  
for over 150 years.  
[ymcanyc.org](http://ymcanyc.org)

YMCA Camping Services of Greater New York is accredited by The American Camp Association. This ensures the highest standards in areas of administration, program activities, transportation, facilities and personnel.

REGISTRATION FORM 2008





*"Real Judo is the best publication that North America has ever seen."  
-Nicolas Gill • 2000 Olympic Silver medalist*

Subscribe and/or advertise in North America's premier judo publication TODAY! Follow the National and International action like never before with spectacular photos, in depth stories, Athlete profiles and schedule of events. You will also be able to learn techniques from Olympic and World medalists in Real Judo's technical section. Read editorials from the top competitors, Coaches, and Referee's. Real Judo Magazine will keep you and your club or company plugged into the mainstream of the Judo world!

<b>JUDO</b> Advertising Rates		Per/issue	Per/year	Sponsorship	Per/issue	Per/year
Back Cover	(7" x 9 1/2")	\$650	\$2000		\$1500	\$4000
Full Page	(7" x 9 1/2")	\$500	\$1600	• Logo on front page of magazine		
Half Page	(7" x 4 3/4" or 3 1/2" x 9 x 1/2")	\$300	\$900	• Full page ad		
Quarter Page	(3 1/2" x 4 3/4")	\$200	\$600	• Logo on pull-out posters & Real Judo products		
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