



American Judo

A Journal of the United States Judo Association

Spring 2008



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Cover photo:

exciting action at the 2008 NYAC Open © C.H. Halporn
The New York Open Judo Championship tournament is an international "B" level event for male judoka held annually each spring at the New York Athletic Club in New York City, New York, USA. This year it was held on March 9, 2008.

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Letter from Joseph Mazzariello



I have been in judo for over 47 years and I just cannot believe what has been happening to American Judo. What gives? I am not trying to be in judgement of what has been transpiring with American judo over the years, but I cannot believe what I am seeing and hearing regarding our beloved judo. What has happened to the judo of O-Sensei Kano. I have spoken to many senior judokas over these many years and a lot of them have told me that the way judo in America is heading will cause a decline in the sport of American judo to ensue. This is the very first time I, (in my 47 years) have ever spoken negatively about my beloved sport. By the same token I have witnessed the hard work and dedication of fellow judokas, despite what has been happening. I would mentioned their names, but I do not have their permission to, nor have I asked for it. But those of us in the know, do know who they are and I mean no disrespect toward them and the hard work they do for the sport. It is time for us to wake up and get back to the original judo that was taught to us old timers, the judo taught by O-Sensei Kano. Finally I ask those of you who are the powers to be to get along together for our dynamic sport. I take full responsibility in what I have just written and what I have expressed are solely my own.

Yours for judo
 Joseph Mazzariello, Godan
 Jr. Olympian
 All Marine, (1971) Champion
 Sr. Masters
 Co-founder American Legion Judo
 Regional referee
 Staff member YMCA Judo Camp

About Joe Mazzariello

Joe Mazzariello is a Bronx, New York native who began his Judo life in Sensei Peirra's Judo Jujitsu School. Both he and his brother became black belts and national Olympic contenders. Joe holds a 4th degree black belt in both Judo and Jujitsu. He joined the Marines at 18, serving in Vietnam, where he was a



point man, fire team leader and tunnel rat. He received a Purple Heart and the Vietnam Service Medal with 4 bronze stars among others.



After Vietnam, he was stationed at Roosevelt Roads Puerto Rico at Marine Barracks, where he became an MP for the base. Halfway through his service time there, the commanding officer of the base changed his orders (the commander had tasted one of Joe's meals while he was a mess boy) and Joe became a cook for his remaining time there. Joe then went to Camp LeJune, N.C. for a short time before he received orders to go on the USS Nashville, which travelled all over the Mediterranean. When back at Camp LeJune, he was accepted on the base judo team. He placed 2nd in the 1971 All Marine Judo Championship. He was honorably discharged in 1972.

He formed the Korony/Throggs Neck Memorial Judo Club in 1982, with the assistance of two local legion posts who sponsored and provided space for over 15 years for hundreds of local students. Now he serves on the Board of Directors of the YMCA Judo Camp and is an instructor and referee there.



Brett Wood-Taylor ...

Wisconsin Judo Hall of Fame

26 January, 2008 - Induction



I remember coming to the tournaments in Germantown and West Bend in the 80's. I remember the early Badger Opens. I have many memories of the Chicago area tournaments and the beginning of the North-South tournaments. I can't be sure when or where it was that I first met Brett. What I can remember is the strong influence, the good advice and the laughter that he has and continues to share.

Brett is a pivotal and integral part of Wisconsin Judo and US Judo. His impact reaches behind any man-made barriers and branches out beyond the borders of US Judo. Anyone who has had the privilege and honor to work with him at the many tournaments and camps can attest to his inspiration and undoubtedly humbled nature.

His influence and advice has sustained Wisconsin Judo for many years. He has empowered countless persons to carry on the work and ideas he has brought forth. He has supported those of us with dreams to work toward them. He has nurtured growth throughout the Judo community, here in Wisconsin and around the country and the world. His powerful statement of what's right with Judo carries over into all aspects of his Judo, and many of our own.

Personally, Brett has been a definite influence on me. I remember long conversations at many a tournament. Usually they would follow very long and often tiring meetings, and sometimes between the fast pace of major tournaments over a quick bite to eat in the hospitality room. These conversations were where ideas were shared and discussed and groomed, many into reality. Sometimes the conversations took on a personal note. I remember one such conversation in Oklahoma at the Olympic Festival. Brett is interested in the whole person, not just their Judo. He wants everyone to grow and develop into a better person. Brett would always find something that someone else thought of and encourage them to go for it. He's the kind of guy that would make you feel good about Judo and yourself when the conversation ended.

He has been one of the major influences over my becoming a National referee. I was unsure if I wanted to referee or not. It's much easier competing!!! I still repeat Brett's words of wisdom spoken to a very nervous me one day before I was to go out and referee. "Take a deep breath, relax, and have fun. Oh and make sure your shirt is tucked in." Great advice to follow ... my shirt is always tucked in!

It is so very appropriate that we honor this man tonight. He is like the corner piece of a puzzle. The corner piece is one that you build off. It's a piece that supports and shapes the whole picture. It links to other pieces and keeps itself grounded to the shape. Linking two directions and forming the corner, that piece is open to receive one piece on one side, and is reaching out to link with the other.

Brett is our corner piece. He reaches outward toward the growth of Wisconsin Judo and those within it. He reaches out to the rest of the Judo community. He reaches toward the growth and development of Judo in the midwest and the country. He is open to receiving new ideas, new people, and new growth opportunities. He then reaches out to help foster the ideas, the people and the growth.

Congratulations on entering the Wisconsin Judo Hall of Fame. This is a recognition of your contributions to Wisconsin Judo, the Judo community on the whole, and to me. You have and will always inspire, encourage and empower me to grow.

I am so honored to call you a friend and a mentor.

And most especially, Sensei.
Charmaine Alsager



Two Maxims by Marc Cohen

Green belt test:

What are the two philosophical principles of Jigoro Kano's Kodokan Judo?


Answer:

Mutual benefit and welfare — Jita kyoei — and Maximum efficiency — Seiryoku zenyo.

Who has really taken time or effort to understand these fundamental principles? Why would Kano Sensei include what appear paradoxical maxims to the rough physical aspects of the art? One major clue lies in the name: It is Ju-Do, not Ju-Jitsu. The latter designates study of battlefield or combat tactics, whereas Do means a path or living the way. Ju, usually translated in English as "gentle," is also a clue to cracking the code. In the context of judo, Ju is more properly translated as flexible, pliable, or soft. In essence, the more correct translation of judo might be the way of living one's life flexibly instead of as in Jujitsu, or the art of being flexible in battle.

Consider Seiryoku zenyo: "Maximum efficiency, minimum effort." Is that really what Dr. Kano meant? What does it mean to maximize efficiency? To be the most efficient is one perspective, though it raises more questions than answers. How can one be most efficient? Kano sharp and capable, but his translators were not up to the task. I suggest that Kano had another concept in mind for Seiryoku zenyo, namely, best use of energy.

Suppose player A desires to throw heavier player B. Because of the weight difference, player A has to use Seiryoku zenyo, since point-to-point combat favors the stronger combatant. So instead of throwing himself into combat and chancing defeat, player A reverts to Seiryoku zenyo by using a technique or series of techniques that will defeat player B by utilizing B's weight, size, and lack of speed against him. Thus player A has defeated B by best using player A's energy. Player A has been able to out-move and –out-think his or her opponent, a good use of energy. Kano felt that people needed to focus energy on the good they could contribute to society when he said, "The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world." Can that best use of energy be Kano's ultimate definition and translation of Seiryoku zenyo?



I believe that Kano Sensei wanted to create better citizens, not better winners.

What of his second axiom, Jita kyoei? This one triggers greater puzzlement. To what could the master be referring? Clearly judo is best practiced with a partner in a group setting so that a person can receive the greatest training by applying techniques, attacks, and defenses with people of varying skill levels, body types, strengths, and weaknesses.

Did Kano mean by Mutual Benefit that the group would benefit from the training? I think not. The Kodokan New Japanese-English Dictionary of Judo defines Jita kyoei as "Mutual prosperity for self and others; harmonization of the self with others toward mutual prosperity." In other words the purpose of practice is not to win medals or gain rank, rather to create a paradigm wherein dojo partners work with each other in order to think and act together for the purpose of increasing their collective mental and physical well being. Stating it another way, I believe that Kano Sensei wanted to create better citizens, not better winners.

Spending over six decades spanning two millennia on this planet has allowed me ample opportunity to reflect on my judo career and wonder if I truly understood judo's doctrines. From my earliest training, it seemed that we were battling one another instead of practicing judo. Insults, lawsuits, taunting, and infighting that we have inflicted upon one another have tarnished the image of judo.

Judo has evolved from a relatively small Japanese-based martial art to a worldwide sport and continues to change as components of sambo, Brazilian jujitsu and wrestling have become integral components of modern judo. It is natural for judo to progress. Change should be embraced; however I strongly feel that we have missed an essential element of Kodokan Judo. It is similar in nearly every way to Kano's Kodokan Judo, however somewhere along the way we missed our compass point. It seems as if we turned one hundred and eighty degrees so that the study of judo has become synonymous with the sport of judo.



Does room remain for judo's two pillars? Are the principles and tenets of judo gone? The political landscape of judo seems bereft of most of Kano's teachings. Conversations today are riddled with negativity and insults. Those who study Kodokan Judo also should learn Kodokan Judo's tenets.

Some will debate that judo can be learned without its philosophies, just as there are various levels of religious adherence. There is a fundamental difference in the knowledge of learned clergy and acolytes. I believe that the philosophy of judo is an integral part of art and should be taught along with the physical part of Kodokan Judo.

Marc Cohen, Godan from Go Rin Dojo, has 45 years of Judo as a player and coach. He has been beaten down by the system, but is still fighting back.

German Visitor by Ed Carol



One day a German judoka visited our Dallas Judo and Jiu-jitsu dojo. He was skilled and presented a Beginning Coaching class. Afterwards five of us remained. My back was killing me, so I was anticipating lunch with the group.

First, however, our guest informed us that he was a club level player who would win club and regional matches. Though he never placed in the German Nationals, he was good enough to keep the competitors honest. Then he asked if he could randori. Jim, Ken, and Dwan accommodated him.

Ken Shailo, at about 160 lbs., went first. He'd been my uke when I tested for yodan. He's good. He'd dominated his division in the last Tamura Invitational. He was 40 years old. Ken executed tai-otoshi on the German, causing him to straighten and pull back. Like lightning Ken changed to nidan kosoto-gari and had the German waist-high and flat in the air, from where he guided his opponent to the mat without allowing him to turn out. Ken then begged off saying that he didn't know any other good throws.

Jim Webb had won Junior, High School, and College National championships. Jim, at about 150 lbs., stepped out, bowed and exchanged standard grips, which surprised me, because Jim never would let me get a standard grip, even when he was 15 years old. The German faked a foot sweep, whereupon Jim performed his patented drop knee seoi-nage, whereby he's there one second and then just disappears from in front of you as you go flying over his back. He threw the German a couple of times and then let Dwan Stregles have his turn.

I hadn't beaten Dwan since he was 19, when I caught him with a choke he'd never seen. Though weighing in at 160 lbs., Dwan could bench-press over 400 lbs., so I wasn't surprised to see him toss the German with uchi-mata, tai-otoshi and seoi-nage. Every time our visitor attempted to throw, Dwan would step under him, lift him high, and set him down. I used to hate that when he did it to me! By the way, the German weighed about 190 lbs. and was nearly 6' tall.

We took a breather sitting on the mat. Our new friend asked why the guys weren't competing nationally. I explained that America doesn't pay folks to play judo. Ken had a family and works at a profitable business, lacking time to be a judo bum. Jim had a good Government job and wife and kids to support. No bumming for him, either. And Dwan worked at a high-stress, lucrative job at the airport and was paying college expenses for his son, who was as good in judo as he.

I explained that this was typical in our country. We have many excellent judo competitors, but with judo training comes desire to succeed occupationally. America's best judoka seldom compete nationally and rarely internationally due to the necessity of earning a decent living. The German accepted that food for thought, and we all went to lunch.

Ed Carol offers his Terrell, Texas, YMCA club students over 30 years of experience in judo and jujitsu. He holds yodan judo and sandan jujitsu ranks.



Gluttons For Punishment by Ronald Allan Charles



Some enjoy suffering. They don't have to get married to suffer, though that works for most. Instead they can do what tough guys do on the Discovery Channel's *Fight Quest* and the History Channel's *Human Weapon* reality series: take beatings for others' viewing entertainment.

Jimmy Smith and Doug Anderson appear on each *Fight Quest*, and Jason Chambers and Bill Duff perform on *Human Weapon*. Each team travels on a quest for impressive combat techniques to the motherland of a martial art, where they immerse themselves into fundamentals, often serving as punching bags for the class. No bullshido! These guys get pummeled, bashed, and smashed, often without protective gear in no-holds-barred sparring against multiple simultaneous attackers. And there's real blood. These series are not for the squeamish.

The two meet the master instructors, one of whom humbly introduced himself as a great grandmaster (imagine that!), whereupon they separate to learn from individual trainers. One often stays in the city, working out in a gym, while the other goes to the countryside and practices in mud. After five days of intense instruction and grueling exercises, they test their skills against accomplished practitioners, i.e., have their heads handed to them.

The "hit" show provides historical information about the art of the week. Some, such as Judo, Karate, Taekwondo, Jujitsu, Muay Thai, Ninjutsu, Mixed Martial Arts, Mexican Boxing, and Aikido, are popular. Pradel Serey, Kali, Escrima, Krav Maga, Savate, Sambo, Wushu, Kyokushin Karate, Pencak Silat, Hapkido, Pankration, Marine Corps Martial Arts, Bokator, Kung Fu, and Kajukenbo (a composite of Karate, Judo, Jujitsu, Kenpo, and Boxing) are less well known.

And some have unusual traditions, such as fresh chicken blood dripped over the body to insure good spirits in Kali. I wonder if drenching myself in chicken blood would help me win Judo matches. My astonished opponents probably would chicken out, fearful of catching avian flu.

One program had our adventurers individually fight ten Krav Maga opponents in a row to see if they could remain standing. They fought unarmed against weapons, too. In other programs they fought with sticks against sticks. Many were bare-fisted brutal encounters. Their opponents worked hard not to lose face and to convince these upstarts that *their* martial art was Alpha-dog. Rarely would one of the fearless scrappers win a bout; there were occasional draws.

A Kajukenbo professor told his charge to imagine being tossed into a blender, attacked from all sides. The more comfortable you become in the blender, the more things slow down. I thought of the riddle, what's red and green and goes 60 mph? Answer: frog in a blender. How can anything achieve comfort in a blender? Beats me. It beat them, too.

These four fighters were more than game, enduring while displaying indomitable spirit and high pain tolerance. They were respectful and tough, eager to learn. They exhibited a "suck it up, buttercup" attitude to injuries, often limping home at a show's conclusion.

Though their programs appear on competing networks, it would be interesting to see these two pairs fight each other for network domination bragging rights. I suspect these fighters will run out of martial arts before they run out of steam.

Ronald Allan Charles, Ph.D., holds 8th degree judo and 6th degree jujitsu black belt ranks in the United States Judo Association. During his youth he too traveled around the world to learn about other martial arts, though he participated only in judo. He experienced the others visually, which in itself was an act of self-defense. He resides in Goose Creek, South Carolina, where he teaches judo and jujitsu. He welcomes these four martial arts crusaders to his club, where they could blend in.



GTMA-USJA Website Promotion

USJA Coaches Wanted!

If you are an active USJA Club Leader, you probably know about the relationship between the USJA and Golden Tiger Martial Arts (GTMA). What you probably don't know is that GTMA allows you to make up your own web page hosted by GTMA to offer your students the uniforms and equipment that you recommend. This can be any GTMA, Adidas, or Mizuno brand gi and anything else GTMA carries. The best part, it costs you nothing except a few minutes of your time to put together the page. Whatever is sold via your web page on the GTMA site earns you, the Club Leader, the difference between retail and wholesale as profit to operate your club. GTMA will also give a 10% gratuity to the USJA to help us keep our costs down. Tell me, what can be easier?

Here is a link to their website: www.goldentiger.com

If you don't believe this can happen to you, here are two links from the website, the USJA link and one of GTMA's newest club WebPages:


 **Most Active Club**

[more →](#)

 **Most Recent Club**

[more →](#)



[USJA]  members (163)
Welcome USJA Members! Please register using your e-mail address and your USJA membership number. From this site, all USJA members with current membership...



House of Pain
House of Pain is a guerilla approach to combative sports with a Freestyle Wrestling foundation incorporated with the dynamics of Judo Ne Waza techniques...

[San Soo Tennessee Online Store]  members (5)
Dedicated to providing the best...

[Acadian Martial Arts]
Acadian Martial Arts, located in Lafayette, Louisiana, teach...

So, what's it going to be? Will you get in on the action and make a profit, or continue having your students order gis and equipment on their own? Oh, by the way, if you don't want to be bothered remember any USJA member who purchases directly from GTMA at retail gets a discount as well. All they just need to give the club name and USJA registration number. It's up to you. For more information, call Jennie Lee at GTMA, (800) 331-5367 or e-mail her at jennie@goldentiger.com



Jujitsu Training Camp by Heather Landers

Samurai Judo and Jujitsu of Melbourne, Florida, recently hosted the winter training camp of the United States Jujitsu Federation. Forty-five judoka and jujitsuka, some from as far away as Texas, attended the club's Aurora Road school.



Camp attendees



Bruce Bethers armbars David Ellis



Bruce Bethers teaches



Bruce Bethers demonstrates on David Ellis



Dave Parritt works armbar on David Vittoe



Dave Parritt helps juniors



David Mata practices

The United States Jujitsu Federation (USJJF) is the biggest Jujitsu organization in the country and the National Governing Body of the Jujitsu fighting system, an event in the World Games. USJJF President Bruce Bethers conducted the three-day camp, which offered classes on strikes, throws, self-defense, and weapons defense. The clinic was such a success that attendance is expected to double next year.

Heather Landers holds ikkyu rank in judo and assists in instructing at the Samurai Judo and Jujitsu club of Melbourne, Florida. She has been doing judo for 20 years.



Judogi Patches by Ronald Allan Charles



Some judoka get married in their judogi, in which case everyone enjoys throwing the bride. Some wear judogi to costume parties, trick-or-treating, or as leisure outfits in the home. Others are buried in their judogi. I confess to having worn mine on one of these occasions. You can guess which.

You can decorate your garb to some degree. Decoration often is about that very degree — of rank.

When the Armed Forces Judo Association extended membership to civilians and became the United States Judo Association, the patch design morphed from rectangular to circular. The eagle flew from the AFJA patch to the USJA patch, but the cherry blossom fell. Blue was added, perhaps to go with black already there, symbolizing consequences of hard randori. Curved patches complemented the round logo. Some sewed these on the sides of the round patch, forcing players to tilt to read them, giving them that just-out-of-the-library look. Rectangular junior rank patches don't fit the round design of the USJA patch. I leave to someone else the joy of writing an article about junior patches.



Each time you earn a promotion or certification the USJA issues a patch. Many bury these at home or display them with the framed certificate. Others use them as they were intended. Those skilled in the martial art of needling (I refer to sewing with a pointed weapon) do their own work. Others have dojo or personal moms who support their martial arts habit. When I sew them they go on crooked, hence I paid a seamstress \$2 per patch. I also wear a rank patch on my obi.

Competition rules restrict size and number of patches. Perhaps patches intimidate less credentialed, lower ranked opponents. While they distract your opponent, you attack. Most judoka don't wear more than a patch or two, maybe the USJA round logo and rank or club patch, though in the dojo we can sport them all.

People love patches. The military issues them, which may account for so many making it a career. It's not just gourmet grub that keeps them in.

My patch collection is my judo resume. With the exception of Life Member patches and the round logo, I worked hard to earn each. Some required years of effort. I proudly wear my patches to camps and clinics and when teaching in other countries. They brighten my otherwise plain judogi. Sometimes they inspire others to work toward credentials. Patches, like T-shirts and belt buckles, stimulate conversation. I love talking about judo, though I enjoy teaching and practicing more.

They say judo makes you grow. If another area of judo study produces a patch, I'll require a longer spine for a longer jacket. Judo literally would make me grow.



Dr. Ronald Allan Charles, 8th dan, enjoys teaching in his Samurai Judo Association club in Goose Creek, SC, near Charleston, and sharing his skills at camps. His judogi is memorably unique.



Celita Schutz Clinic



On March 29th, the New York City PAL sponsored a free two hour clinic with Celita Schutz. The clinic was in honor of Women's History Month and is an ongoing program of the PAL and their Judo program. Duane Frankson, the instructor at Nazareth High School, made all of the arrangements for the thirty or so students who took part in the clinic.

Celita Schutz is arguably one of the best Judo players in the United States, having proved herself on the international stage dozens of times. It was an honor to have her work with the students and instructors who were in attendance.

Congratulations to all Competitors, Coaches, Referees, Helpers, and Parents!

We raised \$500 for the CHP 11-99 Foundation bringing the total from the past 5 years to more than \$2,500!

We had a record number of competitors. Thanks for you help and support. Anyone who did not get their trophy we will get them out to you in the next 2 weeks. Attached are the results thanks to Tony Farah of Got Judo.Com (www.gotjudo.com) and here is a link to the photos (www.wagstaffphotography.com/g/goltz_chp2008) thanks to Gary Wagstaff our professional judo photographer. I'm also attaching flyers for our upcoming events. Hope to see you at these.

I once again want to recognize Dr. James Lally who was given the USJA Donor of the Year Award!

Sensei Gary

PS - Here is part of an e-mail I got from Boris head of the Dynamo Club in Beverly Hills...FYI: Our biggest gratitude goes to Sensei Gary (Goltz) and everyone at the Gary Goltz Judo Club (www.goltzjudo.com), for putting together a very competitive and hospitable tournament. We were very impressed, again, with Sensei Gary leaderships and easy going personality, as well as the Judo skills and class of everyone at Goltz Club. We look forward future learning and partnerships with Sensei Gary and everyone there.

All the best,
Sensei Boris Brezhnev





CHP 11-99 Foundation Tournament				
3/1/2008				
Total Competitors	160			
Total Clubs	30			
Total Divisions	31			
Clubs	Competitors	1st	2nd	3rd
Adobe Grappling	1		1	
At Large Judo	2	1		
AV Judo	3	2	1	
Aztec Judo	1		1	
BH?	1		1	
Boeing Satellite judo	1			
CSULA	1			1
Discover	16	1	5	7
Dynamo	10	2	1	
Goltz	47	7	6	8
Guerreros	6	1	1	1
High Desert	2		2	
Industry	15	3	2	7
ISD	1	1		
Kokubui Budokan	1			
Mitani Judo	3			1
Mountain Judo	6	2	2	1
North Island	2		1	
Ogden	9	2	1	2
Ozeki	14	3	3	2
Ryoku	4	3		
San Gabriel	2			1
Santa Clarita	1	1		
Santa Monica YMCA	3	2		
SD Judo	2		1	
Stallion Springs	1			
Tenri	1		1	
Valley Judo	1			
Venice	2		1	
West Covina	1			
	160	31	31	31



Florida Club Excels by Peter McMahan

Samurai Judo and Jujitsu of Melbourne, the fastest growing Judo school in Florida, sent competitors to the USJA 2008 Florida State Judo Championships in Boca Raton.

The kata team of David J. Ellis and Peter McMahan won the gold medal for Kime-no-Kata. Ellis was Head Referee for the tournament. McMahan refereed as well.

Adrian Pozo, a Samurai Judo and Jujitsu student, took the silver medal in the men's 81 kg. division from a field of seven tough competitors.

Ellis and McMahan, both instructors at Samurai Judo and Jujitsu of Melbourne, were honored in 2005 as USJA Florida State Outstanding Senior Kata Competitors and inducted into the State Hall of Fame.



From left to right: Peter McMahan, head sensei David Parritt, and David J. Ellis



The Three Why's Of Martial Arts by Patricia Hill

Why, at age 14, did I start Martial Arts?

Why did I remain in Martial Arts?

Why, oh why, at the age of 50, am I still in Martial Arts?

The first why's easy. I was a bored teenager when a friend mentioned a Martial Arts club. Participating seemed a fun way to spend a couple of nights a week.

Why'd I stick with it? I had fun, made friends, and turned out to be pretty good at it.

I looked forward to nights in the dojo beating and being beaten by others. I enjoyed attending Martial Arts events, meeting old and making new friends, and learning more about the arts. I craved proving my worth at tournaments or discovering that I still had much more to learn.

The third question is harder to answer. Why, after two back surgeries, four grueling back therapy sessions, a hysterectomy, gall bladder removal, carpal tunnel surgery, trigger finger surgery, and blood clots in both lungs, do I continue getting on the mat at every opportunity?



Patricia Hill throws Sensei Dr. Larry Beard

I wondered about this last weekend at a Martial Arts event. I departed on a Friday, as I routinely do, but earlier than usual because I'd been off work three days thanks to a losing bout with the flu. I felt awful during the five-and-a-half-hour drive. After a night in a cheap motel and fast food breakfast, I went to the dojo and, at day's end, joined friends for dinner, over which we spent hours talking Marital Arts. I spent that night in the same affordable motel and drove home next day, still feeling terrible. This entire weekend was at my personal expense, both fiscally and physically.

It was on drive home that it dawned me why, at age 50, I still practice and teach Martial Arts. It's good, clean fun and great exercise. I socialize with friends and continue to improve at Martial Arts. Though I no longer compete, I learn new techniques that I pass on to others, making new friends in the process.

I intend to do this for many more years and one day will be asking, "Why, oh why, at the age of 60 am I still in Martial Arts?"

Patricia Hill, recipient of numerous martial arts honors, holds sandan judo rank and many credentials through the USJA. In addition she has earned yodan ranks in yudo, jujitsu, yusool, and hapkido and is proficient in use of the cane, sword, and sai. She is an instructor of the Jacksonville State University Judo – Jujitsu Club in Alabama.

GOLTZ JUDO CLUB



BERNIE SEMEL REFEREE CLINIC SATURDAY May 3, 2008 9:00AM to 4:00PM

Key topics to be covered:

- The application of *dynamic* judo.
- Understanding newaza and kaeshi waza.
- When is it too late to apply kaeshi waza?
- The importance of teamwork.
- Rules updates from the 2008 US Open.

There will be both classroom time and time on the mat so bring your gi.

ENTRY FEE: \$20.00 (includes lunch)

If you are thinking about getting started as a referee, or if you have recently become a national referee, this clinic is designed for you, as well as the competitor or coach wanting to gain a better understanding of how to use the rules to their advantage in shiai.

Hosted by



Gary Goltz

909-985-0486 Fax: 909-985-3786

gary@goltzjudo.com

www.goltzjudo.com

Sanctioned by the USJA



GOLTZ JUDO CLUB



7th ANNUAL Dr. Z MEMORIAL CLUB TOURNAMENT

Saturday October 18, 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

[Download a Registration Form](#)



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www.goltzjudo.com

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Portion of the proceeds to be given to Kirk Zarantonello, Dr. Z's 11-year-old son.

[Read more about Dr. Z](#)

GOLTZ JUDO CLUB



“Don’t” forgit-da-bout-it!

SENSEI GARY’S ANNUAL BIRTHDAY TOURNAMENT

Saturday June 21, 2008

LOCATION: BADA BING COMMUNITY CENTER

1700 Danbury Rd.
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

[Download a Registration Form](#)



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Bob Spraley Visit by Gary Goltz

Bob has been visiting my club for the past month on Wednesday nights while accompanying his lovely wife Linda on a business trip to Southern CA. They have been most welcome by my dojo. Following each rigorous randori session my students have enjoyed doing Bob's judo system as a warm down. He has been given high marks by our members who have benefited from these super relaxation, stretching, and meditation techniques. We hope to have him back in the near term future!



柔道



Host



WINTER NATIONALS

December 5 - 7, 2008

SOUTHERN CALIFORNIA

[Click here for past results and photos](#)



Differences Between the JA and the JF by AnnMaria DeMars

(originally posted on the Judo Forum site)

Both USJF and USJA provide liability insurance which protects the person hosting events, practices or whatever in case you decide to sue. Since the world is full of whackos and they don't have warning labels tattooed on their foreheads, many event organizers and club coaches require this insurance for their own protection. You can buy both business insurance and event insurance, and some people do, but most judo clubs are run on a shoestring budget and do not.

There is no real difference in liability coverage given the miniscule odds of a lawsuit.

USJA offers development activities such as camps and clinics in some areas, with USJA members getting a discount. USJF does the same in other regions of the country. In southern Cal we usually co-sponsor events so anyone who is a USJA or USJF member gets a discount. Sometimes we co-sponsor events with California Judo, Inc. also.

USJF sends out a magazine quarterly or so.

USJA does a monthly on-line magazine by the development committee and a quarterly more professional publication, also electronic, produced by the publications committee.

Both USJA and USJF host a junior nationals. USJA and USJF are co-sponsoring a senior national championships (formerly the USJA Winter Nationals).

Differences — these are my *PERSONAL* opinions:

- USJA does not have yudanshakais. Events are run by individual clubs or groups of clubs, sometimes with the assistance of a regional coordinator.
- USJF has regional organizations in some areas which run events. In southern California, northern Cal, Hawaii and Chicago the yudanshakais are very strong and do a lot. In other areas the yudanshakais are tiny and do almost nothing and many areas don't have a yudanshakai..
- USJF tends to be concentrated on the east and west coast, Chicago and Hawaii.
- USJA is more common in the midwest and rural areas throughout the country.
- As an organization, the USJF is more conservative and take longer to get things done. Positive changes happen slower but also fewer stupid mistakes get made.
- The USJA is less bureaucratic generally. Fewer people who should get promoted are held back but probably more who should be held back are promoted. Positive change happens more rapidly but more mistakes may get made.

Why would you join one? My main reason is the same reason I am a member of the Natural History Museum of Los Angeles, send money to educational television and other public goods. I think these organizations do good for the community and if I can support them with a few dollars here and there, I do.

By the way, there is an associate membership option. You can pay \$40 to join USJA and then pay \$25 to join USJF as an associate member. If you just want to support a specific thing and don't need membership or rank, you can send a check to the USJA and have it directed toward "junior development", "coach development" or anything within our mission of promoting judo. I think the USJF is the same but I cannot swear to it.

Why two organizations? I guess the same reason that Ben & Jerry's and Baskin-Robbins are both still in business. People prefer different flavors.

When I went to the Kodokan, I filled out a form, handed over a small amount of money each month and went to practice. The Kodokan, the USJF, USJA all have some really nice people and a few jerks.