



# American Judo

A Journal of the United States Judo Association

Summer 2009

# VOTE!

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Summer 2009

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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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## Letter From Don Johnson

Dear all,

Now that it is time to write this to everyone it seems all the harder.

To catch us up on the last few weeks; Dr. Ashida spent the Memorial Day weekend at the AM-CANS having the best time he has had in several years, (his words). The Judo family that has meant so much to him over the years was out in force and he got to share this time with him.

On Tuesday he awoke in the morning having a great deal of difficulty both in speaking and understanding. He had had a stroke. The tests showed it had been going on for at least a week. The ensuing weeks found him split between Highland and St. Mary's hospitals, doing rehabbing in the latter.

Saturday and Sunday, the 20th & 21ST of June was spent with his family for Fathers Day. On Monday morning after a full breakfast he asked for a glass of milk, when his aide came back a fatal heart attack had claimed him.

The Family cannot express how grateful we all are for the support and kindness at this time and in the past. The plans for the immediate future are being worked out and we will keep everyone in the loop.

Thanks again,  
Don Johnson  
(son-in-law)



*This was taken at the Nikko Shrine in Japan two summers ago.*



*photo © 2009 C. H. Halporn*

## Dr. Sachio Ashida

Dr. Sachio Ashida, Ph.D., was an extraordinary man. He had a long career in academia, including his last position at SUNY Brockport, where he was a professor of psychology. The Brockport Judo Club, Renshikan, is still going strong. He worked to improve and promote Kodokan Judo in the U.S. and became a highly respected competitor, coach and referee. He was a coach at the 1976 Olympic Games and the only American judo referee at the 1984 Olympic Games. He died June 22, at the age of 85.

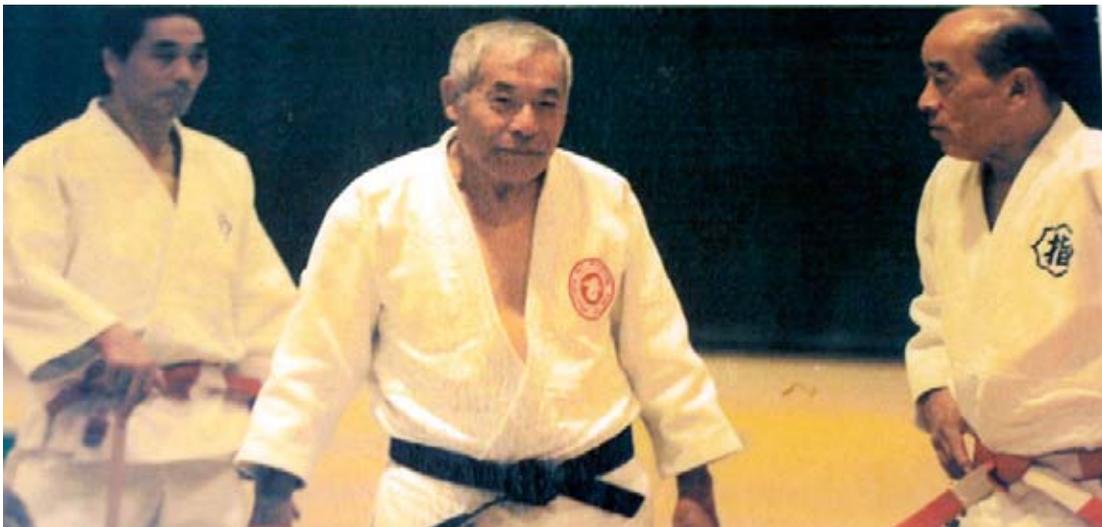
He learned Kodokan Judo during his early years in Japan. When he was 20, Dr. Ashida was drafted into the Japanese Imperial Air Force. He saw the devastation that occurred in Hiroshima with the atom bomb.

When he arrived in the U.S. in 1953, it was to attend the University of Nebraska. There he earned a Ph.D. in experimental psychology. His English tutor, Margaret Eleanor Elliot, became his wife in 1956 and they had daughters Margaret and Janet. Both Janet ( a 5<sup>th</sup> degree black belt) and her son, Alan Genji Ashida Johnson (an Orange Belt with green tabs), carry on Dr. Ashida's judo legacy - along with the many students at the judo clubs he began.

Dr. Ashida believed that the tenets of judo could and should be applied to both to judo and the judo practitioner's life outside the sport. Judo's tenets became the way one lived. Whether it is facing a problem head on, knowing how to fall and recover, or mutual welfare, the tenets of judo have much to teach us both in the sport and in life.



*The Ashida squat, photo courtesy Janet Johnson*



*Kata Clinic, photo courtesy Janet Johnson*



*photo courtesy Janet Johnson*



*The Ashida family, photo © 2009 C. H. Halporn 5 American Judo*



## Challenging the Champ by Gerald Lafon



Many Judo clubs, especially small ones, suffer from a common problem: how to provide meaningful training opportunities for the exceptional player, the “champ,” who by virtue of his size and skill is infrequently challenged during randori.

The champ usually fares well when it comes to pre-arranged technical drills and to a lesser extent situational drills. After all, training partners need not be world champions to be good uke during technical drills. They only need to be capable of performing uke’s role in the drill. However, when it comes to randori, many clubs are unable to provide the champ with a challenging workout if they resort to standard randori.

During randori the champ needs to approximate the physiological, physical, and psychological demands of a competitive match, which may last from 3-5 minutes. This might be an exercise in futility if he’s more physical and skillful than his training partners. While some of the demands of competition can be met through conditioning off mat, this article focuses solely on Judo drills that can be performed during the course of regular training sessions.

The objective of the drills listed below is to challenge the champ mentally and physically. Keep in mind the requirement to balance the champ’s need for harder training while making sure that training partners are not abused and over-taxed. The drills listed below allow the coach to give the champ what he needs while maintaining the welfare of training partners and the integrity of the club.

### ***2v1 Ne Waza Randori***

In this ne waza drill two training partners simultaneously attack the champ. At times, one partner may momentarily disengage from the drill so that the action remains fluid. For example, if both training partners manage to pin the champ, one should back off and let the action continue one against one. When the champ gets out of the pin, it’s time to go two against one again. Length of this drill is 3-5 minutes.

### ***Osae Komi Escapes***

Two to three training partners are required for this drill, in which the champ must constantly and successfully escape from pins. Depending on size and skill difference between the champ and training partners, this drill is conducted in a one against one or two against one format. The champ starts off pinned. He escapes only to allow himself to be pinned again by the next training partner. If the escapes are too easy, a second training partner can add a little resistance by pressing down on the first training partner or by holding the champ’s leg or arm as he tries to escape. Conversely, if the escapes are too hard, training partners must allow the champ to move and to successfully escape. Use different pins, and attack from both sides as well. Length of this drill is 3-5 minutes.

### ***Pre-Fatigue Randori***

Prior to a round of randori, pre-fatigue the champ by having him do a set of push-ups, burpees, or a 30-second round of one for one. When using the one for one protocol, have the champ do it with one training partner, and then perform the randori session with a fresh partner.

### ***Fresh Partners Randori***

In this five-minute round of randori, the champ fights a fresh partner every minute. This keeps the pace of the round at a very high level, even if the training partners are not as technically proficient as the champ. It’s important that training partners use grip fighting and movement to force the champ to be active. This also can be performed as a ne waza drill.



## **One for One**

The champ and partner throw each other as quickly as possible using a forward throw that facilitates a quick execution, i.e. ippon seoi nage, koshi guruma, or tai otoshi. The goal is to perform as many throws as possible in a specific time. This speed drill can be a stand-alone drill or incorporated into any of the previous drills.

As a stand-alone, interval training drill, you can do repeats of 30 seconds every two minutes (1:3 work-rest ratio) or, depending on the fitness of your players and the phase of their training cycle, you may want to tackle the more demanding Tabata protocol. In this case, throw for 20 seconds, rest for 10 seconds (2:1 work-rest ratio), and repeat 6-8 times. Use fresh partners for each work bout.

Use a 15- or 30-second bout before, during, or after a short round of randori (2-3 minutes) or in conjunction with 2v1 Ne Waza Randori, Osae Komi Escapes, or Fresh Partners Randori. Use a fresh partner for the one for one.

It's up to the coach to decide the "when, how many, how long, how often" part of the training equation. This decision should be based on the training cycle and fitness level of the champ. Any of these drills also can be used periodically to spice up the training routine of any Judo class. Since these drills are intensive, use them in moderation with your recreational membership.

Coach Lafon, 6<sup>th</sup> Dan, started Judo in 1965. He is the Director of Coaching at Judo America San Diego, technical consultant to the Bahamas Judo Federation and Baja California Judo Association, 1990 USJA Coach of the Year, and former vice-chairman and current member of the USJA Coach Education Committee. He's an advocate of Geof Gleeson's theories on Judo training. Email: [glafon@judoamerica.com](mailto:glafon@judoamerica.com)



*Any of these drills also can be used periodically to spice up the training routine of any Judo class. Since these drills are intensive, use them in moderation with your recreational membership.*



## Local Instructor Wins at Nationals by Gary Goltz



*Brad Karman (center) at Nationals after winning the Open Division*

Brad Karman, 55, of Riverside who is an instructor at [Goltz Judo Club](#) in Claremont, recently won double gold medals at the Judo Nationals held in San Diego. "He won both his weight division and the open weight division defeating some very formidable opponents" according to Gary Goltz, founder and head instructor of the club.



*Brad Karman with Gary Goltz (left) and O.J. Soler (right)*

Karman was subsequently promoted to the rank of 6<sup>th</sup> degree black belt (red & white belt for expert) by the US Judo Association. He is a manager with Hunsaker & Associates. Goltz Judo Club is part of Claremont Human Services. The club practices at Alexander Hughes Community Center.



## Early Texas Judo by E.E. Carol



I had wrestled for four years for Kansas State University. I saw a judo class at Fort Hood, Texas, about a year after I left. Guys were banging each other's ankles, anklebone to anklebone, and using elbows to force opponents to the mat. Wrestling wasn't all that gentle but a lot smoother than what I saw that night, so I spent the next two years in scuba diving classes. That was fun, though there weren't many places to dive in Texas.

About a year after I left the Army, I joined the Dallas Police Department. I had planned on staying a year or so to get the lay of the land so I could find a real job. I discovered early on that I was small, mouthy, and not popular.

After many trips to different karate dojo I discovered the Tamura Judo Institute. Judo appeared similar to wrestling, so I signed up right away. Tamura Sensei and almost forty other judoka in the dojo soon convinced me that judo and wrestling were not that much alike.

I wanted to compete as soon as possible. Tamura Sensei allowed me to when I had attained my green belt. I went to eighteen tournaments, fought two matches, and came home. My first win was in the small town of Silverton, Texas. I was finally a brown belt and actually had a student who went with me. We figured there couldn't be many competitors in Silverton. We were right.

Our only competition was against the first and second place winners of the Texas State Championships in my division. My student had only three brown belts to fight. Well, being outclassed had never slowed me before, so I got into it and beat both opponents. It wasn't pretty with failed throws, sloppy pins, poor chokes, and finally a successful arm bar. My student fared better and beat all three brown belts with osoto-gari. We had driven 300 miles into the panhandle to win those two trophies.

The Tamura Judo Institute sponsored the Dallas Invitational Tournament every year. All the big clubs brought teams and individual players. There were weight divisions, but no one paid much attention to them in team matches.

I was on the Tamura "C" team of mostly brown and a couple of really old black belts. Our lightweight and lower middleweight players got lucky and won their matches, putting us up for third place if the rest of us could win anything. My turn came. I stepped onto the mat watching Tamura Sensei for direction, so didn't see my opponent until I got to the center of the mat and bowed. When I straightened up, I could see only the other guy's belt! His nickname was Tiny, and he was 6'5" and weighed three hundred pounds! I tipped the scale at 176. Did I mention that no one paid much attention to weight divisions?



*When I straightened up, I could see only the other guy's belt! His nickname was Tiny, and he was 6'5" and weighed three hundred pounds! I tipped the scale at 176.*

The match didn't last long. Tiny lunged at me, and I attempted ippon-seoinage. He just collapsed on me, so I wriggled around and got my legs around his waist. I got my hands in for the choke and pulled him close. His eyes rolled up in his head, and he went limp, his entire weight on my hands and chest. I couldn't turn loose! I told the referee, "Hey! This guy's choked out!" The referee asked if I wanted to surrender. I told him no but that Tiny was out and I couldn't let go or get him off. Then the referee understood and unsuccessfully tried to move Tiny off me. Both corner judges jumped in to assist but couldn't get Tiny's 300 pounds of dead weight to move. A spectator came onto the mat to help. Tiny was out cold. But when the referee sat him up to resuscitate him, Tiny started fighting again!

The two old black belts also won their matches, so we wound up taking second place to Tamura's "A" team.

The Dallas tournaments were particular about what national organization one belonged to and about all the rules of judo. Other towns were not so fussy. I used to ride my motorcycle to Fort Hood, referee kids' matches all morning, and fight all afternoon. I would fight in the 176, 187, 205, and open divisions. I'd take second or third in the 176-pound division and win all the others. I was so short I didn't have to bend over to throw bigger opponents. And they never believed such a little guy could pin them. I did win my 176-pound division once, defeating an opponent who was 6'4" and weighed 176. I tried ippon-seoinage on him and saw him standing flat-footed on as my head was scraping the mat! Finally I threw him with long-armed tai-otos. San Antonio always was fun, with judoka who were strong, eager, and willing to buy the beer afterwards.



The good old days were exciting, but I hated the political backbiting that wouldn't recognize outsiders' ranks. I hated the selling of rank and favoritism shown by some referees. You had to know where you were to understand what rules would be enforced and which ones ignored. Today things are better. I am still not happy with the political fighting inside and between the national organizations, but they have recognized each other and set rules and standards that are accepted by almost everyone. Believe me, that is a good thing!

E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds yodan judo and sandan jujitsu ranks.

## USJA Outstanding 2008 State Competitor Award

The 2008 USJA Outstanding State Competitor Award for Florida went to Major Nicole Powell-Dunford. It was presented to her Wednesday, 11 June 2008.



*(L2R) Colonel John P. Albano, Army Associate Director, Naval Aerospace Medical Institute (NAMI) presents the prestigious United States Judo Association (USJA) Outstanding Senior Female Competitor for the state of Florida during 2008, to Major Nicole Powell-Dunford, MC, NAMI, Naval Air Station (NAS), Pensacola, Florida, with Dr. H. G. Robby Robinson, Senior Coach and Advisor, Armed Services Judo and Jujitsu Academy (ASJJA), NAS, Pensacola, representing the National Headquarters of the USJA. (photo by Renee Robinson, ASJJA)*



## Time is Running Out - Apply Now!

Calling all U.S. female judo players in training for national and international competition. The window of opportunity to apply for this year's Rusty Kanokogi Grant Judo Fund award is running out. The applications must be on or before September 30, 2009. The grants will be awarded in November 2009. The Fund is administered by the Women's Sports Foundation.

If you need monetary assistance for coaching, training, equipment, athletic clothing and travel, you should consider applying. An individual may request up to \$5000.

If you are interested in finding information about the Rusty Kanokogi Grant Judo Fund, follow the link below:

<http://www.womenssportsfoundation.org/Content/Grants-And-Scholarships/Grants/Rusty-Kanokogi-Fund.aspx>

If you don't apply, the money will go to someone else, perhaps your opponent.

## Fukuda Award

The dinner was sponsored by the United States Judo Federation (USJF) to honor Fukuda Sensei's recent 96<sup>th</sup> birthday. It was held in San Francisco and attended by over 50 judo leaders from across the country. Proceeds went towards the USJF's scholarship fund in her name.

### Keiko Fukuda

#### Some Awards and other achievements

- 1990 Recipient Emperor of Japan Distinguished Cultural Award
- 1990 Recipient USJI Henry Stone Lifetime Contribution to American Judo Award
- Technical advisor for US Women's Judo
- Technical Advisor of USJI Kata Judges Certification Subcommittee
- National Kata Judge
- Faculty Member USJI National Teachers' Institute  
Member USJF Promotion Committee, USJF & USJI Women's Subcommittee
- Graduate of Showa Women's University



Gary Goltz, COO of the United States Judo Association (USJA) on the left presented an award from his organization. On the right is Neil Simon, USJF President.



## Sensei Kraft At Ark Judo Seminar



On May 31, 2009, ARK JUDO put on a seminar in North West Arkansas. We flew in Sensei Hank Kraft from New York City. Sensei Kraft was the person who taught Michael Dobbs (ARK JUDO's founder and instructor) the art and the beauty of Judo some 30 years ago. He is a great teacher, and has trained 55 national and international competitors who have ranked 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in their division.

Sensei Kraft was here for just one weekend and he gave a 2 day seminar. In this time, he taught the basics of Kodokan Judo. This was not a seminar about flamboyant technique. We broke down and studied Ukemi, Ashi Wasa, Osoto Gari, Ouchi Gari, Ippon Seonagi, Morote Seonagi, Tio Toshi, Harai Goshi. The basics of Judo. Interesting? Was there much for us all to learn? Oh yes. We all dream of the perfect throw... what is it? Uchi Mata? Sutemi Waza? Some great combination? Maybe great Judo is not the complex... maybe it about fundamental Judo. Basic Judo. We keep working on the basics, perfecting them.

Sensei Kraft took each technique and broke them down into the basic parts. He worked with each Judoka individually. He also took the time to show some great drills, teaching the instructors present how to strengthen our Judoka's technique.

This was a great event for everyone. White belts were engaged and learning... as were Black Belts. We learned and enjoyed. We can all learn from a master. Another point. All of the clubs present at this event were USJA. Sensei Kraft is USJF. What's the difference... it's all Judo!





## Grass Root Scrimmages on Long Island by Marc Cohen, Go Rin Dojo

When you think of Long Island in New York, what generally comes to mind is the white sand beaches in the Hamptons, celebrity hi-jinks, Fire Island and the Gold Coast where old money resides on one hundred acre estates overlooking the Long Island Sound. In all, Long Island is about 125 miles from Brooklyn to Montauk Point and about 35 miles at its widest point between the south and north shores. What you probably don't think about is Long Island Judo.



Judo is alive and well on Long Island. With an estimated population of about two million people, we boast about a dozen active Judo clubs in Nassau and Suffolk counties. We have about around 300 children and adults on the mats during any given week and that does not count the outer boroughs of New York City, Brooklyn and Queens; both are part of the Long Island land mass.

As active partners in the Long Island Judo community, Dave Passoff and I have the distinct pleasure of bringing together those diverse and far-flung clubs about three or four times a year for free Long Island Scrimmages. Understand that there are dozens and dozens of Metro-New York tournaments from September through June. The issue for many of the Judo families is that, often times, it is difficult for everyone to get a tournament in New Jersey or Connecticut due to distance, expense and the infamous New York traffic jams.

The scrimmages gives us an opportunity to get together in less formal atmosphere in order the for kids, and adults and the instructors to meet and mingle in a less structured environment. The entire day or evening spans a maximum of three hours and we generally host somewhere between thirty and sixty participants, not counting parents and instructors.

We use a formula that has been successful for all of these years. We begin with a Kohaku line shiai using team rules. We line the kids up in a rough line by height, weight and experience. We then separate the line into two opposing lines, which also give the instructors a chance to make last minute changes in the line-ups.

The scoring for Kohaku is traditional. We do not use Yuko, just Ippon and Waza-ari. The matches are 2 minutes in length and begin with the two smallest opposing players reporting to the middle of the mat. The winning player stays up to face the next opposing member of the opposite team while the loser goes back to his or her line to watch and root on his team. If no one wins after the two minute match time expires, the referee calls Hiki-Waki and both players retire to their lines so that the next two in line come up for the next match.

The contest ends when either one team runs out of players to come up to the line to play or if both teams expire all of their players. Both lines report their total wins and the higher number of overall wins then get the team prize. The prize is that they have the other team perform the twenty "sacred push-ups" for the winning team's to count off.



Now that the competitive juices have been tapped into and everyone is having a great time, the club instructors put together one or more five-person teams to compete in club competition against the other clubs present. Instructors can “draft” members of the other clubs and trade their own players to other clubs so that the teams are even in ability. The “clubs against club” matches use all of the IJF rules and points. This is a good learning experience for the members of the club who do not routinely play in shiai and give the sensei an opportunity to review the play and abilities of all of the participants.

The scrimmage continues with the club teams going against one and other for the best of five points wins. There are no sacred push-ups involved in the win, just the satisfaction of being able to play your best without the pressure of traditional Shiai and without having to spend the entire day working at it.

The clubs that were involved in the March 8, 2009 scrimmage and the instructors who were present were:

Go Rin Dojo	Sensei Marc Cohen
Syosset PAL Judo	Sensei Dave Passoff
Great Neck PAL Judo	Sensei Dave Passoff
Combat Judo	Sensei Mike Arcuri
Westbury PAL Judo	Sensei Mike Goldsmith

The next scrimmage is planned for April or May of this year.

## Time toVote!

Make your voice heard. All current USJA annual or life members who are 17 or older are urged to help decide the future of the USJA by voing for candidates for the Board of Directors. The ballot pdf can be found at the following link on the USJA website:

<http://www.usja-judo.org/BOD/2009USJABallot.pdf>

Your completed ballot must be mailed to:

Wyckoff & Assoiates, P.C.,  
3280 East Woodmen Rd., Suite 210  
Colorado Springs, CO 80920

All ballots must be postmarked by September 30, 2009 and received by October 10, 2009.



# Campaign Slate 2009

## The key points of our platform:

- ★ Judo for all
- ★ Supporting club coaches
- ★ Judo in the Internet age
- ★ Building a regional base for judo
- ★ Mutual benefit and welfare

### Paul Nogaki, current chair, Mini-camp subcommittee



began his judo career in 1964. He has competed at an elite level including the All-Japan University Games and Japanese Olympic trials. Nogaki was also a regular member of the Kodokan. Nogaki is a certified coach and clinician with the USJA, coach with USJF, and Level A instructor with USA Judo. He is also a Level A kata instructor and judge. Paul has been a major contributor to the USJA, coordinating the coaches' clinics, serving as the USJA mini-camp coordinator, the 2009 USJA/Judo Forum mini-camp and working with California Judo, Inc. to offer a co-sponsored mini-camp.

### Neil Ohlenkamp. Having continuously



taught judo for 35 years, Neil has coached all levels of students including the US team competing at the Paralympic Games. He has been a USJA certified coach for over 20 years, and was a USJA Coach of the Year. He works tirelessly to promote judo. He founded and runs [JudoInfo.com](http://JudoInfo.com) and the [JudoForum](http://JudoForum.com), the most popular judo sites online. He authored *Judo Unleashed* and has published numerous articles. His judo expertise as a 6<sup>th</sup> degree black belt and his professional management experience will be an asset to the board.

### Roy Hash, current USJA Vice-President & chair, Grassroots Development subcommittee



TEXOMA Judo, a top-10 USJA club, in Wichita Falls, TX in 1999, after retiring from the US Army. He has trained and coached competitors from local to the international level. Roy served as a BOD member of the Bright Ideas Charter school for 8 years so he possesses nonprofit board experience. His goals as a member of the BOD is to foster USJA growth, to improve its reputation in the US Judo community, to make it services more effective, efficient, timely and readily available to our clubs and members.

### Bill Montgomery, current member, Coach Education Committee



began judo in 1961. He trained under great judoka like Jim Bregman, Ben Campbell, Anton Geesink & Geoff Gleeson. For several decades, Bill has taught and coached judo across the U.S., in Europe and in South Africa. He ran one of the first USJA coaching courses at Camp Olympus in the 1970's. With the philosophy that "a structure is no stronger than its weakest link," Bill aims to help the USJA coaching program grow into a supportive, professional curriculum that will enhance the expertise of every instructor. With great coaches at the grassroots level, he hopes to see 100,000+ people doing judo in the U.S.

**Note: no USJA funds or personnel were involved in the production of this brochure.**

### Dr James M. Lally, current USJA board member.



As the most recent President of USA Shooting, the National Governing Body (NGB) for Olympic shooting, he was instrumental in the planning, training, and execution of the best performance of the US Shooting Team in recent history. He brings that expertise and experience to the USJA BOD. He is the President & Chief Medical Officer of Chino Valley Medical Center, Chino, CA, where he oversees an annual \$180 million dollar operation. He has been the USJA Life Donor of the Year for the past few years. He is honored to hold a 2nd degree (Nidan) black belt from Goltz's Judo Club.

### James Pedro, Sr. current USJA Board member & chair, Coach Education Committee



is Life member # 102 and has been a USJA coach since the 1970s. In 2006 the board unanimously elected him coaching chair. He says, "In over 40 years of coaching, I consider every kid who ever walked on my mat and worked hard as one of my successes." His goal is to expand educational opportunities for club coaches through course instructors in every region, articles in our on-line magazine, and resources available at coaches' clinics and joint ventures, such as the Black Belt magazine partnership.

*The NEW USJA is a platform endorsed by the above group of individuals who are running for the USJA BOD.*

For more information, see [www.newusja.us](http://www.newusja.us)

### Marc Cohen, current USJA board member



has been active in Judo since 1962 and has taught and trained well over a thousand students. He began his Judo career in New York City and studied under a number of notable instructors including George Yoshida. He currently holds the rank of Rokudan, is a Certified Coach, Certified Referee and Master Examiner. Mr. Cohen's vision for the USJA is to communicate fully with its members and make their needs and demands its priority.

### Randy Pierce (Shichidan) started judo in 1974 in St. Louis.



He holds a BA in Psychology and a MA in Human Resource Development and Management. He is a national referee and has hosted over 50 tournaments since 1980. Randy paid his own way to hundreds of tournaments he attended across the U.S. In 2006 he won his 1000<sup>th</sup> judo match. He is the kind of judoka that a grassroots judo program can help; he wants to help others that just love to do judo.

### Deborah Fergus, current chair, Women's committee

started Judo in 1970 at Northern Michigan University. She is an active promoter of Women's Judo and host/organizes many female events in the U.S. & Canada. She is also a Master Competitor, National Coach and Certified Kata Instructor, & cofounder of the International Women's Judo Alliance. She will bring a valuable presence and be an asset to the USJA Board of Directors.

*Ballots will be available in August, 2009 & must be postmarked by 9/30/09. USJA members may vote for 11 candidates. See: <http://www.usja-judo.org/>*

### Lowell Slaven, current USJA Treasurer & chair, Tournaments Committee

has been involved with the sport since 1967 and currently holds the rank of Shichidan. In 1971, he opened his first dojo and is currently head instructor at American Martial Arts. He is a National Referee, certified kata judge, master certified teacher, & master rank examiner. Each year, Lowell hosts the America's Cup tournament and numerous clinics, certifications, and promotions. He hosted the U.S. Judo Senior Nationals (1988) and the USJA Junior Nationals (2008). His goals are to build a Sport Jiu-Jitsu Division for USJA and to continue to support the mission and goals of the USJA.

### Joan Love, current chair, Regional Coordinators subcommittee



is a professional educator who has been involved in judo for nearly 20 years as a parent, Masters competitor, certified coach & referee, and club owner. Over the past 4 years, she has built a network of over 20 volunteer **Regional Coordinators** that are hosting, organizing and publicizing USJA clinics, camps, workouts and tournaments throughout the U.S. She is committed to fostering broader enthusiasm for judo by increasing opportunities for judoka of all ages to attend events that are both fun and instructional and assisting judo club owners to establish successful, growing programs.

## The New USJA Growing Judo in the 21st Century

*We are pleased to present a slate of candidates for the 2009 USJA Board of Directors who share common goals for growing judo & endorse the "New USJA" platform. Please support us!*

### AnnMaria De Mars, current USJA President,



began judo in 1972 at the Alton, IL YMCA. She was the first American world champion in 1984 and has coached at all levels from pre-school to college credit classes. She founded and edits *Growing Judo* magazine. A major interest is providing opportunities to players at all levels to supplement their knowledge, from regional training camps to electronic communication.

### Gary Goltz, current USJA Chief Operating Officer,



began judo in 1965 and runs the USJA's largest club. He has led the USJA out of debt, helped to increase membership and clubs, recruited volunteers for legal counsel and IT director, initiated a new database, updated the JA website, secured private & corporate donors such as GTMA, Zebra Mats, and Black Belt Magazine, opened talks with the USJF, hosted the USJA/JF Winter Nationals, and more. As a former vice-president of several major health care companies and a successful entrepreneur & president of his own companies, Gary brings a great deal of management expertise to the USJA.



## Instructors Clinic with Sid Kelly

A special instructors clinic was held on Saturday, March 28 at the Alexander Hughes Community Center in Claremont, California with Sid Kelly. He began studying judo in London, England . After he emigrated to the U.S. in 1957, he won championships, coached, became an examiner, wrote books, produced videos, and documented training drills. He is an 8<sup>th</sup> Dan in Judo and a 6<sup>th</sup> Dan in Ju-Jitsu.





## Newspapers Pay Tribute to Rene Capo

Newspapers and Web sites around the nation paid tribute to two-time Olympian Rene Capo after his death from lung cancer on July 6, 2009 in Chicago, Illinois. He was 48 years old. He was a Cuban émigré who grew up in Florida, and played college football.

Below are some of the articles that highlighted Capo's life:

### **Hialeah's Rene Capo, a two-time Olympian and judo champ, dies at 48**

Miami Herald  
Miami, Fla.  
July 8, 2009

Rene Capo, who made the US Olympic judo team twice and also excelled in football, succumbed to lung cancer Monday in Chicago.



### **Judo Olympian Capo dies**

Albany Times Union  
Albany, N.Y.  
July 8, 2009

Two-time Olympic judo competitor Rene Capo, who taught the sport in the Capital Region for two years, died of lung cancer...

### **U nose tackle became judo champ**

Minneapolis Star Tribune  
Minneapolis, Minn.  
July 8, 2009

Rene Capo, a two-time Olympian in judo and a former Gophers nose tackle, died Monday of lung cancer in Chicago. Rene Capo used the leverage learned in judo...

### **Former Judo Olympian Rene Capo Passes Away**

AHN - USA  
July 7, 2009

The Miami native won national titles in judo that spanned nearly 30 years, and also excelled as a quarterback at the University of Minnesota...

### **Judo Olympian Capo dies at 48**

USA Today  
July 7, 2009

Two-time judo Olympian Rene Capo has died of lung cancer. He was 48. USA Judo in Colorado Springs said Capo died Monday in Chicago. ...

### **USA Judo**

1 Olympic Plaza Suite 505  
Colorado Springs, Colorado 80909



## How To Celebrate A Black Belt by Marc Cohen

I remember my first belt promotion ceremony. My sensei handed me a dojo certificate. I bought a package of Rit dye and dyed my white belt yellow. I also had presence of mind to rinse the newly dyed belt in hot water, thereby avoiding the embarrassment of a permanent yellow stripe around my waist.

Ever since that first ceremony I've wondered what promotions in feudal Japan might have been like. I've participated in countless promotions, usually with students lined up as those being promoted were called to receive their new belts, after which club members ceremoniously threw the newly promoted.

That was pretty good but didn't seem appropriate for a yudansha ceremony. It lacked the dignity and decorum required for a more solemn occasion. Through on-line research, calls, and emails I discovered that ceremonies in Asia had a reoccurring theme — lineage.

Recently I promoted two students to shodan. After years of practice and a grueling examination, I thought that they and their parents would appreciate a ceremony with meaning and dignity. I designed one based upon the lineage concept as well as information gleaned from my research.

I set up four levels of candles. The top level consisted of a single candle to represent the Kaiso, Jigoro Kano. The second level represented my own instructors: George Yoshida, Fred Bernstein, and Ivan Villegas. When I lit their candles, I also mentioned their instructors -- Taguchi, Yamauchi, and Nakabayashi -- so that the lineage was complete.

The third row had a single candle on it, representing me. Below my candle were two unlit ones representing the new shodan. When I individually called them up, they took their new black obi from in front of their candles, tied it around the waist, and then lit their candles. All lighted candles then represented an unbroken lineage from the founder through two levels of instruction to themselves.



When these new yudansha have the opportunity to promote a student to black belt, they can recreate the ceremony with five, instead of four levels. If my strategy is correct —and I never will know if it actually happens —then someone two generations in the future would celebrate a similar ceremony with seven or more levels of candles.

Keeping alive the memory of those who made it possible for others to learn is, in a small measure, the best way of keeping alive both the memory and the art.

Marc Cohen holds rokudan rank in judo. He has successfully run the Go Rin Dojo on Long Island in New York for 25 years. His students have won dozens of titles in local, regional, and national tournaments. Many of Cohen Sensei's students have sent their own children to become his students.



## **BLACK BELT**

World's Leading Magazine of Martial Arts

• Katrina Davis, General Manager • Gary Goltz, Chief Operating Officer • Dr. AnnMaria DeMars, President

We are pleased to announce starting May 1, 2009 Black Belt Magazine will offer an exclusive to USJA members for half off their subscription price along with a 20% discount code towards purchases of videos and books from their extensive on line martial arts catalog, [shopblackbelt.com](http://shopblackbelt.com). Black Belt also plans to feature more articles on judo and a section devoted to the activities of the USJA!

Our new [USJA & Black Belt Magazine Membership Form](#) reflects the Black Belt Magazine subscription option. In addition to this exciting new benefit, the USJA is still the best value of all the national judo organizations as we include with your membership the following:

**Free Liability Insurance:** As soon as a club registers five or more members, it receives free liability insurance coverage. This insurance covers all club officials at the club practice sessions. It includes the coach, assistant coach, president, secretary and all other club officials.

**Privileges of Making Nationally Recognized Promotions in Judo:** USJA ranks are recognized nationally. Other ranks may not be recognized at the national level. The USJA issues a rank certificate and rank membership card to every individual promoted by the USJA. This is an important benefit.

**The Right of Exclusive Sanctions for Judo Tournaments:** USJA chartered clubs can apply for exclusive sanctions for their tournaments and other events. Each year the USJA co hosts the widely attended Junior Nationals followed by the Winter Nationals which is open everyone!

**Club Charter Certificates:** Each USJA chartered club receives a beautiful certificate as soon as it registers five members or when it progresses to a higher charter level. There is a certificate for each level and all are issued free of charge. All USJA chartered clubs are recognized on our website [usja-judo.org](http://usja-judo.org) on a continuing basis via our highly efficient and up-to-date-database.

**Family Memberships.** The USJA offers a family membership plan as another way for a family to save money. If you have three or more members in the same family you qualify for a significant discount.

**USJA Summer Camps.** Each year the USJA sanctions a series of summer camps at many locations throughout the United States for both juniors and seniors. These camps feature certifications in all USJA certification areas, as well as promotion exams, competition techniques and fun for the entire family.

**USJA Grassroots Clinics.** As a USJA member, you will have an opportunity to attend clinics given by top coaches and competitors every year. These clinics give you an opportunity to meet, talk to, learn from, and practice with some of the best judo leaders throughout the country.

**Coach, Rank Examiner, Kata, and Referee Certification.** The USJA has developed and administers a comprehensive certification program in each of these areas. This means that you will receive the best coaching and officiating possible as a USJA member in a USJA club, school, or competitive event.

**Purchasing Power.** The USJA currently has agreements in addition to Black Belt Magazine with Golden Tiger Martial Arts, Zebra Mats, and several other companies. These arrangements offer USJA club leaders and members significant discounts on gis, tatamis, and other equipment.

**National Board or Directors.** The USJA is a highly democratic organization that is responsive to the needs of our members. The USJA has a national board of directors who are elected by the senior membership. As a USJA senior member (18 years of age and older), you are eligible to run and vote for the leaders of your choice giving you the member a direct and clear voice at the national level.

**Note: If you are already an active member and want to take advantage of the Black Belt Magazine offer please contact our office at 877-411-3409 or [membership@usja-judo.org](mailto:membership@usja-judo.org). We also encourage everyone to confirm with us that we have your up-to-date information on file.**



## So What's Your Excuse? by Ronald Allan Charles



As a gainfully employed classroom teacher I routinely heard excuses for not turning in homework. The most novel: "My cat ate it." I hope that cat developed an appetite for geography, because his human companion certainly hadn't. The lad received the same homework grade he would have gotten had his dog consumed it.

Creative excuses offered to police officers include driving faster to induce sweating over being caught as an attempt to lose weight; driving faster to reach a gas station before running out of fuel; cruising without stopping through a blinking red light by going between blinks; rocketing at over 100 mph for several minutes to get out of the way of the police car; and trying to outrun police because the spouse ran off with a law enforcement officer whom the driver feared was returning her. At The Citadel and in the Army I learned that the maximum range of an excuse is zero meters. Not coincidentally, that's precisely the maximum range measured in yards.

Judo's founder Jigoro Kano had it right when he said, "The only wrong thing one can do in judo is to miss a class." If you don't drag your mass to class, you cannot learn. Learning judo from a book or video is neither fun nor easy.

I tell students that I cannot teach them when they are absent. And I'd rather have them arrive late than not at all. Even if injured and observing from mat side, dedicated judoka will learn something.

Experienced judoka lacking credentials wander occasionally into our dojo. Perhaps these ronin or masterless samurai have randoried with bears in the forest, wrapped their obi around trees for uchi-komi, and meditated beneath waterfalls. Excuses for missing credentials range from an angry spouse trashing paperwork before dumping her jerk husband while he was serving on submarine duty, to a house fire. Often a lazy former sensei had promised to process paperwork but never followed through. Many ronin were on the cusp of their next promotion. No adult judoka has blamed a diploma-eating pet.

Fortunately the United States Judo Association has a procedure to remedy missing or consumed paperwork. We evaluate and validate that person's skills so as to place the new member on the rank ladder from whence to proceed through traditional time-in-grade, point, and technical requirements. We needn't track down pets to choke into coughing up credentials. When these lost judoka finally settle down and earn promotion certificates, they will frame and hang them out of reach of ravenous dogs and cats.

So don't bother thinking up creative excuses. Sensei has better things to do and probably has heard most. There's no black belt for making excuses.

Ronald Allan Charles, Ph.D., has validated and put on the right path to judo growth many stray judoka during his nearly half-century in judo. He holds hachidan judo and rokudan jujitsu ranks and teaches without charge at MWR Athletics on the Navy Weapons Station in beautiful, romantic Goose Creek, South Carolina.



# 2009 USJA/USJF WINTER NATIONALS

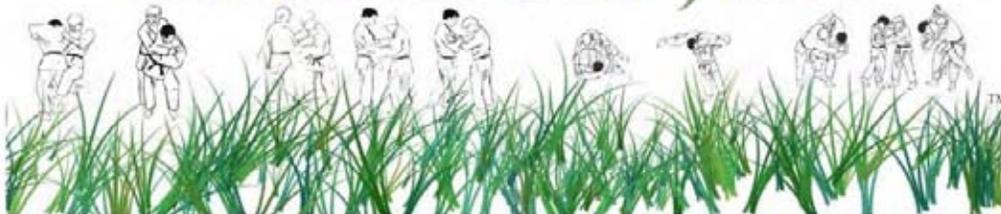
SENIORS MASTERS JUNIORS KATA



Photo by Gary Wagstaff



## GRASSROOTS JUDO



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

**SATURDAY & SUNDAY DECEMBER 5 & 6, LA VERNE, CA**



**2009 USJA/USJF WINTER NATIONALS**  
**Seniors, Masters, Juniors, & Kata**  
**Saturday & Sunday December 5<sup>th</sup> & 6<sup>th</sup>**  
**Coach Certification Clinic, Friday December 4<sup>th</sup>**

**TOURNAMENT DIRECTOR:** Gary Goltz

**HEAD REFEREE:** Hayward Nishioka

**EVENT PHYSICIAN:** Dr. James Lally and staff physicians from Chino Valley Medical Center, Aegis Ambulance Service of Monrovia is providing an ambulance and EMT staff

**AWARDS:** High quality unique medals to be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place; **(Top Club Award will be presented to the club with the highest number of medals; 1<sup>st</sup> = 5 points, 2<sup>nd</sup> = 3 points, 3<sup>rd</sup> = 1 point)**

**ELIGIBILITY:** USJA, USJF, & USA Judo current members, (Sanctioned by USJA)

**VENUE:** Damien High School's Gym, 2280 Damien Avenue, La Verne, CA 91750

**HOTEL:** [Red Roof Inn](#), 204 N. Village Court, San Dimas, CA 91773, (909) 599-2362, (Judo Rate \$59)

**FEES:** \$40 all divisions, Advanced Registration, **POST MARKED BY THURSDAY NOVEMBER 19<sup>th</sup>**  
**Tournament T-shirt will be provided free to advanced registrants only; There will be no exceptions!**

- \$50.00 at Damien, Friday 5:30PM to 7:30PM December 4, 2009, (Junior registration will be accepted at Damien, Saturday 11:00AM to 4:00PM December 5, 2009)
- \$60.00 at Damien the morning of event from 7:00AM to 8:30AM

**Make all checks or money orders payable to Goltz Judo Club**

**EARLY WEIGH-IN (at Damien High School):**

**All Contestants:** Friday December 4, 2009 from 5:00PM to 7:30PM  
**Juniors:** Saturday December 6, 2009 9:00AM to 12:00PM

**LATE REGISTRATION & WEIGH-IN (at Damien High School):**

**Seniors, Masters and All Kata:** Saturday December 5, 2009, 7:00AM to 8:30AM  
**Juniors:** Sunday December 6, 2009, 7:00AM to 8:30AM

**All Athletes MUST check-in with tournament officials, in person, in order to confirm participation and competition categories, during ONE of the time periods listed above.**

**Mail all entries & fees to:** USJA/USJF Winter Nationals  
 Attn: Tony Farah  
 3252 Robin Way, Pomona, CA 91767  
 (909) 596-8199 or (951) 288-5296 (cell)  
[tony@farahfamily.com](mailto:tony@farahfamily.com)

**JIMMY PEDRO CHAMPIONS CLINIC SATURDAY DECEMBER 5<sup>TH</sup> AFTER TOURNAMENT**



**TATAMIS PROVIDED BY ZEBRA MATS**  
**These will be sold at a discount prior to and during the event**  
**Contact: Jimmy Pedro, (978) 973-6238, [jimmyspedro@zebramats.com](mailto:jimmyspedro@zebramats.com)**

**Vendors wanting a booth & sign - contact Genaro Bugarin, [bugarin2@yahoo.com](mailto:bugarin2@yahoo.com), (858) 442-4110**

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## **2009 USJA/USJF WINTER NATIONALS DIVISIONS**

### **SENIOR DIVISIONS**

**Men's and Women's (Brown & Black Belt):**

**(All non-black belts must complete a non-black belt waiver.)**

- Men            55kg   60kg   66kg   73kg   81kg   90kg   100kg   +100kg
- Women        44kg   48kg   52kg   57kg   63kg   70kg   78kg   +78kg

**No Senior Black & Brown Belt Division can compete in more than one weight class nor can they move up except for Men's 55kg and Women's 44kg. These contestants may elect to compete in the next higher weight category.**

- Men's & Women's Masters Division (30 to 39 Years Old)        LW    MW    HW
- Men's & Women's Masters Division (40 to 49 Years Old)        LW    MW    HW
- Men's & Women's Masters Division (50 Years & Older)        LW    MW    HW

**For Men's & Women's Masters, pooling will be done by a mathematical formula using age and weight. Pools will be between 4 and 8 people and a Novice (under Brown Belt) Masters Division may be added if the number of competitors warrants this.**

### **NOVICE & INTERMEDIATE JUNIOR DIVISIONS**

- Boys & Girls Ages; 5-6, 7-8, 9-10, 11-12, & 13-16 Years Old        LW    MW    HW

**Any division with 5 or less contestants may be put in a round robin pool. Full double elimination pools will be used for the rest of the tournament.**

### **KATA COMPETITION SENIORS, MASTERS, & JUNIORS**

- Nage No Kata
- Katame No Kata
- Ju No Kata
- Kime No Kata
- Goshinjitsu
- Open Kata (Any Others)

### **COMPETITION RULES**

**All matches will be conducted using the current IJF Contest Rules with the following modifications:**

- Pre-2003 injury rules will be used except in senior, senior novice and masters divisions.
- Full Double Elimination will be used. Round Robin may also be used for small divisions.
- Contestants divisions can be changed at the discretion of the tournament's management.

**Juniors (5 to 12 Years Old): Match Time - 3 Minutes**

- No shime-waza (strangles) or kansetsu-waza (arm locks)

**Juniors (13-16 Years Old): Match Time - 3 Minutes**

- No kansetsu-waza (arm locks)

**Senior Novice Division (17 Years and Older): Match Time - 3 Minutes**

- No kansetsu-waza (arm locks)

**Senior (17 Years and Older) Brown & Black Belt Division: Match Time - 5 Minutes**

**Masters Novice (30 Years and Older): Match Time - 3 Minutes**

- No kansetsu-waza (arm locks)

**Masters Brown & Black Belt (30 Years and Older): Match Time – 3 Minutes**

**WHITE GIS MANDATORY, BLUE GIS OPTIONAL**







**WARNING, WAIVER, AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN ANY WAY, INCLUDING TRAVEL TO AND FROM THE USJA/USJF WINTER NATIONALS AND ALL RELATED EVENTS AND ACTIVITIES OF THE UNITED STATES JUDO ASSOCIATION, UNITED STATES JUDO FEDERATION, USA JUDO, NANKA JUDO YUDANSHA-KAI, CALIFORNIA JUDO INC., DAMIEN HIGH SCHOOL, AND GOLTZ JUDO CLUB, I HEREBY:

- 1) Acknowledge that I am familiar with the sport of Judo and understand the rules governing the judo.
- 2) Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions, and refuse to participate.
- 3) Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
- 4) Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- 5) Release, waive, discharge and covenant not to sue the United States Judo Association, United States Judo Federation, USA Judo, Nanka Judo Yudansha-kai, California Judo, Inc., Damien high School, and Goltz Judo Club, together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, all of whom are hereinafter referred to as "releasee" from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Name)

**FOR PARENTS or LEGAL GUARDIANS OF CONTESTANTS UNDER AGE 18**

THIS IS TO CERTIFY THAT I, AS PARENT/GUARDIAN WITH LEGAL RESPONSIBILITY FOR THIS PARTICIPANT, DO CONSENT AND AGREE TO HIS/HER RELEASE, AS PROVIDED ABOVE, OF ALL THE RELEASEES, AND, FOR MYSELF, MY HEIRS, ASSIGNS AND NEXT OF KIN. I RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM ANY AND ALL LIABILITIES INCIDENT TO MY MINOR CHILD'S INVOLVEMENT OR PARTICIPATION IN THESE PROGRAMS AS PROVIDED ABOVE, EVEN IF ARISING FROM THEIR NEGLIGENCE, TO THE FULLEST EXTENT PERMITTED BY LAW. I HAVE INSTRUCTED THE MINOR PARTICIPANT AS TO THE ABOVE WARNINGS AND CONDITIONS AND THEIR RAMIFICATIONS.

Parent or Legal Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Name)







## 2009 USJA/USJF WINTER NATIONALS T-SHIRTS



### ORDER FORM

**\$15.00 each**

**2XL +\$2.00**

**3XL +\$3.00**

**Indicate the sizes and quantity requested**

(Available in Youth Sizes: YS, YM, & YL Adult Sizes: S - 3XL)

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Cell: \_\_\_\_\_

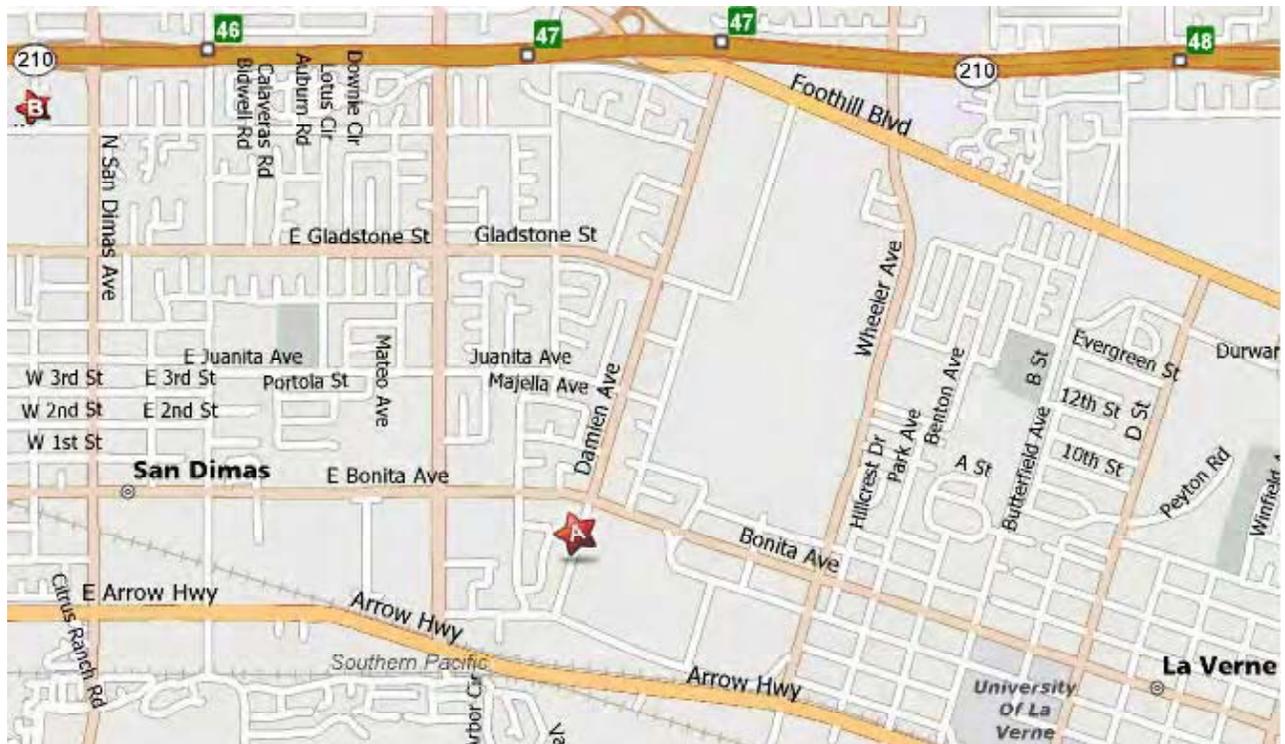
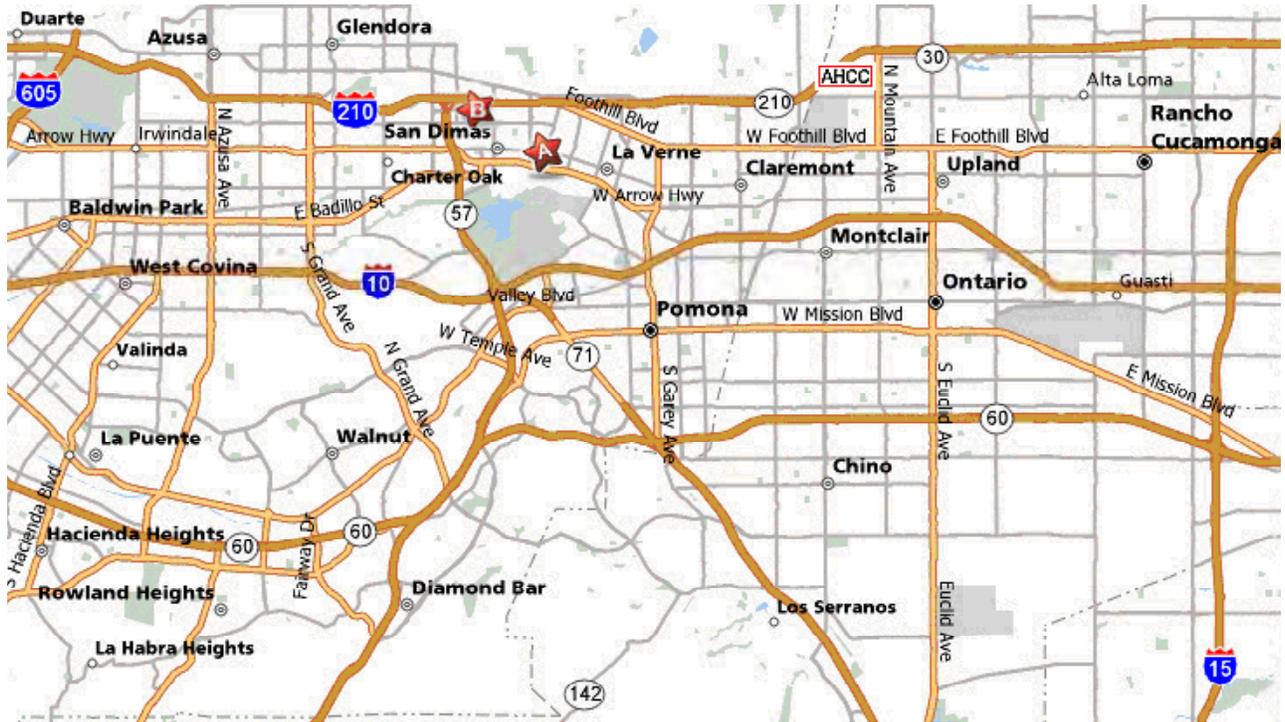
Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**T-SHIRT PROVIDED FREE TO ADVANCED REGISTRANTS ONLY, POST MARKED BY THURSDAY NOVEMBER 19<sup>th</sup>, BE SURE TO INDICATE SIZE**



## 2009 USJA/USJF WINTER NATIONALS (MAPS)



**A**  
Damien High School  
2280 Damien Ave.  
La Verne, CA 91750

**B**  
Red Roof Inn  
204 N. Village Court  
San Dimas, CA 91773



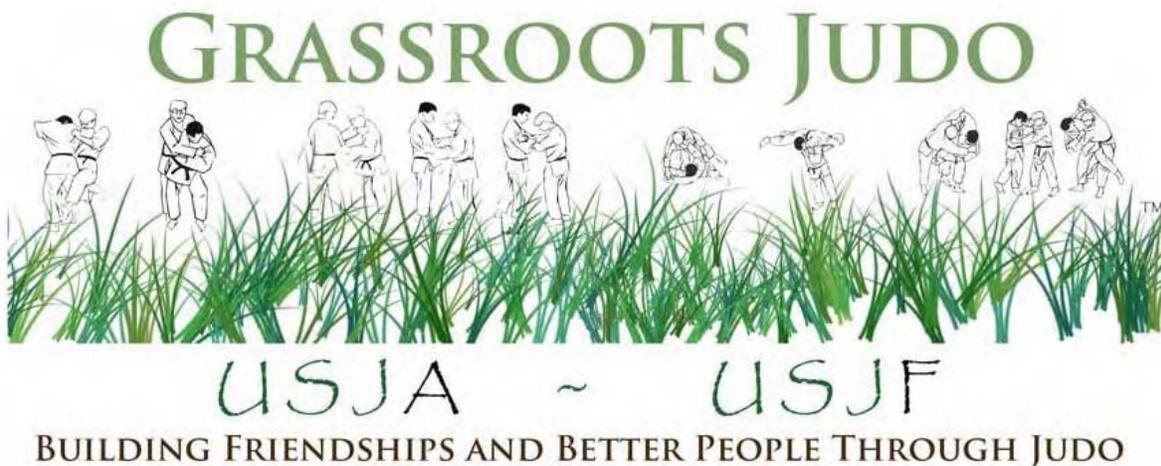
## **2009 USJA/USJF WINTER NATIONALS (REGISTRATION CHECKLIST)**

Review this checklist to make sure you have completed and included all of the necessary forms along with your payment for registration and additional t-shirts.

- Contestant Information Form
- Copy of USJA, USJF, or USA Judo Membership Card
- Liability Release (contestants under 18)
- Liability Waiver
- Consent for Age/Weight Change
- Non Black Belt Waiver (non black belt competing in black belt division)
- Code of Conduct/Damage Statement
- Coach Pass Application (free thru November 19<sup>th</sup>)
- T-Shirt Order Form (free with advanced registration thru November 19<sup>th</sup>)
- Check or Money Order Payable to Goltz Judo Club

### **SCHEDULE - FRIDAY, DECEMBER 5<sup>TH</sup> to SUNDAY DECEMBER 6<sup>TH</sup>**

- Friday - 9:00AM to 5:00PM [Coach Certification Clinic](#) at AHCC in Claremont
- Friday - 5:00PM to 7:30PM Weigh-ins & Registration at Damien in La Verne
- Saturday - 7:00AM to 8:30AM Late Registration (Seniors & Masters) at Damien
- Saturday - 9:00AM to 12:00PM Late Registration (Juniors) at Damien
- Saturday - 9:00AM Begins Kata Competition (All Ages) at Damien
- Saturday - 10:00AM Begins Seniors and Masters Competition at Damien
- Saturday - 5:00PM to 6:30PM Champions Clinic with Rousey & others at Damien
- Saturday - 6:30PM to 7:30PM USJA Board of Directors Meeting at Damien
- Saturday - 8:00PM to 10:00PM VIP dinner (by invitation) at [Honolulu Harry's](#) in Chino
- Sunday - 7:00AM to 8:30AM Late Registration (Juniors) at Damien
- Sunday - 9:00AM Begins Junior Competition (5 to 12 Year Olds) at Damien
- Sunday - 10:00AM Begins Junior Competition (13 to 16 Year Olds) at Damien





## USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 4 & Saturday, December 5, 2009

Sanctioned by the USJA

The USJA/USJF National Coaches Clinic will be lead by USJA Coaching Committee Member, Paul Nogaki and USJA President and Chair of Development, Dr. AnnMaria Rousey DeMars. with Special Guest Clinicians include veteran Olympic Bronze Medalist Jim Bregman, 2X Olympic Bronze Medalist, Jimmy Pedro, and current #1 ranked player, Ronda Rousey, and. This clinic is being held in conjunction with the 2009 USJA/USJF Winter Nationals.

The Coach Certification Clinic will be conducted at Goltz Judo Club and at Damien High School the tournament venue. It includes mat and classroom sessions and lunch on Friday, the tournament session, the competitor's clinic, and the final classroom session on Saturday. Successful completion of this clinic will satisfy all of the USJA/USJF requirements for Coach Certification and Maintenance of Continued Coach Certification.

**Dates:** Friday & Saturday December 4<sup>th</sup> & 5<sup>th</sup> (make-up session Sunday December 6<sup>th</sup>)

**Times:** Friday: 9:00 AM to 5:00 PM at Goltz Judo Club  
Saturday: Start at referee meeting. Final classroom session will complete 1 hour after competitors clinic (which starts at the close of the last division)

**Cost:** \$50.00 per person payable to "Goltz Judo Club". This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the competitors clinic or admission to the tournament Site. This does not include the additional costs to obtain the USJA or JF Coaching Certificate which is \$25.00 as well as the required background screen which is \$16.00.

**Locations:** Friday at Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road, Claremont, CA 91711

Saturday at the USJA Winter Nationals, Damien High School Gym, 2280 Damien Avenue, La Verne, CA 91750.

**Eligibility:** All participants must be members of the USJA, USJF, or USA Judo.

**Clinicians:** Paul Nogaki, USJA Coaching Committee, event coordinator  
Dr. AnnMaria Rousey DeMars, USJA President, 1984 World Champion  
Jim Bregman, 1964 Olympic Bronze Medalist, 1965 World Bronze Medalist  
Ronda Rousey, 2009 Olympic Bronze Medilist, 2007 World Silver Medalist  
Jimmy Pedro, 1996 & 2000 Olympic Bronze Medalist



## 2009 USJA/USJF JUDO NATIONAL COACH CERTIFICATION CLINIC TOPICS

### PSYCHOLOGY

- Character Development via Practice, Shiai, and Social Construction of Experience
- Cognitive Development
- Socioemotional Development
- Motivation: Self and Athletes
- Communication: Body Language and Conflict Resolution
- Stress Management: Relaxation and Anger Management
- Mental preparation: Relaxation, Imagery and Focus / Refocus

### PHYSICAL

- Nutrition: Nutrients Macro & Micro, For Health & Performance and Weight Gain & Loss
- Weight Training: General, Periodization, Plyometrics, Anaerobic, Aerobic and Circuit
- Care & Prevention of Common Injuries: Evaluation, First Aid / CPR and Taping
- Technique: Gripping, Newaza and Tachiwaza
- Tactics: When Ahead, when behind and When Even
- Mat Side Skills: Referee Interaction, Competition Rules and Verbal Instruction

### SPECIALTY POPULATIONS

- Coaching Physically Challenged: Blind, Physically Disabled and Deaf
- Coaching Mentally Challenged: Post Traumatic Stress Disorder, ADHD and MD
- Women's Development: Recruitment, Retention and Safety
- Children: Developmentally Appropriate and Cognitive Development
- Masters: Injuries

### CLINIC SCHEDULE

#### **Friday December 4, 2009: Goltz Judo Club, Alexander Hughes Community Center**

9:00 AM: Registration

9:30 AM: Classroom Session: Psychology

10:00 AM to Noon and 1:00 PM to 3:30 PM: Mat Session: Physical

Noon to 1:00 PM: Lunch provided

3:30 PM to 5:00 PM: Classroom Session: Specialty Populations and Special Topic

- Coaching Women and Girls with Dr. AnnMaria Rousey DeMars
- Special Topic: Training and Coaching World Class Competitors with Ronda Rousey
- Assignment for Tournament Session

#### **Saturday, December 5, 2009: Damien Gym (Make-up Session on Sunday, December 6)**

9:00 AM: Attend Referee Meeting

9:30 AM: Tournament Session: Physical

5:00 PM: Competitors Clinic (completion letters will be distributed at end of session)<sup>33</sup> *American Judo*



**REGISTRATION FORM**  
**USJA/USJF NATIONAL COACH CERTIFICATION CLINIC**  
**Friday December 4 & Saturday, December 5, 2009**

**PLEASE PRINT OR TYPE ALL INFORMATION**

**Name:** \_\_\_\_\_ **Sex:** \_\_\_\_ **Dojo / Club:** \_\_\_\_\_  
Last, / First / MI

**Check One: New National Coach:** \_\_\_\_ **Renew National Coach Certification:** \_\_\_\_ **Observe:**  
\_\_\_\_

**Birth date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age:** \_\_\_\_

**Address:** \_\_\_\_\_  
Street / City / State / Zip Code

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Organization (USJA, USJF or USA Judo)** \_\_\_\_\_ **Member #** \_\_\_\_\_ **Exp Date** \_\_\_\_\_

**Rank:** \_\_\_\_\_ **Rank ID Number:** \_\_\_\_\_ **Awarded By:** \_\_\_\_\_

**Current Coach Level:** \_\_\_\_\_ **Coach #:** \_\_\_\_\_ **Organization:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_  
Name

**Address:** \_\_\_\_\_  
Street / City / State / Zip Code

The warning waiver and release of liability and agreement to participate which appears as part of this official entry form must be signed and turned in by all coaches prior to the start of the clinic.

Send completed application, warning waiver and release of liability and fees to:

**USJA/USJF WINTER NATIONALS**  
**Coach Certification Clinic**  
**Attn: Tony Farah**  
**3252 Robin Way**  
**Pomona, CA 91767**  
**(909) 596-8199 / (951) 288-5296 (cell)**  
**[tony@farahfamily.com](mailto:tony@farahfamily.com)**

**For More Information Contact:**

**Paul Nogaki**  
**(949) 322 8557 (cell)**  
**[ptnippon@verizon.net](mailto:ptnippon@verizon.net)**

**Gary Goltz**  
**(909) 985-0486 / (909) 702-3250 (cell)**  
**[gary@goltzjudo.com](mailto:gary@goltzjudo.com)**



## WARNING, WAIVER, AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN ANY WAY, INCLUDING TRAVEL TO AND FROM, IN ANY JUDO TOURNAMENT, PRACTICE, CLINIC AND RELATED EVENTS AND ACTIVITIES OF THE UNITED STATES JUDO ASSOCIATION, UNITED STATES JUDO FEDERATION, UNITED STATES JUDO, INC., NANKA JUDO YUDANSHA-KAI, CALIFORNIA JUDO INC., GOLTZ JUDO CLUB, AND THE CITY OF CLAREMONT, I HEREBY:

- 1) Acknowledge that I am familiar with the sport of Judo and understand the rules governing the judo.
- 2) Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions, and refuse to participate.
- 3) Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
- 4) Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- 5) Release, waive, discharge and covenant not to sue the United States Judo Association, United States Judo Federation, United States Judo, Inc., Nanka Judo Yudansha-kai, California Judo, Inc., Goltz Judo Club, and the City of Claremont, together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, all of whom are hereinafter referred to as "releasee" from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Name)

### FOR PARENTS /GUARDIANS OF PARTICIPANTS UNDER AGE 18 AT THE TIME OF REGISTRATION

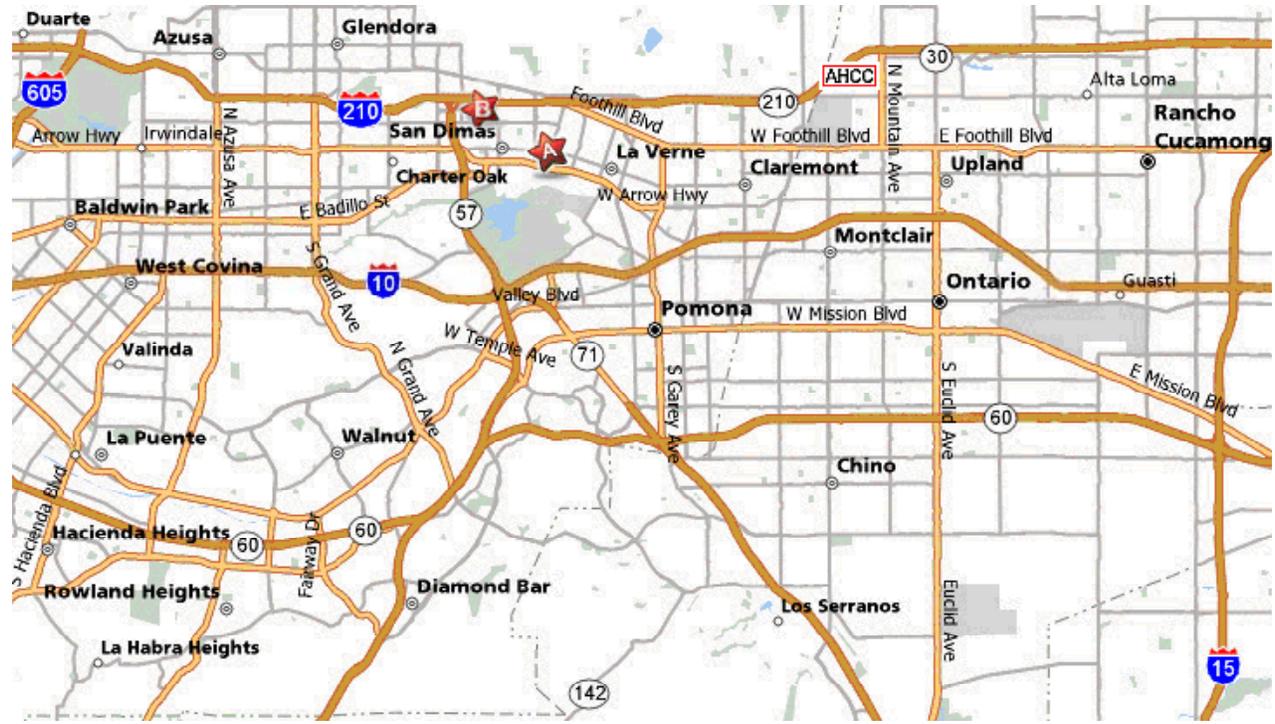
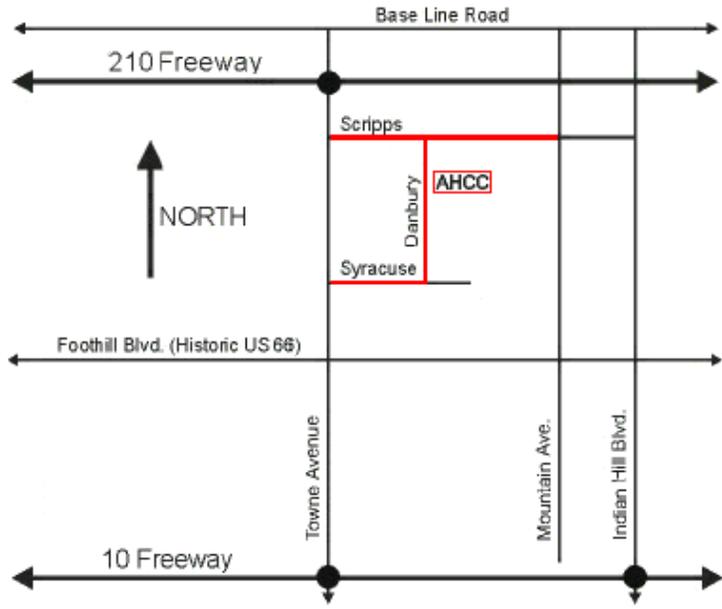
THIS IS TO CERTIFY THAT I, AS PARENT/GUARDIAN WITH LEGAL RESPONSIBILITY FOR THIS PARTICIPANT, DO CONSENT AND AGREE TO HIS/HER RELEASE, AS PROVIDED ABOVE, OF ALL THE RELEASEES, AND, FOR MYSELF, MY HEIRS, ASSIGNS AND NEXT OF KIN. I RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM ANY AND ALL LIABILITIES INCIDENT TO MY MINOR CHILD'S INVOLVEMENT OR PARTICIPATION IN THESE PROGRAMS AS PROVIDED ABOVE, EVEN IF ARISING FROM THEIR NEGLIGENCE, TO THE FULLEST EXTENT PERMITTED BY LAW. I HAVE INSTRUCTED THE MINOR PARTICIPANT AS TO THE ABOVE WARNINGS AND CONDITIONS AND THEIR RAMIFICATIONS.

Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Name)



# MAP

**Goltz Judo Club  
Alexander Hughes Community Center  
1701 Danbury Road  
Claremont, CA 91711  
(909) 399-5490**



**A**  
**Damien High School**  
2280 Damien Ave.  
La Verne, CA 91750

**B**  
**Red Roof Inn**  
204 N. Village Court  
San Dimas, CA 91773