

# Growing Judo



**August 2006**  
**Monthly Newsletter of the USJA Development Committee**

**USJA National Office: 21 North Union Boulevard, Suite 200 Colorado Springs, CO 80909,  
Phone: 877-411-3409, Fax: 719-633-4041**

**Development Committee Chair: AnnMaria DeMars,  
Phone: 310-717-9089, email: [DrAnnMaria@fractaldomains.com](mailto:DrAnnMaria@fractaldomains.com)**

*Cover Photo: Alycia Johnson executes a ground work technique on her partner. Photo courtesy of Justin Breese.*

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## **Editorial: Champions always do more – and other lessons learned from judo**

What makes someone a champion? What does being a judo champion take and what does it give you in return? The real test of a champion lies in the lessons learned from judo. You could wrap them up in a lot of different ways, but it all comes down to three things – commitment, courage and honesty.

### *Champions always do more.*

Every practice at every camp and every clinic you attend puts you one practice ahead of all of the people who didn't come. If you are practicing three times a week and someone else is practicing six times a week, sooner or later, they are going to get you. Maybe not today, maybe not this year, but it is only a matter of time."

Said Gary Goltz, "I learned years ago from Mr. Kim to push myself further than my self-perceived limitations. After practice he would tell us to stay and continue to randori and practice even when we were exhausted. He said your best judo occurred when in this state. It's when you rely on pure technique and will. That has served me well my whole life. It's helped me win the account, the girl, the cause, the deal, or you name it. "

### *Never, never, never, never give up*

Jim Bregman was never a realistic person. We have all heard about the large amounts families spend sending a young athlete on dozens of trips to Japan and Europe. There was no way the Bregman family could afford to send Jim back and forth to Japan to get the training he needed. He should have just given up. Instead ... he took the one ticket his parents could afford, went to Japan and stayed – for four years, while he supported himself by teaching English and attended Sophia University, where he earned a bachelors degree in Economics. Then, he came home to represent the United States and win Olympic and world bronze medals. I wasn't a reasonable person, either. If I had been, I would have quit judo after the first two knee operations like my surgeon told me I should. I never would have gone to the U.S. Open six weeks after giving birth. (Yes, I won.) I never would have gone to the world trials three weeks after my fourth knee surgery – and won.

Lynn Roethke was not even in the top ten among judo players at the camp I attended many years ago at the Olympic Training Center. For years, she had never won even a junior national championship and was from Fond du Lac, Wisconsin – hardly a location synonymous with stellar judo. Lynn just wouldn't give up. She changed clubs, lost weight, changed weight divisions, changed coaches. She tried everything and never quit training. She did eventually win that junior national championship, and then the senior nationals, and the gold medal at the Austrian Open and an Olympic silver medal.

### *Failure usually happens in the small choices we make every day*

Many champions, in different sports, have told me the same exact story.

"When I was younger, there were lots of girls (or boys) who were close to the same level as me or even a little better. They would find a boyfriend (girlfriend) or have a heavy class schedule and they would quit for a while. When they came back, I would be that much better. They would miss practice for an SAT study class they decided to take, or a basketball team they decided to join for a while, or to go to a prom. Little by little, I passed them all up."

This is what discipline means. It is the choice you make every day to do what moves you ahead. You can blow your chance in a big way – by getting drunk, crashing your car into a tree and becoming paralyzed. Most people blow it in countless small ways – not getting up to run, eating two doughnuts that make it that much harder to make weight when the time comes.

There is a freedom and simplicity in truly pursuing a gold medal that doesn't exist in much else. For the rest of life, there will always be competing interests to balance – this is better for my career, but leaves less time for my family. This is a nicer place to live, but the schools are not as good. When you are training to be on top of the world in your sport, only one question needs to be answered – will this help me win?

That same ability to focus on a goal will last a person for life, as Sensei Goltz said, whether it is a better job, Ph.D., new contract, to hold some office, create a new invention. Dwight Eisenhower said, "We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other

considerations bend to that one objective.”

In judo, we managed to learn the same thing without being shot at.

#### *No one succeeds alone*

Some extremely hard-working, disciplined people I know have commented to me about their own judo competitive careers, “I coached myself”. What all of those people have in common is that they never made it at the highest levels.

My daughter, Ronda, is a champion. I don’t think that is just a mother’s bias. She will fight until her fingers bleed from grabbing the gi and I have to spray liquid bandage on her hands to close the cuts. Then she will go out on the mat and fight some more. She gets migraine headaches. She will go in the bathroom, throw up from the pain and go to practice.

She had me, her mother, every step of the way, watching her practice, making sure she is working on whatever she needs to improve, just like my coach did twenty years ago. Across the country, she has Jimmy Pedro, Sr., who has coached international medalists for decades, letting her live at his home and working with her at every practice to get the right grip before attacking, to get just a little bit stronger. She has the Southern California Judo Black Belt Association giving her thousands of dollars to attend tournaments and training camps – just like they did for me twenty years ago. She has the people at the USJA’s largest club, Goltz Judo Club who held two fundraising clinics to pay nearly a thousand dollars of her expenses when she was just trying to make the U.S. team and no one outside of Los Angeles county really believed in her. She has the people at our own club, Venice Dojo, and lots of others, who take falls for her, fight her one round after another, even after a long day at work, so they can help her get ready for the next match.

#### *Honesty and Courage*

What it all comes down to is having the honesty to face up to the fact that you need to train harder, you need to go to the extra practices, you need to go to camps around the country, or maybe even around the world, depending on the level of competition where you are now. So many people act as if wishing will make their situations different. Even Dorothy had to at least click her heels together – and she had magic ruby slippers to go along with it.

When you have faced up to what you need to do, you go out and do it. You don’t let any obstacles get in the way. There are different kinds of courage. The physical kind, not being afraid to be knocked down, not whining over every little scrape and bruise, is part of what I teach at Venice Dojo, even to the five-year-olds. That courage gives a person freedom in life. This spring, I went hiking in the rain forest, climbing down cliffs holding on to ropes. It was a wonderful experience and I never considered for a second not doing it.

Courage, freedom, commitment, and honesty – these are the things that all of you who are judo coaches teach every day whether your students are five or fifty-five. Thank you.

## **Our cat Midnight (An unexpected judo story)**

By Steve Scott

Once in a while, I like to write about some of the things that have made rolling around on the mat such an important part of my life. If you've done this for any length of time, you have your own stories to tell and know that doing judo, jujitsu, sambo or any martial art is more than just hard work and sweat. It's what we do in life and, for many of us, how we identify ourselves as human beings. It's truly amazing how events transpire in life. Call it serendipity, fortune, luck, an act of God or anything you want, it's always amazed me how my involvement in judo and jujitsu led to so many other events in life. Here is one example of what I mean.

In 1980, my club was located at the Lykins Multi-Purpose Center in Kansas City's northeast side. This was (and still is) a rough and tumble neighborhood where pretty much anything and everything took place. Lykins was an old school that had been converted into a community center, and the place had such a rough reputation, those of us who worked in our parks and recreation district called it "Dodge City." I was on staff there and, naturally, started a judo club at the facility. Later, I found out that one of the reasons I was assigned there was the fact that I was a black belt in judo and physically large. As it turned out, I worked there 12 years before being transferred to another community center.

Even with the modest conditions, our club prospered and we had a good team in both judo and sambo. We trained hard and had a small room allocated as our permanent dojo located on the first floor of the community center.

Our little dojo was basically a classroom with an ethafoam mat and canvas stretched over it on the floor and plenty of padding on the walls. Along one side, there was a line of windows that opened, and with the lack of air conditioning, we kept those windows open wide when we worked out and had fan blowing to keep things as tolerable as possible.

One Saturday afternoon, there were about ten of us working out in our little dojo, and as usual, the windows were open. Most or all of us were black belts or brown belts and our Saturday workouts were usually some of the best during the week. I was in the middle of a round of randori when I heard my wife Becky yelling out the window at somebody. "Let go of that cat!" was the phrase that got all our attention. The next thing I knew, she ran out of the room (in her judogi) at full speed. Naturally, the mat emptied and we all followed her. We didn't know what was going on, but if Becky felt strongly enough about something that she ran out of the room at full tilt, then it was good enough for the rest of us and we followed out of instinct and loyalty.

She ran down the hallway and out the front door, heading back to just outside the windows of our judo room. We were all about ten steps behind her and I remember seeing her run right up and get face-to-face with a local thug named Teddy who was holding a very small black kitten by the tail with one hand and had a cigarette lighter in the other. It was obvious that this punk was setting the kitten's whiskers on fire with his lighter to torture it. Becky shouted, "Drop the cat!" Whereupon, Teddy answered with a string of profanities. By now, the rest of us had caught up with Becky. I knew Teddy as a local punk and drug dealer and he had a couple of his friends with him.

Becky immediately pushed Teddy down to the ground and she grabbed the kitten from him. "This is my cat now" is what I remember her saying as she glared at him, standing above him. She then challenged him to get up but he looked at her, looked at the rest of us (we were all in our judo uniforms) and he wisely chose to remain on his back on the ground.

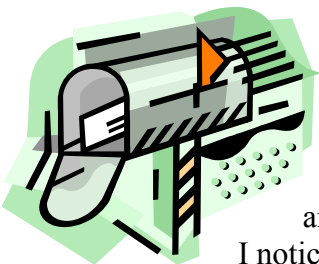
Becky told him "How would you like me to hold you up by your a## and set your face on fire?" Teddy was known in the neighborhood as a cruel, arrogant bully, and at first, I thought he was going to try to get up and fight, but whether it was his cowardice or full knowledge that he would take a severe beating if he got up,

he remained on the ground. Becky, with the black kitten firmly in her arms, kept challenging him to get up and fight her. At this point, I stepped in and told Teddy that if he got up, my wife would, indeed, kick his butt and after she did, I would repeat the process.

Seeing that Teddy wouldn't get up, Becky, still holding our new cat, walked back inside the community center with the rest of us following them. Becky looked over her new friend to see if any serious damage was done, and finding nothing serious (other than some whiskers that had been burned off), we took the tiny kitten home with us. We named her Midnight and she grew to be a petite, sweet cat who lived 18 good years in our home.

I'll never forget that day. I've always admired Becky for what she did and marvel at how, if it hadn't been for us doing judo there on that Saturday afternoon, Midnight wouldn't have been saved.

*[Editor's note: Becky Scott placed in senior nationals many times, won the U.S. Olympic Festival, represented the U.S. in international competition, and was a judo coach for many years. She later took that same soft heart and fearlessness shown in this story, went back to college and now works providing physical therapy for elderly patients. At least two former teammates have named their children Rebecca after Rebecca Scott.]*



## LETTERS TO THE EDITOR

*AnnMaria,*

Just read the July issue of Growing Judo. I want to say, you and everyone involved are doing an awesome job. This is definitely a quality product.

I noticed the September clinic, we planned was listed. I wanted to thank you for including your visit in this month's edition. I wanted to be sure we cleared up the actual location of the clinic as Wichita Falls. TEXOMA is the name of the local area, not the actual city. It is probably important we make this correction for the August edition. Also, please feel free to list my phone number also for contact info as (940) 733-7330.

Thanks,  
Roy

*Aloha AnnMaria,*

Hope you're having a great day and that everything is going well for you and your family. Mahalo (thank you) for your support of World Black Belt and for all of your efforts to promote us at the Junior Elite Development camp. We want to build our relationship with the Judo community and your assistance has been invaluable.

Bob and I were extremely excited to hear about the reaction to the WBB T-shirts and we're very honored to know that the best Judoka like to wear World Black Belt. We're going to dedicate the photo gallery to the Judo photos and we would also like to do an article about the camp and/or the upcoming tournament.

Please tell all of the Judo Leaders that Bob, Chuck, Gene and everyone at World Black Belt appreciates all of the support that you've shown and we're looking forward to developing our relationship. Have a great day and thank you again for your support of World Black Belt.

Aloha,  
Adam James

Director of Marketing and Business Development

World Black Belt, Inc., 866-BLACKBELT, [adamjames@worldblackbelt.com](mailto:adamjames@worldblackbelt.com)

## Tiger Tail

August Judo Game, by James Wall

This month's game is one of our favorites. It's quick and easy to set up and play and the kids love it. The game is called "Tiger Tail" and it works really good for helping to get your young or novice players moving around the mat and engaging in some "randori-like" movements while actually avoiding a lot of big throws. We also use it to introduce some basic grip fighting concepts and strategies. Here's how it works:

First you'll need a few old belts that you can cut into pieces of about 12 to 18 inches in length. We try to use bright colors like yellow or orange but anything will do. Divide your players into pairs and give each player 1 piece of belt. Have each player insert the belt strip between his back and his belt at waist level. You'll have to be sure that everyone has his or her belt tied correctly because if the player's belt is too loose, the strip will just fall out (feel free to use this as a teaching opportunity for a quick belt tying lesson)

The objective of the game is to reach under, over, or through your opponents' defenses and pull out his "tail" while at the same time protecting yours. We typically play until 1 player has captured the other player's tail 3 times or until a specific time limit has expired.



Now we don't really do a lot of grip fighting training with our juniors but everyone needs to know at least some basics. I like to use this game to show the rear belt grip in particular because it's one of my favorites to use in randori/shiai. Basically you're showing them that if they are able to capture the tail from the rear belt position then they could just as easily grab the opponent's gi and set up for a throw like Tsuru Goshi, Harai Goshi, etc. or maybe go over the shoulder/back and execute Sumi Gaeshi (my personal favorite)

Questions, Comments, Suggestions? We'd love to hear them. Also if you have any fun games/drills that you'd like to share please pass them along and we'll be sure to include them. Coaches, we need more games to share so don't be shy, send us your games and we'll be sure to give you full credit for them.

James Wall  
 Wall to Wall Martial Arts  
[wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)  
[www.wallmartialarts.com](http://www.wallmartialarts.com)



## **Share your brains! Be a part of the USJA Resource CD Coming Out Soon**

Sponsored by the USJA Development and Coaching Committees Dave Wertheimer (Instructors Subcommittee) and Tom Crone are creating a resource CD-ROM to be sent to all USJA clubs. It will include material like syllabi, lesson plans, flyers advertising judo, parent handbooks and any other information you would be willing to share. The CD-ROM will be distributed free so we will not be paying you for your contributions in anything other than gratitude. However, if you have written something you would be willing to share with the USJA community, please send it to them at the email addresses below. One question many people have asked is if we will copy-protect the CDs. The answer is "No". We want more people to know about judo and if people are willing to copy and distribute them free for us - woo-hoo!

[DAVE.WERTHEIMER@farmington.k12.mi.us](mailto:DAVE.WERTHEIMER@farmington.k12.mi.us) (Dave Wertheimer, but I bet you guessed that).  
[coljudo@mn.rr.com](mailto:coljudo@mn.rr.com) (Tom Crone)

## **CLUB NEWS**



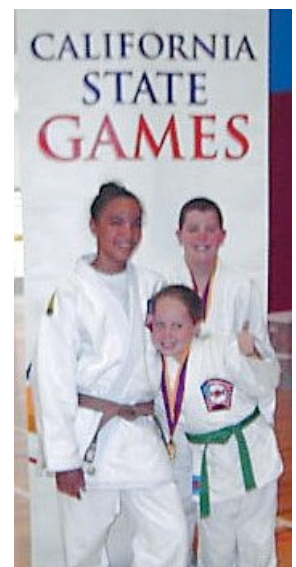
### **Gentle Way Judo Club Offers Ideas for Fundraising & Recruitment**

I want to inform you about some exciting things going on in Bristol at the Gentle Way Judo Club a non-profit establishment with all volunteer instructors. On Saturday, July 15<sup>th</sup>, our Competitive Team had a JUDO DEMONSTRATION as part of the team's, "Community Tag Sale - A Tailgate Fund-raiser. We are "stepping off the mat to welcome the community." Our Judo Team will use the proceeds to off set the \$600 cost of competing in the State Games competition being held on Saturday, August 5th. *(At left, Stephanie Norman (Tori) Allie Abacheri (uki))*

For more information, contact:  
 Gentle Way Judo Club  
 530 Birch Street, Forestville, CT. 06011-9307  
[www.gentlewayjudoclub.com](http://www.gentlewayjudoclub.com)  
 Coach/Instructor: Willie Williams (860) 712-0122

### **SIMI VALLEY JUDO CLUB HAS GOLDEN MOMENT AT CALIFORNIA STATE GAMES**

In August, the Simi Valley Judo Club attended the California State Games, hosted by Jesse Jones, former Executive Director of the USJA. With only three students entered, Skye Bruce, Chance Bruce and Kara Riggsbee, the club came home with three gold medals.





## **DOJO OF THE MONTH: Judo in the First City**

Article by: Becky King

Greetings from Alaska! These are the members of the Ketchikan Judo club that traveled to Camp Bushido West in Northern California. Camp attendees included Sensei Justin Breese, Becky King, Alycia Johnson, and Robert Williams. Carlyn Williams attended as a chaperone. (Fawn Breese attended as camp baby.) Despite record temperatures in the triple digits our campers enjoyed three-five judo classes a day, swimming, and camp games.

*Right: Sensei Robinson, Carlyn Williams, Justin Breese, Robert Williams, Becky King, Jessica Davis, Fawn Breese, and Alycia Johnson. Photo courtesy of Justin Breese.*



*Left: Robert Williams throws partner with Seoi Nage. Photo courtesy of Justin Breese*

While at camp we were asked many questions about our club, or town, and our state. Ketchikan is located in southeast Alaska and is the first city you come to when traveling up from Washington State. Our weather is very wet (our region is a temperate rainforest). We do not get a lot of snow here, which confuses people. There are five different regions in Alaska. It is important to keep in mind that if you cut Alaska in half then Texas would be the third largest state. Ketchikan and the surrounding area has a population of about 14,000 people. Our club is quite small with about 20 members (15 of whom attend regularly). Our youngest class attendee is Fawn Breese at 2 months old. Currently she is working on holding her head up. Our youngest participating members are 6 years old. Our oldest member... well never mind we don't want to go there...

The Ketchikan Judo club meets twice a week. Tuesday and Saturday at the Ketchikan Recreation Center. Child/beginner's class is from 4:15 – 5:15 pm on Tuesdays. Adult/Advanced classes are held Tuesdays 6:15 – 7:15 pm and

Saturdays 3:00 – 4:30 pm. All ages and ability levels are encouraged to attend.

Our big event every year is going to camp. We raise money, collect airline miles, and accept companion fares all year long to make sure all club members who want to go to Camp Bushido West can afford to. We had a ton of fun at camp this year as you can see in the pictures.

Campers would like to send a special thank you to Charlie Robinson and Brian O'Hara for their hospitality during the trip. Thanks to everyone who helped make camp possible!

## What are Specialty Clinics?

Another new innovation co-sponsored by the USJA Development and Coaching Committees. This idea was hatched as part of the Grass Roots Development Committee in 2005. We noticed that many instructors wanted to expand their knowledge, but what they were seeking wasn't necessarily certification as a coach, kata judge or examiner. Rather, they wanted to improve their own skills or those of their students. We have a number of excellent clinicians who specialize in kata, judo games, coaching kids or other areas. We will be featuring one or two of these specialists in each of the next few issues.



Judo Specialist Clinicians: Kata  
 Heiko Rommelmann Jr.  
 (585) 265-0186  
 E-mail: [heikojr@yahoo.com](mailto:heikojr@yahoo.com)

Jeff Giunta  
 (585) 787-9712  
[jeffgiunta51@yahoo.com](mailto:jeffgiunta51@yahoo.com)

Competition Accomplishments: A very few of their many highlights (complete list upon request):

- 2000 Fukuda Kata Championship: 2 Gold, 1 Silver, Grand Champions
- 2002 USA Judo National Championship: 2 Silver, 1 Bronze, Over-All Champions
- 2002 Canadian Goodwill Judo Championship: 2 Gold, 1 Silver, Grand Champions
- 2002 USJA Senior Nationals: 2 Gold, 1 Silver, and 1 Bronze
- 2003 USA Judo National Championship: 2 Gold, 2 Silver, Over-All Champions
- 2003 Canadian Masters Championship: 4 Gold, Grand Champions
- 2003 Pan-Am Judo Championship: 3 Silver
- 2004 USA Judo National Championship: 1 Gold, 3 Silver
- 2004 Ontario Open: 2 Gold
- 2004 Fukuda Kata Championship: 2 Gold, 4 Silver
- 2005 USA Judo National Championship: 3 Gold, 1 Silver, Over-All Champions
- 2005 World Masters: 1 Gold, 1 Silver, 1 Bronze

Heiko and Jeff have a combined experience of over 40 years in judo. They bring a fresh, unique teaching style to kata. With an impressive kata competition record, they are also in the USJA Hall of Fame for 2005.

## **Growing the USJA, An update for Growing Judo**

by Gary Goltz, Chief Operating Officer

Since the beginning of the year much progress has been made in terms of increasing member value, stabilizing our financial situation, and most importantly growing grassroots judo.

### *Electronic Services*

The first thing done was to get our website up to date. This was accomplished by assigning a new IT Director, John Moe to the task. The website is now maintained on a regular basis and our hits have been going up. We are very close to implementing a new database specifically designed for the USJA. I should mention like all of us John is a volunteer. By day he runs the Claremont College Consortium's environmental systems and at night teaches at Discover Judo a USJA club he founded 5 years ago. John is a big promoter of judo having organized a judo demonstration at Staples Center earlier this year in front of 10,000 people! He also wrote an outstanding scoreboard program that works on any laptop. It is available to all USJA members upon request. You can e-mail John at [senseijohn@discoverjudo.com](mailto:senseijohn@discoverjudo.com).

We then added two on line magazines American Judo, which is overseen by Connie Halporn, and Growing Judo, overseen by AnnMaria Rousey De Mars. These are both regularly published on our website. In addition USJA Headlines overseen by George Weers is also maintained on our website.

### *Member Survey*

Communications is important to our membership as indicated by the Member Survey, which was established in January. The results to date show the majority of members are recreational judo players.

Most members are satisfied with our office staff's responsiveness. Their primary concern is growing their clubs. They want more exposure for judo and more education on how to recruit and promote judo in their locales. To this end we hope to share via our magazines stories from our club leaders on what works for them. As the leader of the USJA's largest club I am always happy to discuss what we are doing when asked by other club leaders. The key is creating a sense of "community" which I will write about in the next Growing Judo issue.

### *Donations and Funding*

In terms of creating member value we have negotiated agreements with Zebra Mats, GTMA, Rising Sun, and other companies. These relationships have brought in new sources of revenue to the USJA while offering our members discounts on their purchases. We have also increased our pursuit of large donations and are looking into receiving grants in a joint venture with the USJF. Dr. Jim Lally has been a big supporter of the USJA as donor of the year.

## Funding Committee Report



GTMA Agreement, \$1,000 Income, Q1  
(+ Members Discount)



Zebra Mat Agreement, \$5,000 Annual Income  
(\$2,500 for First 6 Months)



ASU Ad Agreement, \$1,000 Annual Income  
(+ Members Discount)



Rising Sun Agreement, \$1,000P Annual Income  
(+ Members Discount)



Donations \$13,000, Q1 & Q2, (\$10,000 Dr. Lally)

*We have also evaluated our insurance coverage offered to our membership and have concluded:*

1. Our current policy meets the USOCs requirements.
2. Our current policy is less expensive than that of the JI / JF.
3. Our coverage is more comprehensive covering other martial arts as well.

### *Logo*

Recently our Director of Publications, Connie Halporn revamped the USJA logo to restore the majesty of the eagle within it. This continues to be the proud symbol of the spirit of our great organization.



*Looking ahead*

We are revving up for the [USJA National Championships](#) in Ontario, California on December 2 and 3. This is a great time of year to visit Southern California. The event will be open to all Seniors, Masters, and Juniors, competitors as well as Kata players. A clinic given by Jimmy Pedro, Jr. will be included for all attendees. We will also be offering a coach certification. We anticipate over 500 entrants at this event.



So as you can see we have been extremely busy *doing judo and growing your USJA!* Please e-mail me with your comments and suggestions at [gary@usja-judo.org](mailto:gary@usja-judo.org). Thanks.

## USJA Summer 2006 Summit Report

August 4<sup>th</sup>-6<sup>th</sup>, 2006

Findlay OH



The Summit drew judoka from the following seven states NY, OH, IN, MI, LI, WI and LA. We had over thirty adult participants. Some of the kids from the Ameri-Kan Judo Club were there also to help out.

### **Friday**

Friday morning started off with host and Summit co-chair Mark Hunter outlining the day and weekend activities. Introductions were followed with certifications and examinations. Lowell Slaven led the examiner certifications while Mark Hunter presented the coaches level I course. Patrick Tamdan with a fellow Firefighter led the 1<sup>st</sup> Aid and CPR certifications.

After lunch Gary Monto and Dave Wertheimer certified several people in Kata and several went for their next level of certifications. Mark Tripp and Gene Fodor examined several candidates for jujitsu rank and promotions. Deb Fergus was kind enough to provide transportation Friday and Saturday afternoons for our guest Maurice Allan to and from the Toledo airport.

The evening session started with introductions and a presentation from Mark Tripp re: How judo fits the needs of our youth and stressed the need for more instructors. That was followed with excellent Newaza techniques with Maurice Allan. A round table discussion concluded the day led by Co-chair Dave Wertheimer where we had wonderful participation from everyone. Discussion topics included:

- How do we attract juniors to Judo.
- How do we retain juniors in Judo.
- What do you find as an appropriate length of time for classes and at what ages
- What do you find works well as far as class structure and how might it be different with different age groups.

- Since Judo classes seem to be mixed as far as age, sex, ability how do you make sure every ones needs are met.
- How do you work with pre-teens and teens re: gender differences and keep their focus on Judo.

### **Saturday**

Saturday's sessions started with a great presentation and demonstrations with Mark Hunter and Paul Jordan on judo classes for 4-7 year olds. Mark and Paul shared their Little Dragons program with everyone. I think everyone there agreed that this was a very important age group to serve. Including good social values in testing and rewarding such with patches etc.. should be a major portion of the early promotion at that age. The next session was with Maurice Allan teaching some great Nagewaza.

After lunch James Wall showed us and ran us through over 20 different great drills and games that help kids develop the skills needed for judo. The drills helped reinforce good judo technique and help the kids have fun while repeating the very important movements needed for judo. Look for these drills on-line in the monthly USJA Growing Judo Magazine. Vickie Daniels followed with an excellent presentation on running judo programs at Y's, private dojo's and community centers. She pointed out the importance of local community support, the different styles of classes, recreation, competitive etc. and the pro's and con's to each type of location for judo programs.

After a great dinner at the all you can eat Hong Kong Buffet we had educator/judoka Stephen Morris talk about judo programs in the schools. Discussions included the plus and minus of trying to run programs in schools, Stephens experiences in developing various Martial Arts programs over the years for kids has found that judo was the best. He spoke about the appropriate instructional time, the 1<sup>st</sup> 20 minutes are prime learning and that kids don't need a large amount of time for warm ups so use this time to introduce new things. After a 10-15 minute break from structured learning there is another 15-20 minutes prime time for learning that can be used for review or additional instruction. He also mentioned presenting techniques in the whole-part-whole method was best. He also explained that if you teach several techniques in a short time span it's important to teach very different techniques to the kids rather than similar techniques.

Mark Tripp spoke about marketing and how important that can be to the success of your programs. He pointed out the importance of a UPS, unique positioning statement, professional looking websites, email and printed newsletters with useful information that parents would pass on to their friends and neighbors. Take advantage of local TV, Cable, Radio and Newspapers. Learn how to write press releases.

### **Sunday**

Sunday started with Self Defense for kids presented by Mark Tripp. Michael Yoshida was asked to use the Tandoku Renshu (Solo Exercises) for warm-ups as these also teach the Atemi Waza of judo. Mark stressed mat chat's with the kids and the three levels of self defense avoid, evade and repel. Several framing techniques as well as grip releases were shown along with some bully buster techniques. The last presentation of the weekend was by Robin Hunziker, judoka/attorney who spoke to legal issues in judo. Robin used several written scenarios to help in discussion in negligence and contracts. Several case studies of actual judo lawsuits were also shared.

Attendees' schedules varied throughout the weekend so some folks came late or left early but I think everyone was able to come away with something new to share. A great thanks to all that attended and presented and our hopes are that you will return to your dojo's with new energy and drive to help move judo in America forward.

Co-chairs: Mark Hunter, Dave Wertheimer, Members: Jim Webb, AnnMaria DeMars, Gary Goltz, Jeff Miller, James Wall, Joan Love, Deb Fergus, Hope Kennedy (Advisor)

## **JUDO STUFF HAPPENING !!!!**

### **GRASS ROOTS DEVELOPMENT CLINICS AT GOLTZ DOJO**

Alexander Hughes Community Center, Claremont, CA

1700 Danbury Road

Claremont, CA 91711

909-399-5490

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

Sanctioned by the USJA

For More Information Contact:

Gary Goltz 909-985-0486

[gary@goltzjudo.com](mailto:gary@goltzjudo.com), [www.goltzjudo.com](http://www.goltzjudo.com)

<i>Date</i>	<i>Time</i>	<i>Clinician</i>
Saturday August 26,	9 to 11AM	– Neil Ohlenkamp
Saturday September 23,	9 to 11AM	– Mike Noriega
Saturday October 28,	9 to 11AM	– Tony Mojica
Saturday November 18,	9 to 11AM	– Tony Scuderi
Saturday December 2,	3 to 5PM	– Jimmy Pedro, Jr.

(At Ontario High School after USJA Championships)

### **GOLDEN STATE CAMP**

August 24-26

**FREE** (unbelievable yet true) as a way of CJI showing how much we appreciate all of those players coming in for the only point tournament in southern California. Open to USJA, USJI and USJF members.

The details:

Thursday: Junior 6:30 – 7:45, Seniors 7:45 – 9:15 at the famous Gardena Dojo  
1964 W 162nd Street, Gardena CA 90247

Friday: two locations

- Seniors with Tony and Justin: 6- 9 pm At Mojica Dojo  
4100 Baldwin Park Blvd., Baldwin Park CA 91706

- Juniors with AnnMaria at Venice Dojo 7- 9 pm  
12448 Braddock Dr. Los Angeles, CA 90066

Saturday: EVERYONE 2-5 p, m. At Mojica Dojo  
4100 Baldwin Park Blvd., Baldwin Park CA 91706

### **IN TEXAS:**

September 16 - Matwork clinic with AnnMaria De Mars in Wichita Falls, TX. Contact Roy Hash for more information (940) 733-7330.