

GROWING JUDO



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**Monthly publication of the
Development Committee of the
United States Judo Association**
21 North Union Blvd, Suite 200
Colorado Springs, CO 80909-5742
www.usja-judo.org
(877) 411-3409



Cover photo: Roman Michyan of Hayastan Dojo in North Hollywood winning the 81 kg division at the California State Championships. Roman also won the 2006 USJA Senior Nationals and will be doing a USJA Grass Roots Clinic this summer. Photo courtesy Mary Wilson

Cover, at right: Five-year-old Brandon Maas of Amerikan Judo in Ohio shows where it all begins. Photo courtesy of Mark Hunter.

TABLE OF CONTENTS:

News from New England	3
Bushido Kai Judo Club Comes Up Big in Kata Nationals	3
Judo Team Raises \$9,000 to Fight MS	4
Goltz Judo vs. Discover Judo: Teaching Fundamentals...	5
Letters to the Editor	5
Coaches Corner: Lesson planning for recreational players	6
New Inductees to the USJA Hall of Fame	7
Canada really is a Different Country	7
Coming Up	
Screaming Eagles Judo and Jiu-Jitsu Open	8
Fight Like a Girl Camp and Other USJA Women's Committee Happenings	9
Mayo Quanchi Elite Summer Training Camp	10
35 th AmCan International Judo Challenge	10
All Women's Judo Championship	11
AmCan Referee Workshop	12
Montana YMCA Summer Martial Arts Camp	12
2007 Edition of 'The Greatest Martial Arts Camp on Earth'	13
38 th Annual USJA Junior National Judo Championships	13
Camp Bushido West	14
Judo Game: Tai Osho Tunnel Race	15
USJA Saturday Morning Grassroots Clinic Series	17

News from New England: Some ideas you might find useful

by Bill Montgomery - Member, USJA Coaching Committee

It has been a relatively quite winter/spring. That is if you do not count the fact that we are up to our ears with the dojo and some nice gatherings here in Connecticut.

I gave a clinic in Derry, N.H., in January. I believe there were about 40 participants. It was split into a session for children and one for teens and adults. During the children's session, I tried something I had not done in a clinic. I addressed the parents directly while the children were doing a drill series they had been working on for sometime. Explaining what the goal of this kind of training was, it seemed to go over well.

I met Major Ben Ring, West Point coach, and am working on clinic possibilities at the U.S. Military Academy. As last year, I will also be conducting a week long coaches' course at the YMCA Camp in August.

There are a number of programs that others have initiated here in Connecticut that I think should receive some notice:

- The "First Friday" workouts have been resurrected. The first Friday of every month all interested judoka gather for a short technical session and then an hour and a half hour of randori. Some of these have been quite good, and hopefully, they will grow.
- Also, Will Williams set up a "CT Judo League". It consists of six clubs and we will end out season with a kohaku on April 28. It is a great start and hope it continues next year.

Bushido Kai Judo Club Comes Up Big in Kata Nationals

by Chris Arena

Six members of the Bushido Kai Judo Club (Penfield, N. Y.) traveled to Miami, Fl. to compete in the USA Senior National Judo Championships on April 20-21 and all but swept the Kata competition.

Heiko Rommelmann, Jr., and Jeff Giunta brought home four gold medals in the Kata division and were named men's Overall Grand Champions, qualifying them for the upcoming Pan American Championships in Montreal. This will mark their fifth appearance in the Pan Ams. Placing in the tournament with also qualify the pair for the World Kata Championships in Tokyo in October.

As a pair, Rommelmann and Kerry Forster won three gold medals and brought home the mixed Overall Grand Champions. In the women's division, Forster and Kirsten Weisbeck took gold, silver, bronze and placed second overall.

Rounding out the group, Chris Arena and Kevin Osz earned the silver and bronze in their division, placing third in the overall.



Judo Team Raises \$9,500 to Fight MS

This was the first year that Team Judo (Throwing out Multiple Sclerosis) raised money to fight MS. Around 20 judoka and friends from the Harrisburg (Penn.) Judo Kai raised money and walked in the 2007 MS Walk.

Together we raised around \$9,500. That's almost 150% over our initial goal! This was a great chance for our club to get out in the community and give something back. (Mutual Welfare and Benefit!) You can still donate if you like. Simply go to www.sr2.com/mswalk.

Also, please consider developing your own Team Judo for next year. Together we can make a national team; that would really be great visibility for judo. It's also a great opportunity for your dojo to work together off the mat.

For more information, contact me at mdobbs@sr2.com.

Thanks,
Michael

Goltz Judo vs. Discover Judo: Teaching the fundamentals of competition, refereeing, tournament organization and having fun when it comes to judo.

May 2007 witnessed another rematch between Goltz Judo Club and Discover Judo. These events bring together players from two grassroots clubs to develop their judo and have a good time. The traveling trophy goes to the team with more points, but the main purpose of this event is to provide experience for judo players young and old in competition, refereeing and technical aspects of running a tournament.

From beginners to the more experienced judokas, there are a number of divisions. Additionally, older players serve as referees for the younger children's matches, teaching the fundamentals of refereeing – and perhaps, giving them a better appreciation of officials do. Players are also taught how to keep score and run the tables.



The goal is to make this “tournament” a fun learning experience – with emphasis on the fun. This time around the event had a Hawaiian theme with those not competing donning Hawaiian shirts and passing out leis. It has proved to be an all-around great experience.

Letters to the Editor

Dojo Sale

by Dina Badami

Hello everyone- I was wondering if I may ask for the judo community's help. After 15 years as the coach of the Fondy Judo Club, I am closing my dojo. The property – mats, scoreboards, lighting, lockers, etc. – that I have accumulated and purchased over my 30-year judo career may be able to help the judo community.

A detailed listing of everything available can be found at: <http://www.desmidt.net/Judo/Judo.htm>. Please forward it on to anyone you think may find it of interest. You may call me at 920-948-4212 with any questions or comments.

Thank you for your time and patience in reading and passing this important information along.

Coaches Corner: Lesson Planning for Recreational Players

by James Pedro, Sr – Chair, USJA Coach Committee

The problem with most clubs is that they don't have a lesson plan.

When teaching any sport you should sit down and put together at least a six-month plan in advance. You should figure out what your goals are for your students. Each plan should be started so your students are learning the techniques in a sequence that will have them as close as possible to the goals you initially set up when six months have passed. If they are not at that level, when you do your next six-month plan, you should revise it so they will be.

Remember, there is no hurry to get your students there, because they will be in judo for a very long time. If you are patient, sooner or later, they will get better and reach their goals.

Some coaches don't like coaching recreational players, maybe because it doesn't bring them the same recognition they get when they have the player winning at a tournament. However, if you have the right attitude, I think coaching recreational players can be very enjoyable and a good experience for both the coach and the player.

If you do it right, your players will stick with you for a long time. You have the opportunity to teach them to do the techniques correctly and helping them get into shape, no matter how long it takes. With recreational players, you have the luxury of *time*. Everyone is in a hurry these days to get a quick return. That emphasis on quick results discourages many kids who then quit.

As I said before, you should set up a six-month plan for your players, followed by another revised six-month plan based on the results of the previous one. The result you want to emphasize is *improvement*, looking at what you can do now that you couldn't do six months ago.

The number one thing we stress teaching in our club is physical conditioning. Everybody can be in better shape. Every class is different, of course, but in our classes, when we have conditioning, everyone does the same conditioning.

In conditioning, years are required, not months. So when your students reach their goals



and they get the grasp of the judo techniques you have taught them, they will have the conditioning to use those techniques. Technique without conditioning or conditioning without technique is ineffective, you need both. An added bonus for this for all of your players is that conditioning not only makes their judo more effective but it makes them healthier. Whether you choose to compete or not, we want you to be in good health, have good cardiovascular conditioning and strength. It's just common sense. Your life will be easier all the way around.

After the conditioning part of your workout, if you are teaching a mix of age and experience levels at the same time, break your class into groups depending on technique and teach each group at the appropriate level. You can still show certain techniques to the whole group at the same time so everybody will feel part of your team. For example, we may show a throwing technique that everyone works on. Then, when Jimmy takes the older kids to work on a second more advanced technique, I might take our five-year-olds and have them throw on the crash pad over and over because they need a LOT of repetition at their age.

In summary, to keep your recreational players in judo and enjoying the sport:

1. Have a plan for improvement that you monitor and revise as needed.
2. Take a long-term view and appreciate the time you have with these players.
3. Focus on better health and conditioning, for *all* of your players.
4. Make sure everyone feels included as an equal part of your team.

New Inductees to USJA Hall of Fame

by Ronald Allan Charles - Chairman, USJA Awards Committee

It is with great pleasure I announce the induction of 106 Outstanding State Competitors into our 2006 Hall of Fame. If you recognize players and coaches, please congratulate them.

You can find the names, listed by state and then category, at <http://usja-judo.org>, then by clicking "Hall of Fame" on the left side menu. That will take you to the National Hall of Fame, at the top of which is a link to the State Hall of Fame, where you will find 2006 listings.

Kindly pass the word about this. And if you coach USJA players, consider submitting recommendations in January 2008 for this playing year. If you are a USJA player, ask your coach to consider recommending players.

Canada really is a different country...

Julee Cope of Ohio recently traveled to Brampton Ontario to participate in the Tora Judo Tournament. The two-day event was broken up so that juniors competed Saturday with seniors and masters fighting on Sunday.

“The master's women group was first on the mat,” Cope said. “There were six of us total. This was the largest pool of master's women I have ever seen at one tournament. The women were great athletes and wonderful people to get to know. “The tournament ran smooth and was great to watch. They were even televising the event on a local TV station.”

Her son participated in the junior division and had only one junior in his division. “What a change for him to only have one person and the master's women to have six total!” Cope said.



Screaming Eagles Judo and Jiu-Jitsu Open

by CMMAA, "Where Feet, Fist, and Faith Collide"

For the first time ever (or at least to our knowledge), competitors from Tennessee, Kentucky, Indiana, Georgia, Mississippi, Missouri, and Illinois can compete a semi-local tournament that will feature judo and jiu-jitsu.

This is a tournament that we are going to run every 4 months. We will be having Judo, Jiu-Jitsu (gi and no gi) and if enough are interested we will have an Absolute division. Currently, there will be three judo competition areas and four jiu-jitsu competition areas.

Additionally, Lowell Slaven will be running a Coaches Certification on Friday and Saturday night, and we are in the process of adding Local Referee certification as well.

Stay tuned to www.cmmaa.com, www.mma.tv and www.judocalendar.com for more details on registration, rules, directions, and clinics. You can also contact CMMAA at (931) 906-2941.

Fight Like a Girl Camps and Other USJA Women's Committee Happenings

By Deborah L. Fergus, USJA Women's Committee Chairperson

One of the purposes of the Women's Judo Committee is to develop young female judoka to attain the highest competitive level to represent the United States in international competition. Furthermore, we can guide and motivate females in judo to have self-confidence in attaining these high levels.

For those females that do not want to go into highly competitive Olympic judo, we can promote recreational judo, Kata, and high-level Kata competition, such as Pan-Am judo and World Masters competition. By opening the multi-faceted doors of judo to females on an equal basis, we can help judo grow in the United States. Therefore, the Women's Judo Committee is committed to educate, promote, and to identify paths for the development of judo in the United States.

Building on the successes of the "Fight Like a Girl" Camps is one way to promote female judo. Past camps have been extremely well-received.

To date, we have three Fight Like a Girl Camps in the works:

- The Michigan Camp is schedule for Aug. 11-12.
- James Wall is planning one in Louisiana, date to be determined.
- Michelle Kruse and Corinna West are planning one in Wichita, Kansas, date to be determined.

I would like to set camps up on the East and West coast. Anyone interested in hosting a "Fight Like a Girl" Camp is encouraged to contact me at DeFrgs6@cs.com to discuss the possibility further as well as any other ideas you may have for bettering girls' and women's judo.

Also, please see page 11 for a flyer for the All Women's Championship.



FIGHT LIKE A GIRL WEEKEND

JUNE 22-23 If you would like to go to northern California for a weekend of judo, the USJA will be sponsoring a weekend with coaches Gary Butts, AnnMaria De Mars and Ryan Rebman at the Amador Judo Club in northern California. Elite junior and senior players who will

be in attendance include Natalie Laursen, Tara Clark, Brenna Clark, Larissa Lindstrom, Amber Butts, Crystal Butts and many more. Yes, the practices are open to both males and females. The USJA will be sponsoring a team of females from southern California to attend. Practices are free but bring money for lunch between the practices on Saturday and for water or Gatorade.

For more information contact Coach Gary Butts at great4butts@aol.com

Mayo Quanchi Elite Summer Training Camp 2007

This camp is a great opportunity to train with some of the best in the United States and the United Kingdom. It is open to judoka of all levels. Coaches are welcome.

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

The camp is held at the Mayo Quanchi Judo Club, 751 Main Street, West Warwick, Rhode Island, 02831.

Camp fee for home stay with all meals included will be \$250. Camp fee without room and board own is \$150.

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

For those making travel arrangements, the airport to fly into is Providence. Also, please remember to bring sleeping bags and swimwear.

For more information contact Serge Bouyssou (401) 647-4678 or Judocoach@cox.net.

35th AmCan International Judo Challenge

You are all cordially invited to the 35th AmCan International Judo Challenge to be held on May 25, 26 and 27 in Buffalo, New York.

There are eight competition areas and over 900 athletes have competed the past three years. It is the largest perennial judo championships in the Western Hemisphere. Join us and be apart of it.

All details can be found at: <http://www.amcanjudo.org/>



2007 All Women's Judo Championship

Hosted by: Southside Dojo LTD

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announces the 3rd Annual All
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2006 Wickwire Rd.
Benton Harbor, MI 49022
(269) 208-1068*

Defrgs6@cs.com

Visit www.SouthsideDojo.com/womens for details

AmCan Referee Workshop

The AmCan hosts the only perennial day-long National Referee Workshop, which will be held on Friday May 25 from 9:30 a.m. to 5:30 p.m. It is a unique learning experience for referees, coaches and senior athletes. There will be extensive video review of throw, hold and penalty situations. Many other topics will be discussed including the new 2006 Dynamic Edge Rule.

The workshop is conducted by Mr. Richard Celotto, Dr. Sachio Ashida and Mr. Russ Scherer all IJF-A (International) Referees.

For information go to: amcanjudo.org/documents/2007_AMCAN_Application.pdf

Montana YMCA Summer Martial Arts Camp

Martin Bregman (7th Dan) and Marisa Padillo (4th Dan) will be special guest instructors at this USJA-sanctioned camp. The camp runs from Friday, June 8, through Sunday, June 10. The camp will start on Saturday morning with check-in required the evening before.

The camp will be held at the Helena Family YMCA Camp Child located at McDonald Pass (Elliston), Highway 12, approximately 25 miles west of Helena.

Eligibility: Contestants must be members in good standing with their respective judo associations. Release forms must be filled by any competitor and handed in before competitor is allowed on the mats. Gis are also required and campers must supply their own.

Camp Pre-Registration/Weigh-in will be done using the "honor system." Clubs conduct their own weigh-in and send the information (listing names, weights, ranks, ages, birth date, sex.) Forms should be mailed to Camp Director Gregg Trude, Helena YMCA, 1200 N. Main St. Helena, MT 59601. The deadline for receiving registration is Thursday, June 7th.

The fee for registration is \$60 per camp attendee and includes all meals and lodging. Parents can come to camp for \$40 and this covers food costs.

For information contact Gregg at 406-439-1576 or e-mail gtrude@aol.com.

All Senseis are asked to help teach – please contact Gregg.

2007 edition of 'The Greatest Martial Arts Camp on Earth'

Charlotte, NC

June 21st – June 24th, 2007

In 2006, the Greatest Martial Arts Camp on Earth featured guests included a judo Olympian and World Champion, a Sambo World Champion, a European Champion, among many other instructors. If you didn't make camp in 2006, you missed a great one, but the line-up for 2007 is even stronger.

The camp will be held June 21st-24th in Charlotte, North Carolina.

World Sambo Champion Igor Yakimov will be back this year to teach new techniques to help you improve your game, as will a European Champion Nick Lowe.

This year's group will feature two former Olympians. Rhadi Ferguson represented the United States in Athens in 2004 and also won a silver medalist in the World Brazilian Jiu-Jitsu championships. Joining him will be Leo White, two-time U.S. Olympic Team Member. Leo has a record 14 U.S. national titles and won the World Masters Championships in 1999. He also will serve as a coach for the 2008 US Olympic Judo team.

Adding to the group will be Jackie White, a 2005 national champion who was named Most Outstanding Female competitor, and Luis "Sucuri" Togno, a specialist in Brazilian Jui- Jitsu.

For further information contact Debbie Rucker at rucker@carolina.rr.com.

38th Annual USJA Junior National Judo Championships

The USJA Junior National Judo Championships are schedule for July 6-8 in Indianapolis, Indiana.

Competition Site:

Indiana Convention Center (directly across from Tournament Headquarters)
100 S. Capitol Avenue, Hall F
Indianapolis, IN 46225

Download a copy of the entry package at <http://usja-judo.org/> (or) <http://www.judoindy.com>

On-Site Registration:

Friday July 6th: 9:00am – 4:00 pm ONLY.

NO On-Site Registrations will be accepted after 4:00 pm on Friday July 6, 2007.

Check-in:

Friday July 6th: 9:00am – 4:00pm – ALL Divisions, Coaches, Officials

Saturday July 7th: 2pm-4pm Juvenile A and IJF Junior ONLY at the Indiana Convention Center

Tournament Headquarters:

The Westin Hotel

50 S. Capitol Avenue

Indianapolis, IN 46204

(317) 262-8100

www.westin.com

\$99.00 Per Night Room Rate – You must mention “2007 Judo Junior Nationals”

For all Questions:

Donna Branson, (765) 759-7107 or (765) 215-7107

E-mail: jcbranson@comcast.net

Tournament Director:

Lowell Slaven

(317) 325-9967 (cell)

E-mail: judolowell@aol.com

Camp Bushido West

Bushido West Martial Arts Camp is located at Old Oak Ranch in Sonora, California, approximately 70 miles southeast of Sacramento and approximately 30 miles west of Yosemite National Park. The camp setting provides a great learning environment.

The Martial Arts Camp will be host to a number of well respected instructors including Charlie Robinson, Mark and Lisa Guerrero, Hans Ingebretsen, Dave Barlow, and other guest instructors.

Camp Dates - Sunday, July 22 through Friday, July 27, 2007

Program: The Martial Arts Camp will provide several quality programs for campers. There will be a Junior and Senior Judo Program, JuJitsu Program, as well as, other guest instructors. The camp will offer structured activities, and a skills review covering USJA promotions for judo.

During Bushido West Martial Arts Camp, room and board will be provided. Housing, including dormitories, with indoor facilities will provide campers with a rustic mountain environment. RV parking with hook-ups and tent are available.

Meals: Breakfast, lunch and dinner will be furnished. Meals will be served cafeteria style in the camp dining hall. The first meal will be dinner on Sunday, and the last meal served will be breakfast on Friday.

Camp Fees: \$249 will cover room and board, Camp T-shirt, camp pictures, and activities. If you are unable to stay for a full week, you may attend for part of the week. There will be an adjusted camper fee available.

Additional Activities: During the camp, the pool will be open for swimming. Campers may also participate in mountain hikes, fishing, basketball, volleyball, evening activities and other camp programs.

<http://www.twincitiesjudo.com/camp.htm>

Game of the Month: Tai Otoshi Tunnel Race

by Featured Columnist James Wall, Wall to Wall Martial Arts

On the way down, have players crawl through.

This month's game is a pretty cool mixture of standing and ground based activity. It's called the Tai Otoshi Tunnel Race.

To play you'll need to break your kids up into two or more groups based on size and have them line up in single file lines at one end of the mat. (If you have a small class, you can simply have them all line up in one line and maybe use a stopwatch to time their race.) Have all of the kids stand in a wide stance similar to Tai Otoshi but with both feet flat on the mat. You can also have them place their hands on top of the shoulders of the kid in front of them.



On the way back, have them go through on their backs.

At the start command, the last person in each line will drop down onto their stomach and crawl through the "tunnel" made by his teammate's legs. Once he reaches the front of the line he will very quickly stand up and then "pop" out his legs into a wide stance again. As soon as he's up, the next person will crawl through from back to front



and do the same thing. As this process is repeated over and over, the line will slowly move down the mat as each new person makes his way to the front.

Once a line makes it all the way down the mat to your pre-arranged stopping point, they will then do the same process again but this time each person will drop down onto his back and go through head first.

The object is to be the first line to make it all the way down the mat and back.

We find that the kids really have a good time with this game. It helps to work on a lot of areas that are important to judo including stamina, upper and lower body strength and ground mobility. It also can be used to start to teach the basics of the Tai Otoshi position. Initially, I wouldn't put a lot of stress on the leg position being exactly like Tai Otoshi, but with older or more experienced students you may want to do that. I primarily use the game to get them accustomed to "popping" their legs out from a normal stance to a wide one quickly. We can refine and build on that later as required.

James Wall wallmartialarts@cox.net is the owner/head instructor of Wall to Wall Martial Arts in Watson, Louisiana. Wall is a Sandan in Judo and Aikido and a Nidan in Jiu-Jitsu. His club is consistently on the Top 20 list of USJA clubs and he runs the largest junior judo program in the state of Louisiana.

In his own words, Wall says, "I'm just a small-town guy from a small club that does judo because it's fun and really, really thinks that kids should have FUN doing judo too."

In addition to writing his monthly column on judo games for Growing Judo, Wall has done several clinics and has an upcoming one scheduled for June 16 in Claremont, Calif. For more information, see the flyer on the following page.

USJA – SATURDAY MORNING **grassroots clinic series**

Saturday June 16, 2007

9:00AM to 11:00AM



FEATURING JAMES WALL ON JUDO GAMES!

Games are designed to be fun and challenging but to also help build mental and physical abilities while keeping kids interested in learning. Sensei Wall is an expert on judo games and writes a regular column in Growing Judo the USJA's on line magazine

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

Fee: \$10 USJA members, \$15 non USJA members

[Download a Registration Form](#)

Sanctioned by the USJA

For More Information Contact:

Gary Goltz
909-985-0486
gary@goltzjudo.com
www.goltzjudo.com

Proceeds will go towards the USJA Grassroots Funding efforts