

# GROWING JUDO



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**TABLE OF CONTENTS:**

Editorial: It's the things we know that aint so that hurt us	3
Coaching Your Own Kids	4
Lucky Judo Players in the Southeast	17
USJA Level E Certification Clinic	17
Texoma Judo Club – Open Mat Workout	18
Don't Forget the All-Women's Tournament	19
The NPS Judo Club	19
Report: Fight Like a Girl Workout at Southside Dojo	21
Buckeye Judo Club Grows Judo	23
USJA Winter Nationals	25

## **EDITORIAL: IT'S THE THINGS WE KNOW THAT AINT SO THAT HURT US**

by Dr. AnnMaria DeMars

Mark Twain said it wasn't the things we didn't know that hurt us, but the things we know that aint so. Ever notice how many things everyone believes to be true turn out not to be so? For example, you hear about successful junior judo players being coached by their own parents, then quitting judo. Someone says,

*"Their parents probably pushed them so much they burnt them out."*

Everyone else nods sagely in agreement. Turns out, the real story is often different. The children grew up, got education, got jobs, fell in love. They, and their parents, look back on their years in judo as 'a privilege', 'precious time' and something they would do all over again the same.

Interesting to me was the number of people who mentioned being exposed to different role models, *both good and bad* as a benefit of judo for their kids.

Another thing everyone seems to believe is that judo is declining in this country, there is nothing we can do about it and all the judo organizations deserve a plague on all of their houses. I think all parts are untrue. Yesterday, I was at a tournament in the morning at Goltz Judo Club with strong support from many USJA clubs and then ran home to take my youngest daughter to a regional practice for young children at Gardena Judo Club organized by Nanka Yudanashakai. Gary Butts, one of our authors this issue, was at the tournament and Jack Wada, another author this month, was at the practice. Along with them were competitors, coaches and referees of all ages. Thirteen-year-old Sarah Crosby and another young teenager from Discover Judo were refereeing in the Goltz Tournament. Takashi Koizumi, David Honda and other young brown and black belts were helping the younger children at the Gardena practice. The next day, Deb Fergus, USJA Women's Committee Chair and Neil Simon, USJF President, were both at the Great Lakes Open promoting the All-Women's Tournament to be held in Michigan on November 3. On the same weekend, there is a tournament in Minnesota, another tournament in Sonora, Mexico (right across the border from Yuma, Arizona), a tournament in Las Vegas, a referee clinic at Goltz Dojo, a coaches clinic with James Wall in Louisiana and a newaza clinic in San Diego. These are just the events to which I received invitations!

I believe people at clubs like Southside Dojo, San Shi Dojo, Goltz Judo, Gardena Dojo, North Star Judo, Eastside Judo, Wall to Wall Martial Arts and many, many others are



growing judo. There is a lot we can do. You can teach judo, take players to clinics or tournaments, attend clinics yourself to learn about coaching, donate money to support your favorite USJA activity, volunteer for the USJA, write an article or send photos to Growing Judo to support judo in your area, or start a website for your club to promote judo on the Internet.

## **COACHING YOUR OWN KIDS**

*Editor: Growing Judo had the unique opportunity to interview a variety of parents who coach their own children. Thank you to each of them for contributing their thought and experiences. We are pleased to provide a feature this month with their insights.*

**Jack Wada, Gardena Dojo**  
Father to Brian, Brent and Jessica

*“It just wouldn’t be the same without you.”*

My coaching style is pretty much fair to everybody. You do want the best for your own kids and expect more and that is one pitfall of coaching your own kids you have to guard against. I have tried not to fall in that same trap of treating my own children differently in some way because I have seen other people do that and it just doesn’t work.

Whether or not you are the head instructor, you still have to treat everybody fairly if they get out of line. As an instructor, you are in a position of authority in the dojo. So, they may get in trouble twice, once at the dojo and once at home, for disrespecting your authority or for trying to take advantage of your position and expecting to get away with bad behavior.

When you aren’t responsible for instruction, if you visit other clubs like I did, you can take the luxury to help your own kids train. Of course, most people are probably like me, where they do help the other kids, not just their own.

It was nice to take them to Tony Mojica’s from time to time too, and let him be the bad guy making them work harder where I would work with the really young kids.

I wanted all the kids to be successful, mine and others. The fact is that my kids won often, so that made it easier for me.

I would have liked to have seen Brian go further. He placed in senior nationals and I believe he had as much potential as anyone competing internationally today. Still, I am satisfied with what he got out of it. It made him tougher, more confident in what he can do. My kids did way better than I ever did because I never competed as much as they did. I was more involved with the competition with my kids, but it was also an opportunity for them to have a good time and to enjoy doing something as a family.

I put Brian into judo because one of the school counselors told me that he should be in an organized activity, and recommended either boy scouts or martial arts. Brian said, “Forget it, I’m not joining the boy scouts!” So, that was it, we put him in judo.

Judo was one of the best things for him that I ever did. School was a struggle for him when he was younger – and now he is on the Dean’s list. A lot of what judo taught him was the respect or etiquette, that you can’t be rebellious in this place, that people, such as our head sensei Isao Wada, they deserve your respect. Being exposed to people like Sensei Isao Wada who generate respect, that has been a good benefit for my kids. They have been exposed to a lot of different role models, good and bad, and been able to decide which ones to emulate.

*When should you not coach your own children?* If you’re not an open-minded kind of person then you shouldn’t be coaching your own kid. There is going to be the whole gamut from the victory to the defeat and some people don’t take the defeat part too well. They’ll put their kid down – you lost because you sucked. I think each time you lose, you learn from it. My kids were never the type that took it that hard if they lost. Me, I’m a pretty laid-back type of person, too, and take most things in stride.

In the competitive part, we have high expectations, and it is always hard to see the kids lose. I think you need to accept that part of whether they win or lose and how they accept the outcomes comes from their individual make-up. I try to take the optimistic view, yes, you took second but everyone else is behind you.

Another event in which you should not be coaching your kid is if it gets to be affecting your relationship with your kids. For some people, being the disciplinarian at home and at the dojo, too can be overkill. Again, I think being a pretty easy-going type of guy made it easier for me.

There was one point when I was pushing too hard and my wife told me you need to back off a little because they are starting to resent you. What I wanted was for them to be good adults. That was more important than being good at judo, but they are pretty decent judo players, too. When they get in the position when they are not working full time and going to school full time as they are now, I expect them to give back to the sport, to be coaching and supporting other people as I am now.

Now we look back and talk about the years the boys were competing and it was pretty much of a family experience for us. We had fun and we have all good memories for us. I think that is the biggest thing. It has to be a fun experience for them or why did you even do it?

What made me feel good is that I did something that mattered to the kids and not just something for myself. They feel that way about me, too.

Brian wrote me when he was away at school out of state and said.

*“You know, I never had the chance when I was home to thank you for all the things you did for me. I know I never made it to be representing the U.S., but if I ever came back to judo or did it all over again, I would want you to be there coaching me all over again. It just wouldn’t be the same without you.”*

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### **Gerald Lafon, Head Coach, Judo America**

Father of Valerie, Natalie, Eric and Alexey

*“It is much like what parents do when they decide the school system was not what they wanted for their child or did not instill the right agenda. My agenda included hard work, persistence and commitment.”*

The experience of coaching your own children depends on the relationship you and the child have. It’s worth trying to do but if the parent-child relationship gets in the way of the coach-child relationship it’s probably best to have someone else coach.

It was a lot easier for me because my kids were successful. [Editor’s note: Both Valerie (Lafon) Gotay and Natalie Lafon have represented the U.S. in international competition. Val has won many international medals] Part of the problem is when your kid is not successful. When everyone is winning, happy and wants to keep on doing what they’re doing, it’s easy. When you’re pushing your child and they don’t succeed then it gets harder. It is very hard for any parent to see their kid lose.



My recommendation on coaching is to be fair-minded when it comes to your kid. You're either going to be too demanding or too easy on them and your treatment of your child is not commensurate with that of the other children..

We have other parents on the mat in our club, fortunately, and the general rule is not to coach your own child because it is so difficult to be fair-minded. If you don't have an option, if it is to do judo or not to do judo, then obviously you coach them.

It doesn't matter if my child never goes anywhere in judo. My youngest is eight and if she gets to being a stronger, more productive, more confident young lady out of judo and never becomes the national champion, that is fine with me.

*The best part about coaching your own child, for me, is that ....it affords for an awful lot of bonding time, growing up together. It has enabled me to spend a lot of time with them that I probably would not have been able to spend. I was able to see that they were brought up physically in the right way. It is a little bit like home schooling. It is much like what parents do when they decide the school system was not what they wanted for their child or did not instill the right agenda. My agenda included hard work, persistence and commitment. Those qualities are carried over into the non-judo life of my kids.*

What started to interfere with my kids' judo in adolescence was soccer. Both Natalie and Eric did soccer through high school and that detracted from their judo. The judo background helped my kids in soccer because they were small but tough.

My children were educated in the sport of judo, not just trained in it. I told them why I did certain things. We did go to clinics and camps so they did see other coaches. They did not have much reason to go other places because they had coaching at home, visiting players coming in and the players at their own club. Plus, they could go to the camps and work with other people and get new ideas. It all boils down to trust. Does the athlete trust the coach to have better answers? It was self-evident to my kids which coaches knew what they were talking about and which didn't.

If we had more mentoring relationships among coaches and didn't look at each other as opponents rather than people who both want gold medals at the next higher levels, it would help everyone on a whole lot of dimensions. After the first time you cut your child loose to work with another coach, it gets easier to do it again. There comes a point when the child is no longer a child. Sometimes a third party can make headway where you can't because it's from you. They need to hear it from another person.

If you would like to email Coach Lafon personally for more answers to specific questions, feel free to email him at [glafon@judoamerica.com](mailto:glafon@judoamerica.com) .

**Jim Pedro, Sr. Pedro's Judo Center**  
Father of Tanya, Jimmy, Jr. and Mikey

*“A lot of people think I would tell him to go to the Olympics so I could say I had two kids in the Olympics, but what good would that be for him? He might have lost his chance to become a doctor just so I could say that I had two kids on the Olympic team. I want what is best for my kids, not what makes me look good.”*



Personally, if I had a choice, I would prefer to coach my kids myself. It depends on the relationship you have with your kids.

When my children were young, I had my own club, which makes a big difference. If you are running a club, you have to treat your kids like you treat anybody else. A lot of times your child will be competing against another kid from your own club and you can't say anything but the other kids' parents are cheering for him.

That never bothered me, though. I had confidence in my kids and in myself as a coach. I have my kids 24-7, if I can't help my kid beat some kid I have only part-time my kid doesn't deserve to win. [Editor's note: All three of Coach Pedro's children have won gold medals for the U.S. in international senior competition, including the Rendezvous, U.S. Open and World Championships.]

It's a myth that everyone can or should coach their own children. A lot of people can't train their own kid, and even if you are successful overall, there are bound to be times when you have misunderstandings. When Jimmy was little, he thought I wanted him to win every match. He didn't realize I was yelling at him not because he lost but because he was doing the techniques wrong and he put himself under all that pressure to win every match. I had accepted that you were supposed to lose. That's just an inevitable part of life. A lot of parents think their kids should win every match, and I ask them,

*“When you competed, were you undefeated?”*

Parents who have never competed in an individual sport often don't understand their child's experience. It's different in an individual sport. In a team sport you can blame all the other guys for losing. In an individual sport you have no one to blame but yourself. You cannot let your child have an excuse not to win. There is no excuse not to win.

The higher the stakes, the harder it gets to coach your own kid. You want your kid to succeed so much and a lot of times they don't realize what's at stake, but you do. You have to take away all of the excuses, you have to push them harder than they want to go. You have to have the strength and courage to sometimes be unpopular or have your child not like you. They don't understand at the time what it means to represent the U.S. or win the world championships, but you do. When they look back twenty years later, you don't want them thinking, “He should have made me do this.”



I used to tell Jimmy,

*“When you walk into the stadium at the Olympics, you’ll know all this training was worth it.”*

For many parents, when they see their child crying they go up and want to punish the kid who made their child cry. Me, I tell my kid to be quiet and train harder. I know it will make him stronger.

Once you are training hard and you get all the emotion, you start getting bitchy and pissed off and yell back at your coach. When Jimmy would do that, I would just tell him to shut up because I knew he was training just right. After he lost in the Olympics and Jimmy came up in the stands and was depressed, I pointed out on the draw, that was what all that screaming and yelling and complaining at practice was, when he was training for those exact same guys he was going to fight. You could just see the light go on when he thought about it and knew, “Yeah, I can beat those guys. “

One advantage of coaching your own kid, or any other kid you have worked with for a long time, is once they have been convinced of your sincerity, you can communicate with them. Every decision you make is for the kid’s sake and when your child realizes that, they trust you and they’ll listen.

Once the kid senses that you are not in it for him 100%, then they’ll rebel against you. Some people want their kid to win for them. They want their child to win so their own prestige will go up. I knew judo would be good for my kids and that’s why I made them do it. Other people scream at their kids and make them do judo to make themselves look better.

I told Mikey to go to medical school and become a doctor and if he had time later to go train for the Olympics. At the time, Mikey was number one. A lot of people think I would tell him to go to the Olympics so I could say I had two kids in the Olympics, but what good would that be for him? It’s not like they are going to hold that spot in the school open for him. He might have lost his chance to become a doctor just so I could say that I had two kids on the Olympic team. I want what is best for my kids, not what makes me look good.

I made my kids go to church, I made them go to school and I made them go to judo because I thought those were the best things for them to learn how to be better people. Giving more to your kid and not teaching them anything is “b.s.”. The same with training your kid, spending time with your kid, ‘bonding’ and not teaching them anything, what good was it? I try to teach my children everything that I can that I think might help them in life.

**Sports emulate life. You need to work at it if you want to get anything. Just because you lost today doesn’t mean you aren’t going to win at the end of it.**

**Jake Flores, M.D., San Shi Dojo**  
Father of Laura, Jacob, Jr. and Justin

*[Editor's note: BOTH of Dr. Flores' sons competed in the 2004 Olympic Trials. The photo at right is his youngest son, Justin, throwing with tai otoshi during a clinic at Gardena Dojo. ]*



My sons have had a great many successes but there have also disappointments. I think one of the disappointments has been when the system has been unequal or changed mid-way in an Olympic cycle because as a parent you always want to see your child get a fair shake and their hard work pay off. When that doesn't happen, it can be extremely disappointing.

In answer to should you coach your own kid, it depends on whether you are the most competent person or not. I have seen people who began coaching their own child and then turned them over to someone else. This isn't always a matter of lesser competence. For example, a parent in the military may be away a lot and ask someone who is able to be there consistently to coach his child.

Here are ten tips that I think would help most people contemplating coaching their own kid.

1. Ask yourself honestly; is there anyone around more competent than I am? If not, then ethically, you are doing the right thing.
2. You need to compartmentalize judo away from the family environment. The dojo has to be a separate entity, something the kid looks forward to.
3. Yelling at your kid doesn't work. Whispering works better.
4. You need to discipline yourself to be not an authoritarian or permissive figure but an authoritative one. If you are an authoritarian parent, eventually your child will rebel. "Do it because I say so" works for not running across the street but not for instilling confidence, belief and work ethic. That work ethic should be done by example as well.
5. As far as being a coach, you have to do your due diligence and study a sport. You have to be ready to send your child to other places to learn from other instructors, just like you would send a patient to a specialist. Being too possessive causes adolescent rebellion. You have to

build your child up to be self-determining. You have to be able to accept that you are not controlling them.

6. Sometimes you see coaches trying to 'teach' their child during the match. That's a lack of preparation. If you're well-prepared and well-trained you can just whisper or make suggestions during the tournament.

7. Showing somebody is not the same as preparing somebody. It isn't enough to show your child a throw, a grip or other technique. You need to practice that, have the drills, the repetition, the strategies, the teaching.

8. You try to create an environment so that everyone in the dojo is strong and a good judo player. It is an act of faith in your child that they will become strong and technically proficient, too. You give your children confidence because they have worked so hard.

9. If your family is all involved with judo, the child who quits may feel neglected if you don't go to their activities. When my daughter quit judo and then went into cross-country, she was very resentful that I went to her brothers' judo activities instead of her meets.

10. In the dojo, you have to be fair. When you instill discipline, it has to be to maintain order or teach a lesson, such as the importance of work ethic, rather than a way for you to release your own anger. Your children and, in fact, all of the young people you coach, need to believe you love them.



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**Paul Nogaki, Temecula Valley Judo**  
Father of Amanda

*Editor : Could you comment on the challenge of treating your children fairly/ favoritism when you are the head instructor...*

This has always been a difficult situation for me. For me it was the opposite of showing favoritism towards my daughter that posed a challenge. I expected more from my child just because she was "my daughter" and I sometimes would have to catch myself trying

to put her on a different plateau as her peers. I sometimes find myself pushing her much harder than the others and then would have to step back and ask myself if I'm really being fair to her. I know she has no aspirations of becoming a world-class player or trying to make the Olympics like I had, but yet I still want her to strive to try and accomplish as much as she can in any endeavor she takes on.

*Editor: Is it ever a BAD idea for someone to coach their own child, and if so, when?*

I don't think so, unless subjectivity overcomes objectivity.

*Editor: What is the best thing about coaching your own child? The worst thing about coaching your own child?*

The best thing is the time together. For a dad to spend time together with his daughter is very special. To spend it together doing Judo is a very special bonding time for the both of us. However since her first love is music she has spent very little time on the mat lately. She is in one of the top high school marching bands in the nation and made the cut as a freshman. She has mandatory practices of at least 20 hours a week during school and 60 to 72 hours of practice during the summer for all except three weeks of summer vacation. I really believe doing Judo at a young age for all those years helped her tremendously in being able to handle the pressure and has given her a foundation for a strong work ethic.

The worst thing is when the child feels they have let you down. Even though I honestly feel I haven't given any indication of disappointment, obviously the child feels something on the parent's part makes them feel this way. Trying to repair the broken egos and sense of failure requires patience and good psychology. It's not always so easy.

*Editor: Anything else you can add about coaching your own child?*

Here's a footnote real quick. I probably approach this from a "Japanese" perspective more than anyone else. Most of my highly competitive years were spent in Japan. I also have no desire to live vicariously through my daughter since I've been there. Although I was only able to represent Japan on the international level once, I've felt I've accomplished all I wanted in shiai Judo. Also please note that coaching one's own child in Japan is typically frowned upon and very rarely ever done on high level.

**Maurice Allan, Head Coach, Sport Judo**

Father of Kristin (right) who is the middle child between two sons.

*“To get to go on the mat and coach your kids is precious time. You go in the car together and have time to talk to one another, you are on the mat together. You travel together to tournaments. There is no real down side.”*



I coached Kristin when she was young 8, 9 years old but she never came to judo very regularly, and when she went into high school she gradually stopped training. When she was watching a new grappling club at college, she thought to herself, “I could do that.” So, in short, she didn’t start training seriously until she was 19.

*Editor: What is the best part of coaching your own child?*

Being on the mat with your own child is a special thing. You get to see them grow. You get to see them meet friends. Some of the friends you meet on the mat, they are people you know your whole life. You see all these little girls who are playing on the side of the mat, then they go on the mat and fight and then they come off and they are playing again.

I remember once Ronda Rousey and Kristin fought ferociously in a tournament, then they came off the mat and hugged one another. I thought; what a great example for young girls.

To see your child train is definitely worthwhile, whether they become an elite player or not. Once they are at an elite level, they meet people and make friends they will have forever. You start to look for ways to help your children’s friends also.

*Editor: You were named the Wrestler of the Century for your country, World Sombó Champion, European Wrestling Champion, four-time British Judo Champion and more. Has that been something Kristin felt she had to “live up to”*

I don’t think so. My background is diverse. I represented Great Britain in judo, wrestling and sombo. With her, it is completely different. She is purely judo.

One thing that may have kept her from feeling that way is that I have never acted like I felt I knew it all, and I don’t feel that way. When Kristin was doing well, I wanted to expose her to different coaches from whom she could learn something. I sent her to Jimmy Pedro, to camps in Montreal. I told her listen to these coaches and see what they have to teach you.



Another thing I think I did right was to focus on her performance, on doing the best she possibly could. I always liked it when Ronda was in the 63 kg division because she forced Kristin to shoot for her best possible performance and to try her hardest. They had some hard matches and Kristin never gave up and kept trying to beat her.

*Editor: What is the worst thing about coaching your own child?*

Sometimes separating yourself from being a father and being a coach. You need to try to make that

separation, especially when you are pushing someone harder and they are going, “Aw, dad!”

Some coaches live vicariously through their kids, reflected glory but I really think most people don't do it for that. To get to go on the mat and coach your kids is precious time. You go in the car together and have time to talk to one another; you are on the mat together. You travel together to tournaments. There is no real down side.

Kristin is not that experienced. She has only been competing at a high level for three or four years and I see her getting frustrated and looking for answers. There isn't any short road and that is hard when I see her frustrated and I know that there is no quick fix for it.

Referees do a thankless task and most of them do a great job but sometimes you get these decisions you cannot fathom and your kid has been working their tail off and it seems like the referee gave it to the wrong person. That also can be hard.

*Editor: How do you handle being the head coach and trying not to play favorites?*

It can go both ways. Sometimes you don't want to be seen as favoring your kid so you don't give them as much attention as sometimes you should. I make it very clear that if someone is going to a major tournament I am going to concentrate on them. If a person is going to a major tournament, I may have them do the throws and then step out and not take as many falls. I try to emphasize it is who is going to the nationals, not make a special arrangement for Kristin because she is my daughter. You need to re-evaluate your coaching from time to time and make sure you are doing right by everyone.

Some people may say that's my kid so I can totally favor them. I don't think that's good but I don't think they should suffer, either. If I think my kid deserves something then I will speak up and say, “Yes she should get it.” They shouldn't be penalized for being your kid. If there was an award for best competitor, for example, I might not vote on it, but I am not going to say, “Don't give it to her because she is my daughter.” If she deserves it, she deserves it.

*Editor: Is it ever a bad idea to coach your own kid?*

It depends on how they're coaching them, for example, if the kids' skill development evolves beyond their parents. As long as you have the right intention, first and foremost, I don't think it's a bad idea. For me it is a privilege, to coach my daughter.

*Editor: You are a member of the USJA Coaching Committee. Is there any other advice on coaching you would like to give our readers?*

I would never let the kids lose too much weight when I was coaching. Being an elite athlete is not as healthy a lifestyle as people think. You are stressing your body, training hours a day. You don't need to add the stress of losing too much weight on top of that.

I have wee awards in my club that I give when I see someone who just is training and has heart. I have a climbing rope in my club from Scotland; it is tied to a 20-foot beam. Any of the kids who climb to the top and back, I give them a prize.

I have an area with Legos for the little kids who can play and make things if they have big brothers or sisters or parents. We have a kids' class first. We have family day on Saturday from 10am-12pm. The kids are 10-11:30am. They can play on the crash pads or play with Legos while the wait for their parents or older brothers or sisters to be done at noon.

Judo is like soccer, everyone can do it. Just because you are a great competitor does not mean you are more important in the long run. Remember that everyone who wants to learn judo from you is important and set your gym and your program up to really reflect that.

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### **Gary Butts, USJA/USJF West Coast Judo Training Center & LACC Judo Father of Amber, Crystal and Erin**

With three children competing, I have different perspectives based on different kids. Sometimes you don't coach your own kid. For example, my daughter, Amber, when she gets emotional, I am not very tolerant of people getting emotional on the mat and I will get somebody else to coach her, someone else who is familiar with her, say Tony (shown second from left above) or Ron from our club.



Erin and Crystal, on the other hand, are not as emotional players, and I coach them almost all the time. You have to realize when you might not be the best person at that

moment. With more than one child, of course I sometimes end up with more than one on the mat at a time, so I would get someone else who is familiar to coach one of them in that circumstance, too.

The best part about coaching your own kids – you know them. You know their strengths, weaknesses, if they have anxiety about a particular player, if they are too over-confident when it comes to another player, and you can correct all of that.

There have been incidents when we are at a club visiting and they say something and both my kids and I know it's wrong. If I think it might hurt them, if it actually is a dangerous move, I say "No, we're not going to do that" and I tell the instructor why, that I think it is unsafe. Otherwise, we just take it with a grain of salt knowing that we're never going to do it like that outside of that particular club we are visiting because it just doesn't fit with the style of judo my kids do.

As far as showing favoritism, for me, I am just the same with everyone but that does not mean I treat everyone exactly the same. Not everyone is the same level of ability, but I am going to push everyone to his or her own level of ability.

Crystal and Amber do ju-jitsu and Erin doesn't, so she doesn't work out as many hours. Erin doesn't lift weights, and I don't have her practice four times a week because she's younger. If one of my kids is playing around on the mat with one of their judo friends, I will correct them both, so I do treat everyone exactly the same in that way. I had a talk with one of my daughters about six months ago, telling her she was getting too cocky and she would give me that look, "Shut up, I am out here fighting." So, I had to set her straight about that, just like I would any athlete I was coaching.

My kids are all at different levels and but they don't feel like they have to live up to anything that I have done. I may use my experience and tell them stories about how I trained for competition in wrestling and draw an analogy to how they could use a certain drill or move in their judo practice.

I might tell them something and somebody else tells them the exact same thing and that little light bulb goes off in their head. Sometimes they just need to hear something a different way or from a different person than their parent.

I tell my kids there is going to be a point where I won't be able to coach you and teach you. I think everybody is limited, to a point. When we get there, I'll know and hopefully they'll come to me nicely and politely and say, "I've gotten what I can from you and it's time to move on."

One decision I made - I could have sent my kids to lots of places and they could have qualified for lots of teams. I decided to save my money for my kids when they are in their mid-teens instead of sending them when they are nine, eleven or twelve years old. It's not just the kids that burn out, but the parents, too, when you have been spending all that money and doing all that traveling. It's been my decision to save up for when they are older.

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## **LUCKY JUDO PLAYERS IN THE SOUTHEAST**

by James Wall, Wall to Wall Martial Arts.

*Editor: Honestly, the southeastern United States has not normally been thought of as a hotbed of judo activity, but USJA Regional Coordinator James Wall is out to change all that, with the tireless aid of Jeff Miller and a cast of stalwart judo supporters from Louisiana.*

### **Judo activities / 4<sup>th</sup> quarter 2007 for James Wall S.E. Regional Coordinator**

- Sept. 8<sup>th</sup> – Hosted Referee and Technical Official Clinic at Wall to Wall Martial Arts.
- Sept 22 – Hosted 2007 LA Open Judo Tournament
- October – Major Dojo renovation to increase size of school building by 50%!!
- Nov 3<sup>rd</sup> – USJA Coach Certification/Continuing Education Clinic scheduled at Wall to Wall Martial Arts.

The September 8<sup>th</sup> event was the second in a series of clinics offering training for Referees and Technical Officials. Approximately thirty judoka representing four different area clubs attended the clinic. Jeff Miller of Acadian Judo and National Referee, conducted the Referee training while Michael King, USJA Certified Technical Official Supervisor from Wall to Wall Martial Arts, conducted training for Technical Officials.

After the classroom sessions players were paired up for practice shiai matches to enable the trainees to practice their refereeing and technical official skills. Everyone worked very hard with many folks doing a match and then taking a spot at the score table so that they could not only improve their randori skills but also their officiating skills as well.

As always with a Louisiana Judo activity there was a group get-together for food afterward. This time the victim, I mean restaurant of choice was a local buffet where several players managed to work their way into higher weight classes!

The training sessions provided valuable practice for individuals who were planning to help out with the LA Open Judo Tournament which was held on Sept 22<sup>nd</sup> and everyone had a great time as well.

### **USJA Level E Coach Certification Clinic**

**When** – Saturday, November 3rd 2007.

**Times** – 8am – 5pm

**Where** – Wall to Wall Martial Arts 7838 Kingsley Drive, Denham Springs, LA. 70706

**Cost** - \$25 clinic fee (includes lunch). There are additional fees to obtain certification.

**Contact** - James Wall [wallmartialarts@cox.net](mailto:wallmartialarts@cox.net)

**Minimum requirements** - for Level E certification are: at least 18yrs old and holding a rank of Sankyū or higher. Interested individuals not meeting these criteria are welcome to attend but will not be certified.

This clinic will cover material needed to obtain Level E (formerly Level 1) Coach Certification with the USJA. It will also offer 8 hours of “Continuing Education” credit for individuals wishing to earn the necessary credits to renew existing Coach Certifications with the USJA.

The clinic will focus on a variety of material related to coaching/teaching Judo and will not be limited to or focused solely on the competition aspects of the art. There is no required text and there will be no written exam.

**Those individuals wishing to certify are encouraged to complete and submit the USJA Criminal Background screening forms in advance of the clinic. A copy of the form can be obtained from the USJA office or website. They will also be available on site but waiting until then will delay the processing of your certification.**

## **TEXOMA JUDO CLUB – OPEN MAT WORK OUT**

On Saturday, 10/27, TEXOMA Judo of Wichita Falls will welcome a new addition to our coaching staff. Terry Kelly, 7th Dan, formerly of Santa Rosa California Junior College Judo Club, is relocating to Wichita Falls to serve as Coach Emeritus of TEXOMA Judo. Coach Kelly has extensive coaching experience and a long term Judo career. For the last 18 years he has been the head coach of the Santa Rosa JC Judo program. In 2006 Coach Kelly was named Coach of the Year by the United States Judo Association.

To introduce Terry to the local Judo community, TEXOMA Judo will host an open mat workout on Saturday, 10/27 at the Bill Bartley Branch Family YMCA at 5001 Bartley Drive in Wichita Falls, TX. The first session, focused on standing techniques will be from 9am-12pm. We will take a 2 hour lunch to socialize and meet with Terry. The second session will be from 2pm-5pm which will focus on ground techniques. A randori session will follow from 5pm-6pm for all interested parties. The minimum age for attendance to this event is 10 years.

All coaches should be prepared to present at least one technique to the group during each session. There is a \$5 mat fee for students to participate. The mat fee is waived for Coaches and the lunch will be free for all coaches who attend the workout.

Please contact me via email [royhash@juno.com](mailto:royhash@juno.com) or phone at (940) 733-7330 if you have any questions or need directions to the YMCA. I hope you will be able to join us for this day of training and camaraderie.

Respectfully,

Roy Hash, Coach  
TEXOMA Judo  
Wichita Falls, TX

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**DON'T FORGET THE ALL-WOMEN'S TOURNAMENT**  
**KALAMAZOO, MICHIGAN**

**NOVEMBER 2- COACHES CLINIC** with AnnMaria De Mars

**NOVEMBER 3 – COMPETITION** – kata, junior, senior, masters and teams.

**NOVEMBER 4 – REFEREE CLINIC** with Julie Koyama

**Contact:** Deb Fergus [DeFrgs6@cs.com](mailto:DeFrgs6@cs.com)

**The NPS Judo Club**

*by Richard Riehle*

In the Fall of 2005, several of us at Naval Postgraduate School (NPS) began to explore the possibility of organizing a Judo Club. By February of the following year, we were training twice a week.

After a year and a half of operation, we are continuing our twice-weekly training, but with almost all new members. Frequent, periodic member turnover is one of the unusual aspects of our Judo club. It is a problem that most clubs do not have to confront. Our members leave our club upon graduation from NPS and assignment to some other military venue.



The Naval Postgraduate School in Monterey, California is an educational institution focused on graduate programs in science, mathematics, and technology for members of U.S. Federal Government. The student body is predominantly commissioned officers from all branches of the uniformed services, but there are some civilians from Federal agencies. The school is on a Quarter system so new students are arriving and graduating every three months. The eighteen month cycle means we don't have long to enjoy their optional membership in the NPS Judo Club. Also, no one is required to take Judo. Usually, we have about twenty actively registered members at any one time. Often, they don't start Judo until they have been at the school for six months, leaving them only a year to develop their Judo skills. This kind of turnover requires us, as a club, to continually work on getting the word out to all the NPS Students. When we do a good job of recruiting, the membership is good. Sometimes we only recruit enough to keep a small amount of training going. NPS has a long-range master-plan to add a martial arts room to the Fitness Center someday, but that will probably not happen before I retire – probably not before I have taken my last bow from the dojo of life.

Originally, we hoped to be an official part of the Department of Defense's MWR (Moral, Welfare, and Recreation) organization, but a ruling from MWR Headquarters in the Washington, DC proclaimed that Judo was too dangerous to be officially sponsored by MWR. Don't laugh. That is what they ruled. They don't want to take the chance that one of our dainty members of the military might get bruised or sprain an ankle. Recently, we have had

some of our members complaining that sports injuries have prevented them from coming to Judo practice. The sports injuries are mostly from soccer and softball, not Judo.

As a consequence of the MWR ruling, the NPS Judo Club is a guest of the NPS Fitness Center, not an official program. We are required to have every member registered with one of the National Governing Bodies (USJA, USJF, USJI) for insurance purposes. We give our members the option of any of those three, but encourage either USJF or USJA at this time. Many of our members choose to join both USJA and USJF. The NPS Judo Club is a member of the Hokka Yudanshakai and that membership has proven to be a valuable relationship for us. Senior instructors from other Hokka clubs have visited us from time to time to help with our instruction. In particular, Bob Uemura, sensei of the Salinas Judo Club, has taken an active interest in helping our members with his occasional visits.

Since the founding of the club quite a few of our members have competed in nearby tournaments. Some have done quite well within their experience and weight class. Within the space of twelve months, very few members can expect to reach a high level of rank without a lot of practice and a lot of tournament wins. However, at least one of our original members who started as Rokyu did earn his Sankyu before he graduated. Another member who came to us with an Ikkyu earned his Shodan. A few have been promoted to Gokyu or Yonkyu. Some simply come to Judo for the pleasure of the experience, choose not to participate in tournaments, and have graduated from NPS with no promotion at all.

Unlike a lot of clubs where the emphasis is on growing athletes for future competition, we understand the importance of recreational Judo. Those members who are content to grow their skills slowly through regular practice, but who have chosen not to go into tournament are as welcome as those who are anxious to get into a match as soon as possible. Many of the students at NPS are senior officers (Major, Lt. Commander, Lt. Colonel) and in their forties or early fifties. As beginners, they are not ready to compete against other beginners in their twenties or thirties. However, a few have competed with those younger novices and have done very well.

One of the side-effects of the NPS Judo Club is the spreading of Judo over a larger potential military population. Nearly all of our members say they will continue to do Judo after they graduate. Some may even start new Judo clubs if they end up someplace where there is no Judo. Even our older novice judoka gain an appreciation for the sport and vow to continue their training at their next duty station. The higher ranking officers who train with us are often in a position to encourage the establishment of a Judo club if they are stationed somewhere that has no Judo. In some respects, the NPS Judo Club is a training ground for Judo missionaries.

The club was originally founded by one of the current instructors, Richard Riehle. Richard is a professor of computer science at NPS and a long-time practitioner (starting in 1952) of Judo. He has trained in Japan as well as at various places throughout the United States as well as other places on the planet Earth. Richard asked one of the Physics professors, Xavier Maruyama, to take the role of head instructor. Some of the readers might remember Xavier's brother, Paul Maruyama, a former Olympian. Dr. Maruyama has been

excellent as head instructor and we hope he will continue in that role for as long as he wants. Although Xavier recently retired from the NPS faculty, he continues, as an emeritus professor, to participate in the NPS Judo Club as our head instructor.

We enjoy having visitors from other Judo clubs whenever they are in the Monterey area. However, we are officially a military installation and that means we have to maintain tight security. Consequently, when someone wants to visit our club, we need to have advanced information so we can either get them registered as a visitor or provide a suitable escort. For international visitors we need a lot more notice before we can bring them onto the campus.

The officers of the club are members of the club. We have a need to elect or choose new officers on a regular basis since they will all graduate and transfer to another duty station eventually. We do have the support of the Dean of Students, the manager of the NPS Fitness Center (who has a USJF membership, but does not train with us yet), the Lt. Colonel who oversees the USMC students at NPS, and a lot of faculty members. A few faculty members have even taken memberships in USJA or USJF, but their attendance at practice is sporadic. Training with the NPS Judo Club is not mandatory for anyone. Some military commanders encourage participation, but they cannot order anyone to join us. We are currently evaluating the Marine Corp Martial Arts training program to see whether any of what we do can be of value to that program. Meanwhile, if anyone has questions about our program my personal email is: [laoxiaohai@juno.com](mailto:laoxiaohai@juno.com). My NPS email is [rdriehle@nps.edu](mailto:rdriehle@nps.edu). I usually prefer to do Judo business using my personal email account since the Federal Government frowns on using their computers for personal business. However, since the NPS Judo Club is a semi-official NPS activity, there is enough of a gray area that, for the benefit of our uniformed military officers, I can entertain an occasional email to my NPS account.

## **Fight Like a Girl Camp at Southside Dojo**

*by Deborah L. Fergus*



August 11<sup>th</sup> and 12<sup>th</sup>, 2007 marked the second Fight Like a Girl Camp at Southside Dojo in Portage Michigan. To top it off we were in our new building.

They started arriving about 11am. Some of the Southside Jr. Competitive team stayed for the first part of the camp which was open to boys until 5pm.

Frances Glaze started the session with a brisk work out, stretching and a few games followed by ukemi, and uchikomi, we then went into newaza.

After a Brief break we played a few games. Crab Battle, Pogo etc. Two teams were made up.

Team A and Team One. Through out the event we had relays such as pull the belt where, one player would be on the belly and the other would sit and pull the other across to the finish line.

We were pleased to have several black belts in attendance. Louis Ullman of Farmington and Detroit Judo, Jamie Blake of Southside, Jan Kumigai of Grand Rapids, Ann Berends of Chicago, Amy Hellard a Jujitsu Sandan from Ohio each taking a turn at instructing the group.

At 5pm Saturday, Mike Snyder provided a cook out for the group. We ate and had a good time getting to know each other. After the meal a few worked out but a lot more just played.

I set up my projector to show movies on the wall. It was like a huge home theater. The girls laid their sleeping bags out across the Dojo and had fun watching, singing and playing. Bet you are wondering about the bed time eh? Well it was after 1am. The laughing, giggling was still on. I reminded the girls we would be up at 7am in the morning which prompted most to get to sleep.

Wake up call for Sunday morning was a bit slow. We had a good breakfast and got back on the mat for more instruction and games.

At the first break, each girl was given a gift of school supplies, pencils, erasures, pens, ruler, highlighter, crayons, a box to keep them in, a Spiral note book and folder,

At 10 am Jamie Blake and other members from the Kobudo team gave a demonstration that was inspiring. Then it was back on the mat for one last session.

Sensei Glaze did a great job of relating the history of Judo, how important good pure technique was to winning whether it is Shiai or Kata. We were very fortunate she could come and be a part of this event.

I would like to thank all who helped to make this a great event for women's Judo: Southside Dojo and Mike Snyder, Sensei Frances Glaze, Louise Ullman, Jan Kumigai, Jamie Blake, Ann Berends and Amy Hellard the black belts in attendance.

I would also like to give a special thanks to the participants who came from far and near to make this event happen.

- Rachel and Serenity of Arkansas and of course thanks to Mom for making the trip.
- Audrey and her dad from Chicago, Sensei Glaze for bringing Annahita of Ohio.
- Thanks to those participants from Southside Dojo, Madison, Morgan, Kayla, Amanda, Jasmine, Jhun, Juliet, Christine, Katie, Kelci, Bailey, and Sarah.
- Special thanks go to Max, Mitchell, Josh Carson and Seth who had the guts to join in the fun for the first 5 hours on Saturday.

**A few notes from the Girls on the Camp:**

“I think that Fight Like a Girl Camp is so cool and that all girls should try it out. Also I think that even if you’re not in Judo still try it. You will have lots of fun.” -Kelci

“I really liked the Fight Like a Girl Camp it was really fun.” -Serenity

“Fight Like a Girl Camp is a fun and great experience for girls of all ages. You also get to meet other girls from different cities and states. Thank you so much for everything.” -Jhun

“Thank you so much for this opportunity! Fight Like a Girl Camps a wonderful way to bring female judoka together to support each other and have fun. Thanks again.” -Amanda

“I loved camp. It was really fun. One of my favorite games was Sumo. The camp wasn’t as structured as classes but we did train hard. I really like Judo and I think it is so great that you have a camp just for girls. Thank you so much.” -Kayla

“Camp was fun. .... I played games.” -Juliet

“Thank you all so much for training with us. Not only did we make new friends, but we also learned new ways to defend ourselves. I think this camp is so great for us...plus we got candy!” -Jasmine

“I had a great time at Girls Camp. I learned new Judo moves. Also at Judo Girls Camp I made a few new friends too. Thanks for all the fun.” -Madi

“I like it here it was healthy. I drink a lot of pop at home so that’s changed. I also loved the moves.” -Sarah

**BUCKEYE JUDO CLUB GROWS JUDO**

This past summer between mid-June through end of August, we have conducted the intensive inner club assistant instructor’s program for our advanced judo students (5 seniors). Above is the picture from our August promotion.

Buckeye Judo Club has offered intensive inner club assistance judo instructor’s program between mid-June



through end of August. The program covered judo history, judo etiquette, judo principles, all gokyo-no-waza, katame-waza, shime waza, kansetsu-waza, gaeshi-waza, complete set of nage-no-kata, and IJF rules and practical referee's training.

The judo training was conducted by Eiji Teragouchi, 6-dan and Edwin Eng, 3-dan. Upon completion, we have promoted two people to shodan, one ik-kyu, one ni-kyu and one san-kyu. Mr. Burt Quesea started judo in 1954 in the Philippines but he was unable to continue. After long absence from judo, Mr. Quesea has decided to continue his judo career just before his 70 th birthday. Burt was promoted to san-kyu after completing above intensive judo training this past summer.

The Buckeye Judo Club will be expanding to include the Goodyear Recreation Department Judo Club. Scott Benson, new shodan, will be teaching at Goodyear Judo Club, and also eventual training program for the Goodyear police department. Sally Rogers, new shodan, will be teaching adult female class. Since promotion to shodan, Sally is already involved with an organization helping local "women with low self esteem that have fallen victim to crimes beyond their control".

The Buckeye Judo Club and Goodyear Judo Club will be a sister club under one leadership.





**Seniors, Juniors, Masters, Kata, Competitors Clinic, & Coaching Clinic**

*A Grassroots Event to Improve Judo and Build Friendships*

**December 1<sup>st</sup> & 2<sup>nd</sup> with Coaching Clinic on November 30<sup>th</sup>**

Download a Complete Registration Packet at [www.goltzjudo.com](http://www.goltzjudo.com)

For more information contact: Gary Goltz, (909) 985-0486, [gary@goltzjudo.com](mailto:gary@goltzjudo.com)



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