



GROWING JUDO

March, 2008

Monthly publication of the Development Committee of the
United States Judo Association

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Cover photo: USJA/USJF West Coast Judo Training Center practice. USJA Chief Operating Officer, Gary Goltz stopped by just to give his personal thanks to Frank Sanchez. Sr. for donating the use of his facility for the center.

Practices are every Saturday from 10- 11:30 and 1-4 pm at 123 South First St., La Puente, CA. Everyone welcome!

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THE REPORTS OF THE DEATH OF JUDO HAVE BEEN GREATLY EXAGGERATED - Or Pay attention if you don't want to miss something good...

by Dr. AnnMaria DeMars

Among certain crowds, it is a hobby to get together and talk about how judo is going downhill, this new generation has no work ethic, parents can't be bothered to drive their kids to practice, etc. etc. Stop right there. As much as I hate to distract someone in mid-rant by throwing in facts, it seems that every picture we received for this issue had a large group of judo players, from the training center practice on the front cover to the West Point team traveling to Japan to the clinic in Denver with USJA mini-camp coordinator Paul Nogaki. This month isn't the first time I had to leave out some of the many events on which we received notification. Not wanting to send you all a 64-page magazine to download, I had to restrict what was included to only events that would draw a regional or national audience. I apologize if your event was left out.

Stop again. Think about the really great people you get to know in judo. I must admit to being as guilty as anyone as focusing on the people who seem to do all the wrong things for the wrong reasons. We have to stop that and remember the terrific people we meet in judo, like Willie Williams, one of the founders of the Connecticut Judo League, who I finally got to meet in person at the Ocean State. Like Ronda, who even though she is training for the Olympics took two days out to come coach our team from the West Coast Judo Training Center and another two days to help with the training camp afterwards, along with her teammate, Kayla Harrison (anyone who took pictures, please send for the next issue).



In this issue you will find an invitation to apply for a junior training camp in Toronto, Canada. You will have the opportunity to train for five days with 300 athletes from the U.S. and Canada. There is an announcement of a camp overlooking the ocean in Carlsbad, California, another with Doug Tono in Chicago. Doug is one of the most modest guys I know. Before he settled down and became the director of the USJF Nationals and a kata judge he was winning international gold medals including in the Dutch Open and U.S. Open. He'd never tell you that, so I just did. Serge Bouyssou is running a three-week camp in Rhode Island. The camp in North Carolina has European stand-outs Nick Lowe and Neil Adams, former world champion. The Liberty Bell is coming up – always a huge tournament. Reserve June 29-30th for judo. Jimmy Pedro, Jr., tournament director of our own USJA Junior Nationals, held June 29-30 in Boston, will also be running a camp in the week after that tournament. Mitchell Palacio and the folks in northern California are bringing back the national brown belt championships and this time they have added a novice division. It is ages 15 and up, also on June 29-30 in San Francisco. **READ THIS MONTH'S ISSUE CAREFULLY.** Not only will you get some great ideas about coaching, teaching and competing, not only will you learn what clubs are doing around the country, but

you will also see a LOT of opportunities for you to learn, compete and generally have a good time.

Oh, speaking of people to remember – **THANK YOU to Bob Treat of Southside Dojo who donated \$700 to the USJA Development Fund this month!** Through the generosity of our wonderful donors like Bob, we can afford our outreach program that includes: Tony Comfort, who represented the U.S. in the 2004 Paris World Cup and was in the 2004 Olympic Trials, will be doing a clinic in Mississippi in June, part of the re-introduction of judo in the Mississippi State Games. Thanks so much to Keith Worshaim for making this happen. We are also providing our regional coordinators with issues of Koka Kids magazine to help with their events. Roy Hash, Grass Roots Development Chair, is doing a judo demonstration in Texas and giving the magazines to the junior players as a “thank you” for helping with the demonstration. Joan Love, New England coordinator is giving these as door prizes to junior players who attend the Great American Workout in Rhode Island. The USJA office has a limited number of editions left. If you have an idea for an outreach event, contact your regional coordinator. Don’t know who that is? Look here: <http://www.usja-judo.org/committees/development/regional.html>

As proof of what I just said about how judo is growing...

Training for Tournaments – for EVERYONE!!!

by Jeff Miller



Photo courtesy of Andrew Wilson

The walls were busting, the bodies were flying, the scores were climbing and the fun just kept coming. This was the scene of the Mock Shiai and Referee/Technical Official Training Event, hosted by Acadian Judo in Lafayette, Louisiana on February 23, 2008.

More than 50 Judoka, and another 20 family and friends, participated in this informative and exciting event, put together to help train referees, table workers, and competitors for the upcoming Spring tournaments.

Greg Waldron of Wall to Wall Judo, a Level 2 Technical Official, trained Judoka, parents and friends of Judo in how to properly run a table during Judo matches. Participants learned how to post scores, keep match and pin time, and, most importantly, ask the referee whether blue or

white should get the score. Greg did an outstanding job with this training, and the Techs handled the mock matches like seasoned pros.

Dave Shorey of Acadian Judo and James Wall of Wall to Wall Judo handled competitor training, which consisted of dozens of youngsters and adult competitors. In addition to covering the basics of tournament etiquette, such as which competitor is blue and which is white, and how to properly bow on and off the mat, they were able to do some tactic and strategy training as well.

Jeff Miller of Acadian Judo handled the referee training, and there were more than a dozen people signed up for that session. In addition to the normal rule discussions, topics included how to conduct a match, work with the team and with the table, and what to do if you don't know what to do.

After an hour or so of the "classroom" portion, the fun really began. Kids and adults alike paired up and the referees and table workers started running match after match after match. All the competitors got lots of fights in, and everyone got a chance to train in their respective roles for the day. Best of all, there were no serious injuries and everyone had a great time.

In addition to the host club, Acadian Judo, we had Judoka from Wall to Wall Judo from Watson, Louisiana; LSU Judo from Baton Rouge, Louisiana; ULL Judo from Lafayette, Louisiana; Barksdale Air Force Base in Shreveport, Louisiana; Gulf Coast Judo in Gulf Shores, Mississippi; Gladiator's Academy in Baton Rouge, Louisiana; and Mokuren Dojo in Magnolia, Mississippi.

The next Mock Shiai will be held at Wall to Wall Dojo in Watson, Louisiana on March 15, 2008.

Coaches Corner: Matside Coaching

Jim Pedro, Sr., Chair, USJA Coaching

At our USJA coaching clinics, matside coaching is one of the areas in which we receive the most questions. What exactly does it mean, how does it help players, how can a coach get better at matside coaching?

I don't think matside coaching is calling scores that aren't there or calling stalling on opponents just to win a match. I never say anything to a referee that I don't believe to be true. I may not always be right, but I believe I am at the time.

Having said that, you need to be a student of the sport so what you are saying matside can help your players. Know the rules, know tactics, really study judo matches at tournaments, on DVDs. Take every opportunity to learn how and why people win contests so that when you are in the coach's chair you can speak with authority.



The next thing to keep in mind is that you have to teach your students at every “matte” to look at you so that you can relay the information they need. The hardest thing is to program the students to do what you are telling them to do whether they agree or not with what you are saying. That comes with confidence in you. The hardest part is for them to commit 100%. The technical part is easier. Once one or two students commit to following your direction and start to win consistently, it is easier to get the rest of the students to follow.

A few examples

Identifying weaknesses in the opponent: You can tell when their opponent is getting tired. In the middle of the match, your player may not have as objective a view as you do from the sidelines. You can see that the other player is weakening and let your player know to pick up the pace to put more pressure on the opponent.

Overcoming “tunnel vision”: Sometimes players get tunnel vision and they just focus on one thing and they can't see the weaknesses of their opponent. Sometimes they get so focused on their standing technique and it is your job to convey the information that they need to get these people on the mat because they are never going to score standing. Another example is your player's opponent is leaning backward and your player continues to try to throw them forward.

Giving your player a strategy: Another example that occurs sometimes when I am coaching is that I can tell when a player goes out there to fight my player not trying to throw my player but trying to get my player a stalling penalty. Sometimes my player will complain he can't get his hands on the gi and just stand there. Well, if the other player can get his hands on the gi and keep attacking then you need to get your hands on the gi and attack him or you are going to get a penalty. You can lose without ever getting thrown. The second you get this type of player to the mat, go down into newaza and beat them on the mat.

You have to get your player to pay attention to you so they have confidence in you in your matside coaching. Coaching is more than just teaching your players to attack and how to throw. It is teaching them strategies and situations they will face during the match so that when they get there you can let them know that situation is happening and they will know what to do because you have taught them that situation before on the mat. For example, if you're winning the match and there are 10 or 15 seconds left and you're ahead, you can stand there and grip. That will kill the time. I use hand signals with numbers. One means to do a specific thing, a two means something else and the players know this. You can't yell out "You're behind, you're stalling." If your player is making a mistake, you want to convey that to your player without communicating any weaknesses to the opponent and you certainly don't want to bias the referees against your player in a decision.

After every tournament I review what they did and what they could have done differently. We go over their mistakes, situations they had, what worked, what didn't and what they could have done instead.

In summary, I do believe you can help your players win through effective matside coaching, but it is far more than just sitting in the coach's chair. It is learning yourself, effective teaching in the club, practicing for possible scenarios, building a relationship of trust, communicating and feedback after the event.

If you have additional questions, please feel free to email me at USJACoach1@yahoo.com or come to the Great American Workout on April 26-27 and I will be more than happy to answer any questions in person.

San Jose Buddhist Tournament Action.

Photo courtesy of Jerry Hays.



West Point Cadets Make History

by Kenji Osugi

The United States Military Academy Cadet Judo Team will be traveling to Japan during their spring break on a historical visit; this is the first trip Military Academy Cadets from the United States will travel to Japan to engage in Judo with the Japanese National Defense Academy Cadets. As part of a cultural immersion program, the US Cadets will spend several days at the Japanese National Defense Academy visiting, touring and seeing how the Japanese conduct their classes on military instructions, as well as training with their Academy Judo Team. To top off the trip, an honored invitation was given to the US Cadets to attend the Japanese National Defense Academy graduation ceremony. In addition, the team is scheduled to stay and train at the Kodokan Judo Institute in Tokyo where they will have the opportunity to work out with several local teams and clubs, to include Tokyo University. The cadets will get first-hand instructions and training not only in Judo, but also various military and police close quarters combat training as practiced in Japan. Not focused solely on Judo, the cadets will have time set aside to tour and visit the many cultural opportunities in and around Tokyo. This historical expedition will be an exciting experience for all. For many of the cadets, this will be a once-in-a-life-time opportunity, after all this is “Spring Break”.

The US team is lead by Officer in Charge, Major Benjamin Ring; Assistant Officer in Charge, Major Nathan Minami; and the team Judo coach, Mr. Claudio Emilio. Major Ring is a USJA-certified coach. The Cadets are Gary Bowman, Brent Carr, Christopher Comeilson, Sara Drane, Nick Hochertz, Nate Horsewill, Freddie Lewis, Andrew Meister, Danielle Munoz, Kurt Reynolds, Simratpal Singh, Matthew Song, and Daniel Varanelli-Diccicco.



The trip was coordinated by Mr. Kazuo Shinohara, the President of the Judo Research and Development Group, Inc (JRDG). Through JRDG, he has promoted many exchange Judo

sessions between Japan and the United States but this is the first time the two military academies will meet. Mr. Shinohara's motto of "Bridges Across the Ocean" will now come to fruition.

The United States Military Academy, commonly called West Point, has been training military leaders since 1802. There are 4400 students enrolled at West Point in a full-time, 4-year university program. It is one of the hardest schools to get into and graduate from (tougher than most Ivy League schools). All graduates will be commissioned as 2nd Lieutenants in the United States Army and will serve a 5-year commitment.

Judo at West Point started in 1958 when Cadet David McLaughlin asked his roommate to teach him Judo. The roommate, Cadet Lee Taylor, was a nidan (second degree black belt). Practicing mostly on weekends at the Boxing Gym, interest and the numbers grew within the cadets. Eventually the Commandant gave in to their persistent request for a club and the US Army Judo Team was established in 1961. West Point now has one of the largest Collegiate Judo Programs in the US.



BOOK REVIEW: The Judo Twins

*By Jim Bregman, Maccabiah Games Gold Medalist
World and Olympic Bronze Medalist*

THE JUDO TWINS by Stan Friedland is a compelling story of twin brothers who overcome many deep valleys to climb great mountains of achievement and, ultimately, find a healthy and satisfying life. The road to "a happier life" was paved in the most part by "THE GENTLE WAY", aka, JUDO, and the early dedicated educators at the orphanage where they grew up.

It is often said in judo circles that judo is a "way of life", meaning that, by practicing the martial art of judo, the students learn many values and habits which have great carry over value to the on going journey of ups and downs, twists and turns, successes and failures experienced by us all in life's endless surprises, disappointments, joy and sadness.

Mr. Friedland's excellent narrative of Robert and Bernard Lepkofker's successful journey in life, which is happily on going, is a tribute to their hard work, dedication, perseverance, patience, humility, and great generosity demonstrated by these Gentle Giants throughout their lives. They have been, and still are, selflessly generous in "Paying Forward" to future generations the gifts of humanity they learned in life and willingly give and share with all.

It was an honor and a privilege serving with Bernie and, in spirit, Robert on the first American Maccabiah Games Judo Team. With the Judo Twins as our "captains", we were inspired to do our very best and to be humble ambassadors for our country.

Judo Forum Clinic 2

by Jason Hussong, Tad Onchi and Paul Nogaki

The second annual Judo Forum Clinic was held on March 15th and 16th in Denver, CO. The clinic was attended by approximately 30 participants and given by Paul Nogaki from California and Stephen Mills who flew in all the way from London in the UK. Stephen is also a professional hypnotist and treated us all to a hilarious show Saturday evening after a good day of Judo where most of the participants from all over the nation also enjoyed each other's company during a delicious meal before the show.

Saturday's session was given by Paul Nogaki in two parts. The first part was to adults and the second part to young juniors (12 and under). Sensei Nogaki had us doing *zempo kaiten*, (forward Judo rolls) and showed us how well or poorly we did and the importance of doing proper ukemi. He also showed us various triple throw combinations and how to incorporate them into *uchikomi*. Also interesting was the equilateral triangle theory on kuzushi and using it for proper foot placement for one legged throws such as uchimata and harai-goshi and how this can be applied to avoid the "head-diving" which can lead to serious injury. It was followed by a Q and A session and randori. It was nice to see former world team members from other nations as well as the US in attendance and other high dan grades for this high caliber clinic in hopes to further their Judo.



The children's session was geared towards drills and games for children all to reinforce Judo skills and technique. One interesting drill shown by Sensei Nogaki was using an exercise ball to help teach children the proper movement and aiding them in going straight and over for forward Judo rolls. The children were drilled pretty hard and were huffing and puffing but smiling the whole time. It was interesting to see him asking the kids Judo related questions such as "What year did Judo start?" followed by, "What do you like better, pizza or hot dogs?" It kept the kids attention while making them laugh throughout the 90 minute kid's session. He encouraged as many instructors as possible to stay on the mat for the children's session to help and maybe learn some new drills.

The most interesting aspect of the children's session to me was to see how Paul used several drills including cartwheels to assess whether a young Judoka should be doing Judo right or left handed and that whether a child was right or left handed in "everyday" life had little significance in this aspect of doing Judo.

Sunday's session was given by Stephen Mills. Stephen Mills is a newaza expert from the UK and showed us several unique *shime waza* (chokes) and drills to incorporate them. He also had us involved in fun but tiring turnover races against the clock, where we competing against each other to turn over 8 people in the turtle position arranged in a zig zag pattern. The times ranged from 32 seconds to 1 minute and 15 seconds. The session ended with newaza randori. This is the second clinic that has resulted as a group of Judoka from Neil Ohlenkamp's Judo Forum website wanting to get together in the spirit of Judo and making it happen.

This is the precursor the 3 day Judo Forum Camp to be held in Carlsbad, CA in June during the 20th to 22nd weekend.

NAS Judo Club Scores at Annual Mississippi State Judo Championships

On Saturday, March 1, 2008, the Pensacola Naval Air Station's Armed Services Judo & Jujitsu Academy (ASJJA) competed in the Annual Mississippi State and Open Judo Championships held in the Clinton Baptist Healthplex on the Mississippi College, Clinton, Mississippi.

Judo clubs from Louisiana included Wall's, Acadian, Olympic Judo, Gladiators, Belle Chase, and the University of Louisiana. Harvey's, Hamilton, Melton's, Gulf Coast represented Mississippi. Memphis Judo and Jujitsu and Frayser Judo from Tennessee, Texas A&M, College Station, Texas, and the Armed Services Judo and Jujitsu Academy, Pensacola, Florida. Arkansas sent referee support.



NAS Pensacola competitors included Dylan Garner, age 6, white Belt, junior boys 5 – 7, (Novice), and 3rd place bronze medalist. Louis Henrick, age 11, orange belt, junior boys 11 - 12, 2nd place silver medalist, Erik Williams, age 12, green belt, junior boys 11 – 13, 11st place gold medalist.

In the senior novice division Jeffrey Hoffman, age 24, yellow belt, 198 lb class, placed 4th and Chandler Myers, age 16, yellow belt, 160 lb class, placed 4th.

Coach Larry Baldwin, 5th degree black belt and former USN careerist noted that each

competitor performed extremely well for this event. “This marks the first major event for the 2008 judo season. Our competitors continue to demonstrate their success resulting from hard work and dedication.”

Prof. H. G. Robby Robinson, 8th degree black belt, Northwest Florida regional coordinator for the United States Judo Association and Director for Development, ASJJA, was a special guest and led the presentation of gold medals for both junior and senior division winners.

Dr. Robinson commented, “The value of the contributions gained through the practice of the sport of judo in the communities across the South cannot be measured solely by medals or trophies. Instilling pride, personal strength, perseverance and sound decision-making has an inordinately positive and powerful effect on the development of good citizenship. The US armed services have always been a leader towards recognizing the importance and worth of supporting programs such what the ASJJA has been providing the Pensacola community since 1986.”

The NAS volunteer judo program originally began at Corry Station in 1986 under the tutelage of Grandmaster Robinson Dr. Robinson returned to Pensacola in 2005 after world-wide assignments as a Morale, Welfare and Recreation Director for the Department of the Army. Now residing in Pensacola, the Robinson family continues with the rebuilding of the NAS program.

The NAS judo program maintains the traditional tenets of ancient martial arts leaning heavily on the development of respect, loyalty and demonstrating courage under pressure. The leadership qualities derived from the practice of judo go hand-in-hand with the core values expected in the military services.

In addition, for youthful practitioners, male and female, age five and above, judo training facilitates the development of important morals, family values, cooperation and acts as a springboard guiding children towards becoming more aware and productive in their day-to-day life. These are vital building blocks towards developing the future leaders of our country.

The ASJJA was temporarily relocated to the NAS youth center. The ASJJA with close to 150 registered members holds a Bronze Class A Charter with the United States Judo Association, the fore runner of the Armed Forces Judo Association.

The class schedule is as follows. Tuesday and Thursday – 6:00 – 8:00 PM and Saturdays - 0900 – 1100 AM. Special classes are held for tournament preparation.

A bi-annual mini-Olympics training camp is typically held for two weeks during the summer and winter school breaks. This unique training concentrates on sport as well traditional aspects of Kodokan Judo. Coaches and specialists throughout the region participate in this unique training.

For further information please contact any of the following academy staff members. Dr. H. G. Robby Robinson: robin0305@aol.com - Sensei Larry Baldwin: baldg5@juno.com or Sensei Earl Wright: wrightfla@bellsouth.net

Japan's Finest Judo Players Find Friendship & Fun in America

by Kenji Osugi

The Japanese Imperial Palace Guard Police Judo Team led by Yoshiharu Enoki spent a six-day whirlwind vacation excursion of American casinos, judo, judo, more judo and – *uh, shopping?* (I guess even the Imperial Guard have wives, mothers and girlfriends at home who send them off to judo trips with, “You’re going away for judo AGAIN? Well, you better at least bring back a good present!”)

Apparently, Enoki Shihan promised the team that if they won the All Japan Police Team Championship, he would pay for the trip. Unfortunately, they came in second place; therefore, every member had to pay their own way.

Saturday, February 9th after a Las Vegas excursion, their first stop was to the Sawtelle Judo Dojo located in West Los Angeles for a three-hour practice session. Sawtelle Dojo is one of the oldest judo practice halls in Southern California that first opened its doors in 1927. The dojo was filled with Sawtelle students along with many of the top Southern California competitors, all hoping for the opportunity to practice with Japan’s finest.



On the morning of Sunday, February 10, the team started their day at Mitani Dojo in Bellflower, a compact but efficient dojo behind a farm animal store. Mitani Dojo is a start-up dojo consisting of mostly novice students with less than one year of experience. Unlike the grueling, punishing and exhausting session at Sawtelle, amazingly, the men of the Imperial Palace turned into nurturing instructors providing in-depth hand-on instruction. The session at Mitani Dojo ended at noon, followed by sightseeing in Hollywood and Santa Monica. The

transportation and tour guide service was provided by USJA member Sam Mitani, the head instructor of Mitani Dojo who disguises himself during the workday as the International Editor of the prestigious Road & Track magazine.

Monday, February 11 they headed off to Cabazon Outlet stores for a huge shopping spree. Whatever money that was not lost in Vegas was spent to boost the U.S. economy, shop-'till-you-drop took a new meaning. Returning from the outlet, the team stopped off at another USJA Club, Goltz Judo Club for their final practice session. They were on a flight to Tokyo next morning. Let's wish them luck next year at the All-Japan Police Championships because if they win, they'll surely be back.

USJA WOMEN'S COMMITTEE ACTIVITIES - 2008

Monthly Women's Workout's, 1pm to 3pm

Southside Dojo LTD., 8534 Portage Rd. Portage, Mi. 49002

May 25
July 13
October 19

June 8
September 14
Dec. 7

SPECIAL EVENTS

April 26 We will join the Joint Workout at Findlay Family YMCA
1400 Manor Hill Road, Findlay, Ohio 45840
Phone 419-422-9922
\$12 from 10 to 4

August 9-10 "Fight Like a Girl Camp"

Nov. 7-9, 2008, 4th "All Women's Championship"

Contact: Deborah L. Fergus,
Home: 269-926-9765
Cell: 269-208-1068
E-mail: defrgs6@cs.com



MIDWEST SENIOR TRAINING CAMP

Sponsored by Chicago Judo Black Belt Association

Schedule

March 27th, 28th, and 29th, 2008

Thursday - 8:00pm - 10:00pm

Friday - 7:00pm - 10:00pm

Saturday - 3:00pm - 6:00pm

CJBBA Coach: Douglas Tono 6th dan

Assistants:

Maje Omagbaluwaje 5th dan

Peter Babjak 4th dan

Susan Kim 4th dan

Dilek Ivascu 3rd dan

Open to members of USJA, USJF and USJI.

All training will be held at Tohkon Judo Academy
4427 N. Clark, Chicago, IL 60640 773 784-7766

For more information please contact Doug Tono 773 784-7766 or
e-mail to "dtjudo@tohkon.com"

*MORE EVIDENCE OF GROWING
JUDO: The old and the new at the
Ocean State International*

Men's 66 kg: Gold Medalist, Valdez of Tech Judo is coached by Clyde Worthen. Mr. Worthen was competing and coaching in the 1970s, about the time that Nick's (silver medalist) coach, Serge Bouyssou, was born.



THE TWENTY- FIRST ANNUAL LIBERTY BELL JUDO CLASSIC

Saturday April 5, 2008 – Juniors – Youth
Sunday April 6, 2008 – Seniors

Lincoln High School, Ryan and Rowland Streets, Philadelphia, PA

Eligibility: Any judoka, age 5 to adult (no exceptions), who has a CURRENT USJI, USJA or USJF Card or National Passport Card for foreign athletes.

Registration & Weigh Ins:

Registration & Weigh-Ins will take place at the Tournament Headquarters - The Radisson Hotel! There will be no registration or weigh - ins at the high school .

Juniors & Youth - Friday, April 4, 2008 - 6:00 p.m. - 8:00 p.m.

Seniors – Masters - Friday, April 4, 2008 - 8:00 p.m. – 9:00 p.m. new

Seniors – Masters - Friday Saturday, April 5, 2008 - 6:00 p.m. - 7:30 p.m.

Tournament Directors:

Louis Moyerman

Home (215) 698-1289 (fax)

Cell (215) 313-2098

Email LMoyerman @aol.com

Joseph Condello

Home (610) 924-0218

Email: JCondello@libertybelljudo.com

Tournament Headquarters Hotel:

Radisson Inn

2400 Old Lincoln Highway

Treose, PA (215) 638-8300



The Great American Workout 2008



Sanctioned by USJA; Co-sponsored by USJA & USJF
Saturday, April 26th & Sunday, April 27th

Save these dates and join us for a very special JUDO clinic!

- * Two days of judo instruction and training for both coaches and players
- * Learn from a variety of great instructors, both the “Old Guard” & our Rising Stars

If you go to one JUDO clinic this year, make it this one!

Clinicians will provide small group instruction and plenty of personal attention for all participants!

USJA Coaching Certification will be offered. Contact Bill Montgomery (email: WMontgomery2@aol.com; phone 860-917-6318) for more information

Scheduled clinicians:

Serge Bouyssou	AnnMaria Demars
Kayla Harrison	Parnell Legros
Bill Montgomery	Jim Pedro, Sr.
Ronda Rousey	Garry St. Leger
Harry St. Leger	& more!

This clinic also satisfies the continuing education requirement for USJA & USJF certified coaches.

HOST: Serge Bouyssou, Head Coach, Mayo Quanchi Judo Team

WHERE: Mayo Quanchi Judo Club
751 Main Street
West Warwick R.I. 02831

All Judo coaches and players, adults and teens/children ages 7 & up. Participants must be members of either, USJA, USJF, or USJI.

For more information and an information/registration packet, contact:
Joan Love, USJA Regional Coordinator
email: judolady210@aol.com

Pre-registration deadline is April 15, 2008

For directions, go to: <http://www.mayoquanchijudo.net/contact.html>

24th Annual North/South Open Judo Tournament

Saturday, May 3, 2008

At the GAME Arena, 101 The Game Drive Glen Carbon, IL 62034

Fee: \$25 or first division, each additional division entered is \$15.

Schedule:

Weigh-in: starts at 8:30 a.m.. Junior weigh-ins end at 10:30 a.m.

Senior weigh-ins end at noon.

Kata starts at 10:00 a.m. (Eiko Shepherd in charge.)

Eligibility: Current USJI, USJA, or USJF card.

Tournament Directors/Sponsors

- Quentin Thompson ,Belleville Judo Club, 618-476-1976
Hqthom2@juno.com
- Eiko Shepherd, Ki To Kan Judo Club
618-781-5157 (cell)
eikojudo@apci.net

The Greatest Camp on Earth!

June 19 thru 22, 2008

Belmont Abbey College

Belmont, NC

Featuring:

Neil Adams
Olympic Medalist, World Champion

Nick Goodly
IJF-B, Referee training

Nick Lowe
European Champion & Coach

Tom Ryan
Pete Pukish
Danzan Ryu Jujitsu

Igor Yakimov
Sambo World Masters Champion

Pat Burris
1972 & 1976 Olympian

Luis Togno
Brazilian Jujitsu

Camp the comfy way in any of several local hotels. We are arranging with local hotels to provide special rates for Campers. For more information about hotels, see the Registration Form. Ours is an international camp with instructors and families traveling from countries around the globe. Please join them & learn why.

www.greatestcamp.com

E-mail questions to GreatestCamp@att.net

To be held at the Academy by the Sea 2605 Carlsbad Blvd Carlsbad CA 92008

The 2008 Judo Forum International Summit and Camp



- * Three days and two nights on the beach in Carlsbad, California for only \$199.00 clinics, food and lodging included (Ca. locals \$135.00 for clinic and meals only)
- * An international gathering of judoka on three full mats
- * Juniors, seniors and masters
- * Competition, kata and training
- * An outstanding location including a large gym, competition swimming pool, and private beach in a campus environment
- * 40 minutes by car from San Diego airport, 60 minutes from Orange County airport, and 5 minutes walking from Carlsbad Amtrak station.

Come and tune up for the summer tournament schedule!

Contact Bill Caldwell
+1-858-675-8274 or
Paul Nogaki +1-949-
322-8557

Schedule of Events

- June 20 at 3PM – check in and welcome in the gym
- June 20 at 5PM – dinner in dining hall
- June 20 at 7PM – session #1
- June 21 at 6AM – beach run or warm-up swim
- June 21 at 7AM – breakfast in dining hall
- June 21 at 8AM – session #2; 10 AM – session #3
- June 21 at noon – lunch in dining hall
- June 21 at 1PM – session #4; 3PM – session #5
- June 21 at 5 PM – barbecue dinner on the beach
- June 21 at 6:30PM - demonstrations
- June 21 at 7:30 PM – movie and entertainment
- June 22 at 6AM – beach run or warm-up swim
- June 22 at 7AM – breakfast in dining hall
- June 22 at 8AM – session #6; 10AM – session #7
- June 22 at noon – deli lunch
- June 22 at 1PM – session #8 and closing ceremony



Sponsored by San Shi Judo Club 150 Cedar Rd. Vista, CA 92083 USA sanshijudo.org

Mayo Quanchi Judo Team Announces : Elite Summer Training Camp 2008

Open to judoka of all levels. Coaches are welcome.

This camp is a great opportunity to train with some of the best judoka from around the world. This year we will include travel, stay and coaching if needed for the USJA junior nationals in Boston as part of camp. You will be responsible to send your own registration for JA Nationals.

Place:

Mayo Quanchi Judo club
751 Main Street
West Warwick R.I. 02893

We will be running 2 camps, the dates will be: June 23,th - 29,th and June 27th- July 3rd We realize that the camp dates overlap. 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.

Camp fee for home stay and all meals included will be: \$275. if received by May 20th . All applications received between May 21st and June 10th will be \$325. If space is still available after June 10th the cost will be \$400. There will be no exceptions.

The camp fee for staying on your own is \$200.

Contact Serge Bouyssou (401) 647-4678 or Judocoach@cox.net

Due to the fact that these camps have grown so much, we will be on a first come first serve basis.

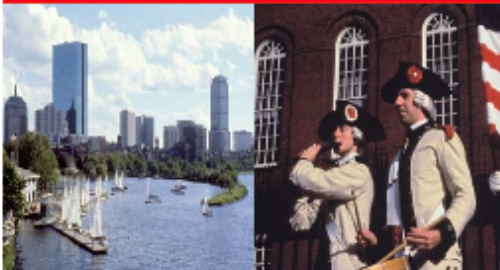
Who says there's no matwork in judo? Thanks to Jerry Hays who caught this photo of competitors winning with pins on side by side mats at the San Jose Buddhist.

Want to improve your matwork? Mayo Quanchi JUDO team was the #1 WRESTLING club in Rhode Island. Check out the camp on this summer.



BOSTON

*Welcomes the
US Judo Association—
2008 Junior National
Championships
June 27-29, 2008!*



- **Theater:** Don't miss out on all that the Boston theatre scene has to offer.
- **Shopping:** Some of the world's best shopping is located steps from the front door of your hotel.
- **Sports:** Check out what is going on in Boston.
- **Museums:** Visit some of the world's most fascinating museums.
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From the office of:

Lanny Clark, Chair Senior Development Committee USJA
Head Coach, Rising Stars Tour to Canada 2008
(510) 724-0627
Newaza@aol.com

From: Lanny Clark, Ann Maria Rousey De Mars, and James Pedro, Sr.

Rising Stars Tour to Canada July 7-11, 2008.

What is the Rising Stars Tour? It is our only international program, an opportunity for coaches to gain experience and new insights from working with others from around the world. We are focused on developing the next generation of judo instructors and coaches. For the athletes, the tour gives them a broader view of judo than what they have seen in their hometown and memories they will keep their whole lives. Our goal is to increase both the number of young people who stay in judo and their technical ability. One of these athletes may be our next Olympic medalist. *Many* of them will be our future judo instructor and leaders. To be part of our Rising Stars Tour an athlete must be at least age 13, (**14** for this trip, per Judo Canada), at least a brown belt (Sankyu) and have a letter of recommendation from the home coach. Our first tour had twenty-four participants spending ten days in Wales training with teams from throughout the United Kingdom and Europe.

Our summer event is the Canadian Junior National Training Camp, a junior (ages 14-16) and IJF (ages 17-19) training camp in Toronto in July. We are trying to arrange a friendly team match with Canada at the end of camp. If you are interested in the Canadian Junior National Training Camp, please complete the attached application and return to Lanny Clark at the email above. Or fax it to: 510.964.0622



**USJA / USJF
International Training Tour
Participant Information Form**

Email to: newaza@aol.com
Fax to: (510) 964-0622
For more information, call Head Coach
Lanny Clark. (510) 724-0627



Name:

Address:

Email Address:

Phone Number:

Closest major airport to your residence:

Age:

Judo Rank:

Name of coach:

*** Note: You MUST have a recommendation from your coach in order to participate in this training.**

Junior National Camp 2008, TORONTO, ONTARIO
July 07 to July 11, 2008

Days	Monday July 7, 2007	Tuesday July 8, 2007	Wednesday July 9, 2007	Thursday July 10, 2007	Friday July 11, 2007
Morning	Juvenile 9:00AM to 10:30AM Technical Junior 10:30AM to 12:00PM Technical	Women 8:00AM to 10:00AM Ne-waza Technical & Randori Men 10:00AM to 12:00PM Ne-waza Technical & Randori	Juvenile 8:00AM to 10:00AM Technical & Ne-waza Randori Junior 10:00AM to 12:00PM Technical & Ne-waza Randori	Men 8:00AM to 10:00AM Ne-waza Technical & Randori Women 10:00AM to 12:00PM Ne-waza Technical & Randori	Junior & Juvenile 9:00AM to 12:00PM Randori (TEAM Fight Judo USA)
Lunch					
After-noon	Juvenile 3:00PM to 5:00PM Randori Junior 5:00PM to 7:00PM Randori	Women 3:00PM to 5:00PM Tachi-Waza Technical & Randori Men 5:00PM to 7:00PM Tachi-Waza Technical & Randori	2:00PM to 7:00PM Activity	Men 3:00PM to 5:00PM Tachi-Waza Technical & Randori Women 5:00PM to 7:00PM Tachi-Waza Technical & Randori	Departure
Curfew	10:30PM	10:30PM	10:30PM	10:30PM	11:00PM
Lights Out	10:45PM	10:45PM	10:45PM	10:45PM	11:30PM

Rules:

1. Be on time for all training & meetings
2. Respect all coaches, managers, therapists and chaperones from all provinces
3. No destruction of property, equipment, beds, etc...
4. No breaking curfew
5. No alcohol
6. Please keep good care of judo uniforms – please wash and hang uniforms
7. Please wash your feet and come to practice clean and ready to practice
8. Please arrive 30 minutes prior to practice to be taped or treated by the therapist
9. Report all injuries to coaches and therapist – extra pre caution with head injuries

Any breaking of these rules entitles the Judo Canada coaches the right to send the athletes home at any time at their own expense.

USJA DEVELOPMENT COMMITTEE MEETING

February 24, 2008 6- 7:30 p.m. Pacific Time

Present: AnnMaria De Mars, Chair, Paul Nogaki, Mini-camps, Joan Love, Regional Coordinators, Lanny Clark, Senior Development, Marshall Coffman, D.C. Area Coordinator, James Wall, Southeast Coordinator, Mark Hunter, Midwest Coordinator, Roy Hash, Grass Roots, Destinee Tartuffee, Northern California, Chuck Wall, Virginia Coordinator

Dr. De Mars began the meeting with a statement of the purposes of the meeting:

1. Allow the opportunity for committee members to communicate their current activities and learn from each other. Not all regional coordinators or subcommittee members were on a single phone call to allow each participant adequate time to present.
2. Inform committee members of activities on-going at the national level.
3. Solicit input on a revised development plan to be presented in soliciting donations.
4. Collect documentation to distribute to the membership on the development activities on-going and planned.

NATIONAL LEVEL ACTIVITIES

- The first draft of the USJA Resource CD was completed thanks to Chuck Wall and is now available at

<http://www.usja-development.com/resources/>

Thanks to Dave Wertheimer for pulling all of this material together and to Ronda Rousey for converting all of the documents to PDF files. I have a few CDs available for those who don't have web access. Lance Wicks has already received one of the CDs and is working on a version 2.0. *Anyone who has material they are willing to contribute to the USJA Resource CD is requested to send it to Lance Wicks at lw@judocoach.com PLEASE only send your own original material. Don't send things you found on the Internet and think were cool.*

- Growing Judo electronic magazine continues to be produced each month. Please email any articles to DrAnnMaria@fractaldomains.com Thanks much to Adam Stevenson for help with the graphic design, proof-reading and editing each month.
- A joint USJA/ USJF Grass Roots Roster has been created with the winners of the USJA and USJF Junior Nationals. I have received a few corrections and will be uploading a revised version in a few weeks. The roster can be found here <http://judoforum.com/index.php?showtopic=23905>
- Thanks to Neil Ohlenkamp, we now have a USJA Forum on the judoinfo site <http://judoforum.com/index.php?showforum=25>
- We have been working with the USJF on joint activities. These include a West Coast Judo Training Center in Los Angeles that has been on-going for six

months. Mitchell Palacio will be proposing the creation of a similar center in northern California at the next USJF meeting. Two clinics have been co-sponsored with Nanka, one with Chuck Jefferson as a clinician and the other with Ronda Rousey. A camp in San Diego was co-sponsored with PSJA Yudanshakai and California Judo, Inc. We are also jointly purchasing copies of Koka Kids magazines to receive coverage of USJA/ USJF events. The USJF will be buying a couple hundred copies this time to send to their clubs, as the USJA did for previous issues.

MINI-CAMPS – Paul Nogaki

A Judo Forum Camp will be held at the Academy By the Sea, June 20-22nd. See attached flyer. The cost is \$199 for three days, including meals and rooms. The USJA/ USJF West Coast Training Center is planning to send a minimum of ten players.

Paul will also be offering a clinic on teaching junior fundamentals - in Denver – March 14th at the Denver Dojo.

Action item: Paul will be sending a short article and photos from the clinic for publication in Growing Judo.

GRASS ROOTS - Roy Hash

A clinic was held in January with Ray Silverstrand from Spain.

A developmental tournament will be held in March, jointly with Texoma Judo, Becerra and Ruben Martin.

May 24 – an all female tournament will be held, model on the All-Women’s Tournament in Kalamazoo, MI, but with warmer weather. Roy has been communicating with women’s committee chair Deb Fergus for her suggestions. This tournament will be open to women at all levels from junior white belts through black belt divisions, kata and masters.

June 1st-6 - Monday through Friday a camp will be hosted by Texoma Judo, with an emphasis on technical skills during the week. Starting the weekend after the camp, Bert Becerra has a training camp that is primarily randori, providing a perfect complement.

Action item: Roy will be sending an article and photos from the Silverstrand clinic for Growing Judo and a short announcement on upcoming events.

NORTHERN CALIFORNIA COORDINATOR – Destinee Tartuffee

Destinee has recruited volunteers from the judo programs in the community to present at two events. 1) Girl scouts camp – introducing girls to sports, will have a judo demonstration. 2) Girl scouts sports expo, a one-day event, will also have a judo demonstration.

Destinee will be collaborating with Roy Hash to have Ray Silverstrand do a clinic next year in northern California.

Action item: Destinee will write a short article for Growing Judo and to submit to Lance Wicks for the Resource CD on how she works with the local Girl Scout programs.

REGIONAL COORDINATORS CHAIR- Joan Love

Joan made the point that most club instructor are time-limited and need assistance with resources such as marketing, how to incorporate, lesson plans, etc.

Action Item: Chuck wall will write an article on what is available on the resource website.

Resource people – USJA clubs can contact Paul Nogaki for information on 501 c 3 status . Paul has done it and is a former CPA. His podcast on starting a judo club is available free on-line. <http://thejudopodcast.com/?cat=4&paged=2>

After you have listened to the podcast, if you still have questions, you can contact him at: pnogaki@verizon.net

Joan has also been volunteered to coordinate the Great American Workout, April 26-27 Her stepping up to the task is GREATLY appreciated. Clinicians at this workout include Jim Pedro, Sr., Serge Bouyssou, Ronda Rousey, Parnel Legros, Bill Montgomery, AnnMaria DeMars, Kayla Harrison and more. This is a workout for competitors and coaches alike and coach certification is available.

We have some limited funds to cover expenses of meals and lodging for young coaches as part of our efforts to increase the future pool of club instructors. Please contact AnnMaria if interested.

CHUCK WALL – VIRGINIA COORDINATOR

Chuck recently had Rick Hawn as a guest clinician. This was a highly successful event. Given the number of events already planned in the region, Chuck has primarily been supporting activities on the schedule through publicity and promoting attendance.

A clinic with Yamashita was held at Georgetown this month and a Katame no kata clinic is scheduled in Charlottesville next week.

Chuck is interested in hosting a coaches' clinic in the summer.

Action Item: Marshall Coffman, Maryland Coordinator and Chuck will work together to schedule a coaches' clinic, since both are interested in planning one and their clubs are less than two hours apart.

MARYLAND COORDINATOR - Marshall Coffman

One Saturday a month Marshall is doing a train the trainer class, teaching his new brown belts to be instructors.

A clinic with Jim Bregman and Charles Fuester was held February 11.

Major outreach activities are in progress including:

In April, Marshall is doing a standing technique clinic at ju jitsu club

He did a four- week basic self-defense class at church

In July, he will be doing a judo training camp as part of a church bible camp

In August he is trying to have Fellowship of Christian Athletes judo activity at the Dunkirk Baptist Church.

Action Item: AnnMaria will coordinate a special issue of Growing Judo DEVELOPING A NEW GENERATION OF COACHES including recruiting Hayward Nishioka to write an article on Assistant Instructor clinics offered through the USJA.

Action Item: Marshall Coffman will write an article on his Train the Trainer program for that issue. Article due April 15.

Action Item: Marshall Coffman will write an article on his activities with church camps and the Fellowship of Christian Athletes as a means of judo outreach.

SOUTHEAST COORDINATOR - JAMES WALL

Need more in our coaches clinic on more than technical judo.

Coaches need more on how to set up a club, how to become a non-profit

Instructors need a system in place where we are teaching more than o soto gari. They need lesson plans, retention plans and a whole lot more.

Once per month each brown belt in his club is assigned a class they are going to teach.

His goal is to train the black belts to all eventually run their own clubs.

He has a template for junior classes and for seniors.

James recently did a coaches clinic at his club with individuals from Louisiana and Florida. He is currently discussing with a couple of coaches in Georgia what would best meet their

needs – a local clinic in Georgia or, perhaps if they don't have enough in one area, they could travel to Louisiana.

(NOTE: James – with the new addition of judo to the Mississippi State Games perhaps something could be coordinated there along with the clinic Tony Comfort is doing?)

James is coordinating group workouts– at least two or three a year. They have had an all junior workout. On February 23 they did a workout that included a referee/ technical official training and mock shiai, with the assistance of Jeff Miller.

March 15 is the schedule for the next joint workout/training/mock shiai. James will be in Denver March 29- April 1 and available to do a judo games clinic as his work schedule permits.

Action Item: James Wall will write an article on his training programs for the Developing the Next Generation special issue of Growing Judo. Article due April 15.

Action Item: James will send copies of his junior and senior class template for inclusion in the next resource CD. (NOTE: James already did this before the minutes were written! The templates have already been forwarded to Lance Wicks. James wins the prize of ten copies of the Spring issue of Koka Kids magazine!)

Action Item: AnnMaria will contact the Denver Dojo and let them know of James' availability. (NOTE Done!)

MIDWEST COORDINATOR - Mark Hunter

The next planned Midwestern event is the March 8 development tournament.

April 26 is the next USJF/ USJA joint workout. Mark is collaborating with clubs around the region to hold these events quarterly.

The third coach summit will be held in August.

Action item: Mark will contact AnnMaria to discuss details and support the development committee could provide in soliciting presenters, funding and participants. One possible addition is handouts from presenters which could be posted on the USJA resource site.

SENIOR DEVELOPMENT Lanny Clark

Our next international event will be a junior training camp in Canada. The camp is for ages fourteen through nineteen. We want to encourage our developing players to attend. This is not an activity only for junior world team members but also for those who might aspire to a junior world spot two or four years from now.

Camp will be held at the Massagana Center in Toronto – July 7-11 , 2008. The average attendance at this camp has been 180 –200 Canadians. They hold three practices a day. Practices are held in a facility next to the hotel so they don't need a car. Estimated costs are \$175 per person for room about \$75 for food. Camp is \$50 - \$75.

Applications are due to Lanny by May. We are going to require a \$50 non-refundable deposit, which will be applied against the cost. We need one coach for every ten athletes. We need at least one female coach to attend. Brenna Clark may be willing to attend as a coach if needed, but she is only 18. Dr. Ashlie Martini was suggested as a possible female coach.

Action item: Lanny will get an application form out to all Development Committee members and for distribution. (Note: Done. See attached.)

Action item: AnnMaria will contact Ashlie Martini regarding availability as a coach.

ACTION ITEMS FOR EVERYONE

We are doing a version two of the resource site. Anyone who has resources to add, please email these to me and/ or Lance Wicks at lw@judocoach.com

In particular, we would like checklists of things to do and general documentation on how to:

- start a club
- run a tournament
- recruit people for your club
- run a clinic

Any other resources you want to contribute will be greatly appreciated as well.

Articles for Growing Judo are always needed. Any ideas you have on building a club, any new drills, games or outreach activities, e.g., Boy Scout programs, church programs, etc. , announcements of upcoming events, photos and articles on events you hosted- all are wanted. The deadline is the fifteenth of each month for the issue published usually by the 20th.

We need volunteers. We especially need volunteers for administrative and organizational tasks, who can schedule venues, make flyers, get sanctions, publicize events, contact foreign clubs and teams, make travel arrangements and the thousand other unappreciated details. We don't really need people who will just show up at a clinic and do a great job teaching. Not that

those people are not GREATLY appreciated, because they really are, but we currently do not have as much of a shortage of them as the people who are willing to do typing, copying, proof-reading.

Donations – we had \$7,500 donated in the last month which enabled us to have Ronda do four days of clinics in Los Angeles, is supporting a team going to Rhode Island, a clinic with Tony Comfort at the Mississippi State Games and the Judo Forum Camp in June, among other things. Still, there continue to be three possible uses for every dollar that comes in, so any assistance in fundraising is always greatly appreciated.