

GROWING JUDO

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*Staples Demo, January 2009, Los Angeles, CA

TABLE OF CONTENTS

Editorial	2
Tempo versus technique	3
Beginners' Retention Program	4
Try this at home: Secrets of large clubs	5
Judo Happenings	
• Boeing Judo Club Promotion	8
• Referee and Technical Official Training	8
• Staples Center Demo	9
• Ohio Regional Coordinator Report	11
• Louisiana Regional Coordinator Report	12
• Kyu Ha Kim	13
COACHING INFORMATION	
• My Turn: Update on Coach Certification Program	14
• Sensei or Coach?	16
• Coaching program outline	18
• USJA Coaching Requirements	21
• Frequently Asked Questions	22
USJA BUSINESS	
Election Committee Report	24
Recommendations for USJA Outstanding Competitor Awards	25
Link to Chief Operating Officer's Report	27
President's Letter	28
Member Q & A	29
Judo Events	30

EDITORIAL

Only in judo

Yesterday, we ran out of water at the West Coast Judo Training Center. In case you don't know, WCJTC is co-sponsored by USJA and USJF as a site for additional training for athletes and coaches. We run two or three practices every weekend, for the grand sum of \$10 a day. Because it is hot year-round in La Puente, we try to keep the refrigerator stocked with water. Coach Gary Butts offered to give money to one of the fathers, but he refused the money and went out to buy us a case of water. We had a clinic on counters today with guest, Gerry Lafon. Tonight, when I was taking in the groceries, I noticed a case of water in the trunk of my van. I did not buy it nor did I put it there. I had to laugh.

“Judo! The only sport where if you don't lock your car, people get in and LEAVE things !!”

So, I finally made my decision to run for the USJA Board again. Why? These 40 pages in this month's issue are part of the answer. In the past three years, the USJA has made changes in the right direction. We have regional coordinators like James Wall, Mark Hunter, Roy Hash and so many others who have added NEW programs. We have a coaching program that is growing and developing. We have members who care enough to contribute their time, their money and their talent to running camps, running tournaments – and then donate scholarships to our USJA Award winners. I think we have a great team doing a great job. Judo is growing and there is change in the air. I truly believe there are more people who want judo to grow, change and improve than who want things to be the same. There are more people who want to learn more than who believe they know enough already.

Well, it is late at night, and late in the month but the January issue of Growing Judo is actually done in January. If you find typos or are upset by the fact that the ten pages of judo events at the end of this issue are not in chronological order, I will gladly refund your purchase price. Yes, neither Growing Judo or the USJA is perfect, but we are getting better, with your help.

SHOUT OUTS Thank you ever so much to the WONDERFUL, UNAPPRECIATED JOHN MOE, who is our web master that is constantly asked to update this, upload that and correct this other thing, all in his spare time, for free, while he is not busy working, running Discover Judo club and having a life. Thanks to our OFFICE STAFF, Katrina Davis, Dee Dee Weller, Robin Ridley and Michael Lucadamo who keep the lights on, the membership cards mailed and the phones answered.

Thanks to James Wall (Regional Coordinator) and Jeff Miller (loyal sidekick!) for everything they do in the southeast. Thanks to Roy Hash for being the regional coordinator for Texas, running camps, tournaments and more. Thanks to Charlie Robinson for running Camp Bushido West for the 111th year or something like that. Thanks to Dr. Ronald Charles for taking on the mammoth paperwork task of running our awards program. Thanks to Joan Love of Connecticut for her Herculean work as chair of Regional Coordinators. Thanks to Jesse Jones and Mark Hays for running the USJA Junior Nationals (June 20 -21 in San Diego – a GREAT place for a family vacation – looking forward to seeing all of you there !

Tempo versus Technique

Gerry Lafon, in a USJA Coach Certification clinic held at San Gabriel Dojo this month, gave an explanation of the importance of understanding tempo in successful judo attacks.

In the first example, Gerry demonstrates an effective harai goshi on Mike Noriega, San Gabriel Dojo head instructor. Gerry and Mike were moving at a moderate tempo.

As Gerry said,

“Try moving as fast as you can sideways and then suddenly pivoting around. Changes are great that you will end up off-balance.”



In the next photo, Gerry and Mike are moving at a rapid tempo across the mat and you can see where Coach Lafon ends up when he attempts the same harai goshi.

His point is this –

“There may be nothing wrong with your technique. You’re pulling just fine. Your kuzushi is fine. The problem is that you attacked at the wrong tempo.”

Sid Kelly's Beginners Retention Program A New Look at Teaching

By Bill Montgomery, USJA Coaching Committee

The most neglected area of judo instruction is, How are beginners introduced to judo? Training a motivated, elite player to become a champion, or improving the skills of a kyu grade, is where the majority of judo teaching is, and always has been focused, but what about the poor neglected beginner? How do you take a beginner, or a group of beginners, and introduce them to the skills of judo? Not the throws—that's the easy stuff—but the skills that make the throws work. At the same time, you must give the beginner an enjoyable, safe experience while cultivating positive judo habits such as an upright relaxed posture, an uninhibited attacking attitude, harmonizing movements, effective defensive skills, relaxed rather than rigid stiff arms, and more. Mr. Sid Kelly, 8th dan, has recently developed and is still refining an innovative teaching method that prepares beginners for randori. His premise is that we lose far too many students in our haste to push them into randori. Mr. Kelly has identified and defined 22 elements that he believes are essential for success in practicing randori. Many of them you will recognize while others may be new to you, but their exploration is refreshing.

His system is entitled, Kelly's Capers: the Road to Randori, and covers a beginner's first 4-6 months in judo. Kelly's Capers consists of five parts; this clinic will cover part 1: Randori Without Ukemi.

As many of you know, Sid Kelly's judo is excellent, and the approach that he has created is quite intriguing. As a teaser, he points out that “. . . in ball and bat sports, people may not always hit the ball, but they do get a chance to swing unhindered.” In other words, no one steps up and holds the bat. Perhaps the novice ball player hits the ball to where he wants it to go, or perhaps not, BUT HE DOES GET TO SWING THE BAT!

Using Sid's Randori Without Ukemi method, the beginner is able to swing the bat. In other words, the beginner is not restricted in his attacking actions or in using what he has been taught, as he may be in the traditional method of instruction. The truth of the matter is:

- If a beginner is not adequately prepared for randori, he will have no success in randori.
- If he has no success in randori, he will not enjoy randori.
- If he does not enjoy randori, he will not want to randori.
- Finally, if he does not want to randori, he will leave and just become another judo statistic.

Thus, it is critical that when a beginner is in a combative learning environment, he is able to “swing the bat” and have fun. Visualize the traditional method of teaching a beginner how to breakfall, along with a few throws on a non-resisting partner (which are only 2 of the 22 elements), then putting him in a combative environment where hardly anything works. If you really think about it, unless students stay for a few years, this version of randori is an invitation for the majority of beginners to leave, with many hours of teaching effort wasted. This process of wasted teaching hours and churning out lost beginners on a production line is repeated again and again in dojo after dojo. The net result is what we now have in the U.S: 20,000 to 30,000 judo participants out of a population of 300,000,000!

In January, the Norwich Judo Dojo hosted a clinic featuring Sid’s beginner program. Look for pictures and more details in next month’s issue.

TRY THIS AT HOME: SECRETS TO SUCCESS OF AMERICA’S LARGEST CLUBS

One person who has excelled at Growing Judo is Gary Goltz, who perennially has the largest club in the USJA. The reason for his success is clear. Gary does a lot of events to keep judo from becoming boring.

At right is a picture with Paulo Fernando, who Gary recently invited to teach as a guest instructor at his club. Gary has had many, many guest clinicians. Having the self-confidence to invite and share with other instructors and not feel you must always be the sole expert on the mat is a characteristic of our largest clubs.

A second common characteristic is offering opportunities to everyone in the club, not a small minority. Gary does this through multiple activities including demonstrations, such as the one at the Staples Center, highlighted in this issue, as well as hosting the USJA/ USJF Winter Nationals where his club members compete, serve as technical officials, pooling directors and more.



Ameri-Kan Judo Club

“21 Years of Service to the Community”

In 1988, Mark Hunter started a Judo Club in his basement in Bluffton, Ohio. In 1991 he moved the club to the Findlay Family YMCA in Findlay, Ohio and been there ever since. The YMCA and the Judo Club have a great relationship. When the YMCA remodel in 2003, they designated a 60' x 80' room to the Judo Program. This is where we have many Judo activities throughout the year. (USJA-USJF Joint Workouts, USJA Summer Summits, Get a Grip With Kata Clinics, Development Clinics, an many other activities)

Mark started his Judo Career in 1970 when he was 4 years old at the Lima Family YMCA in Lima, Ohio. In 2001, he learned that the Judo Program at the Lima YMCA was discontinued. He knew that he had to restart the Program there since he started his career there but, at that time he didn't have time or the instructors to start another club. In 2004, that changed. The Ameri-Kan Judo Lima started up and is growing like the one in Findlay. Over the years, couple of Mark's students moved away and started judo clubs under the name of Ameri-Kan Judo. (Texas, Colorado, Michigan, and Ohio).

Ameri-Kan has been in the Top 20 Clubs for the USJA the last 10 years, with over 100 members strong! The key to the Ameri-Kan Judo Club success is FUN! We have fun in everything we do. The Logo of the club says it all. “A Family that THROWS Together GROWS Together”

We don't FOCUS on Competition! But, we do well when we enter tournaments. Our focus is learning the traditional techniques, katas, and self-defense. They key is to get the youth involved with judo at a young age so, we started a program for ages 4 to 7. It has become a great hit at the YMCA. The Parents and The YMCA Staff love the program. We do not have enough Mat area for the numbers. At the Lima YMCA, we have a waiting list for those wanting to join the program.



JUDO HAPPENINGS



Statistician instructs Boeing engineers and technical personnel - in judo - at the Boeing Judo Club, El Segundo, CA. In blue, USJA president, Dr. AnnMaria De Mars at Boeing Judo Club promotional ceremony. Boeing Judo Club Head Instructor Bruce Inman is a USJA member, as are all of the club members. Thank you for supporting the USJA !

Referee and Technical Official Training Clinic

James Wall

Wall to Wall Martial Arts

On January 17, 2009 30 Judoka representing 5 different clubs and 3 different states came together for a Referee and Technical Official Clinic. The clinic was hosted by Wall to Wall Martial Arts in Watson, LA.

Jeff Miller, National Referee from Acadian Judo, was on hand to conduct the Referee portion. He had a large group of both new and experienced refs on the mat. This session was particularly

important due to the recent rule changes that are being adopted. There was a great exchange of information and lots of good questions.

Greg Waldron of Wall to Wall led the Technical Official instruction. Greg is certified as a Technical Official Supervisor and has worked many local and regional tournaments. He did an excellent job of going through basic Tech Official work for a group of band-new volunteers.

After the classroom sessions it was time to put that new knowledge to the test. Practice matches were conducted with Referees and Technical Officials conducting everything just like a real tournament. After each match Sensei Miller would take a few minutes to make comments or observations concerning the calls that were made during the match. This is a great way to help improve refereeing skills since it is almost instantaneous feedback.

No Judo function in Louisiana is ever complete without food. After everything wrapped up many of the attendees converged on a local Chinese buffet for some serious action of another kind. All in all it was another great Judo get-together and everyone had a great time.



Staples Center Demo January 2009

Gary Goltz, USJA Chief Operating Officer

Thanks to all who participated. We had over 100 and were a big hit according to the Staples Center staff. The demo was shown on Channel 9's LTV broadcast during a report about Kobe. We were in the background for almost the entire demo! I hope to get the video up over the weekend so check back on the Photos page of our website.



Ohio Regional Coordinator Report

by Mark Hunter

As far as USJA Clubs:

Judan Judo in Toledo under Gary Monto:

They host 2 tournaments a year and are active in their community.

Then for my club (Ameri-Kan Judo)

We host 3 tournaments a year

We host the USJA Summer Summit

We host 4 Judo clinics a year (Kata, Refereeing, Sambo, and Others)

We host USJA - USJF Joint Workouts (4 per year)

We are planning a Summer Camp this year

As for the Regional Coordinator, I will continue of doing what I have done in the past but my agenda will be getting very busy soon.

I have 6 Ameri-Kan Judo Dojos that I run and I am planning on running for the BOD for the USJA this Fall. That will keep me busy.

Matter of Fact this week we have a USJA - USJF Joint Workout Saturday and then on Sunday I will be heading to MI to help with a Judo Tournament.

Louisiana Regional Coordinators Report

October - organized and hosted Jr Judo group workout and sleepover/lock-in. Had jrs from our club and from Acadian Judo there for 2 hours of Judo games and randori then a whole night of craziness.

October - hosted 2 referee/tech official training sessions. Had Judoka from 3 clubs there for training in the new electronic scoreboard, refereeing, and also practice matches.

October 2008 - did Judo Games clinic at Pine Belt Judo club.

November 2008 - hosted 2008 LA Open tournament.

January 2009 - hosted group workout with LSU Judo

January 2009 - will be hosting Referee/Tech Official clinic on Jan 17th.

Feb 2009 - plan to host Jr Judo Movie Night for local Jr Judoka

March 2009 - plan to host Open Group Workout for Teens and Adults from all over state.

April or May 2009 – tentative plans to host another USJA Coach Certification Clinic.

In response to the questions regarding Coach Certification:

In May 2007 I hosted a Coach Certification clinic and had Jim Pedro Sr. in as the clinician. We had approximately 30 attendees and of those about 20 received certification or re-certification.

In November 2007 I, along with Jeff Miller from Acadian Judo, hosted another USJA Coach Certification Clinic at my club. This was after being told that I was an approved certification clinician. We had approximately 15 attendees and of those 6 people applied for certification or re-certification.

I am hoping to host another Coach Certification Clinic later this year. Both myself and Jeff Miller are approved to administer the clinic for initial certification or continuing education credit.

I would like to see more information about how to advance in level of certification. I also personally would like to see a program that had an initial certification that everyone wanting to teach or coach could take but that would then offer a couple of different “specializations” Not all of us want to run hard-core competition clubs. I think that an E Level course with basic and broad requirements would be great. After that if a person wanted to pursue full competition Judo there should be a course of study and advancement for him. Like-wise, if a person wanted to pursue a path of teaching traditional Judo, Kata, Self-Defense, Kids Judo, etc. there should be a course of study that would allow that person to take that path and still advance in overall certification level as a reward.

There could be designations or maybe a list of specialists. If someone wanted to host a continuing education clinic they could decide what kind of material they wanted covered. If they want a competition clinic they find someone who specializes in that. If they want a clinic more focused on kids Judo they find someone who specializes in that.

Easier said than done, I know. Just my 2 cents. I just don't want to see a program that only appeals or rewards one type of Coach. I think that all have something to contribute.

James Wall, USJ A Regional Coordinator

Wall to Wall Martial Arts

Update on Kyu Ha Kim, 9th Dan; by Gary Goltz, 1-24-09

I'm happy to report that my original instructor following 18 months of serious heart problems is back on the mat after receiving a heart transplant. I started judo under Mr. Kim in 1965 at the Pittsburgh Jewish Y. Back then he had just retired from competition having been the grand champion of Korea several times in the late 50's



Kyu Ha Kim in 1966 at the Y.M.H.A. in Pittsburgh

Mr. Kim never smoked or drank and always stayed in good shape by doing randori with all of his students. Then a few years ago he developed idiopathic cardiomyopathy as the result of a virus. The deterioration of his heart required doctors to insert a pacemaker in July 2007. Staph infections led to lengthy hospital stays. Initial inquiries about the possibility of a transplant were discouraging. His age, not his extraordinary fitness, was considered the bigger factor. Heart transplantation involves a strict regime of physical rehabilitation and medical attention.

As one of his earliest students I am proud to have established the judo program at the University of Pittsburgh back in 1973 which Mr. Kim still runs to this day. He has made a serious difference in my life and the thought of losing him so soon after losing my dad was just overwhelming. So I helped convince him to go through with the operation asking him to be like a champion once more time remembering to never give up!

The high-risk surgery ran about 10 hours, longer than usual due to a bleeding issue. The surgery began on the morning of Saturday, June 28 while I was at our Junior Nationals in Boston talking to Eugene. Mr. Kim's son. By Sunday evening, Mr. Kim was alert and had an appetite. Today his spirits are high according to his family, students, and friends and he is teaching again.



Mr. Kim and Gary Goltz in his dojo during a recent visit to Pittsburgh

MY TURN: UPDATE ON COACH CERTIFICATION PROGRAM

Bill Montgomery, Member

USJA Coach/Education Committee

We are continually working within the USJA Coach Education Program to better meet the needs of our members. I am not about to address and placate specific people who feel that they have somehow been slighted. I am sorry that they feel so, but I do not wish to get into a “he said . . . , I was promised . . . , there is a conspiracy to exclude people . . . ,” exchange. I will say that Mr. Pedro provided ample opportunities for people to be certified as coaching course instructors. Some of you may not like what he has done and you may have felt that attending a clinic for continuing coaching education was “beneath you.” His approach clearly has merit and his curriculum serves as a great series of examples of how to structure judo coaching. As chair of the USJA Coaching committee, Pedro requested that everyone who wanted to run certification courses get on the mat and demonstrate his syllabus. This seems to be the crux of the problem: people felt that they should NOT have to get on the mat and demonstrate their ability to teach! Pedro also made accommodations for those who have had some physical limitations. If, rather than being open to improving the teaching skills of oneself and others, folks start talking about how long they have been doing judo and how experienced they are, the depth of their knowledge, the degrees and credentials they hold in other fields, etc. our efforts devolve into an unproductive crying match.

To begin with, Mr. Hayward Nishioka and I have been asked to put together procedures that will address many of the needs of the current program. This effort will not be done in a vacuum; we are enlisting the counsel of many other people. When completed, this information is going to be made available on the JA site.

As we have not yet determined specific changes, let me assure you at this moment that my interest is in developing a better program. Some folks feel that coaching is simply about yelling from mat side or teaching tactics. For me coaching is an evolving process; there are significant areas that overlap between “coaching” and “instructing”. Coaching is not about the coach nor is it about one who may be running a certification course. It is about our responsibility to our charges, whether you wish to call them athletes or students. The difference between recreational and competitive participants may be significant at some level; but the teaching/coaching approach should assure quality for both. Far too many “sensei” have allowed themselves to become complacent, “I only have a recreational club, none of my players want to compete, I do not like the rules, I’ve been doing this for 40 years—it must be right, etc., etc.” Though detailing my own judo history becomes tiresome—especially for the reader—I made a conscious decision in the early 1970’s to learn how to be a good coach. I was influenced by some judo greats. At that time I was pig-headed, a true zealot and knew I was fast becoming the most knowledgeable coach in the country . . . ah yes, the naivety of youth! Yet as time has progressed, I always seem to learn more; it is incremental now, but still I learn. Sometimes, I even have to re-learn or re-evaluate something.

The coaching program should not be static. It needs to be an evolving entity. It also needs to adapt to the changes in our world. Kano's Japan was a place of almost frightening change. Think about it: Japan went from being a closed feudal state to a world power in about 40 years, announced by their defeat of the Russian Navy in 1905, I believe. Kano did not live in a vacuum, and neither should we. The coaching program is not about entitlements for high dan grades and those with longevity; it is about working to assist people to learn quality judo. If your dojo does not compete, it does mean that you should not assist your charges in the best possible manner. The physical demands of a throw do not necessarily change whether it is done on the street or in a contest. Teaching principles do not change because the student is not competitive. The intensity may change, but not the principle. The purpose of the coaching program is simply to develop more and better coaches/instructors. Problems seem to arise when folks are asked to do something they feel is beneath them. Coaching is not about your judo rank, it is about coaching/teaching. I will put out in public that I believe we have far too many 6th+ dans in our association. Some are deserving, but many are over-ranked. However, that does not mean that I would somehow belittle those people by making unreasonable requests of them in the coaching program. Gerald Lafon has put it quite well: "There must be accountability" in the coaching program. If you do not coach, do not wish to coach, hate competition, do not believe coaching programs benefit you, then do not be involved. Some have said that with the new IJF ruling on mat-side coaching, programs such as ours are dead. Coaching mat-side, for the vast majority of athletes, is not very effective. Solace and a friendly face are nice, but they do not automatically translate to winning advice from the chair. Coaching is long-term. Little can be accomplished without adequate preparation, and this preparation is done during training, not mat-side.

We all have differences in style and approach, but that does not mean that compromise cannot be reached.

Here are a few thoughts that I have been bouncing off of different people, including George Weers, Gerald Lafon, and AnnMaria DeMars:

1. Candidates need to be on the mat and demonstrate their ability to perform the material.
2. The first three levels of the coaching program are where the majority of the coaching is done .
3. Availability of coaching courses for all parts of the U.S. must be addressed and improved.
4. No one is going to be "signed off" on coaching certification; they must be actively involved.
5. If someone cannot actually do everything, they need to demonstrate that they have the ability to teach the materials to a student. This refers to those with physical limitations and/or technical limitations.
6. Higher levels of coaching certification will require producing more advanced athletes on a current basis.
7. Continuing education must remain an integral part and a requirement of our program.

There certainly are more areas to address. I am happy to exchange views with those who wish to do so. If you have questions I will be happy to try and answer them. If you just wish to complain, I am not sure that I can assist in addressing your displeasure. I am not interested in accusations and low-level threats. I do not do well with them. If you do not know me, I should forewarn you that I am fairly blunt and to the point. I also believe that many times coaches get insulted if their opinions are questioned. We all need to have a long talk with the person who looks back at us in the mirror.

I hope this has helped to address at least some of the questions the coaching committee has received from USJA members.

SENSEI OR COACH?

A few starter ideas for you to think about!

By Hayward Nishioka

Can a person be a sensei and a coach at the same time? What is the difference? Are the objectives of both the same? These are some of the questions that might be illuminating to look at. One is an eastern concept and the other western.

In Japan the term sensei is an honorific one and is often accorded respect and affection. The word sensei comes from two characters which when written in Chinese means sen =“before”, and sei =“life”. Sensei literally means someone who has experienced that portion, (what ever the subject matter is), of life before you have. After the Meiji restoration and the institutionalization of a formalized education system, the position of sensei took on a honorific position in hierarchical Japanese culture. Much respect was accorded any sensei and any instructions were viewed more as something akin to a command rather than something a student might do in order to better himself. Conversely those who became sensei’s were also mindful of their responsibility for their students welfare, judo not with-standing. Differing from jujitsu where the emphasis lay on a victor or vanquished person paradigm , Dr. Kano’s judo was a tool to educate its practitioners in how to be a more effective citizen. It’s precepts overtly emphasized self perfection, mutual welfare and benefit, and maximum efficiency with minimum effort. All qualities needed for a civilization to sustain itself. Sensei’s in judo traditionally came from those who had practiced and excelled in judo competition. As these practitioners excelled in competition they received higher ranks commensurate with their ability to defeat others, but always mindful of the idea that strength alone was not enough, that character counted. For those compelled to instruct others in judo, the rank of sandan or higher was usually expected, although there were never any hard and fast rules governing who was qualified to become a sensei. For the most part sensei’s were respectable and usually traditional in nature. They were expected to be knowledgeable and have superior physical abilities, good techniques and be able to teach. But more importantly be beyond reproach.

In 1964 Dr. Kano’s dream of having judo included in the Olympic games was finally realized. Judo was now firmly entrenched in the world of modern competitive sports with all its

appurtenant trappings; coach, manager, trainer, team physician, sport psychologist, etc. The most confusing of which is the position of the coach. While similar in many respects to the role of the sensei the coach changed the dynamics of the traditional culture of judo. In the beginning differences were not so noticeable but as competition for medal count for one's country escalated, those who originally were selected from the ranks of instructors seemed somewhat out of place as a coach. This was especially true of those who tried to maintain the staid conservative approach often exemplified by the hard nose sensei's who expected more of their students and would actually score matches harder for their students than for others if asked to referee. The job of the coach is to maximize the potential of an athlete in a given sport. To this end the coach who is well versed in some of the following areas has a better chance of getting his athlete to highest spot of the victory stand:

1. The basic rules of the game.
2. What the demands of the game are.
3. What his players condition and potential is like.
4. What he has to do to get his player to be up for the challenge.
5. Understand exercise physiology.
6. Understand biomechanics.
7. Understand motor learning.
8. Understand principals of strength training.
9. Understand sports psychology.
10. Understand training principles.
11. Understand gamesmanship
12. Understand scouting techniques and what the competition is like.

Basically in coaching the emphasis is on winning. For sensei's it's more about instructing. More often than not coaching requires more time with less individuals. In instructing the sensei may conduct class with as many as 50 students at a time. In coaching the coach may be screaming out commands and suggestions at mat-side. A sensei is usually hard pressed to yell in front of others. A coach although his player may be unjustly enriched with a windfall score will not try to correct the unjust score. A sensei may be more likely to correct the situation. This is not to say that an individual cannot do both, its just that it takes some mind sorting in order to do a good job in both areas. It's hard to go to teach practice on Monday, Wednesday, Friday, and preach mutual welfare and benefit, then on Sunday go nuts at a tournament, yelling out scores and/or obscenities to influence the referees to give an incorrect score.

Of course there are differing coaching styles and they may not necessarily fit into the above categories. The range of how a coach handles a team may vary as much as the difference between John Wooden and Bobby Knight. Or someone with a physical education degree or a parent with little knowledge of the game putting on a baseball hat and yelling to his kid, “Try Harder.” Or “fight harder!”

It’s funny to think that a word like “coach” has something to do with transportation or moving things and changing its value. In Greece you can spot a moving van fairly easily. On the side of the vehicle is written the word “metaphora,” meta as in metamorphize or change. These moving vans take objects from one area and transports them to another area and in doing so changes its value in some way. In the horse drawn days these vehicles were known as coaches. Much like the coaches of yesteryears today’s coaches transport our athletes into, hopefully, better citizens as well as champions in our sport.

USJA COACHING PROGRAM OUTLINE

The purpose of this outline is to give the candidate an overview of what is expected of them at each level of the coaching program, with particular emphasis on the classroom component. This segment is not to be used as an alternative to the practical requirements of each level. Conversely, the technical skills do not replace the more academic ones. One of our goals is to weld these two sections together so they become one.

LEVEL E

Instructional Skills

1. Assisting the Coach
 - a. Working as team
 - b. Engaging the students
 - c. Translating coach’s instructions
2. Age appropriate instruction
3. Effective interaction/coaching
4. Following a lesson plan
5. Building/shaping skills

Judo Development Skills

1. Strength and conditioning drills
2. Teaching basic matwork skills
3. Teaching basic throwing skills

LEVEL D

1. Goal setting/Lesson planning
 - a. Immediate Goals
 - b. Long Term Goals
 - c. Group vs. Individual

2. Using the different types of learning. i.e. auditory, kinesthetic,etc.
 - a. Students Learn Differently
 - b. Age Factor
 - c. Individual Goal(s)

3. Skill Development
 - a. Gross Motor Skills
 - b. Shaping
 - c. Instructional Overloading
 - d. Role of Coach
 - e. Realistic evaluation

4. Long Term Skill Development
 - a. Initial Skill
 - b. Intermediate Skill
 - c. Advanced Skill

5. Group/Dojo/Class Development
 - a. Overall Development vs. Individual
 - b. Personality of the Group
 - c. Coach's Role

6. Evaluating Lesson Plans

- a. Effectiveness
- b. Organizational
- c. Creativity
- d. Clear/Logical Progression

Judo Development Skills

1. Strength and conditioning drills
2. Teaching gripping drills and sequences
3. Teaching combinations and counters (standing)
4. Teaching combinations and counters (mat)

For All Levels medical, legal, ethical, personal conduct and other issues must be addressed. These are especially important in view of recent incidents.

Individual comments from coaching committee members:

The points I have outlined are generally what I use; though I have 2-3 different scenarios depending on the group I am working with. – Bill Montgomery

A good program or curriculum is evolving. What Bill and I have put together, based on Jim Pedro's initial plan, is a working document. We need to continue to modify it, add specific materials, assessment and more. I believe we have made a good start which will need to be continually refined to meet the needs of our members- Hayward Nishioka

The important thing for coaches is continuing education. To me, it is not so important whether it is four years from level D to C, or the two years that Bill and Hayward recommended as a change in the program. The important thing is that we recognize and encourage those coaches who put in the extra effort to learn outside their own circle, who reach out and expand their knowledge. – Jim Pedro, Sr.

USJA COACHING REQUIREMENTS FOR LEVELS E THROUGH C**LEVEL E (ASSISTANT COACH)***

1. Must be a current member of the USJA+
2. Must have obtained at least sankyu (3rd) kyu
3. Must complete approved coaching course

LEVEL D*

1. Must be a current member of the USJA+
2. Must have obtained at least shodan
3. Submit letter stating why they want to be a coach
4. Must complete/pass approved coaching course
5. Must demonstrate ability to instruct technical material
6. Have rudimentary understanding of lesson planning
7. Elementary understanding of the physical demands of judo; i.e. anaerobic, aerobic, phased, auxiliary, seasonal training, etc.
8. Reasonable knowledge of differences and demands teaching different ages groups; age appropriate material.

LEVEL C*

1. Must be current member of the USJA+
2. Must have been a Level D Coach for at least two years and attend at least four continuing education clinics
3. Submit a letter why they believe they should be a Level C.
4. Responsible and knowledgeable for all Level D requirements.
5. Prove ability to analyze athletic (judo) performance
6. Provide extended lesson planning (text) of current program and athletes for beginners, intermediate and advanced

- a. Text should include notes on progress, problems, etc.

- b. Text should note long term goals and attainment
- 7. Detailed planning for in-season, pre-season and post-season, auxiliary training programs (running, weight-lifting and other exercises)

RECOMMENDED TEXTS AND RESOURCES

The instructor may select among the following:

Competitive Judo, by Ron Angus
Grip Like a World Champion by Jimmy Pedro, Jr.
Coaching on the mat, by Steve Scott

USJA Coach Program Level 1, Level 2 and Level 3 by Chris Dewey

Jimmy Pedro's Techniques and Tactics, by Jimmy Pedro, Jr. et al.

What it's all about reminder : *Student from Goltz Judo pinning for ippon at the USJA/ USJF Winter Nationals in the lightweight bantam girls division.*



Coach certification Frequently Asked Questions

How long does coach certification last?

Coach certification in the USJA is good for four years. Initial certification requires attendance at an APPROVED coach certification clinic, coach application and background check. If a clinic is not on the list below, do NOT assume it has been approved. Contact Bill Montgomery wmontgomery2@aol.com and ask.

When and where are coach certification clinics?

UPCOMING USJA COACH CERTIFICATION CLINICS as of January, 2009

- January 24 - Los Angeles
- March 20 - Rhode Island
- March 21 - Virginia
- March 22 - Maryland
- June 8 -12 Wichita Falls, TX
- June 21-23 San Diego, CA
- July 19-26 Sonora, CA
- August New York
- November Kalamazoo, MI
- December Los Angeles

These are the clinics scheduled for 2009 as of January. I am sure that many more will be added.

What is the USJA doing to increase the accessibility of coach certification clinics?

Committee chair Jim Pedro, Sr. has asked two outstanding members of our coaching committee to assist in making more clinics available around the country. Anyone wanting to schedule a clinic should contact Bill Montgomery at wmontgomery2@aol.com or Hayward Nishioka at nishioka7@earthlink.net

Thank you to our sponsors

Did you realize that you can get DISCOUNTED merchandise from USJA sponsors? All you need is your USJA membership for a 10% discount! Check out their websites ...

Golden Tiger Martial Arts : <http://club.goldentiger.com/USJA>

Zebra Mats : <http://www.zebaramats.com/>



Thank you to our donors this month:

Spirit Lake Consulting: <http://www.spiritlakeconsulting.com>

Guido Medri

Victor Ortiz

USJA BUSINESS

ELECTION COMMITTEE REPORT

DR. MARTIN L. BREGMAN, Chair

International Judo Federation Referee

Delegate at Large, USA Judo

Chairman, Promotion Board, Oklahoma Judo Association

Chairman, Awards Committee, Oklahoma Judo Association

Head Coach, Tulsa Judo Club

8/28/07

US Judo Association

Re: Final Report Election Committee

The following are the recommendation gleaned from the emails sent to me concerning the last USJA Election. Due to the perceived problems of that last election though not serious it is suggested that the following steps be undertaken before the next election.

1. That an effort be made to locate and obtain an email or residence address for all of the USJA Life Members. When we became Life members we were told that we would always have the full privileges of membership. Purchasing annual memberships after becoming Life Members were not part of the original contract. Once all life memberships are located it will be possible to determine who of them wish to participate in the future (also who of them are no longer living).
2. That an election web site be established on the USJA web site for a period of two months prior to the next election with the list of candidates and instruction to vote for 11 of the listed members. An electronic "button" vote (as does AOL in its news blurbs) can then be set up keyed to the USJA Membership or Life Membership number. Once that member votes he/she will not be able to vote again in that election.
3. That a biographical form be filled out by each candidate and made available electronically on that web site so that our members know whom they are voting for (example attached). In addition to this form a statement of purpose for running by the candidate would be in order, and also should be available to the voter.

4. That notice of the election be indicated on all mailings and electronic mailings going out from the USJA for a period of not less than 6 months prior to the election informing the members that the election is upcoming and where they can log on to vote.
5. That a notice, on all paper mailings to the members, indicate that if they do not have computer access, to contact the central office and a form will be mailed to them. If they do not contact you then it can be assumed they have no interest in voting.
6. That the final paper vote count be tabulated on October 15 and added to the electronic vote on that date. The regular mail ballots must be postmarked prior to the deadline for voting (September 30), but one additional week after that deadline should be allowed for those ballots to arrive at your tabulating location.

These suggestions, if enacted will alleviate the need for and cost of flying vote counters into a central location as the majority of votes will be tabulated electronically. One person, not running for the board, nor an employee of the organization, can be solicited to count the paper ballots.

Yours in service to Judo,

Dr Martin L. Bregman

Recommendations for USJA Outstanding Competitor Awards

Dear Club Coach:

Annually we honor Outstanding Competitors from each state, Washington, D.C., and overseas. These receive recognition in our Website Hall of Fame and a beautiful certificate. In addition, all State and National Award honorees will receive during 2009, as recognition of their successes during 2008:

FREE admission to the Lone Star Judo Camp, June 8 - 12. Located in Wichita Falls, Texas, two hours' drive from Dallas/Ft. Worth and from Oklahoma City, this camp focuses on competitive judo skill improvement, with a different lead instructor each day. The congratulatory letter that accompanies the award entitles the honoree to FREE camp attendance, for which others pay \$150. There will be three 3-hour daily sessions Monday through Thursday and two 3-hour sessions on Friday. Meals and lodging at the MSU campus, about a mile from the training site, are available for a nominal additional fee. Camp is for all inductees to our 2008 State and National Halls of Fame, seniors as well as juniors. More information about this camp is available at www.texomajudo.com and from camp director Roy Hash at (940) 733-7330. HONOREES NEED TO MENTION THE AWARD WHEN REGISTERING.

REDUCED admission of 10% off camp tuition (not to be combined with any other discounts) at the Greatest Camp on Earth, held June 17 – 21 near Charlotte, North Carolina. Camp features over nine hours of class per full day with up to ten different instructors teaching simultaneously.

Camp tuition includes the beautiful T-shirt but does not include accommodation or meals. Email Carl Hayes at GreatestCamp@ATT.net for more information or visit the camp website at <http://www.judocamp.com/> HONOREES NEED TO MENTION THE AWARD WHEN REGISTERING.

FREE admission to the Elite Technical Training Camp, June 21 – 23, following the 2009 USJA Junior Nationals scheduled for June 18 - 21. The congratulatory letter that comes with the award entitles the honoree to FREE day camp attendance OR, if the honoree prefers to stay at the Camp (which includes room and board), \$100 off the resident price of \$300. So the honoree may attend free or, if he or she prefers to sleep and eat at Camp, pay \$200 tuition instead of the \$300 that others pay. Camp will be at the Academy by the Sea in Oceanside, California, just steps from the Pacific Ocean, in a gorgeous location with nice facilities. There will be separate groups for kata, competitors, and coaches, and participants are free to move between groups. Camp is for all inductees into our 2008 State and National Halls of Fame, seniors as well as juniors. HONOREES NEED TO BRING OR SEND A COPY OF THE CONGRATULATORY LETTER THAT COMES WITH THE AWARD WHEN REGISTERING.

REDUCED admission to Camp Bushido West, July 19 – 26, in Sonoma, California. This judo and jujitsu camp features top-name national and international instructors and offers youth and adult programs on competition and kata, plus certification courses as coach and rank examiner. Camp is for all inductees into our 2008 State and National Halls of Fame, seniors as well as juniors. The congratulatory letter that comes with the award entitles the honoree to an \$85 discount off the REGULAR RATE (basically a 25% discount), making the cost for these attendees \$265 for the week. This fee includes room and board. More information about this camp is available at www.campbushido.com or from Joa Schwinn at (707) 479-4143. HONOREES NEED TO BRING OR SEND A COPY OF THE CONGRATULATORY LETTER THAT COMES WITH THE AWARD WHEN REGISTERING.

DISCOUNT of 40% off the retail price of any purchase (can be several items purchased at the same time) in Golden Tiger's martial arts inventory. A coupon for this one time offer will accompany the certificate mailed to each State Award honoree. Coupons to National Award honorees will be presented or mailed with their engraved plaques. For further information, check with Jenny Lee at 1-800-331-5367 or visit the website at www.goldentiger.com

We solicit recommendations from every club for each of 11 categories. If your kata nominee performs with the same partner, nominate both, since they earned the same number of points. Yours will be considered along with other nominations from your state on an objective basis, using the recommendation form point system. In case of a tie the Committee will make the selection. To be considered, recommendations must include the necessary information and meet the March 31 mailing deadline. Make recommendations based on activity for the entire calendar year. You may nominate someone not a USJA member if you include membership application and fee.

Remember, if you don't recommend anyone, you deprive your players from even entering the awards competition. Sometimes only one club in a state will submit nominations. Though such nominees may have few points, they have more than anyone else in their state, since those not submitted cannot be counted. You may nominate yourself or someone from another club.

Begin thinking now of whom you might nominate. Make certain those individuals are keeping competition records current. Tabulate points with your nominees' assistance. Simply giving the form to a judoka does not guarantee that I will receive it. Finally, watch the deadline. Some fine nominees do not receive recognition due to missing the deadline. Make certain those you nominate are current USJA members or that you send in USJA membership forms and fees along with your recommendation.

I look forward to receiving your recommendations. Thank you for participating. Those whom you recommend will be grateful to you for honoring them in this fashion. Names of those selected will be posted in our Hall of Fame on the USJA website, with the coach's name beside, recognizing coaches.

The form can be downloaded from the USJA Website

<http://usja-judo.org/>

Kindly pass along this form and letter to your colleagues so that they can participate.

Yours in service to judo,

Awards Committee

Dr. Ronald Allan Charles, Chairman

(843) 553-6702; ronaldallancharles@comcast.net

USJA CHIEF OPERATING OFFICER'S REPORT, which was given at the December USJA Meeting, can be downloaded here:

<http://judoforum.com/index.php?showtopic=33363>

PRESIDENT'S LETTER

AnnMaria Rousey, De Mars, Ph.D., USJA President & Your Humble Editor

HAPPY NEW YEAR!

We ended 2008 on a happy note, just shy of 8,000 active members and 984 clubs. Over 560 competitors participated in the USJA/USJF Winter nationals with Gary Goltz, tournament director extraordinaire. Donations from Dr. James Lally contributed greatly to the success of the tournament and USJA operations, as did the support from our other top donors, Raimundo Marquez. Robert Treat and Andrew Connelly. Thank you !

The USJA is fortunate to have donations not just of money but of time and talent. Our system of regional coordinators, headed by Joan Love and the USJA Development subcommittee chairs continue to offer a wealth of opportunities throughout the country. In March, we will have three clinics on the east coast, at the Ocean State International, coordinated by junior subcommittee chair, Serge Boussyou, in Maryland, with assistance from regional coordinator Marshall Coffman and in Virginia, organized by Chuck Wall. Roy Hash's June camp in Wichita Falls, Texas offers training for athletes and coach certification. The Judo Forum camp, organized by Paul Nogaki (mini-camp subcommittee chair) and Neil Ohlenkamp, Mr. Judo Forum himself will offer days of judo for all ages right on the Pacific Ocean. It includes certification in kata, coaching and just laying on the beach (okay, that's not exactly a certification). Best of all, it is right after the USJA Junior Nationals, to be held in San Diego, hosted by Jesse Jones. Camps continue in every region of the country from the Carolinas to upstate New York to northern California mountains. James Wall, in Louisiana, is doing everything from technical officials training to Judo Movie night.

If your life is too busy to be coordinating judo events, but you would still like to support the USJA, your donations make a BIG difference. You can call toll free 877- 411- 3409 or mail a check to USJA 21 North Union Blvd., Colorado Springs, CO USA 80909. You can designate a specific type of events you would like to support, or simply help our general operations. It really is true that every little bit counts. We gain far more support from our large number of individual members put together than from any individual donor.

Moving through the 21st century, we are trying to find ways to make judo more affordable and accessible to the average person. Although it was necessary to increase our dues to \$45 per year to meet rising costs, the USJA remains the lowest price of any judo organization. We continue to offer discounts to multiple members of the same family. USJA membership entitles you to a 10% discount on everything Golden Tiger Martial Arts sells <http://club.goldentiger.com/USJA> . USJA members also get a discount on Zebra mats. <http://www.zebramats.com/>

We are increasing our on-line presence with a USJA Forum on the judo info site <http://judoforum.com/index.php?showforum=25> ,

a USJA Facebook <http://www.facebook.com/home.php?#/group.php?gid=42008194147>

The USJA resources site provides free access to everything from club handbooks to videos of judo games, <http://www.usja-development.com/resources/>

Our Coach Committee chair, Jim Pedro, Sr. has assigned two of his outstanding committee members, Bill Montgomery and Hayward Nishioka, the task of making the coaching program more accessible to more members. Last year, we had 14 clinics offered in ten states. This year, we already have ten clinics scheduled and it is only mid-January ! As always, there are far more people doing far more great work than I could mention in a dozen letters. If you want to read more about what is going on in the USJA, you can check my blog at <http://drannmaria.blogspot.com/> If you want to give your opinions, comments, suggestions, please email me at

drannmaria@fractaldomains.com

With everything happening and all of you, it truly will be a HAPPY new year.

Member Q & A

The following question was received from life member Joe Mazzariello and is reprinted with his permission.

I am in agreement concerning Life Members not having to renew annually. When I signed my club members, "American Legion Judo," we were told that was it. So why do we have to pay an annual dues just to get insured? Does not seem right to me. I signed over 100 LM's in my dojo. I do not understand why we have to pay annual. Can you explain? I started judo in 1961, Tremont School Of Judo & Jujutsu. - Joe

The following answer is based on consultation with insurance expert and former USJA President Jesse Jones. Here is my untechnical answer.

Hello, Joe -

The reason life members need to pay for insurance is a financial one, in two ways. First, many people who signed up as life members no longer do judo. Our insurance cost averages out to around \$15 per member. If the insurance company thought we had 20,000 people on the mat (all life members plus active members) the cost for insurance to the USJA would be much higher. Our cost is estimated based on how many people are doing judo, the odds of someone filing a claim and the average amount of claims. If we actually had all of those people on the mat, the chance of a claim would be much higher. So, by requiring people who are doing judo to pay a small amount each year, we have one way of documenting they are or are not working out. If you aren't doing judo, the odds are you see no point in sending even \$15 to the USJA to keep insurance since your odds of being hurt at judo are zero. Second, if we paid for insurance for 1,000 people who did not pay anything, that would require about \$15,000 more in the USJA budget. We don't run \$15,000 over budget every year. We are in the black, but as a non-profit, we try to keep our costs really low and put any money we have in services.

I really would like to see the USJA be a model of transparency, where people know what we are doing and why, feel free to ask questions and get them answered. If you have a question, please feel free to email me at drannmaria@fractaldomains.com .

JUDO EVENTS

You are invited to the Tennessee State Judo & Open Championships.

This tournament is open to other participants outside of the state.

This year we are in Nashville, TN at the Shrine Temple on February 7th, 2009. Weigh ins will be from 8:00 AM to 10:00 AM with the tournament starting opening ceremonies at 10:30.

For directions and details or to pre-register, go to our tournament website: www.tennesseejudochampionships.com



Olympian, Daniel McCormick, In attendance

(Tennessee State Judo Championships)

"Columbia Judo Dojo in association with TJI"

What better way to spend a Saturday?

Gentle Way

Daniel McCormick, Olympic Heavy Weight who finished 9th in the world at the Olympics will be in attendance at the Tennessee Judo Championships.

Daniel is coached by Jimmy Pedro and is taking time off from his training and competing schedule to be with us on Saturday, Feb 7th and to teach a seminar on Sunday Feb 8th. Don't miss a rare chance to meet and work out with an Olympian and rising star of American judo.

Competition Clinic/Seminar – Feb. 8th

Featuring 2008 Olympian Daniel McCormick

Hosted by **Columbia Judo Club** (Terry Spencer-Nidan and Jim Irvine-Yodan)

Don't miss this special opportunity to spend four hours receiving personalized instruction from one of the best heavyweights in the United States. Daniel McCormick has graciously agreed to teach the primary techniques he recently utilized to place 9th in the 2008 Olympics, 7th at the Korea Cup, and 7th at the Kano Cup. Space is limited so register soon at:

<http://tennesseejudochampionships.com>

Clinic Topics*

- The best training exercises/drills that Daniel has experienced from around the world
- Grip fighting techniques - U.S. and global trends
- Daniel's favorite throwing and combination techniques
- The most effective turnover techniques Daniel's used internationally
- Discussion on how to prepare/train for a tournament
- General Q & A sessions

Clinic Details:

- When:** Sunday, February 8th, 2009
The day after the Tennessee State Judo Championships in Nashville
Schedule - 10:30 – 12:30 (1 hour break) 1:30 - 3:30 PM
- Where: **** Columbia Judo Club - <http://columbiajudo.com>
421 West 7th St. , Columbia TN, 38401 (35 miles south of Nashville)
- Contact:** Terry Spencer, spencerjudoka@hughes.net Phone: 615 -714-8721
- Cost:** \$ 40.00 Pre-Registration by 2/2/09 (online/PayPal or by mail to Columbia Judo)
\$ 55.00 at the door (or at the tournament)
All profits will go to Daniel to support his competition/travel expenses
- Registration:** Pre-Registration (\$40) must be completed online or received by Feb. 2nd, 2009
<http://tennesseejudochampionships.com>
On-Site Registration (\$55) is available at the tournament site and the clinic site
Caution: Although this clinic is open to Judoka of all ages and rank, this clinic will be specifically be targeted to those over 13 yrs old and greenbelts & above. Coaches/clubs are directly responsible for the conduct and safety any Juniors.
- Eligibility:** All active members of the USJA, USJI, USJF. **Proof of valid national membership must be presented by all participants; no exceptions.** USJI applications will be available onsite.

* Clinic topics subject to change

** Clinic location will change with 60+ pre-registrations

AAU Judo Grand Nationals

July 17-18, 2009

Kearney, Missouri (suburb north of Kansas City and close to the KCI Airport)

For information, contact Ken Brink at (816) 969-9019 or e-mail Steve Scott at stevescottjudo@yahoo.com. You can also visit www.aausports.org and click on the Judo Events page.

If you like more time allowed in newaza and a friendly, fair and enjoyable meet atmosphere, you will like this tournament!

Steve Scott

ADD TO YOUR INSTRUCTIONAL STRATEGIES

In an attempt to offer a broader range of training approaches for instructors and advanced students, we are going to be offering a series of seminars at Norwich Judo Dojo. They will be specific in nature and concise, spanning an afternoon each. We realize that most dojo cannot attend every activity with a full contingent of students; we do not expect that. Rather, we hope that a club will send one or two representatives to each of these clinics.

As instructors, we cannot physically perform every skill nor attend every event. However, our students' learning should not be hampered by our own limitations. Having different instructors and senior students bring information back to the dojo helps build the foundation for all. No one person in a dojo possesses all of its judo knowledge.

These clinics are open to all senior judoka, although we realize that travel time is an issue for those of you who are not in Southeastern CT. The sessions are about sharing information that may be helpful to you and your students rather than showcasing a particular clinician, and they will satisfy the continuing education requirements of the USJA/USJF Coach Education program. The Beginners' Retention clinic, discussed earlier in this issue, was first in the series. Please let us know ASAP if you will be attending, as we only have space for 25-30 participants.

Thank you,

Bill Montgomery, USJA Coaching Education Committee

Norwich Judo Dojo NorwichJudoDojo@aol.com

(860) 917-6318



Three important dates!
Jan 17, Feb 28, & April 18
Judo for Kids &
Chisago Eastside Tigers
Is proud to host the following three
Tournaments



- Tournement #1:** Fifth Twin City Winter Classic
 Saturday January 17th 2009 at St. Bernard's Catholic School Gym
 170 Rose Ave., St. Paul, MN 55117
 Junior, Senior, & Masters \$35.00 first Division and \$10.00 per
Additional
- Tournement #2:** Light up the Park Stacy Lions Fundraiser
 Saturday February 28th 2009 at Lent Town Hall
 33155 Hemmingway Ave, Stacy MN
 55079
 Junior, Senior, Masters, & Novice \$25.00 first Division and \$10.00 per
Additional
- Tournement #3:** Midwest Regional USJA Judo Tournament
 Saturday April 18th 2009 at St. Bernard's Catholic School Gym
 170 Rose Ave., St. Paul, MN 55117
 Junior, Senior, Masters, & Kata \$35.00 first Division and \$10.00 per
Additional

No spectator fees — bring your family and friends.

- AWARDS:** Awards for 1st, 2nd, & 3rd places in all divisions.
- SANCTION:** USJA . (Applied for)
- WEIGH-INS:** Saturday: Juniors and Seniors 8:30 A.M. to 10:30 A.M.
- COMPETITION:** Kata Competition 9:00-10:00 (April 18th only!)
 Junior Competition following Opening Ceremonies.
 Seniors and Masters Competition following Junior Competition
 Seniors will not start before 1:00 pm
- RULES:** **Modified IJF rules will apply:** No chokes allowed if either competitor is under the age of 13
 No arm bars allowed in the Junior Competition. (**2 Regulation Judo Mats for Jan & April**).
- ELIGIBILITY:** **Must show current membership in: USJI, USJA or USJF.** No entry will be accepted unless
 The athlete is registered with the: USJI, USJA or USJF. Each competitor must present proof of current
 membership with insurance at the registration and / or weigh-in. We will have application forms for
 USJA and USJI at the registration sight. Each competitor must present properly signed release / and
 consent form. (See accompanying form) Each Non-Black Belt competitor must present properly signed
 "Certificate Regarding Non-Black Belt Contestants" form. (See accompanying form) Any Junior

wishing to compete in any Senior division must be 15+ years of age, and present a completed "Parental Consent for a Junior Competitor to Enter Senior Competition" form. (See accompanying form)

DIVISIONS:

Divisions to be based on number of entries.

JUNIOR Mixed BOYS & GIRLS... 4 and under - light and heavy	
JUNIOR BOYS... 5-6 year olds - light, medium and heavy 7-8 year olds - light, medium and heavy 9-10 year olds - light, medium and heavy 11-12 year olds - light, medium and heavy 13-14 year olds - light, medium and heavy 15-16 year olds - light medium and heavy	JUNIORS GIRLS... 5-6 year olds - light, medium and heavy 7-8 year olds - light, medium and heavy 9-10 year olds - light, medium and heavy 11-12 year olds - light, medium and heavy 13-14 year olds - light, medium and heavy 15-16 year olds - light, medium and heavy
NOVICE MEN - Novice competitors (Yonkyu and below) Light, Medium, Heavy may enter the with their Black belt coach's signature. ALL RANKS - 132# & under, 145# & under, 161# & under, 178# & under, 198# & under, 220# & under, Open MASTERS - (30 through 39 and 40 and up) Novice and Advanced will be divided if entries warrant. Weight divisions will be determined by entries.	WOMAN... ALL RANKS Light, Medium, and Heavy

Tournament directors reserve the right to adjust divisions to ensure fair and safe competition and or to reject any entry that contains false information or is not properly and fully completed.

UNIFORMS:

Blue gis are of course permitted, but only when competitor is the 1st name called. White gis are needed when competitor is the 2nd name called and maybe worn on either side we will provide blue and white belts.

SCORING:

Three-minute matches for all juniors. Four-minute matches for seniors. Three-minute matches for Masters. Modified double elimination. Juniors are guaranteed when in a single division three-minute rest between matches. Seniors are guaranteed when in a single division four-minute rest between matches. The "Golden Score" rule will be in effect at this shiai.

FEATURING:

Food and beverages will be available on site. Showers and lockers provided. (Bring your own towels and lock.) Free parking in the lots and some on street parking is available.

NOTES:

Tournament Directors reserve the right to adjust divisions to ensure fair and safe competition and or to reject any entry that contains false information or is not properly and fully completed.

No spectator fee — bring your family and friends.

REGISTER ON: SITE:

On site only – No Pre-registration

LODGING:

The Best Western Kelly Inn – St. Paul. 651-227-8711 or 1-800-635-3359
 Just 5 Minutes from St Bernard's (Jan & April Tournaments).

STAFF:

Head Referee:
Technical Official Coordinator:
Competition Pools: Cindy Hoffman
Medical: Dan Hoffman

Collegiate Nationals March 14th

I wanted to personally invite all college students to participate in the 2009 Collegiate Nationals in San Jose. We have now incorporated a novice division (below San Kyu) into the tournament. There are so many colleges out there with beginning and intermediate judo classes but very little opportunity in the way of competition focused on college programs. We hope to have a great turnout as we continue to put our efforts into promoting Collegiate Judo. Your support would be greatly appreciated. If you have any questions let me know.

All registration will take be on-line at www.collegenationals.com

Chuck Jefferson

2009 USA National White and Brown Belt Judo Championships, City College of San Francisco.

April 5, 2009.

(Note: This is a senior event. While junior competitors may enter, the divisions will be adult weight divisions.)



Granite State Judo Institute

Spring Mini Judo Camp March 14-15th 2009

Open to Junior Judoka of all levels. Coaches are welcome.

Place: Granite State Judo Institute
at Manchester Police Athletic League
411 Beech Street
Manchester, NH 03101
www.gsjj.org

Contact Robert Proksa 1-603-568-0054 or Robert@gsji.org

Pre-registration Camp fee of \$75.00. Fee at the door \$90.00. Please make checks payable to MPAL.

Mail pre-registration and camp fee to:
Robert Proksa
45 Twist Hill Road
Dunbarton, NH 03046.

Camp schedule will be Saturday 9 am – 11 am and 1:00 pm – 3 pm, Sunday 9 am – 11.00 am.
Saturday am will be the Newaza training with the focus on the competitive turnovers.
Saturday pm will be Tachi Waza with the focus on the Seoi Nage, and its combination with the O Soto Gari. In addition there will be a major focus on the Kumi Kata.
Sunday am will be the summary of the training.

GRANITE STATE Camp Application

PRINT YOUR INFORMATION

Name: _____

Sex: male or female Age: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____

Email: _____

Judo _____ Club: _____

Instructor _____

National Judo Organization: _____

Membership Number _____



40th Annual USJA Junior National Judo Championships

16th Annual USJA Junior National Kata Championships



San Diego, California June 20-21, 2009

Tournament Headquarters/Location

The Town and Country Hotel and Convention Center

500 Hotel Circle North

San Diego, California 92108

(619) 297-6006

Room Rates \$135 per night. Please mention **United States Judo Association**

Deadline for room reservation: June 10, 2009

Host Club:

Unidos Judo Clubs

Tournament Directors

Jesse Jones (951) 461-1661 (Home) JesaJoa@aol.com

Mark Hays (619) 596-6759 (Home) MandDHays@cox.net

Registration Chairperson

Jenifer Leith-Beckett (619) 276-1725 JenSweetFeet@Yahoo.com

Awards

Medals will be awarded for 1st, 2nd and two 3rd places for each division

1st, 2nd and 3rd place teams will receive awards. 5 points for every 1st place, 3 points for every 2nd place and 2 points will be awarded for 3rd place.

GOLTZ JUDO CLUB



**CHP 11-99 FOUNDATION
BRODERICK CRAWFORD
CLUB TOURNAMENT
Saturday March 7, 2009**

**ALEXANDER HUGHES COMMUNITY CENTER
1700 Danbury Road
CLAREMONT, CA 91711
909-399-5490**

ENTRY FEE: \$10.00

REGISTRATION TIMES:

**8:00AM to 9:00AM, 5 to 12 year olds
9:00 to 10:00AM, 13 to 16 year olds
10:00AM to 11:00AM, 17 years old to adults**

**Host: Sensei Gary Goltz
Phone: 909-985-0486 Fax: 909-985-3786
E-mail: gary@goltzjudo.com**

[Download a Registration Form](#)

[Read more about the CHP 11-99 Foundation](#)

[Read more about Sensei Gary's 1955 CHP Buick](#)

Sanctioned by the USJA

San Francisco **JUDO** Institute

2530 Taraval Street © San Francisco, CA © 415 661 3436 ©

sfjudoinstitute@gmail.com

Kudan

Our founder and Sensei Mitsuho “Mits” Kimura



OPEN MAT NIGHT FRIDAY, January 30th

Happy new year to all of you. In 2009, we will keep the tradition of the monthly "open mat night".

Our next institute's "open mat night" will be held on Friday, January 30th from 7-9 pm. Intermediates (13 and up) and senior members from dojos throughout the Bay Area are invited to join us for an evening of randori practice.

It is our hope that this monthly event will enable our members to have a great variety of experience by practicing with different partners, sharing new techniques and judo spirit.

There will be NO mat fees for our guests. Current USJF, USJI or USJA membership is required.

**"Open mat night"
Friday, January 30th
7-9 pm.**

**What would YOU like to make happen in
judo?**

Want to give scholarships for kids to go to camps?

**Support young brown and
black belts to become coaches? Promote women's development?**

**Fund a clinic in
your area of the country?**

Make a donation to the USJA Development Fund. Call (877) 411-3409
and tell them