



Growing Judo

December 2009

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



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Sport Jiu-Jitsu !

Cover photos: *Joan Love & Anna Seck at USJA/ USJF Winter Nationals, Women’s Masters Division*

Roman Mitichyan, world bronze medalist in sambo, demonstrating with Gary Butts at USJA/ USJF West Coast Judo Training Center clinic

Random Thoughts on Judo, Heroes, and the State of the Universe

By

Mark Dillingham, Guest Editor

Hello everybody, this issue of *Growing Judo* an official publication of the *United States* Judo Association is being brought to you from Afghanistan. A testament of how far the world of technology has come as well as the reach of Judo through-out the world.

I work as a contractor for a private security firm in Kabul, the capital of Afghanistan. We are responsible for providing the security of the U.S. Embassy here in Kabul. We have a guard force of approximately 500 folks, most of them are Gurkhas, or Nepalese soldiers, the rest are ex-pats, mostly Americans. We have an amazing array of Martial Arts talent within that guard force. We can almost pick a style and we have at least one dan level instructor. We have a worldwide certified Krav Maga instructor, a MMA/Ju Jitsu instructor, and of course two judo instructors. Since we have a different type of work schedule, practices themselves are best described as *free flowing*, meaning, show up at the gym and you may have a buffet of styles to choose from, or nothing at all. Makes for an interesting.....flow!

We haven't an opportunity to interact with any judo clubs in Afghanistan to date, but I know they're out there. Afghanistan sent a young lady to Beijing to compete (read it on the internet), but because of cultural and security concerns, I haven't been able to find her, or her judo club yet. I'll keep trying; I think that would be an interesting article for the future.

Kudos goes out to a couple of my personal heroes. Sensei Bregman and Sensei Geis were both promoted to Kudan this year! To me this is beyond awesome! When I started judo over 40 something years ago, Bregman Sensei was, like, the Main Man of US Judo. I even remember the promotion questions on USJA promotion forms that had dealt with his Olympic and World Championship successes. I had a couple of opportunities to study with Jim and I was always a little in awe and, yes, developed a sense of hero worship for the man. He has always been cordial and polite even to a lowly 13 year old purple belt. He took time to teach me foot and hand placement at a couple of different clinics. Even then I understood what a neat opportunity I was experiencing. Congratulations Jim!

Geis Sensei you have had such a reaching effect in Texas Judo. You're particular brand of judo, with its "side stepping the line" and emphasis on kuzushi is currently being taught at the dojo I work at. I've had an opportunity to attend a couple of clinics you have put on and have always come away with something unique. To the others who have been promoted to higher dan ranks this year, congratulations to you and the service you render to our sport.

To everything there is a season: we mourn the passing of a great lady of judo, Rusty Kanokogi. AnnMaria Sensei and others have submitted tributes to her with the body of *Growing Judo*. From the editor; you have provided judo a lifetime of service and you will be missed. Rest in peace Rusty.

The growing body of “recreational” judo clubs. Last month in her blog and in *Growing Judo*, AnnMaria Sensei addressed recreational judo quite eloquently. I have a couple of things to add. I teach at a recreational club at Stephen F. Austin University in Nacogdoches, Texas (when I’m not in Afghanistan).



All of these guys are students in various fields of study. They balance their school work and work out schedules with jobs, dates and the other hundred things. This is the life blood of judo. With the possible exception of two judoka, none of these guys or gals is elite judoka. However, we have a lot of fun, we go to different tournaments and clinics and I think represent the sport well. Now all we have to do is figure out a way to bring it to the youth of Nacogdoches and we’d really be cooking with gas!

One final thought! Senseis and coaches, there is an awful lot of talent out there waiting to be located and brought back into the fold. Like myself, they have had great competitive careers in their youth, but were not elite athletes. They went on to become doctors, lawyers and Indian Chiefs. They are and have raised families. The techniques that were successful then are starting to make a comeback, the old has become cool again. Search them out! They will provide a richness to your clubs and dojos that can’t do anything but help your program. At the very least they provide another set of eyes to help identify problems and who knows, you might relight the fire for their love of Judo.

AnnMaria, thanks for the opportunity to edit this month’s edition of *Growing Judo*. Thanks to everyone for all that they do for our sport!

Mark Dillingham

Minutes of the Town Meeting

Norwich Judo Dojo

Norwich, CT

November 21, 2009

The scheduled Town Meeting was preceded by a 2 hour joint work out that was well attended by a group of Judoka from various schools in the area and was lead by Bill Montgomery and Joan Love.

Following the work out, the Town Meeting began with the following Committee and Board Members in attendance:

1. AnnMaria Rousey DeMars, Current President of the Board of Directors and Member Elect of the 2010 Board.
2. Joan Love, Member Elect of the 2010 Board of Directors.
3. Bill Montgomery, Member Elect of the 2010 Board of Directors.
4. Marc Cohen, Current Board Member and Member Elect of the 2010 Board of Directors.
5. Michael Goldsmith, Chairman of the Standards and Ethics Committee.
6. Stacey Knapp, Member of the Standards and Ethics Committee.
7. Sid Kelly, Member of the USJA Promotion Committee.

The meeting was opened at 2:15 PM EST.

Bill Montgomery opened the meeting and discussed the following topics:

- Electronic communications between the members, the Board, the staff and the association in general.
- Formulating and substituting a new model of learning and practice Judo instead of the Japanese model that has proven to be less than effective.
- Increase the number of people learning and practice Judo.
- Credibility of USJA rank and rank standards.
- Moratorium on rank above Rokudan until there is a consensus on rank standards.

AnnMaria Rousey DeMars introduced herself and spoke on the following topics:

- Personal history
- Visions for the future
- Clubs and networking between clubs and club leaders
- Growing Judo
- Volunteers
- Electronic Communications
- Regional coordinators
- Coaching Clinics
- National Coaching Conference
- Volunteers

President Rousey DeMars went on to discuss the following topics as a result of questions from the participants:

- Senior women and their place in the future and the USJA
- Hal Sharp and the Kodokan Tech programs
- Assistant coach programs
- The need for more women in Judo, not necessarily in a competitive role.

George Pasiuk was recognized and spoke for some length of time on the passing of Rusty Kanakoge.

Joan Love spoke about the following topics:

- Regional Coordinators.
- Directory of High School and College Judo Clubs.
- Informational Demonstrations for schools.
- System of integrating Judo into public schools.

Marc Cohen spoke about the following topics:

- Restructuring the USJA By-Laws.
- A clear system of communications between the Board of Directors and the Members.

The meeting ended at 4:15 PM.

Judo Clinic

On Monday November 23rd, 2009 Sensei Hal Sharp, Hachidan conducted a mini-clinic at Ozeki Judo Club in Las Vegas, Nevada. It was held at the Robinson Middle School Dojo.

Sensei Sharp showed many interesting new and old techniques to the students and yudansha (black belts) in attendance. He also spent time explaining the new Grassroots Judo Program and the new [**Kodokan Technical Development Program**](#). He showed a video put together by Sensei Sharp and Sensei Moe of Discovery Judo of California, an affiliate club of Goltz Judo.

Present were John Weiner, Rokyudan, head of Ozeki Dojo. Back row left, Sensei Sharp, Kenny Heuer, recently promoted to Nidan. Michael Weiner, who was promoted to Shodan at the clinic and John Trioano, Nidan. Nikki Good, Shodan and Sharon Weiner, Shodan.

This was a very valuable clinic just a week before leaving for the Winter Nationals.

JOHN WEINER [<mailto:weiner649@hotmail.com>]

2009 “All Women’s Championship”

In honor of an Icon, Rena “Rusty” Kanokogi

By Diane Manganaro

It was great day for a women’s-only tournament and bittersweet coincidence that the angels called Rusty home this same day. Rusty was the Chief Referee for the 1st All Women’s Championship in 2005 and would have been proud and honored to see how the women of Judo can run a tournament.

Being involved in judo my whole life, and going many tournaments, I encountered the usual pre-tournament chaos. Deborah Fergus, the tournament director, was at the front desk in the reception area answering questions and getting things organized. She was there with her arm in a sling. Just coming out of a collarbone surgery weeks before, she seemed unaffected by the pain she must have been feeling. Also there was Julee Cope, Competitor Liaison, and Sharon Landstreet, Chief Referee. They were rushing off to the venue to organize and start the clinics. The preparations, directing, and last-minute hubbub were in full swing.

I got a warm welcome feeling from everyone that was introduced to me. Yes, I was at a Judo tournament, not a family reunion, but it felt more like a gathering of truly nice people that simply loved Judo, wanted to get together, and just practice their sport. Absent was the usual politics.

The afternoon began with a Kata clinic run by Karen DuPage the Head Kata Judge with help by Ryan O’Connor on one mat, a Coaches’ clinic by Lorey Edwards and a Referee clinic by Sharon Landstreet on the other mats. The Kata clinic was well organized with many attendees. Not many were present for the Referee Clinic, but the instruction given, was useful and very helpful.

The newly proposed 2010 rules were discussed as well as the current rules. Sharon Landstreet gave a confident, very patient, intelligent clinic. No one was made to feel inept or out of place because of lack of knowledge or experience. All were treated with respect. After the clinics, it was off to dinner then back to the venue the next morning.

The Tournament Hotel was an excellent choice. There was an in-house restaurant and bar, an Olympic-sized indoor pool, a workout room, laundry room, vending machines, ice, and a breakfast voucher for \$20 for each guest to dine on items of their choice. The rooms were clean, well maintained with all necessary amenities, flat screen TV, free wireless internet, in-room coffee, refrigerator, desk, lounge chair, bathroom toiletries, and lots of towels. Thanks to the organizers!!!

Transportation to and from the hotel and airport was at no charge to the competitors. The hotel provided limousine service. They were on time and courteous. The various volunteers that worked at

the tournament also provided rides to and from the venue. Normally I've had to pay for taxi or shuttle service to/from the hotel and airport! Again, thanks to the organizers for this!!!

The hotel rate was an excellent value at \$69, not the \$100 plus rate I've seen at many big tournaments, and included breakfast. We don't see that at most Judo tournaments. We competitors do not have tons of money to throw around. By the time you pay for hotel, food, entry fee, membership dues, extra divisions, plane tickets or gas, and taxi, it really adds up. So the meal vouchers and transportation and attention to detail were really appreciated!!

The Shiai...

This was an awesome competition. I have attended many big tournaments this year, Nationals, US open, World Masters, State & Regional's, etc., but have seen few entries in the Masters Divisions for women. This tournament however, was the best turnout by far! The pairing was done by weight and age, by novice and advanced, and some of the age divisions were combined to allow for a normal sized division. You didn't therefore end up with only one or two people in one division. To me, it's very discouraging to train for a tournament for months, pay for entry, plane tickets, Gi's etc., and not have anyone to fight or have just one match. This was definitely not the case here. Pairing in the senior divisions was very similar but the divisions were much larger. There was also very large Light, Med, and Heavy open divisions. Competition in all divisions was tough. It was not easy to place 1st much less just get a medal. Every match felt like it was to the death and the competitors were skilled and feisty.

The junior divisions were large. They were properly divided according to age groups, weight groups by light, medium and heavy and also open for light, medium, and heavy. The Open turn out was also large with many young ladies showing up ready and anxious to get on the mat. The Open Division for every division allowed for additional competition that is desperately needed for these young competitors. This is something that is lacking at the current typical tournaments. You can't expect a young player to go to the Nationals, have 6 or seven matches and do well if their not doing this on a regular basis all year. Having this kind of tournament more often all over the US, would better prepare our women for these big tournaments. It would also spark more interest in our sport and get the numbers up at the big tournaments. Competitors were also allowed to enter in multiple divisions (heavier or older) for no extra fee. These girls were skilled and there were no pushovers. They meant business!

The team competition was fun and fair. On a couple of occasions, we had some teams that were mismatched. (Not enough girls of the same weight and age entered the team competition) So when a bigger girl went up against a smaller girl, the bigger girl graciously took the fall and let the little player win. Now that was sportsmanship!

There were lots of other awards given out. One in each category, Masters, Seniors, and Juniors, for Spirit, one for Outstanding Player, one for Iron Woman for the most matches, and one for Best Technique. This is a good thing. I can't tell you how many times I have been to tournaments and seen good players that need just a little encouragement and support to stay in our sport and keep trying. This helps recognize more players that deserve it.

The refereeing was fair and more than adequate. The Chief referee was attentive and on top of things. If we want more women to referee, this is a great tournament to practice at. The National Referees that attended were courteous, helpful, and very knowledgeable. I learned a great deal and will continue to referee at every tournament I can to improve my skills and rating level.

Tournament workers were professional and helpful. The Competitor Liaisons Bernadette McFadden and Julee Cope did everything to facilitate the competitors. If you had a question it got answered. If you had a problem it got resolved. There was great food and drink available for anyone that chose to partake. The facilities were clean, roomy, with showers and lockers.

After reading all the responses to Chris Maurer's letter on the Women's Judo Forum, including Dr. AnnMaria DeMars, I was compelled to finish this critique and respond also.

Women's Judo has and will continue to go through many phases like the one we are experiencing now. I started Judo in 1972 at the age of 10. I have seen a lot. I was a competitor. I only wanted to go to the Olympics and was prepared to give up whatever I had to get there. At that time there was no funding, few good coaches, and no push to help women, like there is today. Back then, I paid for everything myself, and coached myself, except for an occasional helpful Black Belt that had a couple moments to spare in their busy lives. I went to clinics in the era of Phil Porter. He contacted me numerous times to join his team at the NJI and he promised he would make me a champion.

Naive and eager to get to the top, I fell for it. Deeper into the abyss I went, as I was exposed to what was happening in women's judo. Preying on young female athletes was a fact of life. Unlike now, there were few safeguards in place, policies, background checks, etc. If you didn't sleep with someone it was difficult to get ahead. Money was being embezzled from athletes. The politics of Women in Judo was a hot subject. There were not enough good coaches, with the motives and skills, to get you to the top. Thank god for the few kind and decent role models that looked out for us. Unfortunately, after experiencing much of this, I left the mat in disgust at the height of my career in 1988.

The 1990's:

I returned to Judo in the early 90's and saw that a lot had changed. I started competing again, going to clinics, and started a club with a couple other black belts. It seemed however, that the old in fighting between our various governing bodies continued. Women were starting to emerge in the sport, and were being noticed. Tournament turnout was bigger than in the 80's. But there were still much fewer women compared to the male turnout.

Fast forward to today. There is still the struggle to get women involved in Judo. But I too once felt like Chris Maurer, and for the same reasons. I would have never considered entering in an all-women's tournament. But after going to the Nationals in San Diego, the World Championships in Atlanta, the US Open in San Jose, plus regional tournaments, in Louisiana and Mississippi this year, and most times having only one or two matches, and sometimes with the same girls, it becomes discouraging.

I hope I am not coming across as too negative. I love the sport and will continue to attend and support all the organizations. I went to the All Woman's to have more matches, with different people, within my weight, age, and rank category. Not knowing what to expect, I was very pleasantly surprised and got much more than I hoped for. I also got more referee experience and fought in two divisions. I had more matches than I've had all year at any tournament. The level of competition was skilled and every match was a hard fought one. So for me, it was all pluses and no minuses.

In Summary:

This type of tournament is a must if you want to attract more women in Judo. It is too hard to be noticed at these male/female national tournaments. There has to be something in-between that is not so intense as are the big tournaments. The local and regional tournaments aren't enough. The more options we have for women, the better. Not everyone is an elite athlete. Whether it's Kata, refereeing, competing, or coaching, that you're interested in, this tournament offers all that and more. An event like this is a change in a positive direction for women. The things that we are doing now are good, but we have to do more. Our numbers are not increasing enough and there is something definitely missing. Maybe this is not whole the answer, but surely it can't hurt. This is Jita Kyohei (you and me shining brightly, mutual benefit and welfare; editor). That is what it's about. Isn't it?

Deborah Fergus is on the right track toward improving and growing women's Judo. She deserves our support, as do **all** the organizations.

Rest in peace, Rusty...



Left to Right: Sandra Hewson, Diane Manganaro, and Carol Boulet

Remembering Rusty Kanokogi

AnnMaria Rousey De Mars

This month's editor, Mark Dillingham, asked me to write an article on Rusty Kanokogi, a true icon of American judo who passed away in November. It's difficult to add anything to the many accolades that have already been shared about Rusty, so I decided to just give my personal memories of a woman who I have known for over thirty years.

I first spoke to Rusty when I was 19 years old, a new college graduate and, by virtue of winning the U.S. national championships, selected for a team to compete in the British Open. I told her that I couldn't afford to go and Rusty, typically, refused to take no for an answer. She said I could sell my car. I told her I had never owned a car. She asked if there was no one I knew who had the money to give me. I allowed that my grandmother probably could pay for a plane ticket but that she had done so much for me in my life already, there was no way I was going to ask her. In the end, I did not go to London that fall, I began graduate school instead. I concluded that Rusty was some clueless rich woman and she decided that I did not care that much about winning. Just goes to show how wrong two people can be about one another.

Fast forward a few years, I am out of graduate school, making a good salary as an engineer and winning every tournament in sight. I end up on a flight to Europe sitting next to one of the coaches – Rusty. I put on my walkman (what we had before iPods) and try to ignore her. Of course, ignoring Rusty is impossible. She pokes me in the arm and asks,

“Hey, have you ever been punched in the face?”

That was certainly an unexpected question. I laughed and told her, of course, I had three brothers, but she persists and says,

“No, I mean have you ever been in a real fight where someone punched you in the face?”

I take off my walkman and really look at her for the first time. I tell her, yes, I lived on my scholarship money in college, which meant in some bad neighborhoods where I had to fight my way down the block sometimes. We get in a serious conversation about how these experiences can make a person stronger, and among other things, not back down in a match when the gold medal is on the line.

Over the years, Rusty and I learned to respect one another. We also sometimes had disagreements, but I realized two things. First, she was a complicated person. Someone who loved judo and would fight for it, but who also loved unconditionally her kids, Teddy and Jean,

who I would see with her at camps and tournaments. Second, Rusty was a role model for me before I knew it. She was a tireless advocate for women's judo. The first world championships would not have happened without her. She started things, like the first camp for the women's world team, which I attended in New York City. It did not become an annual event, but it did help me and the others who came that year, and I remember it 25 years later. Every time I am part of an event, like the camp in San Diego next week, I think of Rusty and remember she worked so I could have opportunities and now it is my turn.

Rusty never got the chance to fight in the Olympics or the world championships. Instead of being bitter over it, she made sure that generation after generation of other women got that chance. Every female in American judo today benefited from the fact that Rusty went before us.

PROMOTIONS - CONGRATULATIONS TO ALL !

Here is a complete list of the recent promotions:

James Bregman	Kudan	Aug. 8, 2009
Robert F. Byrd	Schichidan	Aug 9, 2009
Konstantyn Tskhovrebashvili	Godan	July 8, 2009
Buck Snyder	Yodan	Sept 4, 2009
Hubert Sanderson	Schichidan	Sept 15, 2009
Karl Geis	Kudan	Oct., 20, 2009
Gene Yamasaki	Yodan	December 9, 2009

Gary L Monto
 Secretary
 USJA Promotion Board
 3442 Pickle Rd.
 Oregon, Ohio 43616
 Ph: 419-283-6319

MORE CONGRATULATIONS

T.J. Wimbs of Twin City Judo (northern California, coached by Charlie Robinson) and Beale AFB won four gold medals and one silver in judo and jiu-jitsu competition in just four weeks!



Head Instructor, Tony Mojica, receives the First Place Club award for most points in the USJA/ USJF Winter Nationals. Presented by USJA Chief Operating Officer Gary Goltz. Second place went to Goltz Judo Club and third place was Hayastan Martial Arts Academy.



===== **COMING EVENTS** =====

Coaches Certification Clinic

Who: Anybody interested

What: Coaches Certification Clinic

When: 30 January 2010

Where: Campbell, California

Why: Several club leaders have asked for another clinic since they were unable to attend the one on 27 September 2009

Point of Contact: Hans Ingebresten at (408) 377-1787 or Email: hansingebresten@yahoo.com

**California Judo Inc.
Southern California Judo Development
USJA / USJF West Coast Training Center
Pacific Southwest Judo Association
Year End Training Camp
Focus on Ashiwaza**

San Shi Judo Club, 150 Cedar Rd. Vista, CA 92083

Bill Caldwell mailbox@sanshijudo.org

TUESDAY DECEMBER 29th

Check in: 9:30 AM

Morning Session: 10:00 AM - 12:00 PM

Break (lunch will be provided)

Afternoon Session: 2:00 PM - 5:00 PM

Welcome Dinner: 6:00 PM

WEDNESDAY DECEMBER 30th

Morning Session: 8:00 AM - 11:00 AM

Break (lunch will be provided)

Afternoon Session: 1:00 AM - 3:00 PM

This training camp is for judoka of all ages!!! Proof of primary membership with USA Judo, USJF or USJA is required. Please register by December 23rd if possible so we can get a count for meals.

Registration is free. Meals (lunch and dinner) and accommodation will be provided to attendees who are residents of California.

Donations to offset costs requested of out of state participants.

A limited number of shared hotel rooms are available for out of town junior judoka.

Contact Dr. AnnMaria Demars who will be coordinating the room assignments. First come, first served . drannmaria@fractaldomains.com

Recommendation for Outstanding USJA Competitor for the

STATE of _____

Check one category: (If kata team, submit two forms.) junior male; junior female; senior male; senior female; masters male; masters female; junior male kata; junior female kata; senior male kata; senior female kata; mixed kata team

Name of nominee: _____

USJA membership #: _____ **Expiration date:** _____

Street address: _____

City: _____ State: _____ Zip: _____

Date of birth: _____ Age: _____ Sex: ____ Judo rank: _____

Phone #: (____)_____ E-mail address: _____

INSTRUCTIONS: Membership may be applied for along with recommendation. Juniors are 16 or younger, Seniors, 17 or older. Judoka passing 17th birthday may be considered either Junior or Senior. Awards based on total points achieved during calendar year for **either** Kata **or** Shiai **or** Masters competition (**specify**). **Do not mix shiai, kata, and masters points.** To obtain points, multiply the factor for each event by what place judoka has won (1st, 2nd, or 3rd) **AND** by number of times placing. Local Tournaments = two or more clubs competing; State = state championships; Regional = teams from two or more states; National = Jr., Sr., and Collegiate Nationals, Jr. Olympics, etc.; International = teams from two or more countries. **List names, event levels, and dates. Identify events** with letter designating level (R=Regional, L=Local, etc.). Uncontested wins count. Incomplete or illegible forms may not be accepted. Same winner two years in a row will not be considered for same category unless no other nominee. A judoka may be nominated for more than one category.

POINTS EARNED (January 1 - December 31)

Type of Tournament	1st place = 5 Points	2nd place = 3 Points	3rd place = 1 Point
Local tournament =	_____	_____	_____
State (multiply by 5) =	_____	_____	_____
Regional (multiply by 9) =	_____	_____	_____
National (multiply by 13) =	_____	_____	_____
International (multiply by 17) =	_____	_____	_____

Total Points Earned _____

NAME, DATE, AND LEVEL (L, S, R, N, or I) OF EACH TOURNAMENT

(List additional events on back or extra page. Month will suffice for date.)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Send to: _____/_____

Dr. Ronald Allan Charles, Chairman
club

Primary Coach of recommended player / Coach's

Awards Committee

113 Camellia Road

Goose Creek, SC 29445-3418

Primary Coach's address (print clearly)

Or e-mail to ronaldallancharles@comcast.net

(request confirmation of receipt of e-mail). (____)_____/_____

Deadline (postmark date): March 31!

Coach's telephone

Coach's email address

[] Send award to primary Coach?



November 2009

Dear ,

I am writing this letter on behalf of Pedro's Judo Center and USA National Team FORCE – one of four recognized national training sites by USA Judo. We are currently located on New Salem Street in Wakefield, MA. The program is run by 4 Time Olympian and World Champion Jimmy Pedro. It is Coach Pedro's personal goal to have the most successful Judo Program in the country. As of now Pedro's Judo Center has the number one Senior Elite Team in the country with four members of the U.S. Olympic Team, along with many up-and-coming U.S. Olympic hopefuls for 2012.

However, with all the expenses our athletes endure throughout their careers, it is extremely difficult to get them to all of the necessary international competitions and training camps. Coach Pedro believes that the only way to get better and improve your Judo is to travel around the world competing and training with the best.

Each year at Wakefield High School, Jimmy runs a national Judo competition where athletes from all over the continent, and sometimes Europe, come to compete in. This event is called the Pedro's Judo Challenge. The Pedro's Challenge is an annual tournament that allows athletes to earn points on the US National Ranking Roster. This year, we are introducing a brand new way to help support YOUR local athletes. We are creating a Program Book, which would be passed out to everyone who attends the competition. We are asking you to help support Team FORCE with their travel funds by placing an ad in our book. 100% of the profits will go directly to helping our athletes achieve their goals of becoming 2012 U.S. Olympians. All advertising costs are 100% Tax Deductible.

Enclosed with this letter are the advertising options. Please consider us for your donations and I hope to hear back from you!

Thank You for Your Time and Consideration,

Riley McIlwain

Pedro's Judo – Program Manager



617-257-4769 (c)

rileymcilwain@gmail.com

2010 PEDRO'S CHALLENGE ADVERTISEMENT PLANS

Contact Info:

Name: _____

Address: _____

Phone: _____

Email: _____@_____._____

Business Info:

**Attach Business
Card Here**

Size Ad:

Business Card - \$50

Quarter Page - \$100

Half Page - \$150

Full Page - \$200

*****All donors receive a free gift!*****

Please make checks payable to Pedro's Challenge E-Mail ad to rileymcilwain@gmail.com

Tournament Results

AWC Cleveland Ohio November 21, 2009			
Best Technique: Gabrielle Rivera	Seiho Kawasaki Award: Mirabelle Lindquist		
Master Spirit Award: Sandra Hewson	Senior Spirit Award: Myraeil Newry		
Outstanding Player Award: Lydia Au	Junior Spirit Award: Erin Reim		
Juno Kata			
1st Nicole Cedric & Mara Markovic-Siladi			
2nd Louise Ullman & Sandra Hewson			
Katame No Kata			
1st Bernadette McFadden & Sarah White			

Girls 8 & Under Middle		Girls 8 & Under Heavy	
1st	Grace Espy (Chu To Bu West)	1st	Trinity Wobler (Amerikan)
2nd	Xochotil Robertson (Southside)	2nd	Molly Sullivan (Oaklawn)
3rd	Frazeel King (Cudell)	3rd	Hiale Runyon (SouthSide)

Girls 9 & 10 Light		Girls 9 & 10 Middle	
1st	Erin Reim (Shidokan)	1st	Abigail Muhelkamp (Judan Judo)
2nd	Kandice Brendlinger (HunJudo)	2nd	Emma Riedl (Chu To Bu West)
3rd	Abigail Muhelkamp (Judan Judo)	3rd	Abbigale Hampton (Chu Tu Bu West)

Girls 9 & 10 Heavy		Girls 11 & 12 Light	
1st	Kendra Bickel (Judan Judo)	1st	Erin Reim (Shidokan)
2nd	Sophia Downey (Kin Tora)	2nd	Kandice Brendlinger (HunJudo)
		3rd	Brianna Reed (Mudokwan)

Girls 11 & 12 Middle		Girls 11 & 12 Heavy	
1st	Madison Nakayama (Southside)	1st	Miriam Thauer (Jackson YMCA)
2nd	Hannah Paige (Anderson YMCA)	2nd	Brianna Campbell (EMU)
3rd	Brianna Reed (Mudokwan)	3rd	Hannah Paige (Anderson YMCA)

Girls 6- 12 Open Light		Girls 6- 12 Open Middle	
1st	Erin Reim (Shidokan)	1st	Miriam Thauer (Jackson YMCA)
2nd	Hannah Paige (Anderson YMCA)	2nd	Alisha Noon (Bushido Kai America)
3rd	Kandice Brendlinger (HunJudo)	3rd	Brianna Campbell (EMU)

Girls 13-14 Light		Girls 13-14 Middle	
1st	Kelsey Brendlinger (HunJudo)	1st	Kelsey Brendlinger (HunJudo)
2nd	Alisha Noon (Bushido Kai America)	2nd	Miriam Thauer (Jackson YMCA)
3rd	Serenity Kolen (New Breed)	3rd	Alisha Noon (Bushido Kai America)

Girls 13-14 Heavy		Girls 15-16 Middle	
1st	Myraeil Newry (Island JuJitsu)	1st	Kayla Brendlinger (HunJudo)
2nd	Kayla Bean (Southside)	2nd	Mirabelle Lindquist (Budo Ryokukai)
		3rd	Dakotah Kilbourne (Santiago)

Girls Open 13-16		Masters 40-49 Middle	
1st	Kayla Brendlinger (HunJudo)	1st	Diane Manganano (Black Belt School)
2nd	Kelsey Brendlinger (HunJudo)	2nd	Sandra Hewson (Burnaby)
3rd	Myraeil Newry (Island JuJitsu)	3rd	Carol Boulet (Kin Tora)

Masters 40-49 Middle		Senior White/Green Light	
1st	Diane Manganano (Black Belt School)	1st	Kayla Brendlinger (HunJudo)
2nd	Sandra Hewson (Burnaby)	2nd	Amanda Bean (Southside Dojo)
3rd	Carol Boulet (Kin Tora)	3rd	Sara Bravata (Southside)

Senior White/Green Middle		Senior White/Green Heavy	
1st	Amanda Bean (Southside Dojo)	1st	Sarah Block (Drexel)
2nd	Kelly Sullivan (Oaklawn)	2nd	Robin Messing (Tri Valley)
3rd	Krystal Cho (EMU)	3rd	Lindsey Thurlow (Tri Valley)

Senior White/Green XL		Senior Brown/Black Light	
1st	Suzanne Smith (Dinamo)	1st	Diane Manganano (Black Belt School)
2nd	Myraeil Newry (Island JuJitsu)	2nd	Gabrielle Rivera (EMU)*
3rd	Sarah White (Cudell)	3rd	Danielle Clinton (Shojin)**

* was mistakenly awarded 3rd at event
 ** was mistakenly awarded 2nd event

Senior Brown/Black Middle		Senior Brown/Black Heavy	
1st	Lydia Au (Midwest)	1st	Mathilde Kostler (YMCA Ann Arbor)
2nd	Melanie Dreser (OSU)	2nd	Kelsi Botic (Judan Judo)
3rd	Bettyna Chery (OSU)	2nd	Hanna Kinsal (Canton)
		3rd	Sarah Block (Drexel)

Senior 17+ Open Light		Senior 17+ Open Heavy	
1st	Danielle Clinton (Shojin)	1st	Kelsi Botic (Judan Judo)
2nd	Melanie Dreser (OSU)	2nd	Mathilde Kostler (YMCA Ann Arbor)
3rd	Gabrielle Rivera (EMU)	3rd	Hanna Kinsal (Canton)

14th Annual Mojica Judo Tournament

15 November 2009

Esther Snyder Community Center, Baldwin Park, CA

36 Clubs, 272 Competitors

	<u>FEMALE 5-6 SLWT (REGULAR)</u>			<u>FEMALE 7-8 SLWT (REGULAR)</u>	
1	Lilly Topputo	Saw telle	1	Isabella Coulter	San Gabriel
2	Mia Hutchinson	Saw telle	2	Avery Poulier	Venice
	<u>FEMALE 7-8 LWT (NOVICE)</u>			<u>FEMALE 7-8 MWT (NOVICE)</u>	
1	Beatriz Sanchez	Guerreros	1	Maria Gonzales	Mojica
2	Ashley Tran	Konjo Dojo	2	Cerrenitie Salazar	Ock
	<u>FEMALE 9-10 SLWT (NOVICE)</u>			<u>FEMALE 9-10 SLWT (REGULAR)</u>	
1	Elizabeth Robles	Mojica	1	Ashley Fernando	Migoto
2	Cassandra Coronado	Gatos Salvajes	2	Riko Ozaki	LA Tenri
3	Stephanie Ma	Mojica			
	<u>FEMALE 9-10 LWT (REGULAR)</u>			<u>FEMALE 8-10 HVWT (NOVICE)</u>	
1	Helen Olivera	Mojica	1	Samantha Mendoza	Kohaku
2	Samantha Reilly	Hearst	2	Paulina Campos	Mojica
3	Nina Brown	Goldt	3	Adrianna Miranda	Empire
	<u>FEMALE 9-11 SLWT (REGULAR)</u>			<u>FEMALE 11-12 LWT (REGULAR)</u>	
1	Maribel Gomez	Gatos Salvajes	1	Skye Bruce	Simi Valley Judo
2	Samantha Ma	Mojica	2	Amariah Palacio	Mojica
			3	Priscilla Fernandez	Gatos Salvajes
	<u>FEMALE 11-12 LWT (REGULAR)</u>			<u>FEMALE 13-14 LWT (REGULAR)</u>	
1	Cynthia Cheng	Mojica	1	Skye Bruce	Simi Valley Judo
2	Arlene Lopez	Guerreros	2	Sara Fergadiotti	Valley Judo
			3	Uilani Corona	Gardena
	<u>FEMALE 12-14 HVWT (REGULAR)"NO CHOKES"</u>			<u>FEMALE 13-17 MWT (REGULAR)</u>	
1	Allenita Perez	Barstow	1	Brandi Elizalde	Mojica
2	Francis Molina	Mojica	2	Malia Corona	Gardena
3	Sarina Elizalde	Mojica	3	Ebony Flores	Kohaku

<u>FEMALE 15-16 MWT (REGULAR)</u>			<u>FEMALE SR. BRN/BLK MWT</u>	
Allenita Perez	Barstow	1	Amelia Fulgentes	Mojica
Courtney Blackburn	LACC	2	Allenita Perez	Barstow
		3	Annemarie Kellegan	Venice
<u>MALE 5-6 SLWT (NOVICE)</u>			<u>MALE 5-6 LWT (REGULAR)</u>	
Victor Ortiz	Empire	1	Ryan Talamantes	Mojica
Emmanuel Arutunyan	Hayastan	2	Nicholas Sandoval	Mojica
Ethan Grimminger	OCK			
<u>MALE 6 SLWT (NOVICE) SPECIAL</u>				
Ryan Talamantes	Mojica			
Arvin Ghalousian	Kenam			
<u>MALE 5-6 LWT (NOVICE) "A"</u>			<u>MALE 5-6 LWT (NOVICE) "B"</u>	
Micaiah Hankins	Kohaku	1	Mitchell Takada	Empire
Noah Parker	OCK	2	Jake Jorgensen	OCK
William Fulgentes	Mojica	3	Mateo Liau	At Lrg
<u>MALE 5-6 MWT (NOVICE)</u>			<u>MALE 5-6 HVWT (NOVICE)</u>	
Levon Raterosyan	Kenam	1	Jared Causse	Konjo
Anthony Irwin	Konjo	2	Gevork Karapetyan	Glendale
Jorge Ortega	Mojica			
<u>MALE 7-B SLWT (REGULAR)</u>			<u>MALE 7-B LWT (62-69) (REGULAR)</u>	
Gagik Davitian	Hayastan	1	Bradley Chirino	Mojica
Christian Navida	Team Elite	2	Drew Miramontes	OCK
Noah Park	Gardena	3	Logan Parker	OCK
<u>MALE 7-B SLWT (NOVICE) "A"</u>			<u>MALE 7-B SLWT (NOVICE) "B"</u>	
Isaiah Ramirez	Barstow	1	Gayzka Zepeda	Gatos Salvajes
Fernando Monge	Gatos Salvajes	2	Carlos Bolanos	Konjo
Bryan Barragan	Mojica	3	David Beltran	Guerreros
<u>MALE 7-B SLWT (NOVICE) "C"</u>			<u>MALE 7-B LWT (NOVICE)</u>	
Aram Chivitchian	Hayastan	1	Teddy Okada	OCK
Alexander Cuevas	Mojica	2	Gerry Fulgentes	Mojica
Jonathan Tran	Konjo	3	Eric Katrodzhyan	Hayastan
<u>MALE 7-B MWT (NOVICE)</u>			<u>MALE 7-B MWT (REGULAR)</u>	
Tristan Zepeda	Gatos Salvajes	1	Isael Merino	OCK
Nolan Kawabata	Gardena	2	Ian Hutchinson	Sawtelle
Daniel Ebling	Empire			

<u>MALE 7-8 HVWT (REGULAR)</u>			<u>MALE 11-12 MWT (85-91) (NOVICE)</u>		
1	Dominick Cervantes	OCJTC	1	Luke Troy	Goltz
2	Drew Kawabata	Gardena	2	Angel Chavez	Mojica
			3	Oscar Barragan	Mojica
<u>MALE 7-9 SLWT (NOVICE)</u>			<u>MALE 9-10 SLWT (NOVICE)</u>		
1	Hakob Kachanyan	Kenam	1	Moises Solario	Gatos Salvajes
2	Ethan Cassasola	Mojica	2	Armen Najaryan	Kenam
3	Marcus Arellano	Guerreros	3	Noah Stephen	Kohaku
<u>MALE 9-10 LWT (NOVICE) "A"</u>			<u>MALE 9-10 LWT (NOVICE) "B"</u>		
1	Bryan Olivera	Mojica	1	Ricardo Ma	Mojica
2	Sarkis Asatyan	Hayastan	2	Sarkis Asatyan	Hayastan
3	Julien Heil	Saw telle	3	Bryan Olivera	Mojica
<u>MALE 9-10 MWT (NOVICE) "A"</u>			<u>MALE 9-10 MWT (NOVICE) "B"</u>		
1	Carlos Cabrera	Gatos Salvajes	1	Joshua Arabit	OCJTC
2	Oscar Barragan	Mojica	2	Salvador Fernandez	Mojica
3	Joshua Arabit	OCJTC			
<u>MALE 9-10 SLWT (REGULAR)</u>			<u>MALE 9-10 LWT (REGULAR)</u>		
1	Elijah Palacio	Mojica	1	Nathan Navida	Team Elite
2	Satkis Tadevossian	Hayastan	2	Ricky Marin	Mojica
3	Gary Matsumoto	Saw telle	3	Miguel Angel Quintero	Gatos Salvajes
<u>MALE 9-10 MWT (REGULAR)</u>			<u>MALE 9-10 HVWT (REGULAR)</u>		
1	Edward Flores	Kohaku	1	Albert Karapetyan	Scholars
2	Matthew Torres	Mojica	2	Aram Tarkhanyan	Schlastic
3	Michael Burch	At Lrg	3	Nicholas Yamamoto	Gardena
<u>MALE 9-10 SHVWT (REGULAR)</u>			<u>MALE 8-10 SHVWT (REGULAR)</u>		
1	Nahapet Serobian	Hayastan	1	Daniel Tamayo	Gardena
2	Devante Sison	OCJTC	2	Hamlet Oganyan	Valley Judo
<u>MALE 9-10 LWT (REGULAR) "B"</u>			<u>MALE 11-12 SLWT (REGULAR)</u>		
1	Yitzak Mdina	Mojica	1	Arthur Gambourian	Hayastan
2	Miguel Angel Quintero	Gatos Salvajes	2	Adam Valdez	Barstow
			3	Robert Gomez	Guerreros
<u>MALE 11-12 LWT (REGULAR)</u>			<u>MALE 11-12 MWT (REGULAR) "A"</u>		
1	Tigran Mousesyan	Hayastan	1	Alexander Ayrazor	Kenam
2	Pedro Olivera	Mojica	2	Edward Akhverdyan	Hayastan
3	Efrain Flores	Kohaku	3	Amen Khatchikian	Kenam

<u>MALE 11-12 MWT (REGULAR) "B"</u>			<u>MALE 10-12 HVWT (REGULAR)</u>		
1	Haykaz Oganyan	Valley Judo	1	Joseph Parker	LA Terri
2	Elijah Jones	Gardena	2	Anthony Katzdzhyan	Hayastan
3	Kualakai Corona	Gardena			
<u>MALE 11-12 HVWT (REGULAR)</u>			<u>MALE 11-12 HVWT (REGULAR) "A"</u>		
1	Emin Avatyan	Glendale	1	Roger Arce	Mojica
2	Jason Olah	Valley Judo	2	Michael Liu	West Covina
			3	Joseph Parker	LA Terri
<u>MALE 11-12 SHVWT (REGULAR) "B"</u>			<u>MALE 11-12 LWT (NOVICE)</u>		
1	Edmond Berberyan	Glendale	1	Joel Padilla	Kohaku
2	Justin Shin	West Covina	2	Arman Aloyan	Mojica
			3	Ken Ryan	Santa Monica Judo
<u>MALE 11-12 MWT (NOVICE)</u>			<u>MALE 11-12 HVWT (NOVICE)</u>		
1	Michael Stephen	Kohaku	1	Eric Saenz	OCJTC
2	Christopher Perez	Mojica	2	Jonathan Perez	Mojica
3	Andrew Elizalde	Mojica	3	Garrett Kaw abata	Gardena
<u>MALE 13-14 SLWT (REGULAR)</u>			<u>MALE 13-14 LWT (REGULAR)</u>		
1	Gevork Kochyan	Mojica	1	Arturo Izar	Gatos Salvajes
2	Gevorg Akhverdyan	Hayastan	2	Anthony Igne	Mojica
3	Nicki Barie	Valley Judo	3	Artur Glukasyan	Kenam
<u>MALE 13-14 MWT (REGULAR)</u>			<u>MALE 13-14 MWT (NOVICE)</u>		
1	Christopher Lyman	Empire	1	Edgar Juandiego	Mojica
2	Daniel Fasula	Mojica	2	Martik Djemelian	Glendale Judo
3	William Lungut	Barstow			
<u>MALE 13-14 HVWT (REGULAR)</u>			<u>MALE 13-14 HVWT (NOVICE)</u>		
1	Christopher Lyman	Empire	1	Shawn Ryan	Santa Monica Judo
2	Arthur Melkonyan	Hayastan	2	Aram Mkhitarian	Glendale Judo
3	Mason Luther	Simi Valley	3	Mason Luther	Simi Valley
<u>MALE 13-14 SHVWT (NOVICE)</u>			<u>MALE 15-16 LWT (REGULAR)</u>		
1	Igor Z entero	Hayastan	1	Romik Hovhannisy an	Mojica
2	Salvador Torres	Mojica	2	Jose Fernando	Conade Mexico
			3	Aaron Garcia	Barstow
<u>MALE 15-16 MWT (REGULAR)</u>			<u>MALE 15-16 MWT (NOVICE)</u>		
1	Salvador Hernandez	Conade Mexico	1	Arthur Adjamo glian	Kenam
2	Rafik Hovhannisy an	Kenam	2	Sonny Luther	Simi Valley
3	Arnel Fulgentes	Mojica			

<u>MALE 15-16 HVWT (REGULAR)</u>			<u>MALE 15-16 HVWT (NOVICE)</u>		
1	Andranik Alaverdyan	Mojica	1	Hovannes Z akyan	Glendale
2	Salvador Hernandez	ConadeMexico	2	Grisha Alaverdyan	Mojica
3	Kolya Keroby an	Kenam	3	Armen Sarkisyan	Kenam
<u>MALE 15-16 SHVWT (REGULAR)</u>			<u>MALE JR BRN MWT</u>		
1	Kachatur Hovhannisyan	Kenam	1	Vache Mater osyan	Glendale
2	Hagop Gyuruniyan	Glendale	2	Maxw el Kumashiro	OCK
3	Salvador Torres	Mojica	3	Chance Bruce	Simi Valley
<u>MALE JR BRN HVWT</u>			<u>MEN'S SR BRN SLWT</u>		
1	Mason Kumashiro	OCK	1	Aaron Fukuhara	Gardena
2	Salvador Hernandez	ConadeMexico	2	Maxw el Kumashiro	OCK
3	Chance Bruce	Simi Valley	3	Melvin Castro	OCK
<u>MEN'S SR BRN/BLK LWT</u>			<u>MEN'S SR BRN/BLK MWT</u>		
1	Kyle Taketa	Gardena	1	Harmik Arghakham	Hayastan
2	Chrisian Meina	Jean-Jacques	2	Luis Rodriguez	Gatos Salvajes
3	Laray Boykin	Barstow	3	Gabriel Calvillo	San Fernando Valley
<u>MEN'S SR BRN/BLK HWT</u>			<u>MEN'S SR BRN/BLK HWT</u>		
1	Joshua Rodriguez	Mojica	1	Petr Hiemer	LA Tenri
2	Gavin Purdy	OCK	2	Ash Soltani	LA Tenri
3	Michael Torres	San Fernando Valley	3	Joshua Arellano	Pasadena
<u>MEN'S SR NOVICE LWT</u>			<u>MEN'S SR NOVICE MWT</u>		
1	Sargis Bilazukyan	Kenam	1	Hakep Chilingaryan	Hayastan
2	Scott Shironaka	OCK	2	Wayne Ashford	Hayastan
3	Jason Tauber	Heart	3	Derek Okubo	OCK
<u>MEN'S SR NOVICE HVWT</u>			<u>MEN'S SR NOVICE SHVWT</u>		
1	Alejandro Banuelos	LA Tenri	1	Audrey Garbacheko	Saw telle
2	Carlos Hernandez	San Fernando Valley	2	Noel Ruizesparza	Kenam
3	Jonathan Vivanco	C.E.M	3	Heriberto Paraguirre	C.E.M.
<u>MEN'S MASTER'S HVWT</u>			<u>MEN'S MASTER'S SHVWT</u>		
1	Kiyoshi Nakazawa	LA Tenri	1	Adrian River	Heart
2	Alberto Airispe	OCK	2	Ash Soltani	LA Tenri
<u>MALE'S SPECIAL DIVISION</u>					
1	Romik Hovhannisyan	Mojica			
2	Thomas Barragan	C.E.M.			
3	Daniel Fasula	Mojica			

	<u>CLUB</u>	# COMP	<i>1ST</i>	<i>2ND</i>	<i>3RD</i>	<u>Total Medals</u>
1	MOJICA	51	24	20	7	51
2	HAYASTAN	21	8	9	1	18
3	OCK	21	3	9	4	16
4	KENAM	18	6	4	4	14
4	GARDENA	14	4	4	6	14
5	GATOSSALVAJES	11	6	4	1	11
6	GLENDALE	10	4	4	-	8
6	KOHAKU	9	5	-	3	8
6	LA TENRI	9	4	3	1	8
6	BARSTOW	8	3	2	3	8
7	SIMI VALLEY	9	2	1	4	7
8	SAWTELLE	10	2	1	3	6
8	EMPIRE	6	4	-	2	6
9	VALLEY JUDO	9	1	3	1	5
9	OCJTC	7	3	1	1	5
9	KONJO	5	1	3	1	5
9	GUERREROS	5	1	1	3	5
10	CONADE MEXICO	6	1	3	-	4
11	HEART	5	1	1	1	3
11	SAN FERNADO VALLEY	4	-	1	2	3
11	C.E.M. JUDO	4	-	1	2	3
12	SANTA MONICA	3	1	-	1	2
12	TEAM ELITE	2	1	1	-	2
12	VENICE	2	-	1	1	2
12	WEST COVINA	2	-	2	-	2
13	SAN GABRIEL	5	1	-	-	1
13	PASADENA DOJO	4	-	-	1	1
13	SCHOLASTIC	2	-	1	-	1
13	GOLTZ	2	-	-	1	1
13	LACC	2	-	1	-	1
13	AT LRG	1	-	-	1	1
13	JEAN-JACQUES	1	-	1	-	1
13	MIGOTO	1	1	-	-	1
13	SCHOLARS	1	1	-	-	1
14	NORWALK	1	-	-	-	0
14	COMBINED MARTIAL	1	-	-	-	0
		271	88	82	55	225

Upcoming Tournaments

PACIFIC INTERNATIONAL SENIOR INVITATIONAL JUDO TOURNAMENT

Tournament Director	Francis Au Yeung	Shodan
Tournament Registrar	Alan Sakai	Sandan

The Steveston Judo Club cordially invites Judoka to participate in their 25th annual **Pacific International Senior Invitational Judo Tournament.**

This tournament is a Judo Canada Regional Points Tournament and also a selection tournament for BC athletes wishing to participate in the 2010 Canadian Senior Nationals. A one day training camp will be held on Sunday, January 17 at the tournament site.

Date: **Saturday, January 16, 2010.**

Place: Steveston Community Centre (Tennis Court Building)
4111 Moncton Street Richmond, B.C.

Start Time: **10:00 a.m.**

Referee Clinic: 9:15 a.m. As this is a **Regional Points Tournament**, we would appreciate the assistance of referees **National “C”** or higher. This is also a Referee Evaluation Tournament for **National “B”** and **“C”**.

Enquiries: **Phone:** (604) 271 – 0037, **Fax:** (604) 718-8096
E-Mail: asakai@telus.net



Las Vegas is host to 3 Major USJA Events to kick off 2010!

Saturday January 23rd

- [All Women's Judo Championships](#)

Saturday January 23rd & Sunday January 24th

- [National Coaches Conference & Banquet](#)
- [Registration Form](#)

There will also be a USJA Board of Directors Meeting on Saturday January 23rd which will include an open session.

[Palace Station Hotel](#)

USJA 2010 NATIONAL COACHES CONFERENCE AND BANQUET



OPENING SESSION AND BANQUET

January 23-24 in Las Vegas, NV

For Conference or Banquet reservations, call the USJA National Office at 877-411-3409 (toll-free) or e-mail Katrina.Davis@usja-judo.org

- The USJA proudly announces the 2010 National Coaches Conference and Banquet to be held January 23-24 in Las Vegas, NV at the Palace Station Hotel.
- Banquet, 7 PM — Saturday, Jan 23
Keynote Speakers: Olympic Silver Medalist, Lynn Roethke, USJA, Coaching Chair, James Pedro, Sr., and USJA Coaching Committee Member, Professor Hayward Nishioka.
Speakers will focus on the topic, “What I wish I knew when I began my coaching career.”
- Educational and Technical Sessions — Sunday, Jan 24
How to establish a non-profit (Paul Nogaki); and, Marketing and media (Gary Goltz).
Mat sessions on ashi waza (Hayward Nishioka); ashi waza drills (Bill Montgomery); teaching standing technique (Lynn Roethke); teaching counters and combinations (Gerry Lafon); teaching matwork (James Pedro, Sr.); and, the Kodokan Technique Certificate program (Hal Sharp).
- Meetings
USJA Board of Directors
USJA Committees
- Costs
Banquet only, \$45 in advance (by Jan 9) or \$50 at the door. Alcoholic beverages are available for a separate cost. Please call for additional information.
National Coaches Conference and Banquet, \$75 in advance (by Jan 9), or \$90 at the door.
USJA Board of Directors and Committee meetings, free and open to the public.
- All events to be held at the Palace Station Hotel. A free shuttle is available from the airport to the hotel.

USJA 2010 NATIONAL COACHES CONFERENCE AND BANQUET OPENING SESSION AND BANQUET

January 23 & 24, 2010 – Palace Station Hotel, Las Vegas, NV

Registration Form

Submit by fax to 719-633-40411, ATTN: Katrina Davis, by **1/9/2010** for advance registration prices. Contact Katrina Davis at 877-411-3409 (toll-free) for additional information. Any cancellation or change must be received and confirmed by the USJA National Office in an official written notice via letter, fax or e-mail before 1/15/2010 for a partial refund of total payment. No refund will be granted after this date or for no-show. The refund will be processed after the conference, less required deposit fees, applicable taxes and bank handling charges.

First Name		Last Name	
Address		Home Phone	
City, State		Cell Phone	
Zip Code		Fax Number	
e-mail address			

Registration Options		Cost
<input type="checkbox"/>	Banquet only • \$45 advance registration / \$50 day of event	\$
<input type="checkbox"/>	Conference & Banquet • \$90 advance registration / \$90 day of event	\$
<input type="checkbox"/>	Alcoholic beverage packages (Bar opens at 7 PM, Banquet night) • Premium brands, \$19.50 for 1 hour • Premium brands, \$26.00 for 2 hours • Call brands, \$15.50 for 1 hour • Call brands, \$20.50 for 2 hours	\$
TOTAL		\$

PAYMENT METHOD			
<input type="checkbox"/> Charge Card	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	Card No.
Exp. Date (MM/YY):		Verification code (last 3-digits on back of credit card):	
Total Charge Amount			
Signature of Card Holder			
Date			
<input type="checkbox"/> Check	Check No.		
<input type="checkbox"/> Cash			

The USJA Banquet is a private dinner buffet offering the following selections:

- Fresh seasonal fruit; imported and domestic cheeses; fresh vegetable tray
- Tossed green salad; cucumber salad; antipasto salad
- Chicken Oscar ~ chicken breast stuffed with asparagus and crab, topped with Béarnaise sauce
- Filet of Salmon with Orange Tarragon sauce
- London Broil with Madeira sauce
- Chef's choice of pasta, potato or rice; Chef's selection of fresh seasonal vegetables
- Assorted dessert selection
- Freshly brewed coffee and iced tea

2010 All Women's Judo Championships

Las Vegas, Nevada

January 23



Please join us for a 2010 All Women's Judo Championships at Palace Station Hotel & Casino, Las Vegas.

Open to all female judoka, national and international.

We aim to provide the best divisions and most matches possible to make this an exceptional experience for all participants.

Athletic Clinician: Lynn Roethke Silver medalist in Judo at 134 lbs. at the 1987 World Championships. 1988 Olympic Silver medalist.

Saturday, January 23, 2010

WOMEN'S SHIAI AND KATA COMPETITION

Registration & Weigh in
8:00 - 9:00 am
Referees Meeting
9:00 am
Chief Referee - TBD
Competition/athletic Clinic
9:00 am—Lynn Roethke
free to all competitors
\$15 for non competitors/males welcome
Tournament begins 10:30 sharp

Palace Station Hotel and Casino
Salon B

Sunday, January 24, 2010

ALSO, don't miss this event on the following day ..
National Coaches Conference—Open to everyone 9:00 am—6 pm
\$75 pre-registration, \$70 for All-women's competitors
Contact newaza@aol.com for more information

Palace Station Hotel & Casino
Salon B

Pre-Registration (Individual shiai OR Kata pair) \$ 35.00
No Charge for additional divisions!!!!
Group Discount for 5 or more preregistrations mailed together \$25 each
On Site Registration (Individual shiai OR Kata pair) \$ 45.00

Family Discount for 2 members - \$ 30.00 each
Family Discount for 3 or fmore family members - \$ 20.00 each

Clinic registration for noncompetitors 15.00
Pre- Registration Deadline 1/15/2010

Contact Kalacrosby@yahoo.com for more information

KATA

Nage no kata Katame no Kata Ju no Kata Goshin jitsu Kime no Kata

JUNIOR (AGES)

6-8 yr 9-10 11-12 13-14 15-16
Super Light/ Light / Middle / Heavy/
Super Heavy in each category
Open Divisions for 6-12 and 13-16 years

Seniors

White - Green Brown - Black
Super Light/ Light / Middle / Heavy/
Super Heavy in each category
Open Division for 17 years and Up

MASTERS

30-39 yr 40-49 50-59 60+
Super Light/ Light / Middle / Heavy/
Super Heavy in each category
Open Division for 30 years and up

Pooling may be adjusted on site to accommodate numbers at the discretion of the tournament director.

Team challenges to be arranged on site

Host Hotel and Tournament Venue

Open to all AWC participants, their families and friends.

Hotel: Palace Station and Casino
Address: 2411 W. Sahara Ave
Las Vegas, NV 89102
Phone: (702) 367-2411

All clinics and competition will be held at this location.

Mention United States Judo Association

Airport: McCarran International

Room Cost:

Friday 1/22 \$49 double occupancy
 Saturday 1/23 \$59 double occupancy
 Does not include \$9.95 hotel service fee or tax
 Shuttle service to airport and strip
 See www.palacestation.com for times and other amenities

ELIGIBILITY:

This tournament is open to all female Junior, Senior, and Masters competitors as well as female Kata pairs. All contestants must provide a valid U.S.J.F., U.S.J.I. (USA Judo), or U.S.J.A. card. Foreign contestants must have the proper ID and NGB# from their home country.

SCORING:

Modified Double Elimination (6 or more in a division)
 Round Robin (5 or fewer in a division)

MATCH TIMES:

Senior and Master's Division, 4 min.
 Junior: 3 min

RULES:

The current rules of the International Judo Federation (IJF) as modified:

1. GOLDEN SCORE will apply to ALL DIVISIONS.
2. NO Kansetsu waza (arm locks) allowed in Junior Division.
3. Shime waza (chokes) allowed for 13 yrs. of age and older.
4. Kansetsu waza (arm locks) allowed in all senior divisions regardless of contestants' age. (Minimum age to enter senior division is 13 years).
5. 2002 Medical Rules.
6. Contestants must be in Judogi to receive awards.

REGISTRATION FEE WORKSHEET:		
Pre-registration	\$35	
On site registration	\$45	
Group registration <i>group name</i>	\$25	
Athelete Clinic non-contestant	\$15	
Coaching Clinic fee - Complete clinic registration page	\$75	
TOTAL:		

2010 All Women's Judo Championships

Make checks payable to
USJA

Send entry forms to:
2010 All Women's Judo
C/O Martha Lilly
1986 Klamath Dr,
Camarillo, CA 93010

- Registration Checklist:
- Completed Registration form for each division
 - Certificate regarding Non-Black belt
 - Waiver and Release agreement
 - Application(s)

Official Entry Form

Name: _____

Address: _____

City, State, Zip: _____

Country: _____

Phone Number: _____

Email Address: _____

Age: _____

Date of Birth: _____

Club: _____

Select one or more	Reg #	Expires
USJF:	_____	_____
USA Judo:	_____	_____
USJA:	_____	_____
Foreign NGB:	_____	_____
Judo Rank:	_____	_____

Select one division per registration form

Junior Divisions: 6-8 yr 9-10 11-12 13-14 15-16

Senior Divisions: White - Green Brown - Black

Master Divisions: 30-39 yr 40-49 50-59 60+

Weight:

Kata Division: (Tori) (Uke)

OPEN DIVISION: (Jr 6-12) (Jr 13-16) (Sr) (Master)

Please submit a separate registration form for each division that you would like to enter

Official use only

WEIGHT:

DIVISION:

Verified By / Date:

Check: Check # _____ \$

Name on check: Cash: \$

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE
In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Palace Station Hotel and Casino

I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
5. Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Palace Station Hotel and Casino together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant (please print name)

Date Participant's Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent / Guardian (please print name)

Date Parent / Guardian Signature

Coaching and Athlete Clinics

Please complete the following form:

Name: _____

Address: _____

Email: _____

Age: _____ Rank: _____ Club: _____

USJA#: _____ expires: _____ USJF#: _____ expires: _____

USJI#: _____ expires: _____ Foreign NGB#: _____ expires: _____

Clinic: (COACHING) (ATHLETE) Circle all clinics that you will attend

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4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
5. Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc. and Palace Station Hotel and Casino., together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

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Participant
(please print name)

Date

Participant's Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

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Parent / Guardian
(please print name)

Date

Parent / Guardian Signature

UNITED STATES JUNIOR NATIONAL CHAMPIONSHIPS



**1ST ANNUAL USJF/USJA
NATIONALS & GRASS ROOTS DEVELOPMENT**

The count down has begun!

We are proud to announce the
1st Annual USJF / USJA Combined Junior National Championships
which will be hosted by Nanka Judo Yudanshakai in 2010.
Nanka Judo has been the past host to the 1994, 1999 and 2005
USJF Jr Nationals and hope you will support our efforts to make
this one of the best championships in 2010.

Dates

Registration and Weigh-In: Friday, July 2, 2010
Competition: Saturday and Sunday, July 3 and 4, 2010

Bren Events Center

University of California, Irvine (UCI)
Irvine, California

Head Quarter Hotel: Irvine Marriott

18000 Von Karman Ave
Irvine, California 92612

To make reservations:

Irvine Marriott
(949) 553-0100

Group Promotion Code: **usjusja**

or go to Jr National link on the Nanka website:
<http://www.nankajudo.com>

Room rates are \$99.00 judo block rate.
Limited rooms available, so book early!

Shuttle transfers will be available from Orange County Airport (SNA)
to the Irvine Marriott as well as UC Irvine Bren Events Center
for hotel guests only.



Laguna
Beach



Disneyland



Huntington
Beach



Knott's
Berry Farm



California Adventure



Irvine
Spectrum
Center



US Judo Association & Jujitsu America - Sport Jujitsu

Brief Summary of USJA & JA Sport Jujitsu Rules

1. Each match consists of two two-minute rounds of continuous fighting with a one-minute break.
2. Matches are governed by one Mat Referee assisted by two Side Referees.
3. Competitors will be matched based on gender, age, weight, and training experience.
4. There are three parts in the Sport Jujitsu competition format:
 - a. Part 1: Strikes and kicks
 - b. Part 2: Throws and takedowns
 - c. Part 3: Matwork – pins and submissions
5. (Part 1) Strikes and kicks to legal target zones score one point, with kicks to the head scoring two points. Legal targets include sides of the head, front and side of torso, and thighs.
6. All strikes and kicks are delivered with control.
7. No strikes or kicks allowed to the back or top of the head, neck, back, groin, or knees or below.
8. Once a competitor secures a grip with at least one hand on the opponent, then no more strikes or kicks are allowed by either opponent (Part 2).
9. Throws and takedowns score one, three, or five points depending on the quality and strength of the throw.
10. No throws which land the opponent on the head or neck are allowed.
11. (Part 3) Pins score as follows:
 - a. 10-second pin scores one point.
 - b. 20-second pin scores a second point for a total of two points.
12. Juniors will have one division for submissions (10yo+, green belt+) and a division without submissions.
13. No joint-locks on the neck or spinal column, nor rotational locks on the knee or ankle are allowed.
14. The first submission scored by a competitor scores five points. The second submission by the same competitor wins the match.
15. The match winner is determined by total of points at the end of two rounds. A runaway will be called if the competitor is ahead of the opponent by at least 15 points as scored by each of the two Side Referees (total of at least 30 point lead at the end of the first round). A tie will go to a one-minute third round to determine the winner.

Complete USJA & JA Sport Jujitsu Rules, event listings, and detailed information are available at:

www.jujitsuamerica.org/sportjujitsu.php and www.usja-judo.org

