

Growing Judo



January, 2010



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

Editorial	2
Coaches Corner	3
List of Approved Coach Clinicians	5
Information on USJA Coach Certification	6
Teen Training Proposal	8
Ameri-Kan Judo – 21 years !	10
Dominican Judo Federation collects donations for Haiti	11
Promoting the Forgotten Members	12
Report on Ohio All Women’s Judo Championship	13
Just for fun, poll on USJA logo	17
Latest promotions, yodan & above	17
Upcoming Events	18
New IJF Rules	20
National Coaches Conference	22
All – Women’s Tournament – Las Vegas	24

PLEASE NOTE:

***THE USJA BOARD OF DIRECTORS WILL MEET AT THE PALACE
STATION HOTEL, LAS VEGAS, NV ON JANUARY 23RD IMMEDIATELY
FOLLOWING THE ALL-WOMEN’S TOURNAMENT***

Editorial: My New Year's Resolution for Judo

It has been five years since we started this as Grass Roots News, which became Growing Judo. The amount I have learned about the number of people volunteering, attending, supporting events to grow judo in America has given me a much more optimistic view on humanity. The **USJA Board meets in Las Vegas, January 23rd** to elect officers for the next four years. I hope to stay on as your president and to appoint a new development committee chair. Now that you know my first two new year's resolutions, here are six more:

1. Have more camps and clinics. The ones I have attended have been uniformly awesome and fun for everyone. People make friends and do judo. We should do it more.
2. Attend the All-Women's Tournament in Las Vegas in January. Lynn Roethke is cool. If you have never attended a clinic by her, you have missed out. Do you know she was Olympic silver medalist in 1988, from Fond du Lac, Wisconsin? [Yes, they have judo in Wisconsin.]
3. Attend the National Coaches Conference in Las Vegas, January 23-24. Some of my favorite people in the world will be attending, some as clinicians and some just to learn, including Dr. Martin Bregman, Hayward Nishioka and Jim Pedro, Sr. Beer drinking may occur. (Hey, it's Las Vegas !)
4. Attend as many judo practices as possible. In my case, this will probably be 90% at the West Coast Judo Training Center since that fits around my schedule the best.
5. Coach Ronda in an international tournament. Her run to 2012 starts this year and I know there will be a lot of competitions. It has been hard to get away from work to go with her and Jim Pedro, Sr. has done the lion's share of the work over these past years, so I need to go to at least one. Besides, no matter how big she gets she will still be my baby.
6. Speaking of Jim, do more of what he says in his Coaching Corner article this issue, find really good people to do the work and just sit back and admire them. That includes passing off Development Chair and editor of Growing Judo to two other volunteers.

When Ronda was a kid, she would often lose count of the number of throws, uchikomi, matwork drills or other exercise she was doing. Whenever she would say to me, "Mom, how many was that?" even if it was around 112, I would answer "Six." I figured, what the heck, it was good for her to train more and maybe she would learn to not be so easily distracted. The training part worked out. The other part – well, let me just say that the only reason she has not lost both her feet by now is that they are solidly attached. I learned from that experience, though, that when you don't have anything definite in mind, six is a good number.

So, what's your New Year's Resolution for judo ?

Coaches Corner

Jim Pedro, Sr. , Chair
USJA Coaching

I would like to start the new year by going over the last few years. When I took over and revised the coaching certification criteria, I wanted a program that was more focused on helping our coaches, and more streamlined.



We cannot stop any coaches from teaching or coaching at their clubs 355 days a year unless they have done something against the by-laws of the organization or against the law, so it doesn't make sense for us to make it difficult for them to coach the other 10 days at the junior nationals or other tournaments. That is why we set the criteria for the coaching to begin at a basic level. That is, 50 hours a year of coaching, brown belt and successfully completed a coaching clinic for certification as Assistant Coach.

We began to work with a new group of people who could certify coaches who were aware of our program requirements. Our program had grown out of hand where there were so many people certifying coaches who we had not seen at the national or regional level in many years. One possibility would have been to approve certain people because they were a high rank, because the members of the committee knew them personally, etc. We decided not to go that route. Once you start making exceptions, everyone thinks an exception ought to be made for them.

There were some complaints initially about the need for local clinicians, so I ran coach clinician certification clinics. I stated that to pass the clinician had to be on the mat, in a gi and able to demonstrate the techniques. At the first one of these, none of the "complainers" showed up. As of this date, we have clinicians who can certify in all parts of the country (see the following page), and we are always looking for more good people.

When you take over any program or any job, you try to delegate authority by assigning good people to do the job. If the people you put in charge are doing their jobs, then you have a successful program and most of what you need to do is sit back, provide them support and admire their work. Lately, I have been doing a lot of admiring of people's work ! I'd like to particularly recognize Gerald Lafon who has been one of our most active clinicians in certifying coaches.

If the system you have put in place is working, all you have to do is just tweak a few things from time to time and go forward. I don't see my role as teaching judo but to

help you be a better coach. Theoretically you are not a coach first, but a teacher first and a coach second. You have to have taught the player something before he or she can even think about competing.

Coaching is very difficult to teach as I believe it is 90% experience. I still find myself making a mistake once in a while, but that is the difference from my past experience, when I made a lot more mistakes. The key fact is that I learned from those mistakes I made. Too many coaches don't recognize their mistakes and continue making the same mistakes over and over. This is the purpose of our continuing education clinics, our national coaching conference, to work together to analyze what we are doing as coaches, to identify our mistakes and stop making them, to see what works and do more of it.

The next four years we will try to work with you and help you as much as possible.

NOTE: For those asking who are approved coach certification instructors or about requirements for coach certification, this information is included on the following pages

Approved Coaching Course Instructors

Arizona

Gerald Uyeno

Arkansas

Ed Thibideau

California

Dan Alef

Lanny Clark

Dr. AnnMaria De Mars

Dr. Jacob Flores

Mark Guerrero

Lisa Guerrero

Gerry Lafon

Roman Mitichiyan

Tony Mojica

Hayward Nishioka

Paul Nogaki

Mike Noriega

Neil Ohlenkamp

Charlie Robinson

Ronda Rousey

Connecticut

Sid Kelly

Joan Love

Bill Montgomery

Illinois

George Weers

Indiana

Lowell Slaven

Louisiana

Jeff Miller

James Wall

Massachusetts

Jim Pedro, Jr.

Missouri

Kenny Brink

Steve Scott

Becky Scott

New Hampshire

Jim Pedro, Sr.

North Dakota

Vern Borgen

Ohio

Lorey Edwards

Rhode Island

Serge Bouyssou

Texas

Roy Hash

Virginia

Maurice Allen

Pete Mantel

Washington, D.C.

James Bregman

*If you believe your name was
mistakenly left off this list, please email
USJCoach1@yahoo.com*

INFORMATION ON USJA COACH CERTIFICATION

Note: There has been no change in coach certification requirements. We reprint this information twice a year to be sure we reach as many of our members as possible.

Coaching Levels. Three Coaching Levels are recognized:

Assistant Coaches are Brown Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

National Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA and who have demonstrated a commitment to coaching through above average hours of coaching and continuing education.

Requirements for Certification. Certification requires successful completion of a Certification Clinic (usually 6- 8 hours long), conducted by Clinician approved by the Coach Development Committee that covers all topics identified in the Program Plan. All coaches must also submit a coach application form and pass a background check.

Renewal Procedures. Assistant Coaches, Coaches and National Coaches have two options for renewal. They may re-certify or they can apply for renewal to the Coach Certification Chair if they are a) Coaching and b) earning Continuing Education Units as described in detail below

Assistant Coaches must renew every 4 years. They must a) have coached 50 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or b) re-certify

Coaches must renew every 4 years. They must have a) coached 100 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or b) re-certify.

National Coaches must renew every 4 years. They must have a) coached 100 hours per year in the past 4 years, b) been a certified coach for at least four years, and c) attended FOUR APPROVED continuing education activities within the past 4 years. Minimum rank of shodan

Continuing education activity = 4 hours or more of instruction at a Certification Clinic or Continuing Education Clinic approved by the Coach Development Committee.

OR

College Credit in a subject approved by the Coach Development Committee, e.g., a P.E. course on strength training for young athletes, a course on Classroom Management taught in the School of Education, etc.

Frequently asked questions:

How do I get a coaches badge?

EMAIL a 300 dpi photo to Katrina.Davis@usja-judo.org INCLUDE your name and mailing address. The cost is paid through a donation from Zebra mats. (Thank you, Zebra Mats) You will receive your card in the mail approximately one month after all of your paperwork, including background check, is received.

Do I have to be a USJA member to get certified?

No. You need to meet the requirements stated above for USJA coach certification. You do not need to be a USJA member. USJA and USJF have reciprocity. Also, anyone who passes a USJA clinic can submit the application and fee to USJF for their certification for USJF certification.

I am a sixth-degree black belt and have a Ph.D. in Physical Education which I received in 1975. My degree included 10 courses in Child Development, Motivation and related topics. Can I count this as my continuing education activity?

No. Continuing education is just that, continuing education. The National Coach designation is a recognition of those who have made a major effort, often at considerable expense and personal time dedicated to furthering their knowledge of teaching judo. As with other professions, the requirement is for *continuing education*.

How do I know what clinics are approved for continuing education?

Generally these will state on the announcement "Approved for USJA Coach Continuing Education". If you have any question about whether an activity is approved, call the USJA Coach Chair, Jim Pedro, Sr. at (978) 335-5216 and ask. Or email USJAccoach1@yahoo.com

Similarly, if you would like to have your clinic or camp approved for continuing education, just email or call and discuss it.

I want to take a class on business management because I think it will help me run my judo club. Will that count as continuing education?

Course credit will be approved on an individual basis. Generally, almost any course in P.E. or Education departments will qualify.

Note: The following is a draft to be discussed at the USJA Board of Directors Meeting, January 23rd in Las Vegas

A MODEST PROPOSAL: NATIONAL TEEN TRAINING

Bill Montgomery, Member, USJA Board of Directors & USJA Coaching Committee

In the past few years we have begun to re-work our coaching program. Hopefully, by this summer we will have a comprehensive program of courses. In conjunction with this effort we may also wish to develop a plan for bringing young people into the elite level of training. It does little good to send a youngster off to intense training after high school if they are ill prepared. The results are just about guaranteed...all but the most single minded will walk away. To avoid such a dire outcome we need to develop a comprehensive program to prepare interested young athletes. At least we need to make a concentrated effort.

This is not a program for the local star who wishes to remain a local star, but is for those athletes who wish to begin testing the waters of much more intense training. Simultaneously, this program is not geared toward the “junior” national champions. This proposal is about bringing youngsters to a point in their judo training where they are capable of training in adult level judo. Many continue to believe that the judo we have children master will “automatically” transfer to success in the adult arena. If this is not true—and I believe it not to be, we need a real developmental program. There should be a transitional period in which children are given time to adjust to what may await them, should they decide to continue. This period is not just a few days at a tough dojo, doing randori, it is about executing a well thought out approach that may take anywhere from 4-6 years for the individual to complete. *Those athletes that comes through this program will be prepared!*

Use this period as true preparation, this is not a place to hone specific skills for the rest of their judo careers. This is a time for them to be generalists. Trying different skills so that they may develop into well rounded judo men and women. Judo is an activity that one matures into, it is filled with a multitude of possible executions. There are basic requirements for fitness, spatial awareness, nutrition, core skills, et al that must be met. In the past we have left this to the individual athlete and/or coach. This has not proven all that productive. Young people would probably do better if they had guidelines to follow when it comes to auxiliary training, general judo training, etc. To my knowledge no one has done this on a scale anywhere near to what I am suggesting. Again, this is not a one shot deal, we must construct a program that will benefit young athletes into their adults careers. I know that not everyone who starts will finish, nor will everyone make the next step...but at least we will have prepared those who do!

There are many areas to discuss, but the outline below is a beginning.

- I. *Establish regional mini- camps throughout the nation 2 per year*
 - A. *General curriculum will be the same at each camp*
 - B. *Camp will consist of technical training, randori and conditioning*
 - C. *Provide general written guidelines for training—judo and auxiliary*

- II. *Determine a schedule of camps*
 - A. *Location should float within a region*
 - B. *Generic evaluations at first*
 - C. *Participation is voluntary for the first two camps*
 1. *Each athlete to sign a compact at the end of 2nd camp*
 2. *Evaluations become more specific*
 3. *Long range goal exploration*

- III. *General Administration*
 - A. *Chief Coach needs to be named, some one who is currently developing national level players—seniors*
 - B. *This Chief Coach will administer this program with the assistance of those he/she deems appropriate*

Remember the hope is that we will be able to provide an ongoing source of training, information and guidance for teens.



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 and we are always looking for ways to raise funds for Mats.



PHOTOS OF THE AMERI-KAN JUDO DOJO IN FINDLAY, OHIO

We are looking forward to another 20 years



In solidarity with the tragedy in our brother nation Haiti, we would like to inform to all people interested, locals as well as people or international organizations, that we have just opened a Donations Center in our offices located in the following address:

FEDERACION DOMINICANA DE JUDO, INC. (FEDOJUDO)

Casa Nacional del Judo, Centro Olímpico Juan Pablo Duarte.

Santo Domingo, República Dominicana.

Phone: 809 562 6067; Fax: 809 549 5201

Email: fedojudo@codetel.net.do

Is our wish to receive non perishable goods and in preference canned goods, etc. which will be send to the people and especially to Haitian judo.

Also, for those who wish, you can make money donations to the following bank accounts.

1. In Dominican Pesos

Banco de Reservas de la Republica Dominicana (Banreservas)

Account: Federacion Dominicana de Judo.

Account Number: 013 002141 5

2. In american dollars:

a) Deposits in Santo Domingo:

Banco de Reservas de la Republica Dominicana (Banreservas)

Account: Federacion Dominicana de Judo

Account Number: 013 000778 2

b) Deposits from abroad:

Citibank, New York, USA

Swift Code: CITIUS33

Beneficiary Bank: Banco de Reservas de la Republica Dominicana (Banreservas)

Swift Code: BRRDDOSD

Final Beneficiary: Federacion Dominicana de Judo, Inc. (Fedojudo)

Final Beneficiary Account Number: 013 000778 2

Executive Committe Dominican Judo Federation

Santo Domingo, Dominican Republic

January 13th 2010

Casa Nacional del Judo ingeniero Jaime Casanova Martínez, Centro Olímpico Juan Pablo Duarte, Apartado Postal 1110, Santo Domingo, República Dominicana. Teléfono 809 562 6067, Fax: 809 549 5201 y mail: fedojudo@codetel.net.do

Promoting the “Forgotten Members”

By Charlie Robinson, Chair, Master Examiners

We need to start reaching out to promote our “forgotten members”. I am talking about those who are teaching judo, doing judo, but in rural areas or other places where there is not a lot of judo. The greater the opportunities we provide for their promotions, the greater the response we will have from these members. We have the electronic network to utilize in getting information, to and from, and acquiring signatures to accomplish the paper work. It is gaining access to individuals that presents the major problem.

I propose that we scan the club rosters in our database, and identify the ISOLATED, active individuals with excessive time in grade, we could then serve them better. These services start with the most basic of contacting them and suggesting they apply for promotion. I might suggest that if we were to test at major events that there be a "standardized, reduced test," for example two techniques from each of the five tachi waza groups, and two escapes from kesa gatame, yoko shiho, tate shiho, and kami shiho. The rest of the techniques could be on a video that the individual submitted before the testing.

Let me give you an example of one such very deserving USJA member. Justin Bresse operated a club in Ketchikan for years as a brown belt. I did not know he even existed, until he showed up at Camp, several years ago.

As a service organization, the USJA must serve all members equally. Those individuals who are still active, and are serving their students, deserve equality of service. If some cannot come to a major event, send them the test, and have them send back a video to be evaluated. All of us as we get older can no longer perform a variety of things, as age has a way of disabling. I can not stand on my left leg any more, so all of my throwing is "left side" as I support on my right leg, and attack with the left.

I see no need to expect "World Class" performances from every Judoka. Just do it the best you can. Some of the best swimming coaches can't swim 1,000 meters. As you can tell I am a bit emotional about our forgotten or lost members.

Charlie Robinson (an old guy)

All Women's Judo Championship in Cleveland, Ohio November 21, 2009

Written by Sandra Hewson

What can you find in Cleveland, Ohio in November? Well if you use one online mapping tool you'll be lucky to find your hotel before sunset unless you ask some of the very kind people at a tire shop! Just be careful where you drive and stop. Thankfully my time living in Michigan and driving round Detroit stood me in good stead. Next time I'll opt for the hire car GPS!

At home in British Columbia I spent 2008/9 season hoping to find women who would enter Provincial shiai who are around my weight and age. My closest opponent age and weight-wise (10 years younger and -63kg also) became injured during the season so I mostly fought 18-20 year olds and only ever 2 opponents at one shiai. Even at the 2009 Canadian Nationals there were only 2 ladies, both at least 10 years younger than me to fight in Veterans. So over the summer for 2009/10 I started looking further a field in my planning for getting to World Masters in Montreal. The first BC shiai at Abbotsford I had no-one to fight even in Seniors. The Continental Crown (Seattle) shiai was November 7, 2009 and again there were no ladies in the Masters division. I had only 2 matches in Seniors. So the next thought was to travel further east.

On November 19/20 I flew on the red-eye to Toronto, hardly sleeping, drove for nearly 6 hours and went straight into a kata clinic for 4 hours. Not exactly the best preparation for a kata competition or shiai! Karen DuPage and Ryan O'Connor ran a good session splitting the group into Nage-no-Kata and Ju-no-Kata. There was also a group in a refereeing clinic run at the same time. I left to flake out in the hotel as the keen kata people stayed extra and went through some Goshin-Jutsu.

While the surroundings for the shiai were not in the best of areas in Cleveland this was definitely made up for by the warm hospitality of both the organising committee, spearheaded by Deborah Fergus, and the competitors both via email before the competition and then in person as soon as I walked through the door.

As usual, in my hotel room after the kata clinic, I went through my "Why am I here?" worry before a shiai. I hoped I'd had made the right decision in convincing my husband that it was a good idea for me to commit to the cost and time of a long weekend away from family.

I entered the Ju-no-Kata competition, first thing on Saturday and there was one other pair besides Louise Ulman and myself. It would have been good to have more pairs but with kata you're competing for points rather than against others directly. We scored pretty well (so people said) especially considering we were a "pick-up" pair, Louise from Detroit and myself from BC.

Time seemed to fly by at the shiai as it was so well organised. Not only that but the organisers, time and score people and kitchen staff were all so approachable and would help you understand what was happening, answer questions and try to make things work in the divisions to give everyone as many matches as possible. It was such a different experience seeing only girls and women, and so many of them, in some very tough matches with some really good techniques. Hats off to the referees who worked so hard with all the round-robin divisions and then the team event!

So, was it worth the trip? Definitely!!



I had 8 matches in all - 3 in Masters and then 5 in Seniors, all tough. I would have had another 2 or 3 in Open Masters but the lady withdrew and I don't blame her. Julee Cope was the main draw-sheet organiser and had been running up and down stairs for hours by the time her matches should start. I could also have had matches in the Team event but the referees were getting a bit tired so myself and Diane Manganaro switched to referee in our gi's. Great fun!

I thought the Team event was one of the best parts of the shiai and again so well organised. Half way through the day people put there their name down if they were interested in entering the Team event. Then the organisers worked out teams of 3 or 4 with U11 to Seniors in each team, trying to match weight and skill level as well as possible between the teams. This worked out most of the time in the matches. In the true spirit of judo, on a couple of occasions, the totally outmatched young girl was graciously given the opening to score the winning throw by her opponent. I

was truly impressed and wanted to give a round of applause there and then (except I was refing the match at the time).

It was great to see Deborah Fergus spend time throughout the day walking round and talking to the judoka and parents, just listening to what they had to say. She was constantly on the ball, listening and finding out what people thought, good or bad, always learning and enjoying all the feedback.

At the end of the day all the medals were given out and most people stayed for the ceremony. They also had special awards including a Spirit award for Junior, Senior and Masters for best fighting spirit, a Best Technique award and an Iron Woman award which a young girl won for fighting 15 matches through the day excluding team!

To my utter surprise several people stopped me throughout the day, asked my name and background and told me how much they liked watching my judo. They said that it was either inspiring their daughter or themselves or both. One parent told me her daughter had made him video all my matches so they could learn from them.

I am under NO illusions, trust me. My judo needs lots of work. I will never be a Senior World Champion. But probably my main long-term goal in judo is to be a good role model for women and girls, to be an inspiration through my instructing, coaching, competing, refereeing and anything else judo. So this feedback, more than medals or anything else, made the trip a VERY worthwhile experience.

I went to a practice recently where I was talking to a teenage girl who said she had retired from judo competition! When I made comment about why would she want to do that she said that when she was married her kids would do judo but she was pretty much going to give it all up herself once married. Why is it that women are good at judo and CAN participate in the dojo and compete in shiai but so few do? I have lady friends my age who are in ice hockey leagues. When I lived in Britain and was in a field hockey club there were women the age I am now still playing every weekend. If women can rough and tumble in ice-hockey and other tough sports in their 30's and 40's they can do it in judo too. There are so few women in North America physically involved, even just working out regularly in the dojo. How many women are nationally certified to instruct and coach? How many women are certified to teach other men and women judoka how to instruct and coach? Girls and women of all ages need women to act as role models for women's judo. So what can you find in Cleveland, Ohio in November? An excellently run shiai with committed, feisty girls and women doing their best to win judo matches. The All Women's shiai's and camps provide girls and women the chance to see and experience what they CAN do, what they see other girls and women doing in judo. They also provide boys and men who come to watch with a view of what women CAN do in judo. There is a life-long journey in the study of judo for everyone, an ACTIVE life-long journey which has many benefits including health.

The next All Women's shiai is in Las Vegas January 23rd - why not be there?!

JUST FOR FUN POLL

Which logo do you like better?

Just for fun Justin Flores of www.jfloproductions.com created this new logo, (at right) which we used in the August issue of Growing Judo.



Current



Post your opinions on the USJA category on the Judo Forum

www.judoinfo.com

<http://judoforum.com/index.php?showtopic=43231&st=0#entry542856>

LATEST PROMOTIONS

Congratulations to :

Fabian Jiang, promoted to godan (fifth-degree black belt)
Paulo Augusto, promoted to godan (fifth-degree black belt)
Tony Ramey, promoted to yodan (fourth-degree black belt)

UPCOMING EVENTS

January 23rd – All Women’s Championship, Las Vegas, NV contact Kala Crosby for more information Kalacrosby@yahoo.com

January 23rd – Clinic with Lynn Roethke, Las Vegas, NV contact Kala Crosby for more information Kalacrosby@yahoo.com

January 23rd – USJA Board of Directors Meeting, Las Vegas, NV contact George Weers for more information g.weers@comcast.net

January 23-24 USJA/ USJF National Coaches Conference, Las Vegas, NV contact Lanny Clark for more information newaza@aol.com

January 30 Ashi-waza clinic with Bruce Toups, Louisiana Contact James Wall for more information wallmartialarts@cox.net

January 28 Judo Techniques for Competition, with Ronda Rousey, Wichita Falls, TX, contact Roy Hash for more information royhash@juno.com

January 30 Coaches Clinic, Campbell, CA Contact Charlie Robinson judo@syix.com

Konjo Dojo St. Louis Winter Championships

Saturday February 20, 2010

UAW Local 136 Union Hall
980 Horan Dr.
Fenton, MO 63026

Registration: 9-10:30am

Competition to begin as soon as divisions are set.

All competitors must present proof of current USJA, USJF or USJI registration.

Entry Fee:

\$30 first division

\$20 per additional division (Seniors only)

Awards: Trophies for 1st, 2nd and 3rd

Divisions:

Junior Divisions: Male and Female

Senior Divisions: Male & Female - Novice and Brown/Black

Masters in accordance with participants

Men's open Division: Offered free of charge to any male entered in a regular division

Nage no Kata, Katame No Kata and Goshin Jitsu no Kata

The Tournament Director reserves the right to modify divisions to best accommodate the number of competitors.

Rules:

Modified Double Elimination, Round Robin for divisions of 3 players

3 minute matches for all divisions

Regional Referee testing will be available. It is advisable to contact the Tournament Director in advance if you wish to test. Referees should wear Referee attire.

For additional information:

Randy Pierce

6458 Hwy 61-67

Imperial, MO 63052

konjo7@aol.com

2010 Refereeing Rule Adjustments

Implemented January 1, 2010

Approved by the USA Judo Referee Commission (December 21, 2009)

Leg Grabbing Throws (*Ashi Dori Waza*)

All direct (initial) attacks with one or two hands or with one or two arms below the belt (*Ashi dori waza*) are not allowed.


First attack – *Shido*

Second attack – *Hansoku make* (only that contest)


(There is a possibility that *Hansoku make* may soon become the first penalty.)

Throws like *Kata ashi dori*, *Kata guruma*, *Ku chiki taoshi*, *Kibisu gaeshi*, *Morote gari*, and *Sukui nage*, just to name a few are no longer allowed as initial attacks.




SHIDO => 



SHIDO => 




SHIDO => 



SHIDO => 



SHIDO => 

Leg grabbing throws (*Ashi dori waza*) are allowed as the *Kaeshi waza* (countering technique(s)), as long as the action be continuous.



1



2



3



Leg grabbing throws (*Ashi dori waza*) are allowed as the second or follow up attack(s) in *Renraku waza* (Combination techniques).



If one contestant attacks with *Ashi dori waza* and the other contestant counters for a score, the score should be given. If the score for the counter is *Yuko* or *Waza-ari*, stop the contest at an appropriate time, consult with the judges then, if the team agrees there was *Ashi dori waza*, administer the penalty warranted.

The referee gesture will be an arm sweeping motion in front and then to you. This simulates the leg grabbing arm motion when doing *Kata ashi dori* or *Ku chiki taoshi*.

Golden Score Rule Change

When the initial contest ends and the scores and penalties are even, all scores and penalties on the scoreboard for the initial contest will remain on the scoreboard for the Golden Score Contest. (Only the contest time is reset).

If at the end of the Golden Score contest, the scoreboard is even, the decision as to which contestant should win must be based on the *Kinsa* (Advantage) each player has accumulated during the Initial Contest **and** the Golden Score Contest.

The ONE-REFEREE change will be used **only** at the following IJF-level events – Olympic Games, World Championships, Grand Slam and Gran Prix. All other events are to continue to use a Referee and two Judges.

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 • \$75 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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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. 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.

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)

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Parent / Guardian
(please print name)

Date

Parent / Guardian Signature

THANK YOU TO OUR SPONSORS AND FRIENDS

The United States Judo Federation www.usjf.com has been a major supporter of the All-Women's Championship and the National Coaches Conference, to be held in Las Vegas, NV January 23-24th

See those photos on the cover? Those are some of the 90+ attendees at the ashi-waza camp made possible by a USJF development grant to Pacific Southwest Judo Association, <http://www.pacificsouthwestjudo.com/?p=29>

And through funding from California Judo, Inc. <http://www.caljudoinc.com/>

Also, thank you very much to Chick-Fil-A for donating the meals
<http://www.chick-fil-a.com/>

As always, thanks to our mat sponsor
www.zebramats.com

To Golden Tiger Martial Arts
http://www.goldentiger.com/cafe/cafe_main.html?cid=62