



American Judo

A Journal of the United States Judo Association

Winter 2006-2007

BUILDING A JUDO COMMUNITY

JUJITSU INSTRUCTION

JUJITSU: AN ART & SCIENCE

DIRECTION OF ATTACK

DOES YOUR CLUB
PRODUCE WINNING PLAYERS?

WHAT KEEPS ME IN JUDO?

HOOKING YOUNGSTERS ON JUDO

TRAINING FOR THE BIG ONE

WHY I TEACH
JUDO

SO YOU
WANT TO BE
A CHAMPION

JUDO
POSTMARKS



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BUILDING A JUDO COMMUNITY by Dane Grant, James Wall, Jeff Miller

I. Introduction

In Judo, we have individual clubs that help players grow and develop. “Mutual benefit and welfare” is vital to the health and growth of your club. If your players don’t feel that their needs are being met (or that they are needed by the club), then they will leave, and the club will fail.

In Judo, we have a plethora of state, regional and national organizations that are supposed to help clubs grow and develop. However, most of them are either too large to be of help at the local and regional level, or are too worried about control and governing to do much good. In other words, there is no “Jita Kyoei” between the clubs.

We, the instructors listed above, have been able to start building a “Judo Community”. Not an organization, but more like a neighborhood where we strive to find ways to mutually benefit all of us. By finding common interests, we have created a group which is more dynamic and much more flexible than any of our clubs alone, and it has allowed us to accomplish things that would have been difficult alone.

In order to do this in your area, someone needs to take the lead. We hope to provide you with some ideas and guidelines that may help you in getting this done.

II. First Connection

A. Preparation – Try to find out who you are dealing with, as in their rank, where they trained, and what kind of club they run. At this stage, only listen to positive information.

B. First Contact – The first contact should be done by telephone or e-mail, and should be very polite. Avoid dropping in unannounced if you can as, class time is hectic for instructors and they won’t have time talk to you.

C. First Visit – Find a reason for a first visit, and obtain an invitation to accomplish this. Possible first choices are:

- I was in town on business and wondered if I could stop by.
- I’m letting my assistant run class tonight, and I want to make sure I’m out of his/her way.
- I’ve heard really good things about your classes, and wanted to know if I could come by and watch.

D. What are you looking for – Again, except for safety concerns, try to be positive and look for good things. Do they have a strong conditioning program? Are their games fun and challenging for the kids? Do they have an exciting way to teach Kata? Find what is great about their club.

E. Reward them for letting you come by and visit – Compliment them on their club. Send them a thank you card. Acknowledge their courtesy.

F. Return the favor – Invite them to your club. Sometimes, if the clubs are distinctly different (i.e. you run a competition club and their club is technical and Kata training), an open invitation may not be the best method to follow. If so, try inviting them over to do a mini-clinic (i.e. can you show us the first set of Nage No Kata, would you mind coming over and showing my kids and instructors some of the games that you use, etc.?)

G. Multiple doses – Sometimes, this might take two or three times of back and forth between the instructors. Start bringing over a few selected students (get them invited first) and encourage the other instructor to do the same. This helps both clubs see the other as allies.

III. Meet the family

A. First group workout – A terrific idea for a first group workout is “Rotating Teachers.” Have the black belts (and maybe even brown belts) teach one technique or combination or drill, and have everyone do that drill. You will want to have some guidelines or direction on what everyone’s focus will be. Then, when the next instructor comes up, make sure everyone switches partners. This also keeps any one instructor from dominating the meeting. Open Randori becomes too much of a “no rules Shiai” until everyone gets to know each other.

B. Social closing – It is important for this to end with two things: First, a formal closing of the workout with praise for all the instructors and participants. Second, some kind of dinner or social event after the meeting. Remember, the goal is bonding and creating a long-term connection.



C. Other workout ideas – In addition to the Rotating Teachers workout, there are some other ways to get groups of clubs together, such as:

- Coaches Boot Camp – Similar to Rotating Teachers, but every coach focuses on favorite drills.
- Randori Day – Not good for the first couple of meetings, but is a great way to interact once the clubs are acquainted.
- Specific Topic Class – This can either be an open workout (i.e. we'll all work on Nage No Kata on Friday night) or a led class (Sensei James will show everyone his Harai Goshi series). Again, better used once the relationship has been established.
- Outside clinician – Not only can multiple clubs share the expense, but everyone gets something new.
- Promotions – A terrific time to get together, especially for a black belt promotion.
- Non-Judo event – Believe it or not, this one is only in a well-established relationship, but can include parties, trips to amusement parks or zoos, etc.

IV. Keeping together

A. Stay in contact – Naturally, both clubs will get busy with other activities. It is important for the instructors to maintain contact, either by phone or e-mail, at least once a week. Don't get tied down to a schedule, but try to plan something at least every 6-8 weeks, and the instructors (or at least the assistants) should try to get together at least once in the meantime, if only for a drop by visit.

B. Limit contact – On the other side of the story, you don't want to make this become a second club for you. Try to make the group activities special, not something that happens every weekend. Too much and too often will drain both you and your club.

C. Don't let sour feelings fester – Like any group, people will screw up, say the wrong thing, take things the wrong way, etc. If there is a problem, directly contact the other club instructor, tell them the problem and, if possible, propose a solution.

D. Variety is the spice of Judo – Remember, different clubs have different goals, and by having a variety of get-togethers, you can keep everyone interested.

V. Potential Problems and Possible Solutions

Keeping aware of the potential problems, and having solutions for them, is a key ingredient to maintaining the group.

A. Titles – Something that may work for your group but may not, is titles and roles. Usually, once you move from an informal group to a formal organization, it changes the dynamic. However, some people really feel more comfortable with titles, rules, etc. If someone wants to be the Senior Competitive Coach or the Head Kata Instructor, let him or her have it. Don't make it an empty title, either. Require that they take an active, aggressive role in organizing and maintaining whatever area of specialty they want. We strongly discourage anyone being placed in a president role. Once you've done this, you have really created a formal organization, and that is a completely different animal.

B. "Uberdants" – Sometimes, an area will have that instructor whose club is so large or whose rank and experience is so great that it seems that they don't need your group. Well, the important thing to remember is that none of you need this group. All of these clubs can maintain themselves on their own, and this is simply a way to grow Judo. If you have an "Uberdan", try to make sure that their accomplishments and rank are not marginalized. Find ways to make sure that their input is accepted. If they try to take over, that is covered in "Dominance" below. If you are the Uberdan, make it a point to acknowledge and ask for the expertise of the other instructors. Remember, even if you are the 15 time state champion, someone else might have a way of showing a competition technique that will work for your students.

C. Dominance – Most Judoka are strong willed people. Sometimes, you can get an individual who is so strong-willed that they can dominate the group. Then, everyone else feels marginalized and it is no longer their group, so they leave. If you feel someone is being too controlling, try talking to them about it, and proposing that they let one of the other instructors (not you) take the lead in the classes so that they can get experience leading. If they think it is their idea or that they are propping the other person up, then can diffuse a lot of this problem. If that does not work, try a group approach to talk to them.



D. “Knuckle-draggers” – Some clubs, especially competitive clubs, will have the “knuckle-draggers.” The guy or girl who just wants fresh bodies to practice their Ura Nage on. If it becomes apparent that one player is that type of person and is not modifying their intensity level, it is important to speak with his or her instructor immediately. See if you can come up with alternative programs for this person, so they don’t injure anyone else. If that person is his or her own instructor (i.e. some guy and his two buddies who work out 6 times a week), then talk to them directly. Often, they do not realize their intensity level is a problem, and if you let them know and propose a solution, then they become great resources. Let’s say your local bear is named John. You could have an entire workout called “Randori with John”, so he got to randori for hours and everyone else could play him in small, digestible doses.

E. The Passive Aggressive – This is the guy or girl who always has a snide comment or observation about everyone else. Not directly insulting, but just annoying. At first, ignore this behavior and reward positive comments with praise. This will help alleviate that problem. If it does not work and the bad attitude persists, talk with them in a non-threatening way. Explain that while they may not mean harm, it is causing everyone to be uncomfortable and raising up the ego-shields.

F. Cost issues – Hey, money issues are always going to be delicate. If one club feels like they are bearing more of the expense, either directly or indirectly, then mutual benefit and welfare will not be achieved. Expenses include sanctions, clinicians, use of facilities, etc. Be open and up-front if this becomes a problem, and propose a solution.

G. Distance problems – If there is too much distance, then it becomes problematic. If the nearest club to you is 4 hours away, then maybe something every 3 months is the best you can manage. However, you can still communicate via phone or e-mail on a regular basis. If the clubs are too close, then you may start to blur the lines more than either of you are comfortable.

H. Never a prophet in your own land – This is not a major problem, but is something that can eat at you if you are not prepared for it. Some of your students will come back singing the praises of one of the other instructors because of the brilliant insight they were given on a particular technique. Of course, this is exactly the same thing that you have been telling them for the last three months. Instead of feeling unappreciated, instead take pride in the fact that you are continuing to provide your students with knowledge and training, even if it is indirect.

I. Recruitment – This is not really a problem unless the clubs are in the same town, but then it can become a real problem. A lot of instructors are afraid of losing their students to the club across town, and as a consequence, avoid or downplay that club. **Wrong**. Students leave your club because they are not getting from the club what they need. If a student leaves your club and goes across town, assume that they would have left anyway and be glad they stayed in Judo. Often, they will come back.

Example: Sarah has been in your club since she was 9. Now, at 15, she wants to focus on competition, but your club is recreational and does mostly self-defense and technical training. The club across town, whose instructor is in your group, does mostly competitive Judo. Instead of making her feel bad for going there, support her decision and let her know she is always welcome to return. Otherwise, she is going to leave anyway, and either have a bad attitude towards you or, more likely, find something besides Judo to do. If you let her go, then when she is 30 and has quit competing and has kids of her own, she will have good, positive memories of your club and come back to you.

The point here is: If they leave you for another club, they were going to leave you anyway. Be happy they are still playing Judo.

J. Bad Blood – Chances are, if your clubs are in proximity, there can be some kind of bad blood between some of them. Instructor B used to be Instructor A’s student and they split; Instructors C & D were a married teaching team who got divorced; Instructor E ripped Instructor F’s knee at a tournament; etc. The best way to deal with these types of things is ignore them. Graciously invite everyone to attend (unless there are uncontrollable safety or ethical issues) and keep inviting them.

K. Not working – If you have one of the above problems (or one not mentioned) and have not been able to solve it, then have a meeting (or a phone conference) to talk to all parties involved. [NOTE: E-mail is a **terrible** form of communication for this talk] See if all of you can work out a solution to this problem, and make sure that the solution is a concrete, actionable one. “Let’s try to be more understanding” is not enough. Sometimes, some people will just refuse to participate, or their ideas are so contrary to the group that it is not working. Then, the best solution might be to separate (although this will probably happen naturally). However, it is important that you don’t begin this assuming that someone will not want to participate.



VI. Benefits of the Judo Community

Obviously, while not a lot of work, this is an effort on your part. So the question is, why should you bother to put any effort into this type of endeavor?

A. Quantity – There are very few cases where more Judo players is not a good thing. By “pooling” the clubs, you not only get more Judoka on the mat, but also get more upper belts to work with the lower belts, and more coaches and instructors to supervise them.

B. Diversity – When little Mary comes to you and says her big brother John wants to try Judo, you tell her that would be great. Then John, the 6'6", 270 lb. ex-college Linebacker shows up and you realize that the next biggest person you have is a 190 lb. overweight retiree. By creating the Judo community, you can have access to the players of other clubs who might have more in common with or be better partners for people in your club.

C. Greater Pool of Knowledge – Our students have a wide variety of body types, interests, and goals, and it is extremely hard to be a master of all of this. By linking up with other clubs, you can bring in the expertise of other Judoka. Maybe one coach has had a lot of success with training Masters competitors, or a player from one of the other clubs has a brilliant Seoi Nage that would be great for your players. Even if their knowledge is not greater in a certain area, they probably present it in a different way and that will get through to your students in ways you have not, and vice-versa.

D. Greater Pool of Resources – Does your club have a Doctor that can serve as medical personnel at your upcoming tournament? No. Maybe one of your Judo community members has one, or knows someone who would volunteer. For things like sponsorships, corporate contacts, media access, etc., having another club or two to help you out can provide enormous resources. Imagine hosting a tournament, and being able to ask another club in your area to handle all concessions, or getting together with 3 other clubs to share the expenses of bringing a high level competitor or Kata instructor to a workout.

E. Help with coaching at tournaments – Let's face it, sometimes you cannot get to every tournament or clinic, but you have students who want to attend. If you have some clubs in your Judo community that are going, you can easily call them up and ask them to help coach your players. Sometimes, a kid might have parents that will bring him or her to a tournament, but they parent does not play Judo, and your fellow Sensei can cover them for you. Maybe you are going to a clinic that weekend, and a couple of students from other clubs want to come along. If you have established and built this community, you have the relationship established to accomplish this.

F. Someone to talk to – Running a Judo club is not easy, and sometimes problems arise that can be difficult and even disheartening to handle. Worse, you are limited on who you can talk to about the problem. Most of the people in your club are either involved in the problem or it is best if they are not brought into the problem. Most of your friends and family that are not in Judo just do not have the background to truly understand the situation. However, the Sensei with the club 100 miles away understands the dynamic of running a club and can at least be empathetic to your plight. More importantly, he or she may be able to provide you some advice if they have experienced something similar.

VII. Conclusion

Obviously, every area is different and will have different needs, but some variation of this should be able to work for you. In our case, this group has enabled our clubs to bring down clinicians, host camps, put on tournaments, and put together workouts that would have been much more difficult and much less effective to do alone. We are benefiting all of our clubs by helping each other, and helping each other grow. We are bringing it to you so that you can help build your own Judo “neighborhood.”

Dane Grant, LSU Judo in Baton Rouge, Louisiana

James Wall, Wall to Wall Judo in Denham Springs, Louisiana

Jeff Miller, Acadian Judo in Lafayette, Louisiana



JUJITSU INSTRUCTION by David Parritt

Student Behavior:

Students must be courteous at all times, refraining from profanity. This is part of your mental and physical discipline. Practice cooperatively. Competition breaks down our family atmosphere. To improve at falling, take falls. Respect uki by helping break the fall, as uki is not disposable.

Dojo Etiquette:

1. Bow when entering and leaving the mat and before practice.
2. Judogi must be clean; with close body contact, hygiene is important.
3. Do not execute techniques you have not been taught in this dojo until cleared by Sensei.
Avoid martial arts learned from TV.
4. Watch your space. Be aware of others.
1. Minimize TALK-E-WAZA and practice techniques as much as possible to develop muscle memory.
Speak softly in the dojo.
2. Horseplay is not conducive to dojo atmosphere.
3. If late, do not enter the mat without approval of Sensei.
4. If not on the mat, don't distract those who are.

General Training Tips:

1. It takes time to become good at a technique. Perform new techniques slowly to understand and better control them. Rushing can lead to frustration. Rank comes, but don't be overly concerned with it.
2. Don't torture uki; release when he or she says "matte" or slaps.
3. Kicks take time to develop, as do all Jujitsu techniques. If you stretch too much too fast, you may injure yourself.
4. Have fun. Take it easy. Trying too hard makes you stiff and leads to frustration.





Punching Tips:

1. Starting with a relaxed arm, tensing the hand about four inches before contact. Never extend the arm all the way, as this injures the elbow and can lead to a broken arm in a self-defense application.
2. In your mind extend the punch inside the target.
3. Learn to make a fist and hit correctly, or you can injure your own hand.
4. The head and mouth are not targets for the fist, because teeth penetrate hands and skulls break hands. You must not disable your weapons.
5. The heel of your palm is one of your best weapons.
6. Speed generates punching power. Hips provide power and increase the energy of the punch. Good punches use the hip.
7. Focusing on the punch helps deliver maximum power. Focus is an unconscious reflex developed after thousands of punches.
8. Penetrate the punch into the target -- a tap on the epidermis will not stop an attack. Delivering the punch from a stable stance increases power. Wrist weights are all right, but don't punch rapidly. To develop powerful punching, put a deflated bike inner tube behind your back and hold it as you punch. It is one thing to punch air; but for the feel of actual application, do one-step sparring with uki. Later on you can spar slowly.
9. Protective gear is good. Delivering slight force to a moving target develops strikes. Hitting bricks, wood, and other hard objects is not good training and could injure your hands. Instead, strike plastic or rubber a little softer than a mat.

Kicking Tips:

1. An effective kick is only as high as you can raise your leg without effort. Effective kicking for self-defense is no higher than the ribs. Don't kick ribs unless holding your opponent's hand. If your opponent thus cannot block your kick or grab your leg, your kick can have a trip hammer effect. Developing kicks takes time. Many attempt power-kicking through a defense, not a good practice. Kick when you have an opening. Use the correct technique at the right time.
2. Power in most martial arts techniques generates from the hips. The hips are the first part of the leg when you kick. Kicking without the hip behind it is less powerful or opens you to counterattack after you tap your opponent. Weights work, but don't kick quickly. Use the bike inner tube method to rapidly develop kicks. Groin kicks don't automatically stop opponents. Breaking a knee is effective. Kicking a heavy bag helps develop kicks. We perform kicking drills to develop kicks against a moving target. Later we wear body armor for moderate contact.

Throwing Tips:

1. An unpleasant surprise is being thrown without any idea of what's happening. Not only does this give you the psychological edge and expose your opponent for a follow-up, but a good throw can cause serious injuries. You will be thrown many times to the mat. Think how cement would feel.
2. Throws consist of breaking balance, moving into the throwing position, and executing the throw, all equally important. Partial throws won't work.
3. Throws work by breaking balance and using momentum, timing or redirecting uki's force. Throws require much practice and must become instinctive to be effective. You must perform the right throw at the right time. Different throws work for different body sizes, so practice with all sorts of partners.
4. A small person can throw a large person with a good throw. Practicing with those you have trouble throwing helps develop your throws.
5. After static practice to learn basics, practice while moving is more practical. Always keep uki's safety in mind. If the throw doesn't feel right, stop. Be aware of proximity so you don't throw them someone off the mat or into someone.
6. Bending your legs makes a throw work better. Keep your back close to uki, leaning forward. If your bodies separate, uki easily can block the throw. Most throws work with both bodies moving in the direction of the throw. As a general rule the body moves in the direction of the head. Combining this torque with leverage gives throws devastating power. Bending the hips also is important. Relax when you throw. Learn to throw with proper technique, not power. Speed comes with time.



Joint Locks:

A well executed joint lock either will control an opponent by pain or injure a joint, sometimes to breaking. As in all Jujitsu techniques, joint locks must be done in a fast, fluid manner. If a technique doesn't work, don't force it. Switch to another lock; add atemi waza, a strike; throw; or quit. Don't allow your opponent time to counter you.



Dave Parritt undergoes gripping experience

Falling:

Most of us are apprehensive about falling. We build confidence by starting from the ground, then roll from the knees and work up to standing falls. Falling skills take time, and you must relax and not hold your breath.

Slap with fingers together to avoid injury. Kiai means to shout by tightening your abdomen and vigorously exhaling. When throwing, remember to pull up on your partner's arm to cushion the fall. You will appreciate the same consideration when uki throws you.

Mental State:

Samurai were taught to not fear death. We conquer fears of pain, falling, faring poorly, and losing. During practice you must relax, performing the right technique at the right time. To respond well, you must be relaxed. Techniques come in time.

Repetition:

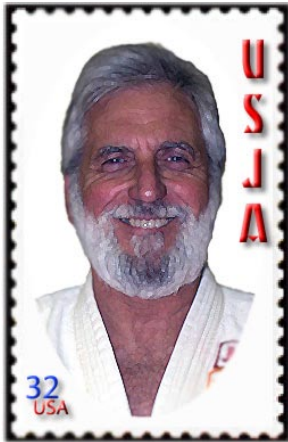
Repetition is the key to perfecting technique. After forty years with some techniques I still am improving them. One of Jujitsu's pleasures is becoming friends with techniques, enjoying performing them and feeling them work.

Pain and Injury:

Practice may lead to pain. The purpose of many techniques is to deliver pain and/or injury. We work hard not to injure practice partners, focusing on safety. Serious injuries are rare. (We have much lower accident rates than do football, baseball, and basketball.) Bumps, bruises, and sore joints may occur. Continued practice is part of your mental conditioning in the application of Jujitsu.

David Parritt, rokudan in both judo and jujitsu, runs Samurai Judo and Jujitsu, in Melbourne, Florida. He has taught both arts and started clubs in the Republic of Korea, the Netherlands, Panama, Germany, and Puerto Rico.

JUDO POSTMARKS by Ronald Allan Charles



Stamp-collecting is one of the world's most popular hobbies. As with most things, it becomes necessary to focus, perhaps on a country, on a time period, on errors, or on a theme such as martial arts or, narrowing it further, judo. Just as judoka specialize in areas other than competition such as kata-judging or refereeing, philatelists may specialize in cancellations.

Cancellations (cancels, for short, and also known as postmarks) are marks postal services make on stamps or postal stationery to show that the item has been used. Some are images associated with the commemoration of an event or with an anniversary. Others simply are text.

The U.S. Postal Service uses 2,500 to 3,000 postmarks each year; sponsors or organizations can request the postal service to authorize their designs. Private cancellations, though restricted, are possible. Laws about this vary from country to country.

There are both machine and hand cancellations, sometimes applied to a corner so as not to obliterate the stamp. Marks can be horizontal dashes, horizontal lines, vertical lines, or text (location, time, and date). Lines also can be wavy.

To avoid impeachment, Richard Nixon resigned as president, becoming the first ever to do so. And although he declared, "I am not a crook," not everyone believed him. Some looked forward to his appearance on a postage stamp that, when cancelled, would show Nixon behind bars. That took a while, because stamps honoring presidents are issued the year after their deaths, at which time they finally and literally are cancelled.



There are plenty of judo cancellations but not many for other martial arts. Because cancellations lack the color and detail of stamps, they attract fewer collectors.

Over 125 different judo cancellations from 35 countries are pictured on the Judo Stamps, Coins, and Phonecards List (<http://usja-judo.org/~judo.stamps>), along with other martial arts cancellations. Judo is the most popular philatelic item. Though you might suppose that Japan has the most judo cancellations, it's not so. France wins this event by a long throw, followed by Germany, Belgium, and Romania.

Some are simple, with a club's name or event or simply the word JUDO.



A few feature the belt, and it's not always black.



Many cancellations show dynamic judo.





Why would a judoka throw his partner into the television set?
I know there's not enough judo on TV, but...

Perhaps this judo bird suggests using airmail.



These cows are in the mood for judo.



And this tiger is no pussycat on the mat.



America's judo cancellations pale beside others. See for yourself.



Other martial arts have postmarks: kyudo, wushu, Shaolin, sambo, karate, samurai, kendo, yabusame, and sumo.



Just as some collect stamps, others collect cancellations of those stamps, and still others collect articles about cancellations. This is one. And when you narrow the area to judo, this article becomes unique. So are its readers.



Ronald Allan Charles, 7th dan in judo, holds Master Collector rank when it comes to judo stamps, coins, and phonocards. Because stamps of him, which are not postal issues, are unreal, HE never can be cancelled. What an awesome thought!



Jujitsu: An Art and Science by Ben Bergwerf



Jujitsu, the gentle/yielding art, often has been misunderstood as purely a method of self-defense. Though effective for self-defense, it is much more. The “ju” of jujitsu has deeper meaning in Japanese than simply gentle/yielding/soft. It is the ability to utilize an opponent's aggression and convert his actions to advantage by yielding in the direction of the attack. It can also bring about an attacker's defeat mentally, as in verbal jujitsu.

Modifiers to the word “jujitsu” define a practitioner's specific style on a continuum from soft to hard. For instance, Combat Jujitsu or Combat Judo, a hard style, employs more power techniques and pro-active moves to disable an attacker than soft jujitsu styles similar to aikido that try to control or dismiss an attacker.

All jujitsu styles use the same basic principles to reach their goals. These principles are based on physics, bio-mechanics, and knowledge of the human body.

Following are broad categories of principles utilized in jujitsu. By no means do these describe all options. Most categories have sub-categories down to individual techniques. Though not listed in order of importance, they are interrelated.

- 1. Use opponent's actions against him or her.** Redirect and utilize your opponent's power. When an opponent pushes, move away and redirect. When he or she pulls, follow and redirect. Change opponent's direction to unbalance and defeat his or her objectives.
- 2. Mental preparedness, Ki, the life force, the inner strength.** Meditate after practice and, time allowing, before a fight. But under sudden threat, allow your training to direct your actions. Subconscious (Mushin) action is better than conscious reaction. Believe in your capabilities.
- 3. Balance (Kuzushi)** Maintain and use your balanced position unbalance your attacker. Then execute appropriate action. A thrown attacker will be disoriented and psychologically disadvantaged.
- 4. Throwing techniques (Nage Waza)** Disturb the attacker's balance while maintaining your own. Any action by an opponent provides you with an opportunity to utilize and redirect that power.
- 5. Holding techniques (Ne Waza)** When grappling on the floor with a single opponent, control his or her body until authorities arrive or another course of action becomes necessary. Never stay on the ground when other attackers are near. If so, traumatize the one on the ground, get up, and deal with others. The objective is to get up from the ground, not to hold an opponent for Ippon!
- 6. Locks, leverage, torquing, and folding techniques (Kansetsu Waza)** After avoiding an attack, control further aggression by locking, folding, or rotating an arm, wrist, or other body part. These are examples of mechanics combined with knowledge of muscular, bone, and nerve structure. Specifically this is a principle group with many branches.
- 7. Strangulation/Asphyxiation principles. (Shime Waza)** If your life is threatened, a strangulation (restricting an attacker's carotid arteries) defense may be justified. Asphyxiation (restricting an attacker's air intake) can seriously damage or even kill someone if the choke is not released and if CPR (Katsu or Kappo) is not administered. Both choking actions can be dangerous.
- 8. Pain reaction points (Pressure on sensitive areas -- nerves)** The body has many points where applied pressure causes a spontaneous reaction (e.g., release or relaxation) by the attacker. A strike or pressure applied to such a point will divert attention or disorient your attacker.
- 9. Kick and punch techniques (Atemi Waza)** A preemptive strike, such as a kick to the knee or an elbow to an attacker's solar plexus, will distract or dissuade an attacker, allowing you to depart or perform your own action. Karate has honed Atemi Waza (striking) techniques to a science.



10. Resuscitation Techniques, CPR (Katsu or Kappo)

To resuscitate an opponent or revive a partner who was strangled.

11. Repetition of techniques for subconscious action. (Uchi Komi to Mushin)

Practice the sequence of moves until you do not have to think about them. This probably is the most critical component of self-defense. No matter how many techniques you know, unless you can perform a technique without conscious thought, you allow your opponent time to react.

12. Combination sequences (Renraku Waza.) -- Decision path for all options.

Flow smoothly from one technique into another as the situation dictates. Your opponent will not necessarily perform a single action only. He will adapt and modify. So should you! Allow your subconscious to direct your actions, and use the opponent's force, action, or direction to advantage. Redirect your actions accordingly.

13. Improvement of quality, not quantity, of techniques.

It is better to learn fewer actions well than multiple actions poorly. Do not concentrate on many ways to defend against an identical attack. Rather select and master one. Learn the options, and then select techniques that best suit you.

14. Compassion.

Do not break the arm of the person who pushed you. In defending, do not exceed the severity of the intended attack. Recognize the difference between a life threatening attack, middle ground, and a simple argument.



Ben Bergwerf, USJA Professor of Jujitsu, is a founder of the USJA Jujitsu Program. He holds USJA ranks of kudan in Jujitsu, rokudan in Judo, and yodan in Tae Kwondo. Bergwerf Sensei teaches Combat Judo to cadets at The Citadel, the Military College of South Carolina, in Charleston.



DIRECTION OF ATTACK by Marc Cohen

They say that those who can no longer perform teach instead. That's more than I would have admitted just a few years ago. I also realize that teaching rather than playing offers a different perspective on judo. Critically watching from the side with nearly a half-century of experience enables me to observe more clearly than when I was playing four or five times a week, unable to see the forest for the trees.

Before I wax poetic, let me explain my latest discovery: most of us are doing it wrong! Nightly I watch dozens of judoka attempting to line up the perfect shot and coming out wanting 99% of the time.

Here's the reason: most of us have a tokui waza (favorite technique). We use it repeatedly, occasionally mixing it up with preparatory or set-up moves, fakes, or combinations. Then we hit our opponent with our best shot. Sometimes it works though just as often doesn't (especially the second time, since your partner now has your number).

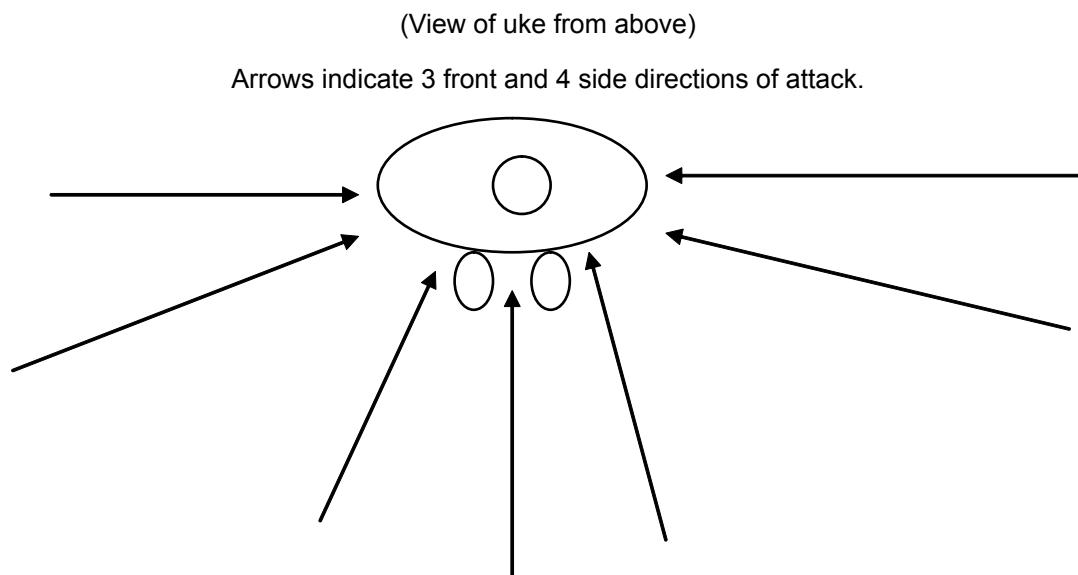
Again, most of us won't give up our tokui waza because it's our signature technique defining who we are as judoka. But when it doesn't work, we have a bad night.

Seeing this repeatedly, it occurred to me that we're going about it the wrong way. I have a 12-pound Havanese (Cuban Bichon) puppy that should be on Ritalin but is blissfully unaware that she is hyperactive. When we play puppy games she goes for my hand and sleeve so she can mouth me. Whenever I move my hand out of the way she attacks from a different direction and possibly height, with her same tokui waza.

Aside from the occasional drool, judoka are nothing like my puppy, Chloe. She instinctively knows how to use the same attack from seven different angles. So should we. When we attack a training partner or opponent, we should be developing the ability to attack with the same or a complementary technique from front, corner, and sides. An attack never should fail because our opponent is not facing the direction we would prefer.

As you and your partner traverse the mat you must be able to attack at any moment, with sustained attacks from every direction. Combinations and linking attacks are good, but the initial entry for the first throw should not be predetermined by the position of the opponent. Instead every position of the opponent should be optimal.

The drawing below illustrates the point:



For each technique we learn, teach, and practice, consider that it can be applied from the front, the corner, and even the side by manipulating uke to move accordingly. Never teach that when beginning seoi nage, for example, you enter from the front corner, cross over, and complete the throw with an upward torquing motion. Instead, teach entries from different positions.



I began to teach new judo students this attacking strategy without exposing them to the less dynamic version, with fantastic results. Even the youngest student understands the concept and attacks older and more experienced dojo mates relentlessly and effectively.



I teach my students to attack from every direction using combinations and linking techniques. I call this seamless judo. Seamless judo seems successful, something to consider in your own training.

Marc Cohen holds Godan rank in judo. He has successfully run the Go Rin Dojo on Long Island in New York for a quarter-century. His students have won dozens of titles in local, regional, and national tournaments. Many of Cohen Sensei's students have sent their own children to become his students.



DOES YOUR CLUB PRODUCE WINNING PLAYERS?

by Ronald Allan Charles Chairman, Awards Committee



The Awards Committee recognizes outstanding players each year. Seven hundred and eighty awards — up to 15 for each state, Washington, D.C., and Overseas — are allotted annually for 11 State categories. Eight awards are allotted for seven National categories.

STATE AWARDS: Coaches recommend players. We choose recipients based upon a point system for placing first, second, and third in tournaments. This year we have added new categories and expanded others to male and female. Categories are:

- State outstanding junior male competitor
- State outstanding junior female competitor
- State outstanding senior male competitor
- State outstanding senior female competitor
- State outstanding junior male kata player or team
- State outstanding junior female kata player or team
- State outstanding senior male kata player or team
- State outstanding senior female kata player or team
- State outstanding mixed kata team
- State outstanding masters male competitor
- State outstanding masters female competitor

Points are tabulated on the recommendation form, available from the USJA website (under Forms and Documents, then go to Forms). Any Coach may submit recommendations, and judoka may recommend themselves if their Coach endorses the form. We will the name of each Outstanding player's Coach in the website State Hall of Fame. Recipients will receive a certificate, enshrinement in the Hall of Fame, and free entry to the two-day Elite Technical Training Camp following the 2007 USJA Junior Nationals in Indiana.

The Camp will be a great event. Last year 75 athletes from seven states attended. Jimmy Pedro, World Champion and two-time Olympic medalist, will be the clinician for Monday's practice. Instructors from around the country will offer small group and individual instruction. All recipients of 2006 State and National Awards are welcome. Event details will be available on the USJA website.

NATIONAL AWARDS:

- Outstanding Life Member Contributor
- Coach of the Year
- Outstanding Kata Competitor or Team of the Year
- Outstanding Female Athlete
- Outstanding Male Athlete
- Outstanding Female Masters Competitor
- Outstanding Male Masters Competitor

National Hall of Fame inductees will receive engraved plaques, in addition to having their names enshrined in the website Hall of Fame. They also are invited free of charge to the two-day Elite Technical Training Camp following the 2007 USJA Junior Nationals in Indiana. This camp is for seniors as well as juniors.

Take a look at the State Hall of Fame for your state. Coaches should begin thinking of players to recommend for State Awards well before the March 31 deadline. The entire calendar year from January 1 to December 31 is the time period for accumulating points for State awards. Download the recommendation form, fill in information using tournament records to tabulate points, and get your coach to sign and submit the form before the deadline.

Remind your coach. If you are the coach, this article is your reminder. Players whom you recommend will be grateful.



What Keeps Me in Judo? by Carl Hayes

I do know what keeps me in Judo. It's kids like my student Alexa, age 7. This was her first shiai ever, September 30 in Lakeland. She took second in 7-8 yr. girls.



Gosh! I think I'm going to win!



Wow! I'm SURE I'm going to win!



It's kind of nice here on the awards platform



Are you proud of me, Coach?



Hooking Youngsters on Judo by Marc Cohen

One of my many musical heroes is a man from Mississippi who defies classification and in fact has created his own genre called Down Island. Jimmy Buffet grabbed pieces of rock and roll, country, and calypso and developed a unique sound and offbeat sense of humor to accompany it.

Jimmy got fans hooked on his music and keeps reeling them in. And those on his hook come back for more. What's this to do with Judo? Retention. We want to retain students, but how? A Judo club must have a strong, loyal core that attracts friends and relatives. If that core group achieves success while having fun, others will come.

Giving new students short term, achievable goals that can be converted to realistic long term goals brings success. With younger players, mat time must be enjoyable or they'll seek fun elsewhere. We don't live in a feudal society that supports unquestioned discipline (though we may wish we did), hence we have to accommodate kids with fun and games.

Rolling around the mat and wrestling other kids is about as much fun as a kid can have, but that gets to be more competitive and goal-oriented than less structured fun and games. It is important to introduce segments that will teach Judo skills in the guise of games.

Youngsters love games and some even come to Judo solely for them. Though I had not intended to focus on games, if they keep students on the mat and have the potential to turn them into dedicated and successful players when they outgrow them, so be it.

I look for non-gender-specific high energy games relevant to Judo. A favorite is Sheep and Wolf. In this, two juniors play Sheep, lining up (on knees and hands, of course) at one end of the mat. Perpendicular to the Sheep, on the extreme sides of the mat and halfway down, are two Wolves. On signal, the Sheep run "on all fours" to the Sheep pen where a Sheepdog waits to keep them safe. On the same signal, the two Wolves attack the running

Sheep (hands and knees and one to one) and try to stop them, turn them over, and hold them for a count of three. Ne-Waza skills are evident, and the pace is fast and furious.

Poison Ball and Extreme Poison Ball are two other favorites. The object is to develop speed, agility, and spatial awareness. All kids except one go to the center of the mat. One child is given a soft Nerf "poison ball" that he or she throws at the kids in the center, who are on hands and knees. Any child hit with the Nerf ball is poisoned and has to join the child who threw it. He or she then gets an opportunity to throw the ball at the remaining kids. The game continues until only one remains in the center. That person is the winner. In the extreme version rules are identical except that there is a thrower on each side of the mat so that kids in the middle have to look all around to see where the ball is coming from. This game is fun and warms down kids after a tough class.



Youngsters love games and some even come to Judo solely for them. Though I had not intended to focus on games, if they keep students on the mat and have the potential to turn them into dedicated and successful players when they outgrow them, so be it.

Steal the Bacon is another game that develops Ne-Waza skills. Children sit in a circle. I assign each a number, put a bean bag — the "bacon" — in the middle, and call out two numbers. One of those numbers then has to Steal the Bacon and the other tries to turn over him or her and get it back.

Standing games are more challenging. Our favorite is Turkey in the Middle. Players, each assigned a number, form a large circle. One, selected as the Turkey, goes into the center. Those in the circle change positions so that the numbers



are not contiguous. Then I call a number. Whoever has that number rushes to the Turkey, who must throw this attacker and in turn, be thrown by the attacker. Action's fast, providing throwing practice and speed training.

Sid Kelly authored *The Games Method* and *Contact Games*, great books about games for children that should be on every instructor's bookshelf. Those and a little imagination, sense of humor, and love of children, are all that is needed for successfully teaching a junior club.

Don't talk down to kids, because they hate it. Treat them as young adults, make sure they know the rules, and make them accountable for their mistakes and the fact that there are consequences for breaking rules. They and their parents will appreciate such structure.

Above all, know when to be serious and when to have fun. Kids love to have fun and to laugh, and they want your respect and acknowledgment. Don't disappoint them. Always remember that your job as a Sensei is train children so that as adults they can surpass your skill and carry on the tradition and love of Judo.

Marc Cohen holds Godan rank in judo. He has successfully run the Go Rin Dojo on Long Island in New York for 25 years. His students have won dozens of titles in local, regional, and national tournaments. Many of Cohen Sensei's students have sent their own children to become his students.

WHY I TEACH JUDO by Edgar E. Carol, Jr.



I'm often asked why I teach. I don't make money, though I spend a lot of time. I generally proffer the typical reply about fostering kids' development and self-confidence.

Something leads us into becoming teachers. Judo saving my life five times did it for me. I spent 31 years as a Dallas Police Officer, enjoying a job that I would have paid to do. I gain weight if inactive, plus I have a mouth. No one has to guess what I'm thinking! I needed a sport. I loved wrestling in college but that's not useful to a street cop.

My six month search ended at Vincent Tamura's Judo Institute. Tamura Sensei patiently tolerated my sloppy student attitude. We began on the wrong foot when told him that I was a Police Officer wanting to learn a sport and self-defense. To me that meant judo. To him, jujitsu.

Jujitsu, lacking powerful attacks and strong takedowns and controls, seemed boring. Some techniques had speed but emphasized being careful with your partner. Judo was more fun. Tamura Sensei insisted that I study jujitsu first. For six months I studied jujitsu, followed by a couple months of judo, then back to jujitsu.

After six months of lessons I couldn't seem to pick a fight on the street! I even tried provoking fights, to no avail. One violent ex-con wouldn't fight because "It just doesn't seem to be the thing to do." For a year I continued studying judo and jujitsu and patrolling Dallas streets, keeping my weight and profile low.

Working off South Oak Cliff, I was called to a family disturbance. I arrived about five minutes before my partner, caught in traffic. I approached the door, seeing nothing suspicious. We're taught when knocking to stand at the door, using it for cover. I didn't notice that the incorrectly hinged door opened the wrong way. I planned to knock three times, hollering "Police!" At my second knock the door swung open and a shotgun pointed at my nose. Without thinking, I squatted, blocked the barrel with my forearm, and caught the stock with my other hand. The shotgun fired, one pellet passing through my hat brim! Wrestling the weapon from the man's grasp, I reversed it and hit him repeatedly over the head with it.

My partner approached and said, "Now that's downright silly!" I explained that the man had tried to shoot me. "Not that," he continued. "You're hitting him with a semi-automatic shotgun with the barrel in your hands. Look where the gun's pointed when it connects with his head!"



Two years later I responded to a call about a gang fight in a Pleasant Grove park. I parked and walked toward the fighting. About ten other officers arrived from another direction, and kids scattered. One ran directly at me, so I stepped aside, my right hand catching his right wrist. Then I noticed the knife. Hari-gatame took care of that, followed by waki-gatame to put him face down while I looked for anyone coming to help him. Vince Tamura's jujitsu saved me again.

A couple years later while patrolling Northwest Dallas at 2:30 a.m. I stopped a speeding vehicle. As I approached, the driver exited and walked toward me. I ordered him back into his car. He smiled and walked faster, suddenly kicking at my face. He kicked off my hat! I leaned and threw up my hands, grabbing his leg as he lowered it. He pulled his foot back and I went with it, ducking and turning my head to the side to avoid his punch. I wrapped my right arm around his neck as my left hand grasped his right elbow. Stepping past, I threw him with osoto-gari. I might have caught both legs, because he fell like a log. Executing the maneuver, I thought, "That's concrete, not a mat." I tried supporting his head with my left hand, succeeding only in getting my fingers smashed between his head and the pavement. His head required 27 stitches. He told me he'd always wondered if he could whip a cop. He was 18 and had just received his taekwondo black belt.



Ed Carol, Kotani, Vince Tamura

Such incidents have convinced me that I owe my life to judo and jujitsu. Consequently I teach, giving paying back to these arts. I enjoy teaching kids, but when I have a cop as a student, I know that I'm doing what I was meant to. Payback is great!

Ed Carol holds Yodan judo rank and Sandan jujitsu rank. He teaches judo and jujitsu at his Ichi Ni San Judo and Jujitsu Club in Ennis, Texas. Thanks to his training, his USJA, USJF, USJI, and USJJF life memberships have not expired. Carol Sensei also is an American Kennel Club Judge for Companion Dog Certification, though not licensed to promote canines to Showdog rank.



Inter Cub tournament & Promotion by Gary Goltz

Goltz Judo vs. Discover Judo was a big success for Judo today (Nov. 4. 2006). Both clubs fought hard but in the end Discover Judo edge out Goltz by a couple matches to win back the coveted perpetual trophy. It was also a day to celebrate the promotion of John Moe to Godan. Besides running Discover Judo, a USJA Club, John serves as our volunteer IT Director where he is overseeing the installation of our new database.





Training for the Big One by James S. Bregman



On April 3, 2006, I awoke from anesthetized unconsciousness to begin life with my new knee. My doctor had removed bone spurs and inserted a stainless steel joint, declaring the procedure a success. Easy for him, I thought, feeling pain from his five-inch laser incision on the front of my knee.

Recovery was going to be painfully long. Dr. Romness had been monitoring my knee for five years and had said that I would know when the time was right for replacement. I'd been at a party guzzling coffee on a couch when I tried to stand and almost did a front ukemi face down onto the coffee table. I lacked spirit, that is, had not partaken of adult beverages. Yep, time was right. Forty years had passed since the incident which caused me severe pain during that entire time and terminated my competitive judo career.

I was training for the 1965 Sao Palo, Brazil, World Championships. My training partners Bill Montgomery, David Oliver, and my brother Howard were seventeen-year-old brown belts. When they weren't in school we trained. When they were, I trained alone. I should have continued this routine.

Instead, I found myself working with a white belt who went airborne and crash-landed on my right knee, clipping it sideways and crushing it. I took the rest of the day off but began next morning's training as usual. I asked my three training partners not to talk about the knee. That would distract me from my mission.

Because I'd won the Olympic Bronze medal the year before, I had made the team without going through playoffs. That preserved my knee, because I couldn't fight then. I continued to train. I ran on the beach at Ipanema, Rio de Janeiro. Yes, by the time I got there I could run, with pain. I was crazy.

My teammates and I didn't mention my injury to anyone. I wrapped my knee with a bicycle inner tube and fought with my right knee back in a left stance, with a right grip. Well, that really confused the scouts and my opponents! I threw Ross of England, Snijders of the Netherlands, and Grossaine of France, each for ippon. I lost to the second player from Japan, who lost to Okano of Japan who won the Gold.

I came home with another Bronze medal and a permanent injury. I was twenty-two. I'd decided that competing in the World Championships was worth any price. I'd worked from the age of twelve for my Olympic moment and had succeeded. I wanted one last World moment. After the World Championships I could hardly support weight on my right leg during judo because of random side motions and turns.

I competed for myself, family, and country, in that order. I was honored to be the first American judoka on Olympic and World Championship pedestals. I told a reporter, "Fame is a very ephemeral commodity."

So the cost for two of the world's most prestigious medals was one knee. I didn't count other injuries incurred while training for eight years at Meiji University, Kodokan Judo Institute, and Tokyo Police Academy.

In retrospect I have decided that even the Big One probably wasn't worth the physical trauma. I have no regrets, but we, the judo community, need to rethink what we are doing to our juniors and ourselves.

Let children play and be children. Stop pushing them to earn the Triple Crown! Teach them skill, perseverance, patience, prudence, and how to take care of themselves and others. Coaches shouldn't push kids beyond their physical and psychological limits. Parents need to set better priorities.



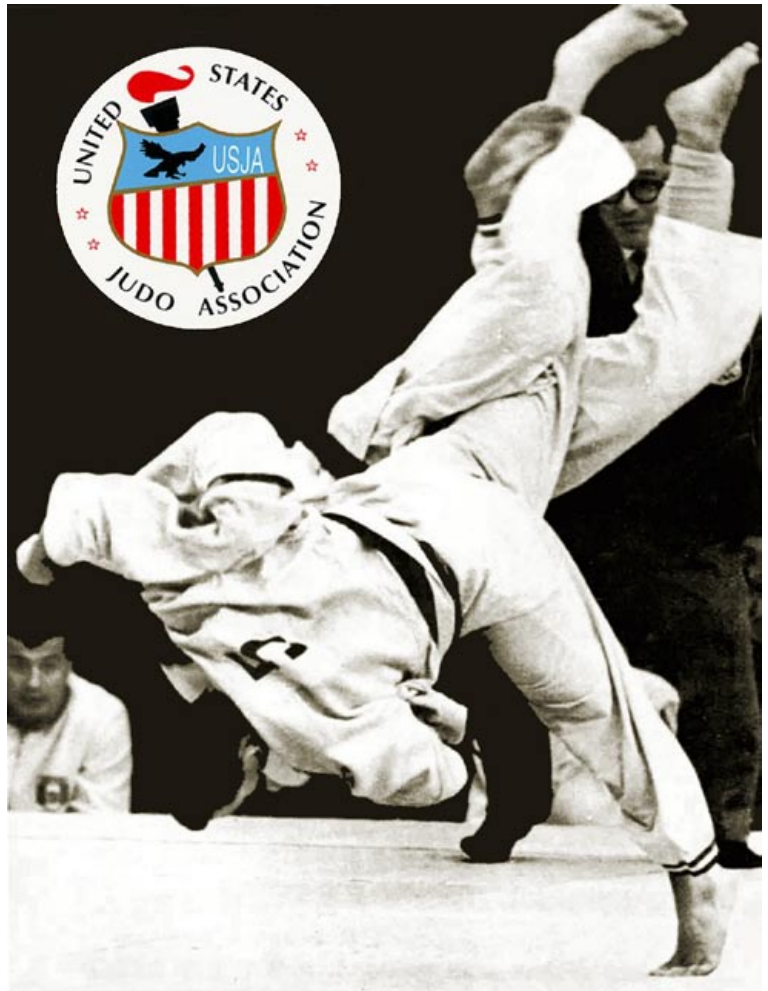


Winning isn't everything. You learn more from being thrown and getting up than always throwing. Don't play when injured, as I foolishly did. It wasn't smart and it cost me. Masters Competitors play when they are hurt. Why? Judo is a full-body hard-contact sport, and we risk our mobility by competing with body replacements. Masters competitors are old enough to make decisions and live with consequences, but be smart. Judo is great physical education. We need to explore its benefits to our lives at all ages.

Six months have passed and I walk without pain, even up and down steps. I can bicycle for 25 miles without pain. I have undergone painfully vigorous physical therapy to regain full range of motion and use of my knee.

While lying in the hospital in severe pain I promised myself that I would never do anything that would endanger my body. My quality of life is good now, and I intend to keep it that way. For the past forty years I never fully understood how much function I had lost and how much I was suffering until I completed my last physical therapy session and walked pain-free from the hospital. The physical therapist was brutally effective in my rehabilitation, but that's another painful story!

A founding Director of the USJA, Jim Bregman has served multiple terms as Director and President of the USJA. He is a popular clinician and advocate of grassroots judo development. He is retired and resides in Virginia.





Jim Bregman visits Goltz Judo Club

From: S. Nick Niakan

To: Gary Goltz

Sent: Thursday, November 30, 2006 10:25 AM

Subject: RE: Bregman Clinic

Gary,

It was a great last night! I know now, why you had such a high regards for Sensei Bregman.

He is truly a very charismatic, accomplished and very down to earth Judo man. I was mostly impressed with how he puts complicated Judo moves and judo philosophy into simple moves and terms for everyone to understand. The few drills that he demonstrated was exceptional. His techniques and moves are sharp and so well defined. His way of moving around and using all of his body for combinations techniques, reminds me of my sensei Mr. Yoon!! I Have not seen a western player with such a footwork and explosives agility! Even with a bum knee he is a hell of a player!

Thanks so much for inviting him for a night in a club! I got tell you that, in all my years with your club and you clinics that I have been involved , last night was the best of the all.

Thank you again.

Shahriar "Nick" Niakan





EDITORIAL, SO YOU WANT TO BE A CHAMPION? FROM Illinois Judo Newsletter - IPPON!!!

With Our Thanks To Dr. Kei Narimatsu

How does one become #1? How do I become a National Champion, an Olympian, an Olympic Champion? Wait, wait, wait. Too soon. How do I become a Regional Champion, a State Champion, a Local Champion? Wait, wait, wait. Too soon. How do I get to be a black belt, a brown belt? How do I get from White Belt to Yellow Belt? These questions, of course, cannot be answered simply by telling someone to practice hard and you will win. These questions can only be answered by the heart and soul of the participants. How much do you want something and how much are you willing to sacrifice to get it. Are you willing to work or do you just expect it to be handed to you. How patient or impatient are you? How ethical or unethical are you in achieving success? Will you sacrifice your family, your health, your job, your school to achieve success? What kind of work ethic do you have? How much natural talent do you possess? How lucky are you?

Not everyone can be an Olympic Champion. Think about it, only 14 people win every 4 years in Judo. Those are not great odds. And yet, some do win and some win multiple times. Personally I can not tell you how to become a champion. But I can speculate on how to be a champion.

It can be said that when the practice is hard, the winning is easy ****AND**** when the practice is easy the winning is hard. This is true but first, you must believe in yourself. You must be persistent in your goals and you must have a little luck. You have to practice hard. 100 uchikomis do not cut it. You must do 1000 in one night. Practicing one night a week will not make you great. Practicing three to four days a week as a minimum and you might have a chance. Champions can do the basics right every time. Having natural ability helps but is not a prerequisite for greatness. Focused goals and hard work are key components in a quest to become a champion. Ethical behavior will give you a sense of worthiness, cheating under any circumstances will be an empty victory. Study and listen to your Senseis for they have years of experience over you. Keep an open mind on how to do things. Experiment with different techniques and methods, pick what is best for you. Do not be afraid of questioning the system but be respectful in doing so. Win with humility, lose with dignity. Teach others what you have been taught for in teaching, you WILL become better. Your actions should always bring credit to yourself, your parents and family, your instructor and your friends. Never do anything to bring shame or disrespect to them or this sport.

So is this the way to win matches? Win a medal? Not quite yet. You must understand that discipline is the key to being a champion. Not making the same mistake twice. Repetition, repetition, repetition. Consistently recognizing your mistakes in practice will go a long way in recognizing your strengths and weaknesses in competition. Be like a balloon. Grow in all directions equally. Work first on your weaknesses and after you have mastered them, then on your strengths. Know the rules and know them well.

Maintain a consistent work ethic in whatever you do, in your sport, in your job, in your school, in your home, in your interpersonal relationships, with friends and foe alike. Winning at all costs is too costly. Winning honestly and fairly is the sign of a true champion. So in the final analysis, a true champion is not one who wins the medal at the end of the day. It is the one who brings credit to him or herself. It is the one who is a mentor to those with less talent or money. It is the one who gives of themselves fully and unconditionally to the betterment of their sport, their company, their school, their family, their community, THE world. The champion is one who gives more than they receive and understand with humble appreciation, the talents they may possess to accomplish these goals. You must fervently believe, ardently desire and thoroughly commit to be a champion in anything you do. To do anything less is cheating yourself and those around you. This, to me, is **THE TRUE CHAMPION**.



***Maintain a consistent work ethic
in whatever you do, in your sport,
in your job, in your school, in
your home, in your interpersonal
relationships, with friends and foe
alike. Winning at all costs is too
costly.***



USJA National Championships held at Ontario High

by L. Alexis Young, Staff Writer, Daily Bulletin, Ontario

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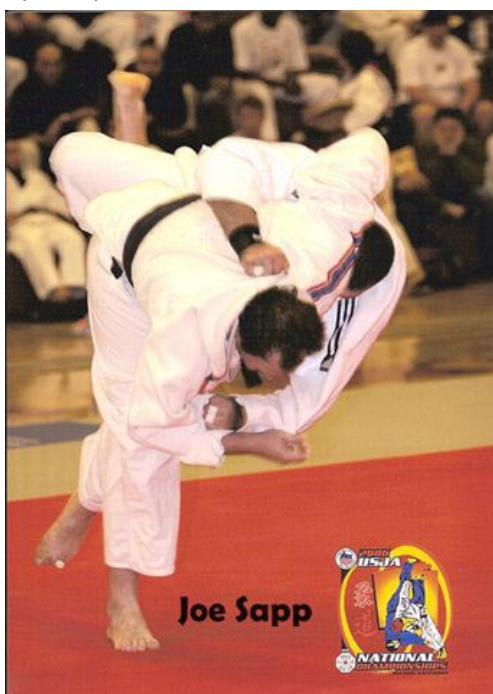
More than 500 judo competitors from across the nation gathered at Ontario High School on Dec. 2 and 3 for the 2006 USJA (United States Judo Association) National Championships.

The two-day competition brought out Judo Olympic medalists Jimmy Pedro, Jr., World Champion AnnMaria Rousey and her daughter Ronda Rousey, a current U.S. Olympic Team member. The event was directed by Gary Goltz, owner of Goltz Judo of Claremont.

"Judo is a martial art that's been in the Olympics since 1964," Goltz said. "It involves throws and holds that can be either pins, arm locks or strangles. It's a relatively safe sport. Judo develops character in people and makes people challenge themselves. It teaches the value of cooperating with others.

"The goal of judo is to get people to be productive members of society," said Goltz, who started his judo club in 1987. "Judo means gentle way. It builds inner confidence in people. We're going to have two forms of competition. First are the open bouts where they do what you might call sparring, and then there's Kata, which is the pre-arranged exercises. In Kata, they demonstrate their holds and strangles and they are judged on their exhibition."

Competitors ranged in age from 5 years old to well over 60 years old. Goltz awarded trophies in 100 divisions. About 50 of the competitors were from his 170-member club, the largest club of the 800 clubs in the USJA. After the competition, professional judo players led a skills clinic for participants.



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