

Growing

J u d o



August 2006
Monthly Newsletter of the USJA
Development Committee

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Cover photos from the USJA Summit held in Ohio in August, 2006

Top: Athletes practice drills

Bottom: Vickie Daniels teaches gripping.

Photos courtesy of Mark Hunter

CYCLICAL TRAINING FOR JUDO ATHLETES: SECOND IN A SERIES

By James Pedro, Sr.



Last month, we reviewed the concept of periodization, selecting a few key tournaments during the year and training for those. The tournaments will differ depending on where you are in your judo career. For some it is the U.S. Open, for others it is their first E-level tournament and for some it may be the Panamerican Masters.

Off-season training

Mondays and Fridays.

For each of the following exercises do four sets with six repetitions of 70-80% of your maximum weight. Rest 3 minutes between each set.

Bench Press, Power Cleans and Squats.

This should take about 48 minutes total time.

Wednesdays

Do plyometrics 3 –4 sets of the following exercises. – 25 minutes

Medicine ball throws – front, side and overhead – 10 each

One minute treadmill

Box jumps – 3 or 4

Hurdles 10 – sideways (knees high)

Weight pulls with rope

Uchikomi with band – 25 repetitions

Jumprope – 1 minute

10 squat jumps

Do three to four sets sets, total of 25 minutes

Note: Many of the above exercises are demonstrated with short video clips on this website <http://www.exrx.net/Lists/PowerExercises.html>

Tuesday and Thursdays

Run one or two miles

Remember, you're supposed to be gaining strength and power in the off-season.

Pre-season training

Monday, Wednesday, Friday

Four sets of ten reps of each exercise at 60-70% of your maximum. Rest one to two minutes between sets.

Bench press, cleans, squats, lat pull downs to chest, tricep, bicep.

Superset your last set of biceps and triceps (you do the biceps and then the triceps with no rest in between because you are doing different muscles)

Biceps – you can do curls, chin-ups, whatever equipment you have. Same with the triceps, select an exercise that you can do for these muscles with the available equipment.

Sprints – 5 50-yard dashes, 3 100's and 2 220's

Tuesday and Thursday

Plyometrics

Medicine ball throws – front, side and overhead – 10 each

One minute treadmill

Box jumps – 3 or 4

Hurdles 10 – sideways (knees high)

Weight pulls with rope

Uchikomi with band - 25

Jumprope – 1 minute

10 squat jumps

Sprints – 5 50's, 3 100's and 2 220's

3-4 sets, should take a total of approximately 25 minutes

Keep a record of your time

In-Season

Monday and Fridays

The point is to maintain most of the strength from the off-season and pre-season training.

Lifting, do three sets five minutes with a five-minute rest between sets. You are doing cycle training. Do every exercise, bench press, cleans, squats, lat pull downs to chest, tricep, bicep, 15 repetitions, one exercise after another, at 40-50% of your maximum weight. That is one set.

End with ten 50-yard sprints

Tuesdays and Thursdays

3 sets plyometrics (same as above)

Jumprope 100 jumps (instead of one minute)

Try to beat your time each time. When you come to a point where you can't beat your time any more from the previous workout, do 4 sets and start over again trying to beat your time.

Run five 50-yard dashes and one mile

When running a mile run 50, jog 50, run 100, jog 100 – that way you can run sprints and distance at same time.

Judo Workouts

Remember, the off-season is when you go over new techniques and fine-tune your old techniques. Pre-season is when you start your randori and start doing a lot of throws on the crash pad. During the competitive season, you should be doing lots of randori and drills. Depending on how much judo you're doing, you need to adjust your lifting. If you are fortunate enough to be in an area of the country where you are having hard workouts with lots of randori, then you would do less lifting so you have the strength to really work out. If you are in an area where your judo opportunities are limited and you don't have much opportunity to work with strong partners, increase your lifting.

It's not just how many hours you are on the mat, but it also depends on what you do with the hours when you are there if you need to adjust your lifting program. If you don't have many players who can really challenge you at the workout, then you don't need to reduce your strength-training program. On the other hand, if the Japanese university team is coming in that week, you probably want to go light on the weights and focus on practice. Next month's column will concentrate more on cardiovascular and a variety of workouts. If you get bored, if your workout is monotonous, you are less likely to do it at all, and more likely to just go through the motions. Varying your workouts can help prevent burnout.



ON TEACHING TECHNIQUE

By Hayward Nishioka

Once in a while we will come across a photo that captures and freezes the essence of that very moment. One photo that does that for me is the photo of Dr. Kano and Mifune gripping each other staring intently at each other. Another is of former legendary US Champions Tosh Seino and Yuzo Koga. In the photo Seino has executed an uchimata, Koga is resisting. What makes this a unique moment is that both are airborne about two feet off the mat with no feet touching the mat. We know that that moment is long gone. Both hit the

mat years ago and the reverberations are but an echo lost in space. The memories of that instant, however, are captured on film and are replayed over and over in my mind's eye.

Impressions like that are powerful, and can aid in learning. Knowing this fact wouldn't be nice if when we teach a technique we could leave an equally powerful impression in the minds of our students; a picture of a perfect throw. How could this be accomplished? What are some of the components necessary in demonstrating a picture perfect technique?

Of course the technique should correspond with the proper nomenclature. It would also be nice if the technique was executed flawlessly. That means the off balancing, entry; lift

and finish are accomplished without losing one's balance after the throw. In a sense it should look like kata. Too many times instructors haphazardly demonstrate a throw. In a worse case scenario, I've even seen where an instructor's calls out one throw and executes completely different throw, and/or lose their balance and fall on top of their uke. More commonly instructors flippantly toss their opponent without much regard for the technique, uke, students, or the instructional moment, and then say, "OK, now you do it."

In advertising the magic number is six. If you hear an ad six times it usually begins to register as something that should be considered. This being the case, maybe in demonstrating a technique we could demonstrate a technique more than one time. It may be an advantage to also demonstrate the technique so that your audience gets at least three or four different angles. Sometimes if the student only sees a technique from one side he may not see a crucial hand, foot or body position on the opposite side. Key points could be emphasized both physically and verbally. Special hand, hip, body or foot positions, sequence of movements, and timing are some of these issues that need mention. Breaking down sections of a technique and practicing them in a "whole - part - whole" format is also advised. This is where the technique is done at regular speed, then the parts of the throw are shown and possibly practiced, then again the throw at regular speed is executed.

One note of caution as to the intensity of the throw, I once witnessed a demonstration by a champion where in order to impress his audience he threw his uke so fast and so hard that he knocked him unconscious. It was a good thing that the demonstration was for a group of elite players. I could just imagine what something like this at your local dojo kids practice session with a half a dozen parents sitting around could do for attendance. The exodus would be greater than the Israelites leaving Egypt.

No matter how many times you may demonstrate a technique, it should be done with a degree of reverence. After all you are taking the body of another and throwing it through the air. Moreover, you want others to do likewise, and safely. What your students see when you demonstrate is what they will emulate. Now I ask you, what do you want your students to remember? I would hope they will remember their instructor executing a flawless technique. Picture perfect!

{Editor's note: Hayward Nishioka is a USJA Life Member. He is Head Referee for the USJA Senior Nationals in Ontario, CA this December. In January, Professor Nishioka will be offering an Assistant Instructor course that he wrote. Participants (brown belt and higher) who pass this course will receive a USJA certificate as Assistant Instructor. Hayward is also president of Nanka Judo Yudanshakai, the largest yudanshakai in the United States. }

HANG 'EM OUT TO DRY

This month's game is a ton of fun for kids and adults. Before you play you'll need to get some large, safe, plastic clothespins. Be sure they have all rounded edges and that the



spring has no sharp points if it were to be knocked free of the pin. The ones I use came from "Bed Bath and Beyond" and were about \$5 for a pack of 8 or 10 I think.

Divide your players into pairs roughly by size. Next attach a clothespin at various gripping points around the body of each player. (ex. 1 on the

high lapel, 1 on each elbow, 1 on the back collar, etc) The objective of the game is to pull off your opponent's pins while at the same time protecting yours.

You can either time the matches and see who has the most remaining pins after time expires or play until someone has removed all of their opponent's pins.

There are plenty of variations as well. One thing I like to do is pick only a couple of gripping points that correspond to the particular throw that I'm teaching that night. If we're working on a hip throw I might place a pin on the rear of the belt and one elbow. If we're working on Morote Gari or another leg-pick throw type then I might put a pin on each of the knees. The combinations and variation are up to you.

If you have advanced Jrs. or if you want to use this with your adults you might also use tape instead of clothespins. I have found that the wide, blue painters tape works well and doesn't leave a sticky residue. Simply place a piece of tape at the gripping points you are focusing on and have them go at it.

The tape is much harder to pull off since it lays flat so this makes the game more challenging. A roll of tape is also very inexpensive and will last a long time.

We don't do a lot of intense grip fight training with our kids but I do like to start teaching them at least the basics. One thing that this game is great for is helping them to start making a mental note of all of the possible



places to grip someone. The brightly colored pins or tape work really well to get their attention and help them remember where they can grab.

It is also one of the best games that I've found for letting them have fun and then going directly into a teaching situation. I can let them play for a few minutes with pins on their elbows and back of their belt and go straight into teaching Tsuru Goshi or Ogoshi. And best of all the kids love it! That's what Judo should be for our kids and adults!

Question, comments, variations? We'd love to hear them. Also if you have any fun games/drills that you'd like to share please pass them along and we'll be sure to include them.

James Wall, Wall to Wall Martial Arts
Watson, LA
wallmartialarts@cox.net, www.wallmartialarts.com



TRIVIA QUESTION:

Congratulations, Pumpkin!

Ronda Rousey, USJA Life Member, received her Shodan from the USJA and, after placing ninth in the Olympics and winning the world championships, was promoted to Sandan. Her bronze medal in the Dominican Republic this month set a record as the first-ever American to win two medals in the junior world championships. Ronda's nickname is "Pumpkin", which is why all of her



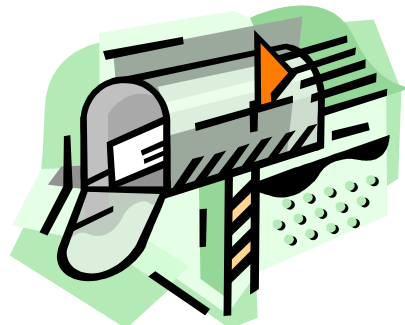
family and friends were wearing orange at the Olympic trials. *TRIVIA QUESTION: Why is Ronda called "Pumpkin" and who was the original "Little Pumpkin"?*

The first person to email the correct answer to drannmaria@fractaldomains.com will receive a USJA t-shirt. If you have no clue, feel free to make up a story and send it in, as the most original response will also receive a t-shirt.

LETTERS TO THE EDITOR

Dear Dr. Rousey:

I am writing to seek advice (or direction to resources) that can help our dojo operate more safely and minimize the possibility of injuries (or liability).



I read a good summary of an instructional session you conducted with Stephen Morris of Konan Judo Association in which you pointed out two common sources of injury: large size disparity and too many people on the mat. Do you know of any effective ways to address those issues, such as when (if ever) two judoka of different size can practice together, and what restrictions on such practice might be effective (i.e. if the larger player is a black belt only and thus better able to control the situation). Or whether there are any guidelines as to how many judoka can practice together on a mat without it being "too crowded", or what instructors can do to minimize risk (i.e. tell people to get up quickly). Any thoughts you have on these issues or other ways to address safety and liability would be greatly appreciated.

Aloha, Dan Morris

P.S. My son Kekoa Morris is 11 years old (green belt), and recently won a gold medal at the Junior Olympics in San Jose, CA. in the Intermediate II, 38kg class (I am so proud of him!). We both love judo and want to make sure we have a safe and fun dojo to participate in.

Dear Dan,

Congratulations to your son. My youngest daughter is an 8-year-old orange belt. Generally, I won't allow athletes to practice with anyone who is more than 25% more than that athlete's weight. So, if you are 40 pounds, the maximum size I would let you work out with is 50 pounds. There are exceptions and they are:

- Black belt adults or experienced brown belt teenagers working out with small children.
- International level senior players with other black belts.

In the first case, I assume the adult is experienced enough to avoid mishaps and the size difference is enough that the child won't accidentally pull the adult down on top of him or something like that. In the second case, I assume the elite players is good enough to get out of harm's way and the larger black belt has enough sense not to do anything stupid like lose his temper if a smaller, female knocks him down, get up and try to smash her.

In both of those cases, however, it depends on the individual. I do not want either of my daughters who in judo working out with males I don't know who are much bigger than they are. Unless I have watched him a few rounds and know he is not on an ego trip, I don't want to take a chance and I know other parents and coaches of elite female and lightweight male athletes who feel the same way.

When I have judoka of very different size, I have them do matwork drills primarily (most people's matwork could use some improvement anyway). I would have the smaller practice pins and the larger practice escapes. Have them practice turnovers on each other. Basically, very low-risk of injury attacks. I would also have them work on throws, taking turns, preferably having the larger person work on throws that use timing, such as foot

sweeps, ko uchi gari, o uchi gari, so he works on his timing. In this way, both the larger and smaller players benefit.

As far as too many people on the mat, I think most of us who competed have an eye for this. However, many people who are not competitors have no idea. Since I am a statistician, I just calculated out my own "eye-balling" it. If we have 15x40 or 600 square feet of mat down, I won't have out more than 30 people doing newaza or more than 24 doing standing randori. I also believe in practicing transition from standing to matwork and following up into a pin. If we are doing that, I won't have more than 16 people out at once. So, I am looking at about 20 square feet per person MINIMUM unless you are just doing drills, uchikomi or throws. We do a lot of having the lighter half the players go four minutes, then have the heavier players the next four minutes and so on so only half our club is on the mat at once.

Hope this helps,
AnnMaria

AnnMaria,
Greetings from Houston! Attached is information on the 10th annual Houston Open Judo tournament being held on November 11, 2006. This tournament is the only large annual tournament held in Houston. Its also a Texas Judo (USA Judo) All Star event. We are expecting competitors from all across the state of Texas as well as from Louisiana, Oklahoma and Arkansas. There is even a chance that the Mexican team will attend.

We are actively seeking more participants (projected right now is 150), obviously, but we are also in need of sponsors and advertisements in our program.

If you can publish this tournament and other information we would be most grateful. A link to the application can be found at www.championjudo.com

Thanks for all you do.
Respectfully,
Raymond Williams,
Clear Lake City Judo Club, TX0038
Asst. Director, Houston Open Judo Tournament

REQUEST FOR JUDO GIS

My name is Dr Tony Scuderi. I am a Godan (5th Dan) with the USJA. Recently, I was offered to open a few new dojo with the Boys and Girls Clubs of San Francisco. I accepted the challenge. That's the good part. Now, the news that I write to you. I will be training inner city children with the hopes of expanding to the children's parents and/or guardians. These children and families live in poverty in conditions that are far from the daily experience of most USJA members. At a young age, many children in the neighborhood has been exposed to events that cause trauma, depression and anger in any normal person. My plan is to begin small and expand to several dojo in the San Francisco and Bay View areas of California. For those of you that have read my book published by

the USJA, " Judo Therapy", I plan to, over time, use the techniques I have elaborated on in my book to help these children and families deal with their anger, anxiety and depression issues and teach good old fashion grass roots, Judo. I am charging nothing for my instruction or my services. These folks cannot afford it.

Now for the request. If any of you either have or know someone who has a judo gi that you are not using, and want to get rid of them, could you send them to me? Unfortunately, at this time I cannot offer any monetary compensation, but I can send you photos of my students periodically if you wish. The uniforms can be sent to:

Dr. Tony Scuderi, Godan
Boys and Girls Clubs of America-The American Kodokan Judo Club
1950 Page St. 94117-1804
San Francisco, CA

If you wish to donate mats, or send cash to help purchase mats, the club will be grateful to you. I am starting the club with only 6- 4x8 mats. Again we would appreciate anything you can do to help me keep these kids off the streets, off drugs, teach them judo and jujitsu, and hopefully change lives one at a time.

If you are unable to donate either uniforms (**all sizes, my students start at age 6 and go to 17**) or mats, but wish to donate funds, you can send your checks to me at the address above. For those that do give monetary funds, I will give you an accounting of where the funds are going. Mainly to mats. However, I will send you an accounting of the funds as I spend them. What ever I do not spend, I will place in a club fund to be used at a later time for uniforms, mats or a party now and then for the kids.

Thanks for your time and consideration



USJA COACHING COMMITTEE TO SUPPORT TRAINING OPPORTUNITY IN GERMANY

This summer, USJA Coach Chair, Jim Pedro, Sr. will be taking a group of young athletes to Germany to train. Coach Bert Lopez will be accompanying the athletes as assistant coach and manager. This is not a sight-seeing tour, although the group will spend at least one day seeing the country, the major focus is on providing the players as one young man expressed it, "the chance to get my hands on some European players". The USJA will provide the coaching staff, supervision and coordinate all travel and training arrangements. Players will be responsible for their own travel costs. Additional coaches and chaperones are welcome. If you have players you think would benefit from this opportunity, please call Mr. Pedro at 978-335-5271 or email Mr. Lopez at judonut@msn.com for further information. Players must be at least brown belts and a minimum age of 14. No player will be accepted for the tour without a letter of recommendation from a coach.

USJA SPONSORS



Thanks to USJA Official Mat Sponsor Zebra Mats, there will be a clinic with Jimmy Pedro, Jr. at the USJA Senior Nationals in Ontario, Ca which, to quote USJA COO Gary Goltz, “Is free to anyone in a gi.”

www.zebramats.com

James S. Bregman & AnnMaria (Rousey) DeMars
Judo Clinic
October 30, 2006
6:30 to 9:30 p.m.

Hosted by and at Budokan Judo Club of Calvert County
 &

Dunkirk Baptist Church
 11275 Southern Maryland Blvd., Dunkirk, Maryland 20754
 Telephone: 301-855-3555 or 410-286-8500
 USJA Sanction #: 06-100

Clinic Director – Rev. Marshall R. Coffman

Dr. Ann Maria (Rousey) De Mars	Mr. James S. Bregman
<ul style="list-style-type: none"> ❖ 1984 World Champion Gold Medalist ❖ 1983 Pan American Games Gold Medalist ❖ U.S. National Champion – 3 times <ul style="list-style-type: none"> ❖ U.S. Open Champion - twice ❖ Pacific Rims Gold Medalist ❖ Austrian Open Gold Medalist ❖ Instructor, Venice Dojo 	<ul style="list-style-type: none"> ❖ 1964 Olympic Bronze Medalist ❖ Pan American Games Gold Medalist ❖ Maccabiah World Games Gold Medalist ❖ 1965 World Games Bronze Medalist <ul style="list-style-type: none"> ❖ USJA Founding Director ❖ Camp Olympus - Founder ❖ USJA President 2000-2005

Clinic Fees

Juniors (under age 17): \$10.00 pre-registered \$15.00 at the door

Seniors (age 17 – up): \$15.00 pre-registered \$20.00 at the door

Note: Pre-registrations must be postmarked on or before October 21, 2006. Please no telephone, fax or email registrations.

Clinic Content

“The Real Meaning of Judo”

Show up or you will never know and you will be disappointed.

THE SPIDER WEB PLAN FOR COLLEGIATE JUDO

By Tom Crone, Collegiate Judo Development, Committee Chair

I would like to tender a thought - I'm dubbing it the Spider Web Plan. I'm looking for feedback, both as "good idea" / "not so good idea" and - in the case of the former, thoughts on implementation. Here it is. Have collegiate judo clubs reach out to nearby collegiate judo clubs, who they either know or don't really know, and have a combined workout / seminar (informal, if necessary - not necessarily involving a big name presenter so much as a theme - but okay on name presenter if it just happens). So, for instance, I've proposed to Tom Gustin of Steven's Point that he bring his college people up to the University of MN, where Eric Shellum (their sensei) has already said yes to the idea. It's a four hour drive or so. These two have never been together. My thought next is that the U of M go to visit S.P., and that S.P. also find another college in their geographic zone to come, too. Next time, S.P. come up to the U of MN, and they invite a college from that zone. Meanwhile, the now secondary groups start doing the same thing, outreaching from themselves, inviting the previous people but knowing that eventually the journey will be too large, but never mind if they can't come, because always there will be two familiar groups and a newcomer. In a sort of overlapping ripple effect, we could connect the entire country with activity. In this way, we could also interest coaches and senseis in collegiate committee activities, get them involved ex-officially or even have them join our ranks. Rough idea at present, and looking for input. The Spider Web Plan. Let me know your thoughts. If you like it, say so, but add how it could get a life.

INDUSTRY SHERIFF JUDO CLUB – NEW & GROWING

By Butch Ishisaka

At the Industry Sheriff Judo Club, we must have over 10 USJA members now. At last week's Goltz Tournament, we took 12 students to compete. All novices and their first time. Many of them only practiced for about three months. The results? 10 of the 12 placed. The Sheriff Department assists many of them in their tournament fees so it was a nice event for the children. I also had three Cal State LA Team members compete. My two students Jackie and Nick won first. Jackie is up and coming novice. She has been training with me for about 6 months and Nick for about three months. Jackie defeated a Nikkyu and a novice women that was about 60 pounds heavier. We shall see how their future is in judo.

2006 UNITED STATES JUDO ASSOCIATION NATIONAL CHAMPIONSHIPS

The USJA Senior National Championships will be held December 2-3 in Ontario, CA. USJA Chief Operating Officer, Gary Goltz, has spent thousands of dollars and thousands of hours in securing an outstanding venue in sunny southern California, publicizing the event and arranging for corporate sponsorships. Former competitors and coaches are coming out to support the event. Said Dr. AnnMaria DeMars, "I remember competing in

the USJA Senior Nationals when I was young and winning it was a HUGE deal for me, for everyone who won.”

USJA Coach Chair James Pedro, Sr. commented, “I would take my team to the USJA Senior Nationals every year. It was a really tough tournament and it gave them one more opportunity to get good competition without leaving the U.S. We need to provide these opportunities for people to develop within our own country.”

The USJA Senior National Championships includes junior, senior, kata and masters competition. A national level coaches clinic begins on Friday, December 1, including mat sessions, classroom sessions and coaching during the tournament. A free clinic, sponsored by Zebra Mats, the official mat supplier to the USJA, will be conducted by Jimmy Pedro, Jr. on December 2. The USJA Development and Coaching Committees are sponsoring a banquet on December 2 as well. For more information please go to: www.goltzjudo.com

THE 2006 LA OPEN JUDO TOURNAMENT was, by all accounts, a great success. 99 competitors from LA, MS, TX, AR, and TN came together in Denham Springs, LA. to compete. Divisions were offered for Juniors, Masters, Senior Novice and Advanced, and Kata.

The event was hosted by Wall to Wall Martial Arts with a lot of help from LSU Judo in Baton Rouge and Acadian Judo in Lafayette. Both clubs contributed a lot of free labor with Acadian Judo also providing half of the mats needed for the tournament.

Thanks to all those who attended. We’re looking forward to an even bigger and better event next year!

James Wall

Wall to Wall Martial Arts



ANNOUNCING . . .

. THE RETURN OF FIRST FRIDAY JUDO WORKOUTS IN CONNECTICUT!

Lou Nogueira has recently opened "The Dojo" in Wolcott and will be hosting "First Friday" of-the-month judo training sessions beginning on Friday, November 3rd. The workouts are intended for teen/adults, from advanced players to those with a good foundation of basic skills.

The primary focus of the class will be on randori; you will have the opportunity to work out with a variety of judoka from other clubs! The class format will include:

- A brief warmup
- 30 minutes of active technical practice with selected, rotating instructors
- Approximately 75 minutes of randori (newaza & tachiwaza)
- A final cool-down/stretch

The Dojo Martial Arts Training Center is a 3,700 sq. ft. facility with a 2,300 sq. ft. mat area consisting of 2 competition areas, \$18,000 in brand new tatami mats and men's and women's changing/locker rooms.

** A social event will follow the workout. **

DETAILS:

Class time: 7:00--9:00 p.m.

Mat Fee: \$10

Location: 16 Townline Road, Unit F
Wolcott, CT

If you have questions please contact:

Louis Nogueira: LOU@THEDOJOONLINE.COM
203-879-9800

Joan Love: Judolady210@aol.com
860-334-3347

Please forward this message to any interested parties.
We're looking forward to seeing you there!

Joan Love
USJA Development Committee
Regional Coordinator for New England

USJA SPONSORS

Did you know that you get 10% off purchases from Golden Tiger Martial Arts if you are a current USJA member? Order anything you want from their website at <http://club.goldentiger.com/USJA>

UPCOMING USJA DEVELOPMENT EVENTS

West Coast:

Grass Roots Development Clinics AT Goltz Dojo

Saturday November 18, 9 to 11AM – Tony Scuderi -- For more information Contact: Gary Goltz 909-985-0486, gary@goltzjudo.com, www.goltzjudo.com

Saturday, October 28 – Ventura, CA clinic with Dr. AnnMaria DeMars and interclub tournament hosted by Encino Judo Club, whose head instructor is Neil Ohlenkamp, webmaster for www.judoinfo.com, the most visited judo website in the U.S. (maybe the world). Contact neil@judoinfo.com

Saturday December 2 – Jimmy Pedro, Jr. - free
(At Ontario High School after USJA Championships)
Courtesy of Zebra Mats, official USJA Mat Sponsor

December 16-17 – overnight camp in Temecula. Two days of judo, judo games, drills, training, mini-tournament. You'll leave smiling, sweaty and sore. Contact southern California regional coordinator Lisa Guerrero scvsensei@sbcglobal.net or Paul Nogaki pnogaki@verizon.net for more information.

January, 2007 – Hayward Nishioka will be conducting an Assistant Instructors certification clinic in Claremont, CA.

East Coast:

October 30 - Dunkirk Baptist Church Judo Club, Dunkirk, MD – James Bregman and AnnMaria DeMars will be teaching the real meaning of judo. Show up or you will never know and you will be disappointed.

November 1 - Dr. AnnMaria DeMars will be conducting a clinic at College Park Judo Club. Contact Marshall Coffman, Mid-Atlantic Regional Coordinator for more information - mrcoffman1@comcast.net

November 3 – First Fridays Open Workouts return to Connecticut

Midwest:

November 4 - in conjunction with the All-Women's Tournament sponsored by Southside Dojo, Dr. DeMars will be conducting a clinic in Kalamazoo, MI



Will YOU be there?

OTHER UPCOMING TOURNAMENTS:

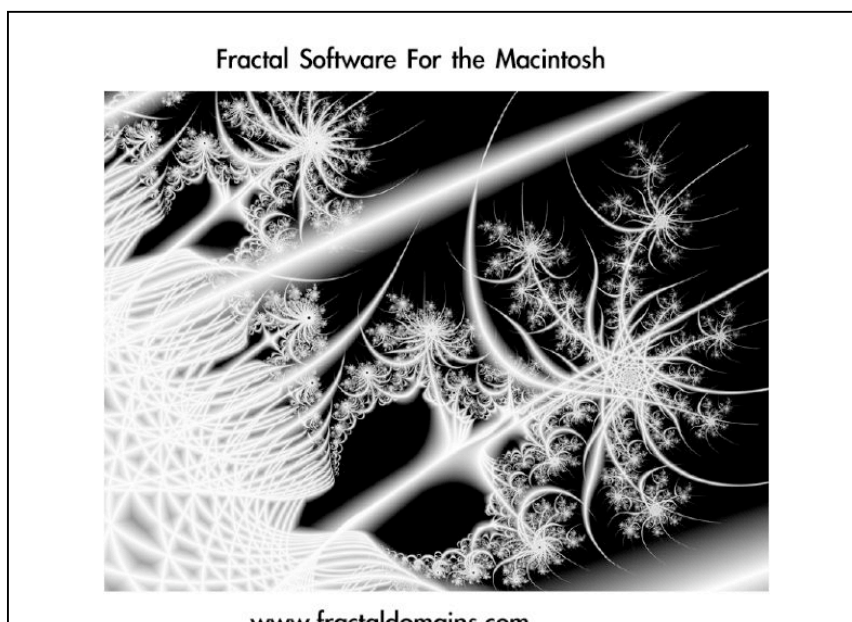
October 27-29 – Ocean State International, contact judocoach@cox.net

November 4 – International Women's Tournament, contact DeFrgs6@cs.com

November 11 – Continental Crown, E-level Event - entry form at www.nwjudo.org

November 11 - 10th Annual Houston Open entry form at www.championjudo.com

November 30 – Hatashita International (formerly Ontario Open)
http://www.judoontario.ca/events/pdf/2006_11_25_HatashitaInternational.pdf



USJA NATIONAL COACH CERTIFICATION CLINIC

**Friday & Saturday, December 1 & 2, 2006
Sunday, December 3, 2006 – Make Up Session
Sanctioned by the USJA**

The USJA National Coaches Clinic, Sponsored by USJA, with USJA Coach Committee Chair Jim Pedro, Sr., Event Coordinator Gerald Uyeno, vice-chair, USJA Coaching Committee, Special Guest Clinician Jimmy Pedro, Jr. from Zebra Mats, the Official Mats of the USJA and AnnMaria De Mars, USJA Development Chair will be held in conjunction with the 2006 USJA National Championships.

The Coach Certification Clinic will be conducted at Goltz Judo Club and Ontario High School. It includes mat and classroom sessions and lunch on Friday and the tournament session, the Jim Pedro Jr. Judo Clinic and the final classroom session on Saturday. A make up session will be offered on Sunday for those coaches who are competing on Saturday. Successful completion of this clinic will satisfy all of the USJA requirements for Maintenance of Continued Coach Certification”

Successful completion of this clinic will satisfy all of the educational requirements for USA Judo National Coach Certification and Re-certification. Successful completion of this clinic will also satisfy all of the certification and re-certification educational requirements for USJF Level C, D and E Coaches.

- Date:** Friday, Saturday & Sunday, December 1, 2 and 3, 2006
- Time:** Friday: 9:00 AM to 5:00 PM at Goltz Judo Club
Saturday: Start at 9:30 AM. Final Classroom session will complete 1 hour after Jim Pedro Clinic (which starts at the Close of the Last Division)
Sunday: Make up tournament session for coaches competing on Saturday starts at 9:30 AM and completes 1 hour after the Close of the Last Division
- Cost:** \$50.00 per person payable to “Gary Goltz”. This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the Jim Pedro Jr. Judo Clinic or admission to the Tournament Site. This does not include the costs to obtain the USA Judo National Coach Certification or USJF Certification.
- Location:** Friday: Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road, Claremont, CA 91711
Saturday & Sunday: Ontario High School, 901 West Francis Street, Ontario, CA 91762.
- Eligibility:** All participants must be members of the United States Judo Association, USA Judo or the United States Judo Federation.
- Host:** United States Judo Association.

- Clinicians:** Mr. Jim Pedro Sr., Chair, United States Judo Association Coaching Committee
Mr. Jim Pedro Jr., 2 time Olympic Judo Bronze Medalist and 1999 World Judo Champion
Dr. AnnMaria De Mars, 1984 World Judo Champion
- Organizer:** Mr. Gerald Uyeno, USA Judo Continental Coach and Vice Chair, United States Judo Association Coaching Committee
- Content:** Legal Responsibilities, Building Self Esteem, Goal Setting and Motivational Strategy, Ethical Conduct in Sports, Organizing the Season and Proper Use of Assistant Coaches. Strength and Conditioning, Speed Training, Tachi Waza (Advanced Ashiwaza, Opposite Side Attacks and Counter Attacks) and Ne Waza (Basic Kansetsuwaza and Advanced Shimewaza.)

For further information contact: Gerald Uyeno (310) 541-0885 or gpuyeno@hotmail.com

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