



**December 2006
USJA NATIONALS SPECIAL ISSUE**

**Monthly Newsletter of the USJA Development
Committee**

**USJA National Office: 21 North Union
Boulevard, Suite 200 Colorado Springs, CO
80909, Phone: 877-411-3409, Fax: 719-633-4041**

**Development Committee Chair: AnnMaria
DeMars,
Phone: 310-717-9089,
email: DrAnnMaria@fractaldomains.com**



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Thanks again to Ronda Rousey for help with the graphic design and editing. With so much on the USJA Nationals, we have bumped several articles to the January issue. If you have any activities you would like included, or want to submit an article for Growing Judo, please email drannmaria@fractaldomains.com Thank you.

THE USJA NATIONALS RETURNS !

Back in the 1970's, when we were all idealistic and young, the USJA Senior Nationals were a huge event. To remind you how far back it was, here is a picture of Lowell Slaven in 1973, teaching tai otoshi to a young Jim Branson. Few things are like they used to be (later in this issue, you can see a picture of USJA Treasurer Lowell Slaven at one of the clinics). However, the USJA Senior Nationals is back and bigger than ever. The tournament, held in Ontario, CA, had 470 competitors. The competition featured shiai including two participants in the most recent Olympic Trials, Tony Comfort (90 kg) and Ronda Rousey (63 kg), both of whom won gold medals. Tournament Director, Gary Goltz, decided not to seek status as a point tournament for this event. This decision gave him the ability to be flexible in many ways. U.S. citizenship was not



required and we had competitors who were citizens of Poland, Australia, Armenia, Mexico and several other nations.

Competitors could compete in more than one division. USJA Women's Committee Chair, Deb Fergus was assisting the inimitable Jerry Hays with the pooling and remarked that women often would like more matches and more higher level players. At her suggestion, women in uncontested divisions were allowed to move up a weight division and Ronda was put in both 63 and 70 kg divisions so that she could have more matches to prepare for the European tour and anyone who wanted to compete against her could have the opportunity. Khachur Arekelyan, who formerly

competed in the world championships for Armenia had just received his U.S. citizenship and his wife and new baby girl were in the audience to watch him win his first U.S. national championship. His Hayastan teammate and world sambo bronze medalist, Roman Michyan had also just received his citizenship and also won a gold medal.

It was an incredible judo week, with something for everyone. Jim Pedro, Sr., Jim Bregman and Gerald Uyeno did an outstanding national level coaches clinic. Working with USA Judo Coach Chair Pat Burris, Gerald was able to obtain C-level certification for coaches who completed the clinic. Jim Bregman did two clinics, at Goltz Judo Club and at Venice Dojo. Jim Pedro, Sr. ran two practices, for juniors and seniors, at Gardena Dojo, and a clinic after the first day of competition, "free for anyone in a gi" was taught by Jimmy Pedro, Jr., Ronda Rousey, Jim Pedro, Sr. and Jin izumi. Besides coaching, shiai and clinics, there was kata, dominated by Greg Fernandez' Jundokai Judo & Jiu Jitsu. The mother and daughter team of Martha and Emily Lilly from Sawtelle Dojo just barely managed to stop Jundokai from walking off with all the gold medals. As far as refereeing, Hayward Nishioka, who is certified to coach at the world level, was the head referee, attended by many other international referees, such as Dan Takata.

In every way, this was a world class event. If you missed it – see you next year.

LETTERS TO THE USJA

WEDNESDAY- NOVEMBER 29, JIM BREGMAN CLINIC AT GOLTZ JUDO



Yesterday's clinic was very special. In particular, I was taken away by his humbleness. Even the kids were talking about him when we got home for dinner.
G. Bugarin

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

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 were 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 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
President & CEO

TOURNAMENT REPORT

By Terry Kelly

Event: USJA Senior Nationals

Where: Ontario CA

Attendance:

77 high level seniors
85 masters and novice seniors
26 kata
281 juniors
469 total

Venue:

Ontario High School: Good venue. clean and well laid out. Good food and other products available. easy to find and close to freeway access. need more health and fitness oriented food available. Direction signs to the venue really helped.

Officials:

Some of the best referee action I have seen in ages! These refs actually recognized some of the Euro Judo, Habarelli, Fireman's carry, all manner of leg picks and lifts. All scored appropriately with no hesitation. Good use of penalty system to encourage action. Good confident control of the mat at all times! Kudos to the Referees and staff for this event! Tournament director deserves kudos for being available and approachable all day. A hard job with high anxiety level and Gary Goltz handled it like a pro.

Collateral events:

The clinics and workshops by AnnMaria and Jim Pedro were very well received! Kudos for a well thought out and timely presentation

Leadership observations:

More USJA Board of Directors Members, and various committee chairs should have been there for this cornerstone USJA Championship. With this population of USJA members at one event, it would be a prime opportunity for there BOD members to meet the constituents they are supposed to be representing, And to expose themselves to what the grass roots members really want from the USJA. That's effective and responsive leadership. Lets make this an annual event and get our leadership out here. Visible and accessible leaders are a cornerstone to building and maintaining organizational morale.

Table operations:

Some of the pools keepers at the tables were confused using the electronic systems, and caused some anxiety for various players. This is nothing that cannot be worked out with time, and more technical exposure for the table workers. Need to be clear on awards process and assign some of us senior coaches to be there when awards are handed out. Certainly any USJA BOD or Committee members should be very visible handing out awards.

Pools:

Well done! Great pools with Debra Fergus helping get the ladies or whoever as many matches as possible. Jerry Hayes was on deck and visible to help with anything that came up. (My 100 Kilo guy "Joey" owes Mr. Hayes Lunch.)

Level of competition:

Very nice! lots of variety in all pools. Divisions were well thought out and arranged in a

rational and safety oriented manner. Some really good Black Belt matches in all divisions! Excellent Women's Judo in every imaginable age and weight class. Over all a " National" level event in any definition of the concept.

Support staff:

Gary and his club and all the helpers deserve a big thanks from all of us. They were polite, efficient, and eager to help with any of the myriad problems and stumbling blocks that arise. This brings the Coach and athlete level of anxiety way down and makes for a more enjoyable experience for everyone.

Miscellaneous observations:

Coaching Chairs need to be clearly marked and available for players coaches. I finally gave up trying to get one cleared from spectators etc. and stood at the mat corners. Chairs should be clearly identified with color (Blue/white) and written designations. Coaches should be encouraged to wear Coaching ID and clear the chairs when their players are done. This keeps the anxiety level down for officials who have to concentrate on the match and keep themselves heard above the shouts of encouragement from a very loud and enthusiastic Coach like me at there corners of the mats!

Women's weigh ins should be conducted by women, my ladies made a point of bringing this to my attention. However the variety of weigh in times and locations was very well received by all team members! Another great innovation by Gary and his staff.

Everywhere I went I saw USJF/ and USA Judo members working and playing together in harmony. It was a very nice ambiance of mutual welfare and benefit. This event proved it can be done. I came away with a the most positive feeling I have had in a long time about any Judo event, and the future of Judo in the USA. With the wonderful experience we had at the Women' Championships in November, and then this outstanding event, we have had a very nice end to the competitive season. I am sure Gary will hear more of this from our team and others who were there.

I guess that's why we call it Judo!

Coach Terry Kelly
Head Coach, Santa Rosa Junior College
Master Coach, USJA
Master Examiner USJA
Member: USJA Coaching Education Committee
USJA Competitor development
Past member USJA National Board of Directors.



2004 World Junior Champion, Ronda Rousey instructs two young athletes from Richie Moss' club in Arizona on the finer points of sumi gaeshi during the Clinic of Champions held at the USJA Nationals in Ontario. Krista Tsutsui (Fresno Judo) and Chance Bruce (Simi Valley) practice in the background.



Medalists' meeting: At the USJA Nationals Clinic in Ontario, World champion and two-time Olympic bronze medalist Jimmy Pedro, Jr. discusses juji gatame with world sambo bronze medalist and new U.S. citizen Roman Michyan of Hayastan Dojo. Wouldn't you hate to be that poor guy in the middle!

Growing Judo , December 2006

REFLECTIONS AND THANKS FOR A WONDERFUL EVENT USJA SENIOR NATIONALS AND ASSOCIATED CLINICS

Gary,

First let me thank you, Dr. Lally, Kala, and your entire judo club for hosting a great event and inviting me to teach at your dojo and other venues. The clinic series was amazing.

There were three generations of expert instructors, Ronda and Jimmy Jr., Jimmy Sr. and AnnMaria, and Sensei Jin and myself. That is going from the most recent to the more ancient! (-:

These teachers all complemented one another and the students picked it all up in a flash. The fact that a very large number of players stayed for the clinic was gratifying. To have taught at the Venice Dojo where in 1932, the founder of our art/sport, Jigoro Kano, paid a visit brought back memories of the Kodokan and my years in Japan. The students were very enthusiastic.

Mr. Nishioka did a great job as Head Referee and his referees did a fantastic job. Jerry Hays, John Moe, and all the talent in the planning and management end did a wonderful and skillful job with the electronic score boards and management systems. The “runners” and other volunteers never seemed to tire.

Mr. Neil Simon and Mr. Jim Webb “our presidents”, JF and JA, added much to the occasion to show what harmony and cooperation can do in a Mutual Welfare and Benefit martial art/sport. There is much these two leaders can accomplish working together for the future of our Judo Communities. They both have my support in making judo what it can and should be in this country. Together, the JF and the JA can make a tremendous contribution to the future.

The focus of all of these activities was, rightly, the players and students, and in the clinics and the contests they demonstrated a willingness to put it all on the line and learn and compete, practice and enhance their skills. The respectful attitudes and good sportsmanship really come through.

Next year, WE’LL do it all over again. Bring your friends and fellow judoka. This is a festival of celebration and hope, learning and listening, competing and winning the grand prizes of JUDO, skill and knowledge.

Gary, please pass this on to all my friends and thanks them on my behalf for having me on the mat. That is where I really want to be.

Peace,

Jim Bregman
USJA Founding Director
Past President
Retired! (-:



Gary: I want to congratulate you on a very well run and successful tournament. This is the kind of tournaments I want the U.S.J.A. to be known for. You have gone a long way in restoring some creditability to U.S.J.A. tournaments. I also want to take time to thank the great group of people you have working behind the scene, making sure everything is running smooth. Please tell them they have my heartfelt thank's, Great job Gary! **Lowell F. Slaven, USJA Treasurer and Chair, Tournament Committee** (Pictured at left with senior development co-chair Lanny Clark during the USJA nationals clinic).

USJA DINNER RECOGNIZES THE SPIRIT OF JUDO

Did you ever think you could keep a secret? Three individuals were honored at the USJA Dinner at Honolulu Harry's, hosted by Dr. James Lally. All of these honorees had been involved with the USJA for over thirty years. The awards were a closely guarded secret and only the tournament director, development chair and the three individuals charged with getting the recipients to dinner, by hook or by crook, were let in on the plan.

What is the Spirit of Judo Award? More closely-guarded than the Time Magazine Man of the Year – this award is to a person who has spent a lifetime devoted to judo, serving as a role model of persistence and love of the sport as a shining example to those who will follow.



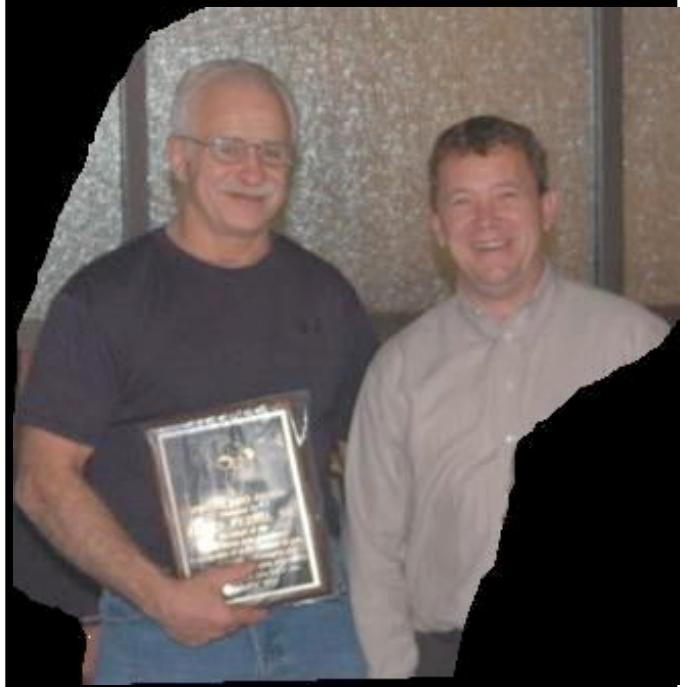
Many of us have felt like quitting some days. You just have to deal with one idiot too many, you have to pay the rent on the dojo, it is midnight and you are making the certificates for your dojo Christmas program. How do those amazing people who have been involved for 40 or 50 years do it? Even more, how do we get them to dinner to be recognized, because they sure don't do it for the fame and fortune?

One person was told that the people from his club really wanted to go to dinner at this restaurant and, nice guy that he is, he obliged. **Ernie Smith**, world masters champion, Marine Corps Champion, former USJA board member, coach for U.S. team members

from Delores Brodie in the 1970s to Chuck Jefferson in the twenty-first century, and his current

crop of students competing at the USJA Senior Nationals was in his words, “Not surprised, I was stunned.” Presenting the award was former USJA Executive Director, Jesse Jones. The evening was especially brightened by the presence of Mr. Smith’s student, British Open Champion Delores Brodie, and his assistant instructor Don Stickley who were let in on the secret at the last minute.

A second award recipient often brought his team to the USJA Senior Nationals back in the 1970s. Over thirty years ago, he was the coach taking a team of young people overseas. One of those high school boys is now the co-chair for senior development in the USJA. **Jim Pedro, Sr.** was asked to come to the dinner to present an award to his friend Willy Cahill. He was caught by surprise when Lanny Clark, one of the boys from that team back in the 1970’s, presented him the Spirit of Judo Award. Lanny’s words describe all of our recipients – “I am here now because he was there then.”



The third award recipient was told that his presence was required in Ontario because help was needed with the USJA Coach Certification workshop. Dr. DeMars, originally scheduled to teach, would be unavailable due to the need to pick up USJA treasurer Lowell Slaven at the airport. A trusting soul, **Jim Bregman**, former USJA president and



founding USJA member never questioned why someone else couldn’t run to LAX. He was taken completely off guard when his good friend, USJA Chief Operating Officer Gary Goltz, presented him the third Spirit of Judo Award.

The fourth award went to **Willy Cahill**, of Cahill’s Dojo. Although unable to attend, Coach Cahill has supported the USJA from its beginning to the present. His athletes competed in the USJA Nationals, including Tony Sangimino, who, at only 16 years old, placed second in the men’s 100 kg division.

Coaches Corner

Being a thinking coach (and athlete) Jim Pedro, Sr., USJA Coaching Chair

How much thought have you really put into your training program?

I do believe a lot of coaches in the USJA will be willing to think about what they are doing and try to change because these coaches are doing it for the kids in their club and not themselves. I have met a lot of coaches like that in the clinics I have taught in Rhode Island, California and Indiana.

Coaches like Roy Hash from Texas, Serge Boussyou from Mayo Quanchi, Lowell Slaven and a lot of others are willing to get on the mat, think about their judo and are constantly changing, learning and trying to make their practices better for their kids.

So, here we go with what I have been thinking about judo this month....

All training depends on how much time you have to train. As an athlete, you sit down with your coach and plan out your training for the season. Periodization is a must to achieve maximum potential. I keep reinforcing this point because it is a mistake I made earlier in my career as an athlete and as a coach and I continually see this mistake repeated around the country. There are clubs I visit and no matter what time of the year it is, they are doing the exact same workout. Training hard is a good start and all those coaches who run hard workouts have my respect. The next step is to think about how you can make your workouts and your athletes better.



Nothing gets you in shape for judo better than doing judo. I have written a lot about conditioning in this column, but that is because I realize that many of the USJA members are in areas where there is not a lot of opportunity for judo and they require cross-training to be competitive. If you're lucky enough to have quality and quantity of judo players then you should cut down on your lifting and conditioning. Still do lifting and conditioning, just do less.

On days you are going to have hard judo workouts, do your lifting and conditioning so that the next day your body can rest and build itself back up for the next workout. If you lift in the morning, by evening you should be rested by evening enough to go all out during your judo workout. Then, your body has an entire day to rest.

Use minor tournaments for training and train through them. Pick two or three major tournaments and plan for them. If you don't have the bodies to work out with do more conditioning and try to do a lot of tournaments and use them to train.

Set goals and periodically check how you're doing. If you are not reaching your goals then change your training accordingly. If your goal is to win a local tournament or a national championship and you don't reach it, then you need to be honest with

yourself and see what is not working. If you don't have specific goals it is easy to fool yourself into thinking you are improving when you are not.

Always work on your weak points and make them your strong points. For example, if your matwork is weak and you are competing in a minor tournament, try to do more matwork and less throws. It is just the opposite for people whose standing technique is weaker. What do you gain by coming out and throwing the same person for the fifteenth tournament in a row with your great uchimata? Nothing. Work on your weak points.

Remember, it is not achieving your goal that matters, it's that you work hard and did everything you could to achieve your goals. There are a lot of athletes who always have an excuse for not winning, like work, school, home, time and don't put everything into achieving their goals so they have an excuse for failing. There is nothing wrong with losing and not achieving your goals. There is something wrong with not trying as hard as you can to achieve them. Here is why – if you set goals, strive to achieve them and are honest with yourself, then at the end of your competitive career, you have gained persistence, motivation, honesty and work ethic from your judo training. Believe me, that will get you more in life than any gold medal.

At left, Jim Pedro, Sr. at the December clinic at the USJA Nationals between two of the players he coached to the 2004 Olympics, Jimmy Pedro, Jr. and Ronda Rousey.



Above, from left to right, Gerald Uyeno, Jim Bregman (sitting) and Jim Pedro, Sr. during classroom sessions of the USJA Coach Certification

The following 17 coaches (listed below) successfully completed the USJA National Coach Certification Clinic on Friday & Saturday, December 1 & 2, 2006. Andrea Bongert, Mike Donley, Debra Fergus, Chris France, Roy Hash, Mark Herrschaft, Sanders Ishizaka, James Lally, Martha Lilly, Severine Murdoch, Paul Nogaki, Carl Plummer, Stephanie Sheen, James Slattery, Destinee Tartoff, Allen Wrench and Pei-Chi Wu

The Clinic was Sponsored by USJA and featured USJA Coach Committee Chair Jim Pedro, Sr., Event Coordinator Gerald Uyeno, vice-chair, USJA Coaching Committee, Special Guest Clinician Jimmy Pedro, Jr., Jim Bregman and AnnMaria De Mars, USJA Development Chair. It was held in conjunction with the 2006 USJA National Championships.

NORWICH DOJO FEATURED IN BULLSHIDO COM

“Without question, the quality of judo instruction at this dojo was quite high, and the class itself was fast-paced and educational. There was plenty of live rolling, A LOT of newaza (a beautiful thing for a judo dojo!), and a supportive and energetic instruction team. The classes are small, and plenty of individual attention is available for new students.”



CLICK ON THE LINK BELOW FOR THE WHOLE ARTICLE ON THE NEW DOJO WITH BILL MONTGOMERY AND JOAN LOVE in Norwich, Connecticut.

(Above, Bill Montgomery demonstrating ashi waza with Joan

Love.) <http://www.bullshido.net/forums/sitemap/index.php/t-47259.html>

On Saturday, November 18th Wall to Wall Martial Arts WOMEN'S WORKOUTS BEGIN A LOUISIANA TRADITION

hosted the first of what we hope will be an ongoing series of Judo workouts for ladies only. We are not blessed with an abundance of Judo clubs in our region of the country and as a result the female players that we do have tend to be spread out into very small numbers and usually only see other female Judoka at tournaments, if at all. This workout was meant to help correct some of that.

We had a great turnout which consisted of 17 ladies representing 4 different clubs from LA and MS including LSU Judo, Acadian Judo, Gulf Coast Judo, and Wall to Wall. After warmups the highest ranked ladies in attendance from each club took turns leading the group through different techniques and drills. Over the course of 2.5 hours they covered throwing techniques focusing on hip throws, counter techniques, escapes from pins, and grip fighting and breaking. They even saved time for a game of Sumo and finished up with standing randori followed by Tag Team ground randori.

Everyone seemed to have a great time as well as a great workout. We are hoping to make these workouts a regular occurrence, hopefully once every quarter, and are planning to host a full day clinic for ladies only sometime next year if possible.



As a spectator I was very happy to see my wife and daughter on the mat having a great time with a large group of other female Judoka. I could tell by the presence of large amounts of laughing and giggling that everyone was having a good time! That being said I also witnessed a lot of good instruction and even more importantly the true spirit of Jita Kyoie as these ladies came together to share knowledge and experience. Thanks to everyone who attended and made the workout such a success.

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

JUDO GAME: Crab Battle

This month we have another fun game that can be played on the ground, it's called Crab Battle and here's how it works.

Have all of your players assume the "Crab" position by sitting on the mat then using their feet and hands to lift their bottoms off the mat. They will walk around the mat like this and try to keep their bottoms from touching the mat at all. If possible, try to give your players some boundaries (ie: stay inside the red lines, etc)



Now for the Battle part. As the players move around the mat they will attempt to pull out the other Crabs foot or hand thereby causing him or her to fall onto the mat. The objective is to be the last Crab moving whose bottom hasn't hit the mat yet. You can make things a bit harder by allowing the players a certain number of falls before they must leave the play area if you'd like. Many times we'll allow 3 drops onto the butt but after that the player must move to the side and root for the other players.

Crab Battle is a lot of fun for kids and adults. It's great for helping with ground mobility and really great for building upper and lower body strength since the players are having to move their body weight all over the mat. It's also helps reinforce the idea of using your feet and hands in ground situation and is good for pointing out the importance of supporting legs (or arms in this case) and how a person becomes off balance or falls when one of his supporting limbs is attacked.

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

USJA HAPPENINGS – NORTHEAST



JUDO clinic: Dynamic Drill Training

“Dynamic Drill Training” is more than just moving around the mat and “fitting” on throws. It is a carefully planned series of exercises and movement patterns that, when used properly, will instill a core of basic judo skills in each participant. It is highly effective in all age groups: children, teen and adults.

Featuring Bill Montgomery, Godan,

USJA Coaching Committee

WHEN: Sunday, January 28, 2007.

- Children's session (ages 12 & under) 10:00--11:30 a.m. *
 - Teen/adult session (13-up) from 12:30--3:00 p.m. * (will include a final half-hour for discussion of coaching principles)
- * Registration _ hour before the start of the session.

HOST: Roger Lenfest, Derry Judo Club
1 Fir Street, Salem, NH 03079

LOCATION: Veteran's Memorial Hall, 31 W. Broadway, Derry NH 03038

CLINIC COST:

- Children's session: \$15
- Teen/adult session: \$25
- Coaches who are spectators at the clinic: \$15/one session, \$25/both sessions.

For more information, contact:

Roger Lenfest, (603) 458-1742;

email: derryjudo@comcast.net

Joan Love, USJA Regional Coordinator, (860) 334-3347

Email: judolady210@aol.com

Mayo Quanchi Judo Team

Winter mini camp January 26th - 28th

Open to judoka of all levels. Coaches are welcome.

Place: Mayo Quanchi Judo club
751 Main Street
West Warwick R.I. 02831

Contact Serge Bouyssou(401) 647-4678 or Judocoach@cox.net

Camp fee for home stay and all meals included \$75

Camp fee for staying on your own \$50

Partial Camp attendance is available-Contact us for a quote

Please make checks payable to Serge Bouyssou and mail application and waiver to Serge Bouyssou 290 Matteson road Hope R.I. 02831

Due to the fact that these camps have grown so much, we will be on a first come first serve basis. Anyone that wishes to fly in on Thursday is welcome.

Camp schedule will be Friday 6-9pm, Saturday 9-11:30am and 1:30 – 4pm, Sunday will be 9am -12pm

MIDWEST

Saturday Feb.17th USJA/USJF Joint Workout 10AM to 4PM

Ameri-Kan Dojo Findlay, Ohio

Kata - Mat Work - Mini Tournament - Games/Drills

www.amerikanjudo.org for more information

Contact Neil Simon (NJSIMON@aol.com) or Mark Hunter
(Markjudo@aol.com)

Sunday Feb. 25th Ohio Kata Championships and the Ameri-Kan Challenge U of Bluffton Bluffton, Ohio

www.amerikanjudo.org for more information

Contact Mark Hunter (Markjudo@aol.com)

SOUTHWEST

- . (Central Texas) Saturday, 12/16: A multi- club junior novice training tournament for white and yellow belt children, aged 5-20, hosted by Ruben Martin Judo, in Burleson, TX. Clubs that are projected to attend include; Becerra Judo, Azle Judo, TEXOMA Judo and Ruben Martin Judo
2. (South Texas) Saturday, 1/13: A competitor development clinic at South Texas Judo in McAllen Tx. The clinician will be Roy Hash. Focus of the clinic will be on Gripping, Leg Picks, Sutemi Waza and advanced Newa Skills. The clinic host is Andrew Liesman.
3. (North Texas) Saturday 1/28: A competitor development clinic at TEXOMA Judo in Wichita Falls Tx. The clinicians will be Ray Silverstrand, Terry Kelly and Bert Becerra. Focus of the clinic will be on Advanced Tachi waza and Ne waza Skills. The clinic host is Roy Hash.

WEST

December 16-17 – Mini-camp in Temecula with Ronda Rousey, AnnMaria DeMars,, Lisa Guerrero, Mark Guerrero, Paul Nogaki, Jin Izumi and Gary Butts. Contact pnogaki@verizon.net for more information.

January 3 – Ronda Rousey at Goltz Dojo – 2006 Gold Medalist at the U.S. Open, Rendezvous, Senior Nationals, Swedish Open, Belgium Open and Birmingham World Cup. G.goltz@verizon.net for more information

January 6 – Pedro Dias of the Portuguese National Team at Goltz Dojo, currently the #8 ranked player in the world at 66 kg. G.goltz@verizon.net for more information