



Growing Judo



March 2007
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**

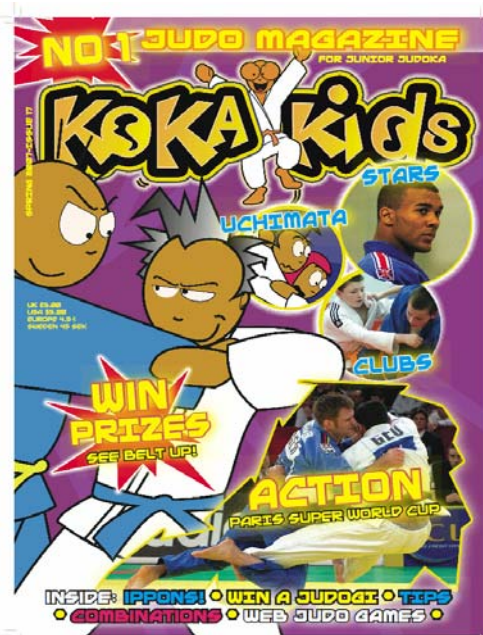
TABLE OF CONTENTS:

Better than Pokemon®?	3
USJA Offers Koka Kids Magazine	4
Modern Army Combatives and Judo used to Defeat Terrorism by Special Forces	5
Drill Training is Not New: Just Underutilized!	6
Reports	
Judo Clinic: Dynamic Drill Training	8
Clinic with Hayward Nishioka	9
Women's Judo Clinic and Workshop: Farmington Judo Club, 3/4/07	10
Goltz Judo CHP 11-99 Club Tournament	11
Judo Seminar: McAllen, Texas	12
Dojo of the Month: The Buckeye Judo Club	15
Coaches Corner: Setting up a lesson plan	15
USJA Coaching Program: Classroom Sessions	16
Coming Up	
USJA Summer Summit: Running a Dojo	17
Judo Clinic: 1988 Silver Medalist in Judo Lynn Roethke	18
Jujitsu Convention and Training Camp	18
Training Camp with a French Judo Team	19
Westchester Judo Open 2007	19
Judo Clinic: AnnMaria Rousey DeMars	20
Measuring Effective Judo Play	20
USJA Sponsors Training Tour: International Dream becomes Reality for Athletes and Coaches	21
Elite Summer Training Camp: Mayo Quanchi	22
USJA Midwest Regional Tournament	23
Judo Game: Cowboys and Horses	24
Welcome from Golden Tiger	25
Judo Gi Price List	25

Cover photo courtesy of Carl Hayes

BETTER THAN POKEMON®?

by Nicola Fairbrother, Editor of Koka Kids Junior Judo magazine



“Rei!”

The children on the other side of the mat bow back to the row of black belts on my side and as is the custom in our club, they wait for the black belts and our sensei, Don Werner, to leave the mat.

As I amble off towards the showers, looking back at the sea of red faces impatiently waiting for two of our slower Dan grades to leave the tatami, it strikes me just how many more of them there are than us.

That’s good. After all, the juniors are the base to the whole judo pyramid that peaks with the Pedros and the Rouseys and the Olympic Games. The bigger and more stable the base then it follows the higher and more spectacular, the peak. The more juniors we have then the better and brighter our judo future looks.

But, in this modern world of Pop Idol™, Play Station®, and Pokemon®, do we really do enough to

keep our mass of juniors returning to the tatami each week? What is there to keep their interest on judo once they leave the dojo?

Six years ago, worried that the answer was not a lot, I launched a junior judo magazine called Koka Kids with the objective to keep kids involved and interested in their judo.

It is judo magazine that is aimed totally at kids - and although there are many great publications for us seniors (you have one in your hands right now for instance!) there’s hardly anything for kids. In fact, Koka Kids remains the one and only magazine out there dedicated wholly to junior judo. Something out of balance, there ... but hey, that’s another article altogether.

Around 10,000 copies of Koka Kids are printed each edition and read by young judoka from Great Britain, Sweden and the USA.

Koka Kids is bright, fun, colorful, and the kids like it.

My all time favorite comment came from a yellow belt called Luke, who said “it’s better than Pokemon!” I wish it were, Luke! We have about 500 similar comments on the website from other Koka Kids readers. Usually, these ‘comments’ are more like a one descriptive uplifting word like “Cool!” “Awesome”, “Great”, but I think it’s safe to say its intended market is accepting the magazine and in the way it is intended.

As well as being ‘cool, awesome and great’, the magazine is also (and shhhhh, don’t tell *them* this) meant to educate.

“It’s a useful teaching aid,” says, Alan Jones, 6th Dan, who works in school judo across Wales “All of our judoka get a copy each term, and it helps to reinforce technique that we are showing them every week in class”.

Many UK coaches, like Alan, take out a magazine subscription for their entire membership. By including the extra cost in the term or annual class fee, they can then just hand out a magazine to each member once a term.

This is the system also used at my own club, the Pinewood Judo Club in Berkshire, UK. Once a term, the kids really don't mind waiting for the black belts to leave the mat. Just before they make the final bow, they each receive a copy of Koka Kids and on that occasion they don't seem to notice how long it takes us Dan grades to stand up (a long time, I can tell you!) and move to the other side.

Personally, I love seeing the kid's faces when they get a copy, open it up and become absorbed in the pictures and the photographs and ignore everything around them for the next few minutes. (Best to hand them out at the end, not the beginning of a class).

I hope that they will read something that sparks an interest. Maybe they will read about a technique, or an event, or a great champion and it motivates them to return to the tatami next week.

For what is important in any club, is that as we bow at the end of the session and look across at our juniors lined up, it's important that there are always more of them than there are of us.

www.kokakids.co.uk

USJA OFFERS KOKA KIDS MAGAZINE

This is a great resource for promoting judo AND reading among the junior players in your club. This month's issue features USJA clubs Mayo Quanchi, Westchester and Goltz Judo, a discussion on belt promotions and a lot more.

- *All new USJA members will receive a free copy of Koka Kids magazine, while supplies last!*
- *Copies will also be available at the Judo Unlimited booth at major tournaments as well as directly from the USJA office at \$5 per copy*
- *If you are interested in subscribing to KOKA kids then contact the USJA to order.*

United States Judo Association Nacional Office
21 North Union Blvd., Colorado Springs, CO USA 80909
Phone: 877- 411- 3409 (toll free)
Fax: (719) 633-4041
membership@usja-judo.org.

We have a limited number of issues, so email or call today to order yours!

MODERN ARMY COMBATIVES AND JUDO USED TO DEFEAT TERRORISM BY SPECIAL FORCES

Here's the situation on #4. While waiting to breach into our primary target house, the gate I was standing next to started to open. I backed off enough to put a weapon in the door once it became open. Our intended target house was only a base to begin our search for #4 so I decided that any port in a storm was good as the next.

The individual who opened the door was not recognizable to me immediately under NODS but was blocking the opening to the courtyard of where I decided to lead the assault element. He visually had no weapon and was inside "TEEP" range so I stiff-armed him to move him back inside and out of the way of the assault force. His reaction to the stiff arm demonstrated his intent to try to move through and beyond me and to escape. The stiff arm then became a two armed forward push that off balanced the individual into the center of the courtyard which is consistent with being in the center of a room and no place to be standing up because bullets usually move through the same territory, so it's incumbent on an assaulter to seek the floor and get out of the way of possible shots. Because he was leaning backwards his legs presented an opportune target and grabbing both legs and pulling them to my left side immediately put him on the ground on his left side. He rolled to his stomach (thank you) in an attempt to get back up, at which point I grabbed his left arm and put it into an "arm behind the back police hold" and put a knee in his back to support it. I took my right wrist and placed it against his windpipe and grabbed my fingers with my left hand and lifted-this achieved a blood/air choke with minimal compromise to my ability to move.

Insuring the area was clear I became aware that only one other individual beside myself had entered the courtyard and was acting as my cover. At this same time the individual had a degree of familiarity. I lifted the individual's head up further (think Boston crab) so my cover man could see his face while searching around for possible threats. My cover man ID'ed the individual immediately and reached for his flex cuffs, once he made contact with #4s hands a door from the structure started to make noise as if someone was unlocking locks and preparing to come outside.

My cover man took control of number four and I addressed the door realizing that the rest of the assault force had now been verbally motivated by the assault force commander to get inside and help me. From there I began clearing the rest of the structure.

Afterward it was confirmed that the gentleman was indeed #4 and was attempting to escape via a back door because we had parked our convoy on the other side of the structure.

Nice night huh?

The TEAM HAVOK JUDO CLUB practices and teaches Judo, Brazilian Jiu-Jitsu, Muay Thai, Modern Army Combatives under the direction of Sensei John Renken and Rafael Cruz, 4D. Sensei John Renken and Rafael Cruz can be reached by email at saint@xtremeministries.com. Additional information about TEAM HAVOK JUDO CLUB can be found by visiting their website: [HTTP://www.cmmaa.com](http://www.cmmaa.com) or contacting John Renken at 931-278-7443.

DRILL TRAINING IS NOT NEW... JUST UNDERUTILIZED!

by Bill Montgomery – Member, USJA Coaching Committee

I was first introduced to drill training in 1966 at Ben Campbell's Sacramento Judo Club. Campbell's dojo was not a place for the timid or those who did not have a desire to work hard. It was a very different era. The intensity level was incredibly high and I did not know what to expect next. There were numbers written on the black board (the dojo was in an old school), that I never did figure out. After 40 years details are difficult to list, I would stop at Campbell's dojo 2-3 times a year on my way back and forth to the University of Oregon.

Many years later I had the opportunity to have lunch with then Senator Campbell. Interspersed in our conversation the subject of drill training came up. The Senator assured me that he still felt strongly about the validity of this training, but in many instances it had become some kind of "dance." He felt that most people did not prepare well enough to train at a high level and consequently took the easy way out. In the proceeding years his observations have been born out on many occasions.

The entire approach is based on ***movement not static approximations!*** In other words, running down the mat, stopping, then stepping in for a throw is not drill training. It is static uchikomi preceded by a sprint. This is what I generally observe people doing when they drill train. Before getting into specific drills let's see what we are trying to accomplish.

First, we want our charges to improve their overall skill. In order to accomplish the primary goal one will, by definition, make mistakes. The balance is not right, the pull is wrong, the feet do not get into position and sometimes you just fall over! All of these things are real and in drill training happen many times.

Secondly, drills can enhance one's fitness level, thereby allowing you to train even harder! This kind of training is not limited to "competitors" --whatever they are! It can be done by anyone; the principle is the same, though speed and intensity may vary. Judo is a dynamic activity it cannot be learned in a static environment.



Our last goal (you may have more) is adaptability. It is important for each judoka to be adaptable. If one plans drill training well it will aid the athlete's ability to work effectively in many different situations. People do not usually function voluntarily in unpredictable situations. Our problem is that judo participation is by its very nature unpredictable. Allowing a student to become too comfortable does not necessarily help them. Drills can assist in learning to deal with different problems/situations.

All of this is fine, but what are good drills. As a coach you must determine what works for you. This is not always an easy thing. It requires you to be self-critical. I currently have a problem with my charges "jumping up" and then attempting a throw. I tried several approaches...but then realized that because I can no longer "jump forward" into a throw without

wincing in pain, my students were mimicking my mistakes. They did not hear what I said, they did what I did: I am now in the process of trying to correct this error.

Keeping the above mentioned problem in mind; what really makes good drill? If you are **expecting some kind of miraculous prescriptive formula, you will not get it from this article.** I have probably done more useless drills than most folks. When you are a young coach, you really believe that you have the answers. As things progress you realize that for every answer there are ten more questions. But, I evade the answer to “what is a good drill?” A good drill is one that is based on physicality nothing more. In other words each drill is done to train the athlete to react in a particular or general manner. Many people agree with this assessment but they fail to put

the words to practical use. So let’s build a drill sequence. I use linear drills first, but quickly have people moving in other directions.

***Base=tai otoshi alone
ko uchi to tai otoshi
o uchi to ko uchi to tai otoshi
o uchi to ko uchi to osoto gari to tai otoshi***

This sequence is all delivered to make uke stand in a left-handed stance or to stiffen into a natural posture (shizenhontai). If any part of the sequence is not done with enough force to make uke to react appropriately you do not have a drill. You have a really bad

looking dance! We want to train our athletes to be adaptable. This sequence is not about tai otoshi, it is about everything that comes before it.

You need to quickly have the athletes do this sequence on both sides. Waiting for the magic moment when they are ready is not necessary, just have them do it. I would use this sequence for a week or two (3X’s per week). At that point they would attempt this in a random fashion, moving around the mat.

You may use any throw(s) you wish to build a drill. **HOWEVER**, the sequence must have a purpose. The coach needs to take special care not to simply invent things so he/she appears to be knowledgeable. This is not a method only for the advanced. If we should be doing this series on a beginner’s first night they are put right into the mix. Obviously, the advanced student will be helping. We want to get the new participant into the “personality” of the dojo very quickly. With positive encouragement they will fit right in.

This is a real fun drill. It gets a bit nasty with the “kicking” instead of sweeping, but people quickly improve. Again we are forcing reactions. Simply swinging the leg/foot around does nothing functional. Remember, we are using this to teach adaptability.

***Base= de ashi barai-alone
tori attacks with deashi and uke counters with tsubami gaeshi
tori attacks with de ashi, uke starts to counter with tsubami, tori moves directly into o soto gari.
tori does the entire sequence again but at the end uke cuts on the osoto attack and tori switches to sasae (with the same leg they did o soto with).***

Today foot sweeps are a very neglected portion of judo. I believe they are neglected because they are seen as being “too difficult.” Introduce them early, train with them often. Your charges will miraculously start throwing people with ashi—other coaches may think you are magician. It is true you are a magician...who has worked with his charges for years and they suddenly throw people with ashi waza! One way to get people doing ashi is too simply introduce it as a normal part of judo, going on and on about how difficult it is only compounds potential problems.

I hope these drills give you an idea of the possibilities available to you. In developing you own series of drills you are only limited by your imagination and reality. Remember to be self critical and honest in the evaluation of your drills.



JUDO clinic: Dynamic Drill Training

On January 28th, thirty-seven players and coaches from eight clubs enjoyed the Dynamic Drill Training Clinic in Derry, New Hampshire. The Derry Judo Club was honored to host Sensei Bill Montgomery, member of the USJA Coaches Committee and head instructor of the Norwich Judo Club, and 2005 Female Masters Competitor of the Year, Joan Love. All who attended had a fantastic time. It was a pleasure to watch Bill and Joan work with the kids.



They had all of the children smiling. Students were moving all over the mat, playing Judo games and practicing combinations in exciting drills.

Throughout both sessions, Bill Montgomery demonstrated and discussed the importance of letting the students learn by doing Judo! Throughout the clinic, Bill emphasized to the coaches, the importance of having a purpose (short and long term goals) behind every drill and activity designed for their students.

CLINIC WITH HAYWARD NISHIOKA



Great clinic with Hayward Nishioka focusing on instructing and coaching! The session was broken down into mat time and classroom time. In his next clinic he will involve testing. Thirty-five people were enrolled and many others attended the regular judo class at the Goltz Dojo.



Women's Judo Clinic and Workshop: Farmington Judo Club, 3-4-07

by Amber Liangis



A women's clinic and workout was hosted at the Farmington Judo Club located in the Farmington Schools Maxfield Training Center this past Sunday. We had a great turnout! Joining our host, Ullman Sensei, was Frances Glaze Sensei Godan, Judoka's Julee and Meghan from Ohio. As well as Judoka Divya from Troy Judo Club a long with Cheryl, Jennifer, Jackie, Danielle and Amber from the Farmington Judo Club.

We had ample time in the three-hour workout to warm-up and work on our ukemi. Thank you to Glaze Sensei for showing us the proper technique when doing ukemi and for having us

keep doing it until we got better with them. We concentrated on a couple of throws, such as tai otoshi and osoto gari. It was commented by the women participating that it was great to be able to slow down and further understand the correct way to execute the techniques. To use technique and not strength to complete the throw in a gentle, controlled way. Also to be able to get a different view point and a different way to execute was helpful.

We spent the last hour of the workout on our clinic, which included the instruction and performing of Itsutsu No Kata, forms of five.

It was great to have Ullman Sensei and Glaze Sensei not only show us the movement but to explain what each form was representing. It gave us not only the mental picture of what we were doing, but a spiritual one as well. The Itsutsu no Kata was created by Jigoro Kano in 1887 as the highest form of kata. It demands maturity in understanding Judo theory. The five symbolic movements represent the ethics of Judo. Inspired by the forms found in nature, he strived to come up with a way of expressing the forces of nature through Judo. The techniques were not given names by Jigoro Kano, so sometimes this kata is called the "unfinished kata". This kata applies the theoretical basis of attack and defense to natural phenomena. The Itsutsu no Kata is an "inner kata" which dramatizes a man on his way towards the truth, who meets the elements of nature and harmonizes with them.



For more information on Itsutsu no Kata and any other kata check out the following website <http://www.judoinfo.com/katamenu.htm>

A special thank you to Wertheimer Sensei of the Farmington Judo Club for coordinating with the Farmington Schools Athletic Department for the use of the Maxfield Training Center so that we could have this event. It's good to see the schools take an interest in the community and the recreational and sporting needs of women.

Also a gracious thank you to the group from Ohio for traveling such a distance to help make this event a success. There are more Women workout's scheduled for this year, so keep your eye on the calendar for the dates and locations!

REMEMBER!!! March is Visit other Dojo Month! Show your support for your club and others. Help spread the Judo philosophy.



GOLTZ JUDO CHP 11-99 CLUB TOURNAMENT



The Goltz Judo Club in Ontario, California held a judo tournament that raised over \$500 for a foundation for families of California Highway Patrol officers who were killed in the line of duty. The USJA clubs in attendance included Mountain Judo, Discover Judo, Judo America, Santa Clarita Judo, City of Industry Sheriff's PAL and Venice Judo Club.



Judo Seminar in McAllen, Texas

www.southtexasjudo.com



January 13, 2007 marked the second annual Roy Hash Clinic hosted by *South Texas Judo*. Roy Hash and Carl Plummer traveled approximately 11 hours from Wichita Falls to McAllen, Texas.

The seminar began at 11:00 and Roy started the class on competitive strategy and standing techniques. Local students, a visiting Brazilian Jiujitsu school, a visiting Karate student from Michigan and students from Mexico participated in the event.



Movement and power hand placement had been discussed at length so that each student could begin to understand their own integrated attack system for competition.

Pictured to the left, Carl Plummer demonstrating gripping defense and skills with Tom Fish.

Gripping attacks and defense were an integral part of the clinic



The techniques taught at the seminar were simple and easy enough for most students to understand. After discussing Russian gripping and its strengths, Roy shows a sample throw with Mario Lara at left. To the right, Megan Fernandez is caught throwing Alejandro Rodriguez with similar gripping.



To the right, Lupe and Paco from Mexico enjoy Roy's gripping drills as they put in their repetitions.

After a vigorous workout, participants are treated with pizza – not shown.

Roy began the second half of the clinic, with some interesting grappling drills and techniques (below).



To the right, it is without a doubt that Roy spent time on planning out the sequences of techniques and worked really hard at presenting his seminar.



Left, Roy is at it again with more grappling instruction. Here he is showing one of his favorite turnovers from the turtle position and is showing the correct placement of the hand.

Roy easily captivates the attention of the participants of the seminar as shown in the pictures below.



South Texas Judo Club first became acquainted with Roy Hash and Carl Plummer at their Texoma Judo Camp in 2005. Since then, Roy has selflessly helped South Texas Judo Club grow by assisting with coaching at tournaments, advice, training, and promotions, and Roy continues to help South Texas Judo grow by volunteering to travel every year to present his seminar. It is to be noted that both Roy and Carl set great examples of dedicated Judokas.



2005 Texoma Judo Camp

Despite the amount of physical effort necessary to undergo the entirety of Roy's seminar, young Judokas, and old alike, finished with joy and excitement. The atmosphere of the seminar was absolutely positive and friendly. The quality of friendship and instruction they bring is highly valued.

Students truly appreciate the sincerity and honesty Roy and Carl bring with them, and they look forward to seeing both in future events.



DOJO OF THE MONTH: The Buckeye Judo Club

The Buckeye Judo club is located on 808 Eason Ave., Buckeye, Arizona. Our club meets from 5:30 pm to 7:30 pm on Monday and Wednesday. We are open on Friday nights for special tournament preparation classes. The Buckeye Judo Club instructors are: Eiji Teragouchi 5-dan, head instructor, and assistant instructors are Edwin Eng 3-dan and David Dyrez 2-dan. Buckeye Judo is a proud USJA member club and all new members are encouraged to sign-up for the USJA upon completion of initial orientation. The club has generated many local, regional, state and national competitors and champions. One competitor won 3rd place (bronze metal) in the World Masters Judo Championships. The main goal is to teach "Kodokan" judo as a way of life, and attempt to explain the parallel path between the judo philosophy and our daily life application. Above all, there can only be few judo champions but could produce many good citizens."



COACHES CORNER: Setting up a lesson plan

by Jim Pedro, Sr. – USJA Coaching Chair

The number one thing you have to determine is what your goal is going to be. Is it producing champions, recreational judo or both?

Then it depends on if you have assistant coaches to help you, also, what level of students you have. Under what conditions are you teaching? Can you separate the students during class, depending on their levels? How many days a week do you have to teach or coach?

Anyone who tells you that there is such thing as a one-size-fits-all approach is wrong. Your lesson plan must be tailored to your situation. What should be done for all is to have a plan, whether you have a recreational club or a competitive program. It helps to keep you focused on meeting your goals and monitoring your progress.



The next step is to set up your lesson plans. My personal preference is to do this for two months at a time. At the end of the first month, re-evaluate and see if your students are progressing at the speed you anticipated and, if not, adjust your plan accordingly.

Competitors should be working out at judo at least three times a week. For others, twice a week should be sufficient. Next month, we'll give some specific types of workouts for your competitors – conditioning exercises, matwork, throws you can teach. The following month, this column will discuss workouts for non-competitors.

Until next month, thank you for being a coach and supporting the USJA.

USJA COACHING PROGRAM – Classroom Sessions

by Gerald Uyeno, USJA Coaching Committee

Many people have asked about the changes in the USJA Coaching Program. All of those who have been part of the program in the past year agree that the improvements are noticeable and changes have been all to the good. To whet your appetite a bit, here are a few of the slides from the presentation in the classroom session. Of course, as George Weers noted above, there is considerable time spent on the mat as well.

Congratulations on participating in the USJA Judo Coach Development Program!

- Fundamentally: You have to be a Good Student to be a Good Coach
 - If you stop learning, you are done
 - Know your athletes mentally and physically

Communication is fundamental to successful Coaching

- Athletes learn by watching, listening, imitating, asking questions
 - Consistency is key: Coaches are the example for their athletes
 - Coaches need to tell athletes what to do
 - Don't make athletes interpret "what not to do"
 - Learn how to interpret and understand statements and questions
 - Remember, everyone is unique

Fundamentally: What makes your player tick?

- What do they think about themselves?
 - They are what they believe they are (within reason)

Confidence Results from Preparation, not Luck

- Past Performances provide Key Information on how to develop confidence
- What did the athlete do when things went right?
 - Identify the 2-3 behaviors coincide with your best performances?
- How do you train so that things go right?

- Judo training
- Other training
- Rest? Diet?
- Other?

Focus and Re-Focus for Confidence

- “What’s my job” (see next slide) helps athletes Focus on What They Can Control
- Great Athletes Re-Focus Faster
 - Have a plan to re-focus

Want more? Come to the next USJA Coaching Clinic! Also, these slides will be on the USJA Resource CD to be distributed to all USJA clubs.

USJA SUMMER SUMMIT: RUNNING A DOJO

WHEN: Friday, August 3rd —Sunday August 5th, 2007.

COST: \$50.00 (payable to Ameri-Kan Judo) excludes certification fees, meals and lodging

FOR: Judo coaches, assistant coaches, and new club coaches who wish to develop and/or expand their dojos and programs.

HOST: Ameri-Kan Judo, 1400 Manor Hill Road - Findlay, Ohio 45840

Phone: 419-722-3476 Email: AmeriKanJC@aol.com



MORE INFORMATION: www.amerikanjudo.org OR www.usja-judo.org

Topics will include:

- Opening Up a Dojo
- Marketing Judo
- Judo Games to Increase Membership in Your Dojo
- Judo Drills for Teaching
- Teaching Judo in Various Environments
- Law and Record Keeping for Dojos
- Programs for your Dojo

JUDO CLINIC: 1988 Silver Medalist in Judo Lynn Roethke

Place: UWSP Quant Gym, University Wisconsin Stevens Point, 4th Ave, Stevens Point, WI.

Date: April 21, 2007, Saturday.

Time: 10:00 A.M. - 12:00 P.M. and 1:30 P.M. - 3:30 P.M.

Sanction: USJA #07-044

Requirement: Current membership in the USJA, USJF, or USJI. USJA membership applications will be available to participate.

Morning: Combination Throwing techniques and drills.

Afternoon: Mat work combinations and drills.

Lunch: On your own. A number of eateries are a few blocks from Quant Gym.

Suggestion: Bring notebook save this valuable information.

Cost: \$25.00 for the clinic.

Hosted by: UWSP and Stevens Point Judo Clubs of Stevens Point, WI.

Further information: Tom Gustin, 500 Sherman Ave. Stevens Point, WI 54481, 715-343-0665.
trmegustin@charter.net

Lynn Roethke - Bio Sketch

In a career that began in 1967 in the sport of judo, Lynn Roethke reigns as one of the most accomplished American women judo athletes in the history of the sport. She holds a silver medal from the 1988 Olympic Games in Seoul and was an Olympic team member in Barcelona in 1992. In 1987 Lynn was inducted into the Black Belt Hall of Fame, making her the first woman in the world to earn that honor.

Winner of a silver medal in the 1987 World Championships, Lynn is also a two-time gold medalist in the Pan American Games. Her honors also include some 450 judo awards in competitions all over the world; including the United States, Canada, Russia, England, France, Italy, Japan, Korea, Venezuela, Yugoslavia, Austria, China, Cuba, Holland and Poland.

Lynn is a ten time U.S. National Champion, a gold medalist in two U.S. Open Championships and a five time gold medalist in the Olympic Festival. She was selected by the U.S. Olympic committee as "female athlete of the year" in the sport of judo in 1985 and 1987.

Lynn is an honors graduate from Marian College holding a Bachelors of Science in Business Administration. She resides in Fond du Lac, Wisconsin, and is owner/operator of Club Olympia, an adult co-ed fitness center. She is a certified personal trainer and group exercise instructor. Holding a sixth degree black belt, she teaches and coaches a judo program at her fitness club. Lynn also conducts motivational seminars and clinics throughout the United States.

JUJITSU CONVENTION AND TRAINING CAMP

May 18-20, Shingitai Jujitsu Convention/Camp, Perrysville, Ohio. Call John Saylor at (419) 938-6087 for information. John's camp is always a great experience and this year, we will add some more things to make it even better. Camp cost is \$150.00 and includes all meals as well as the awards banquet. Even if you're not a Shingitai person, this is a great training camp.

TRAINING CAMP WITH A FRENCH JUDO TEAM

Training Date: Saturday, April 28, 2007

Eligibility: Any Junior & Senior judoka with a current USJI, USJA, USJF.

Judoka must present card at registration.

Entry Fee \$20 .00 If received by April 15, 2007. \$30.00 if received afterwards

Registration is not complete until payment is received.

Training Camp Site:

SOLOMON SCHECTER UPPER SCHOOL

555 WEST HARTSDALE AVENUE

HARTSDALE NEW YORK 10530

Training Camp Schedule: 2:30PM TO 4:30PM

Director: Sauveur Soriano (914-723-8006)

westchesterjudo@hotmail.com

WESTCHESTER JUDO OPEN 2007

Contest Date: Sunday, April 29, 2007

Location:

SOLOMON SCHECTER UPPER SCHOOL

555 WEST HARTSDALE AVENUE

HARTSDALE NEW YORK 10530

Director: Sauveur Soriano (914-723-8006)

westchesterjudo@hotmail.com

Registration and weigh-in will be on

- Saturday April 28, 2007
from 10:00am to 2:00pm
- Sunday April 29, 2007
from 8:00am to 9:00am

Eligibility: Any Senior judoka with a current USJI, USJA, USJF.

Judoka must present card at registration as well as proof of age.

International judokas must present passport and country judo Affiliation card.

Blue and white judogi recommended.

Awards 1st 2nd and 3rd places will be awarded in each division.

Entry Fee \$50 .00 If received by April 15, 2007. \$75.00 if received afterwards

Registration is not complete until payment is received.

JUDO CLINIC: AnnMaria Rousey DeMars

SATURDAY MARCH 17TH

JUNIORS 9:30AM-11:00AM FEE \$15.00

SUNDAY MARCH 18TH

SENIORS 10:30AM—1:00PM FEE \$35.00

THERE IS A \$10.00 DISCOUNT
FOR SATURDAYS
COMPETITORS AND OFFICIALS

LOCATION:

ST BERNARD'S CATHOLIC
SCHOOL GYM
170 ROSE AVE
ST PAUL MN 55117

FOR FURTHER INFORMATION CONTACT:

KEN OTTO 651-774-4041 kendall.otto@comcast.net
DAN HOFFMAN 651-462-2814 choffman@st-matts.org

AnnMaria Rousey DeMars - Bio Sketch

AnnMaria was the first U.S. World Gold Medalist!! Come see her famous winning armbar. There will be matwork combinations, counters, drills, transitions from standing into ne waza and much, much, more.....

AnnMaria is the mother part of the only mother-daughter World Judo Champions

- 2004 & 2005 COACHED FEMALE TEAM THAT WON 1ST PLACE AT THE USJF JUNIOR NATIONALS
- 2004 USJF FEMALE COACH OF THE YEAR
- 1984 GOLD MEDALIST WORLD CHAMPIONSHIP
- 1983 GOLD MEDALIST AUSTRIAN OPEN
- PANAMERICAN GAMES GOLD MEDALIST
- THREE TIME NATIONAL CHAMPION
- TWO TIME US OPEN CHAMPION

Measuring Effective Judo Play

by George Weers, USJA Coaching Committee

Past practice of training camps has been to conduct the theory of Coach Certification without practical application. At best, candidates received lectures about how to do what, when and why then at the end of the week they were asked to apply what they'd learned. There is definitely something wrong with this picture. How can you separate Coaching from doing Judo? It's a good thing for Coaches to talk about what and how and when. It's a better thing for Coaches to talk about it and then have the opportunity to actually apply what they're discussing.

During the upcoming **Camp Bushido West**, Coach Certification and Competitive Training will be conducted as a practical whole. Coaches will be able to apply what they learn and players will be provided insight of the why and how of Judo.

Training will take place in two daily, 90 minute, sessions. Participants will be trained in the principles and fundamentals of competitive gripping, the mechanics of throwing actions and ground play.

More importantly, participants will be taught how to MEASURE and IMPROVE PERFORMANCE through simple metrics of Effective Judo Play. Coaches will be provided daily opportunity practice using the metrics and develop a training outline using data gathered with the same metrics.

Camp Bushido West promises to provide innovative training. I'd be there if I were you!

USJA SPONSORS TRAINING TOUR: International Dream becomes Reality for Athletes and Coaches

Often, international experience is limited to the top few athletes in each weight division. Players with heavy academic schedules or restricted finances who are not able to attend tournaments around the country throughout the year will almost never have the chance to train and compete abroad – until now.

From July 21 to July 31, twenty-five American athletes and coaches will have the opportunity to train in Wales with world champion Neal Adams, former world team coach Jim Pedro, Sr. and teams from Switzerland, Portugal, Sweden and Wales. Coach Pedro explained the motivation for the tour,

“This is a chance for coaches and players to get an experience most people only dream about, to train with teams from around the world and get individual attention to improve their judo. In the USJA, we believe that opportunities should not be for a select few but for all the people who are willing to work hard to better themselves. I understand that for some people this will be the high point of their judo career and for others it may just be a step on the road to the Olympics. This camp brings those people together. Only a few coaches will get the opportunity to coach overseas as world or Olympic coaches. However, this summer, any of our USJA coaches who are interested in gaining the experience will be able to attend an international training camp and learn from their colleagues from around the globe.”

Requirements for attendance on the tour are:

Athletes: Brown belt or above, at least 13 years of age, letter of recommendation from home coach.

Coaches: Certified coach, current background check. Priority will be given to USJA-certified coaches and to coaches who have an athlete attending the camp.

Cost: Lodging, meals and camp fee for ten days - \$320

Airfare is approximately \$1,200 from the west coast and \$900 from the east coast

Athletes have been selected from applications received by March 1; these athletes will be contacted within the week. Additional athletes will be selected from applications received by April 1. Those interested should send letter of recommendation from coach along with name, age, home dojo, address and TELEPHONE NUMBER to pedrosjudo@verizon.net. For additional information, contact Jim Pedro, Sr. at (978) 335-5216.

Mayo Quanchi Judo Team Announces

Elite Summer training camp 2007

Open to judoka of all levels. Coaches are welcome.

This camp is a great opportunity to train with some of the best in the USA and the UK.

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

If space is still available after May 10th the cost will be \$250.

Airport to fly into: Providence

Camp fee for staying on your own \$150

Due to the number of judoka we will be breaking our camp up into three 5 day segments: June 15th-20th, 20th-25th, 25th-30th.

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

We will be on a first come first serve basis. You will need to provide the dates you wish to attend on your application. Multiple weeks are possible.

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

Camp fee for home stay and all meals included will be: \$175 if received by April 20th. April 20th - May 10th \$200.

Due to the fact that these camps have grown so much, we will be on a first come first serve basis.

Please remember to bring Sleeping bags and swimwear.



Judo for Kids & Chisago Eastside Tigers

Is proud to host

The Midwest Regional Judo Tournament - USJA

Junior, Senior, Masters & Novice and Advance Kata

- DATE:** Saturday March 17th, 2007
- LOCATION:** St. Bernard's Catholic School Gym, 170 Rose Ave., St. Paul, MN.
55117
- AWARDS:** Plaques for 1st, 2nd, & 3rd places in all divisions.
- SANCTION:** USJA . (Applied for)
- WEIGH-INS:** Saturday: Juniors and Seniors 8:30 A.M. to 10:30 A.M.

JUDO GAME: Cowboys and Horses

by James Wall, Wall to Wall Martial Arts

This month we have an excellent ground based game for your classes. Here's how it works:

Begin by dividing up your class into cowboys and horses. You'll want more horses than cowboys. I usually try to have 1 cowboy for every 5 horses or something close to that. Have your horses go to one end of the mat and get down on hands and knees. Your cowboys will go to the other end and do the same.

You'll need to have some start and finish lines or marks of some kind on both ends of the mat, something like the red line or border. If nothing else you can stretch out a couple of belts to make lines.

The goal of the game is for the horses to start on one end of the mat and by only moving on hands and knees try to make it to the other end. The cowboys' job is to try to catch the horses and trap them on the mat. Cowboys start on their hands and knees and move across the mat that way but can use their hands to actually grab the horses and try to wrestle them down onto the mat.

In most cases we'll just require the cowboys to trap the horses in any position that they can. In some cases, maybe with older or more advanced students, I'll require the cowboys to actually turn the horses over and pin them in a Judo hold. This is quite a bit harder however and will make the game a lot longer so be warned.

If the horses are able to get all the way across the mat from their starting point and cross the line at the other end then they are safe for that round and remain horses for the next round. Every horse that gets caught becomes a cowboy and moves to the opposite end with the rest of the cowboys and we play again. This goes on back and forth across the mat until all horses are caught or until a pre-set time limit expires, whichever you desire.

My juniors really love this game. They get to romp across the mat and be loud and crazy. Meanwhile they get a great cardio workout (you'll see them breathing hard after a round or two) and a lot of work on ground mobility, positional control, and turnovers.

A few words of warning: Be sure to warn your kids to be careful with their heads. It's very easy to accidentally bump heads with other players in the heat of the game. Another thing to watch for is excessive "dog-piling" We typically allow kids to team up in order to take down a bigger "horse" but be sure that they don't all try to pile up on top of one of the kids. This can be a problem after a few rounds when there are more cowboys than horses.

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



Welcome USJA Members!

<http://club.goldentiger.com/USJA>

From this site, all USJA members with current membership will receive 10% discount. USJA will also benefit from your purchases by receiving a commission on the portion of your purchases. Just make sure that all your purchases are made from "Recommended Products by Club's Master" list below (If you go outside of this Club and make purchases directly from the Shopping Mall, you will not get the 10% discount, and we will not receive any commissions.). The full list could be also viewed by clicking on the "Recommended Products" button on the left.

Also, all members are welcome to use the "Member's Board" and "Photo Gallery" to leave your comments, opinions, and news about USJA.

Please do not forget to join or renew (another link on the left) your current membership, and thank you for supporting USJA!



GOLDEN TIGER
KENS TRADING CO.,INC



**GTMA Judo Gi; Single Weave,
Natural**
\$25.00



**GTMA Judo Gi; Double Weave,
Natural**
\$50.00



**GTMA Judo Gi; Single Weave,
Bleached**
\$30.00



**GTMA Judo Gi; Double Weave,
Bleached White**
\$65.00