



Growing Judo



**June 2007
Focus on Judo Games**

**Monthly Newsletter of the USJA
Development Committee**

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*Cover photos from Judo Games clinic
with James Wall (left) of Wall to Wall
Martial Arts*

Judo Games Clinic

by Dr. AnnMaria DeMars

Can you imagine telling your class to stay in a push-up position and crawl on their stomachs for five minutes and have them cheering? This is just the sort of thing James Wall, motivator extraordinaire, manages to do. For example, the top photo on the front cover are push-up races. He has the class divide into two, three or four groups. Each group gives itself a name, like The Jaguars. Now, it's off to the races. The players get in a push-up position and the person on the end crawls through on his/ her stomach. When that player gets to the end, he/she jumps into push-up position at the end of the line, and the next one crawls underneath. When they reach the end of the mat, they go back with each player crawling on his/her back. The object is to be the first team to go to the end of the mat and back.

The second photo on our cover is another race, where all of the class races at once. One player on the back is working on grips, holding on to the other player's belt, while the second player is developing leg strength by doing a bear crawl across the mat dragging a partner.

Even grown-ups like to play. We sometimes forget that. The two assistant instructors in the photo below are working on another game where they begin back to back and try to stand up leaning against one another.



If you go to this website you can find many more games from James Wall including some video clips of his club in action.

<http://www.usja-development.com/resources/judogames/index.html>

EDITORIAL: THINGS THAT WORK

by Dr. AnnMaria DeMars

One advantage of being involved with a national organization such as the USJA is that we have the opportunity to see what is being tried at clubs around the country and what is working. What seems to be working the best are CLIENT-CENTERED approaches. Let me give a bunch of examples.

On our cover we have photos from the Judo Games Clinic with James Wall. Judo games work. We have seen that the clubs that have games with their children's classes tend to have a higher retention and a higher recruitment rate. There was a time in at least some parts of the country that we could count on a certain number of children being forced to join judo as part of learning their culture. That number is dwindling. Children and, increasingly, their parents, want physical activities that are exciting, fun and healthy. Why not? If we can't provide it, some other activity will. Make judo fun. Along with the games, we have been distributing Koka Kids magazine at our club and at the recent clinic. For \$5 a copy, your kids learn about judo and their parents see them reading more. While supplies last, every new junior member of the USJA has received a free Koka Kids magazine. If you would like to order these from the USJA office, we will be happy to ship them to your judo club. Just give Ruby a call at : **1 (877) 411-3409**

Every time a new issue of Koka Kids comes out, I order 30 of them. When it rains in Los Angeles, traffic is bad and only 12 kids show up for practice, I give each of them a copy of Koka Kids because they are the dedicated judo players who made it to practice. When we have been having a hard practice and two of my seven-year-olds are paying extra attention and putting out extra effort, I give them a copy of Koka Kids magazine. I use other forms of positive reinforcement, too. If we work on o uchi gari for a week, I might print out certificates that say, "This is to certify that _____ has learned o uchi gari" and give one to each student. Judo should not be repetitive, boring and constant criticism, but some people don't seem to have gotten the memo.

What else works? CONVENIENCE. We have tried having regional events, but so far what has brought the most people out is camps, clinics and judo information right where they are. Grass roots clinics, such as those done at Goltz Dojo, Venice Dojo, and Texoma Judo are big hits because they offer a clinic for people right in the area. Coaching clinics such as those done by Lowell Slaven at American Martial Arts, Southside Dojo in Kalamazoo, James Wall at Wall-to-Wall Martial Arts and the USJA Summit hosted by Mark Hunter, in Ohio, to name just a few, are successful because people don't generally have to travel far to attend. The clinics and camps in conjunction with the USJA Junior Nationals and USJA Senior Nationals are popular for the same reason – people are already there.

What else works? Classes by age level, such as the Tiny Tots judo class run by Ashton Farah of Goltz Judo, shown on the following page. In sum, in a whole lot of ways, it is meeting the needs of people who come into our dojos. This is a turn-around from the old days when the sensei was a dictator. I am not saying that five-year-olds are now running our judo clubs, but I do believe unless you pay attention to what attracts those five-year-olds, and their parents to an activity, you are going to be losing them to the tae kwon do club down the road, and that would be a great loss for everybody – except maybe the tae kwon do club, I guess.



Letters to Growing Judo:

Remembering Allen Coage

Dear Mr. Goltz,

I have just come across your organization's newsletter paying special tribute to my dad, Allen Coage. If you could kindly pass along a big thank you to Jim Bregman for his wonderful article reliving my Dad's legendary judo success. I was too young to remember (6 years old at that time) and although my father would tell us stories, it is remarkable to have it in print to share this piece of history with not only his grandchildren, but also with the entire world. Thank you again and again. I am sure my Dad is smiling from the heavens.

Respectfully,

April P. Coage-Davis

Screaming Eagle Judo and Jiu Jitsu Open

Hey I just wanted to throw out a quick note about the Screaming Eagle Judo and Jiu Jitsu Open. I first want to thank all the volunteers, without you it would have been impossible to have a successful tournament. Next, I would like to thank all the teams that came from Illinois, Kentucky, Tennessee, Georgia, Indiana, Missouri and anyone else I am missing.

Finally Lowell Slaven who came down and did both referee and coaches certification.

Without Lowell this tournament wouldn't have happened. I think it is also appropriate to thank North East High School. It was a great venue for the event and their hospitality was well worth it. We will definitely be working more with them in the future.

Recently Team Havok Judo Club purchased over 300 mats that we use at our club and to facilitate our own tournaments. We had 2 full Judo matted areas that had full safety zones and 4 full Jiu-Jitsu matted areas. In September or October, we are looking at adding Sombo as well.

Currently to my knowledge, this is the first event ever in the area that combined Judo and Jiu-Jitsu. Overall it was a great event and we look forward to running shows every 3-4 months.

In addition to the competition we had eight people who received coaches certification at Level I, five people certified local referee, two people certified Coach Level II, and two people certified regional referee.

At our next tournament we are going to try a few more things to make it a better experience for everyone. First, I am working on getting USA Wrestling (which does wrestling and Sombo), USJA, and USA Judo to recognize each other's insurance. This way, a competitor only needs one form of insurance instead of two or three. Also at our next tournament, if there is enough interest, I would like to do an absolute division and a Sombo Division. If you are interested please let me know.

Once again thanks to everyone and hope to see you at the next tournament!

John Renken
CMMAA
931-906-2941

Supporting Kata Competition – 2007 Pan-Ams

I would like to take this opportunity to thank all of you at the United States Judo Association for your generous help and support of Jeff Giunta and myself at the 2007 Pan-American Judo Championships.

You have shown us that you believe in us and our hard work. Without you, we would have had to fully fund this championship ourselves. With your help, support and generosity, we did extremely well and won the gold in all three contested divisions: Nage-no-kata, Katame-no-kata and Ju-no-kata. This win has gotten us selected to compete at the World Kata Championship to be held in Japan in late October!

With this honor, we intend to train even harder to get ready for this next championship. We will again strive to do our best to make you all nothing less than proud!

Thank you.

Heiko Rommelmann, Jr.

Jeff Giunta

I HOPE YOU ARE ALL PAYING ATTENTION

by Dr. AnnMaria DeMars

Before you have too much fun reading about the judo games, coaching tips and clinic announcements in here, I want to add a word from our sponsor... that is, the United States Judo Association.

Several things are mentioned in this month's issue but I want to draw your attention to them.

1. We have a fantastic USJA Junior Nationals happening, along with a camp the following two days for only \$40 for USJA members. There will be at least two world champions in attendance and players from around the country. Coaches can get their coach certification renewed at this camp. I would highly recommend sticking around for an extra two days of judo. Contact Jim Branson jcbranson@comcast.net for more information.
2. There are several camps happening this summer in Indiana, northern California (Camp Bushido West), the Carolinas (Greatest Camp on Earth), upstate New York (YMCA camp), Rhode Island (Mayo Quanchi), Massachusetts (Pedros) and the USJA Coaches Summit (Ohio). I apologize to those I missed. If you really want your judo to improve, go to camp. Find one at your level. Some are for having a good time with your family, some are focused on technical skill, some on conditioning for competition. If you have any question what type it is, call the camp director or ask the people who went last year.
3. \$\$\$\$\$\$\$ Three great things related to money. First, the USJA is having a summer special where new members can join for only \$25. If you have never been a member of the USJA – join today! For you USJF members, did you know you can join the USJA for \$25 and join the USJF as an associate member for \$15? That means for \$40 you can belong to both organizations – this summer only. Second cool thing related to money – Jimmy Pedro, Jr. has a new DVD out on gripping HALF of the cost goes directly to the USJA Development fund. The DVD is \$130 and you can buy it at any coaching clinic. Third, you can buy Koka Kids magazines through the USJA National Office for \$5 each.
4. The Rising Stars Tour to train in Wales, United Kingdom is FULL. We congratulate all of the athletes and coaches selected for this tour. Based on the outstanding response, we are planning a second tour in the near future.



COACHES' CORNER: Coaching versus Teaching

by: Jim Pedro, Sr. USJA Coaching Committee Chair



Most people use the word “coach” when they are describing themselves. Many of these people don’t fit the concept I personally have of what a coach is. They don’t really differentiate between a coach and a teacher.

First, I believe you begin as a teacher. The two roles of coach and teacher are very different. You could be a very good teacher and not so good as a coach, or vice versa.

A good teacher desires for each and every student to get better. A teacher recognizes

that each student is different and will grasp things at different times. Some students take a lot longer than other students but they all at the end should end up at the same place. Be patient.

I believe in teaching a lot of different techniques and allowing my students to work on the techniques that come easy to them so they can practice what is right for their body types and their athleticism. I personally don’t want all my students doing the same things, or doing the style of judo that I did unless it fits them personally.

Coaching is different in the aspect that some of your coaching is done on the mat at a contest. When you are working with competitors you are working toward success in contest situations as a specific purpose.

As a coach you should know the contest rules extremely well. Most coaches argue at tournaments about things that they can’t win because they don’t know the rules. An effective coach knows when it is reasonable to challenge a call and when it isn’t. If all three officials agree that a player scored for a yuko and you think it was a waza-ari, odds are pretty low you are going to win that argument. However, if your player throws with an o soto gari and the referee gives it to the opponent by mistake, that is an argument you can win and you should be challenging the score. By the same token, if a referee makes a mistake in the rules, such as gives a player a penalty for not attacking after five seconds, you should challenge that. This requires that you know the rules as well or better than the referees.

In order to be a good coach, you have to be learning all the time. Not only do your players have to get better, but you should try to improve yourself daily and constantly learn more about judo. Read books on coaching, watch videos or DVDs, go to other clubs and watch their practices, attend clinics. In short, never miss an opportunity to expand your knowledge.

You should also be able to watch other players and figure out what your students have to do to be able to beat them. You have to know how to motivate your players so they are working at the best of their ability. Most coaches make the mistake of trying to be their student’s best friend. You are not their friend; you are their coach first. It’s easier to be the ‘nice guy’, to always tell people what they want to hear, that they are training hard enough, they don’t need to lose weight, they are great just the way they are and the competition will never be able to beat them. Even though you may become popular, patting your athletes on the back and taking them out for ice cream, that is essentially a selfish way to be. If you are their friend first, you can’t make the decisions you need to make in order for them to reach their full potential. Therefore, you are thinking of you first, not your athletes, and you will never succeed.

James Wall is traveling on business this month, as we were lucky enough to have him offer a clinic on judo games in southern California. We were fortunate to have Sargis Balian and his young players from Hayastan Dojo contribute a game and a drill for this month. – Editor.

JUNE JUDO GAME

by: Sargis Balian, Hayastan Dojo

Robber

To play this game you need a small object, such as a boxing glove, or even a folded gi top would do. Each member of the class should be matched up with someone about the same size. The players start facing one another. The player with his back to the object is the “Police” his opponent is the “Robber”. The object of the game is for the robber to “steal” the object and for the police to stop the robber.

The robber can throw the “police”, get up and run toward the object and grab it, as the young man did above. He can also just push the “police” backward until he gets close enough and step on the object. He can do like the young man in the picture below who pinned his opponent, then got off of him and dived toward the glove and landed on it.

The “police” can stop the robber by throwing and pinning him, so he can’t get near the object, or by just keeping him out of the way by pushing him away from it or dragging him around in a circle.

As soon as the robber touches the object, the game is over, and the two players switch sides, now the other player gets to be the police. You can include the whole class by timing each pair and the player who touches the glove in the least amount of time wins the whole game. The two pictures below illustrate the fact that the ‘robber’ and ‘police’ use a variety of methods to win, including covering up the glove so the opponent can’t touch it and, escaping from matwork to dive on to the glove.

Since in every judo class of children ever you hear shouts of “He’s cheating!” and “No, you didn’t win” a third player in each group is appointed as the referee (the boy on the left in the bottom photo).



Games continued...

JUDO WARM-UP DRILL” “Ghost Uchi komi”

This is a simple reminder of a drill many of us do. All of the students in the class do this at once. They all run to one end of the mat, fit into a throw, without a partner, run back to the other end, and step in again.

I like it for a warm-up at the beginning of class for two reasons. First, many kids come to class full of energy after sitting in school all day and sitting doing homework after that. They just need to get moving before they can settle down and learn something new. If you pair them up with another student right away there may be too much talking and clowning around. Second, it allows me to see how they are positioning their feet, their posture, etc. It gets the whole class involved at once and lets me correct each student individually without making all of the other students wait and do nothing.

Clinic with Jim Pedro

by: Piper Hill, Wall to Wall Martial Arts

On Saturday, May 19th, Wall to Wall Martial Arts played host to a coaching clinic led by Jim Pedro, a 7th Dan in Judo, Chairman of the USJA Coaching committee, and coach of many elite Judo competitors. Twenty-two students attended from various clubs including Acadian Judo, LSU Judo, Gulf Coast Judo, Barksdale Judo and the Ronin Dojo.

The clinic began with a discussion on the ethics and principles behind the teachings of Judo, covering situations with adults as well as children. Mr. Pedro included his personal thoughts and insights into the art, as well as standard methods and practices.

After the classroom portion of the event, the Judoka were moved to the mat, where Mr. Pedro began demonstrating various techniques for the purpose of later instruction for individual usage. The mat work began with a pinning drill with emphasis on keeping body contact while transitioning from pin to pin. Mr. Pedro explained that this particular sequence of movements trained both uke and tori at once. While tori is able to practice controlled transitions, uke teaches which direction to turn in order to initiate an effective escape.

Other aspects of groundwork included turnovers on a defensive opponent, joint locks and arm bars. All techniques were then combined into fluid pinning drills for emphasis on slow, technical repetition. Mr. Pedro explained that these exercises were the foundation of essential groundwork. Students were then divided into pairs in order to experience hands-on practice with guidance from Mr. Pedro when necessary.

After a brief pause for lunch, teaching resumed with the basics of grip fighting, once again emphasizing control over strength. Mr. Pedro pointed out that when one is able to out-grip an opponent, execution of technique becomes far easier, therefore employing the Judo principle of "maximum efficiency." Students were asked to experiment with both left and right-handed grips, and then they broke off into groups in order to practice with partners of various strength, size, and speed.

The clinic concluded with several variations on throwing techniques, as well as the "proper" way to perform ude garami at the request of the students. Everyone was given the chance to practice with different partners in order to properly execute each technique.

Several students earned their coaching certification through this clinic and took with them a great wealth of new mat work knowledge. Through the teachings of Mr. Pedro, the Judo practitioners in attendance will now be able to pass on entirely new information that will certainly prove useful for the improvement of skill, endurance, and control.

Below: Jim Pedro in action at his coaching clinic.



Below: Pedro at Wall to Wall Martial Arts



Ogasawara Sensei visits Fredericksburg Judo Club for Weekend Workshop

by: Chuck Wall, Fredericksburg Judo Club

On Saturday May 5th Ogasawara Sensei (Hachidan) traveled south from his home in New Jersey to spend the night with my family and prepare for the Sunday workshop. Sensei spent Sunday sharing his training methods, experience and knowledge with more than 30 children and 25 adults, including ten black belts from across Virginia.

We began the morning session with a children's instructional period. Sensei loosened the kids up by teaching them a favorite Japanese song. Some of them may have thought they had joined the choir, but quickly learned that was not the case. Next Sensei led the kids through a period of warm-ups and stretching. He impressed them with his incredible flexibility and one finger push-ups. Very impressive, even though he is in his mid 60's. Only the youngest and most flexible of the kids came even close to his standard. Then, Sensei introduced the kids to his special method of ukemi and zenpo-kaiden.

But the biggest hits were his training methods for de-ashi-barai and ippon seoi nage. Busting out the beanbags, he demonstrated his signature drills for teaching kids and adults how to do foot-sweeps. It wasn't long before bean bags were sliding across the tatami mats the width and length of the dojo. Seoi nage was next on the agenda, with two more fun ways to learn.

Rounding out the instruction for the kids were defenses against and escapes from kesa-gatame. His patience and understanding, not just of Judo, but how to communicate with and demonstrate to kids of all age, makes him truly one of the best teachers in the country.

Like most clinics, the children's portion came to a close with a group photo of Sensei surrounded by his newest fans and students. As gift from the Fredericksburg Judo Club and from all who came to learn this day, Sensei was presented with a framed Shodo Calligraphy. The writing translated as "Ai", meaning, "love, admiration and appreciation".

After a short lunch break all the adults and yudansha were back on the mat. This time, the mat was jammed with adults from all over rural Virginia who came to participate in this first time event for the Fredericksburg Judo Club. More than twenty adults, including black belts from Shodan to Rokudan, lined the mat eager to absorb the knowledge just as the kids had done earlier. Among the yudansha, we were happy to have Sensei Neil Ohlenkamp participate, who is the author of "Judo Unleashed". Sensei Ohlenkamp was working in the DC area and decided to join the group and learn along with the rest of the yudansha. Sunday was definitely turning out to be a great day indeed.

After a short warm up, Sensei was back in his groove as he quickly introduced us to a few of the drills that he taught the kids, plus a few just for the adults. Sensei demonstrated various advanced and basic shime-waza and kansetsu-waza as he led us through the Newaza session. He had us back on our feet practicing O Soto Gari and other strong competition throws, just as quickly following up with ground moves. Watching and listening to Sensei, it became obvious to me how he so successfully coached two of our finest female Olympians, Liliko Ogasawara and Celita Schutz. Sensei teaches "Ippon Judo" not koka judo, which is a throw back to days when there was no koka or yuko just wazari and ippon.

As the afternoon session came to a close, it was obvious that the clinic was a tremendous success and everyone was glad that they had attended. Each of us left with more appreciation and a greater understanding of judo and how we can improve our techniques. Sensei had copies of his book "Textbook of Judo" as well as instructional CD's available to capture the subtle

techniques and drills he had gone over during the day. Parents, coaches, instructors alike agreed that we should do this more often, especially in more rural areas.

Many thanks to all those who participated in the Fredericksburg Judo Club's first major clinic, but especially Sensei Ogasawara (Hachidan) and my dad, one of Sensei's long time students and Yodan, Charlie Wall of New Jersey. Truly a day to be remembered.

www.kids-judo.com, www.FredericksburgJudoClub.com

The New “Ogden Judo School”



Above: Dave Overbury, Head Sensei, Eddie Richardson, Nidan; Jose Rivera, Shodan; Al Perez, Shodan; and Glen Kuwatta, Shodan

Ogden Judo School was first established in 1953. In October of 2006 we were forced to temporarily close our doors because the city of Long Beach purchased our property for re-development and Sensei Ogden decided to retire. We have now re-opened at 17647 Lakewood Blvd., Bellflower CA. It is a new facility with the mat size of approximately 20 by 30 feet. Ogden Judo School currently has over 30 students. Instructors are Head Sensei David Overbury, San Dan, Head Coach Eddie Richardson, Ni-Dan, Al Perez, Shodan; Glen Kluwatta, Shodan; and Matt Van Leeuwewn, Schidan; who serves as technical advisor. Practice times are Monday and Wednesday, from 7:00-9:00.

Sleeping Dragon Judo Club

To all Senseis, El Paso, & Juarez: Greetings. All are invited to the following dojos during the noted days and times:

Fort Bliss Army Judo: 19:00-20:30 [7PM-8:30PM] ON THE FIRST (1st) TUESDAY OF EACH MONTH [additional workouts will soon be available on Saturdays notification will be sent out when this time is available]. The dojo is in 'Stout Gym' located on Cassidy Road next to the Remagen Gate on Fort Bliss. Enter Cassidy Road Gate from highway 54 North and acquire a vehicle pass there. [Must have; valid license, insurance and registration and vehicle inspection document] Phone no. (915) 490-6499. Sensei in charge: Randy Leatherwood, 8th Dan Judo. There is no charge for participation.

Sleeping Dragon Judo Club: 18:00-20:00 [6PM-8PM] on all Tuesdays and Thursdays of each month unless a holiday falls on one of these days. The Dojo is in 'The Acosta sports Center' located at 4321 Delta Dr. Ph (915) 534-0254. Sensei in charge: Ernest C. Hewitt 5th Dan Judo. Ph (915) 779-8962 or Ernesto Ruiz (915) 740-8273. There is no charge for participation

Bernie Semel Referee Clinic

Below: Photos from the clinic



25 judoka attended Bernie Semel's clinic on referring. The eight-hour session included both classroom and mat time. All IJF rules were reviewed. Several DVDs were shown and many questions from players, coaches, soon to be certified referees and veterans were answered.



USJA NATIONAL COACH CERTIFICATION CLINIC

Friday November 30 & Saturday, December 1, 2007

Sunday, December 2, 2007 – Make Up Session

Sanctioned by the USJA

The USJA National Coaches Clinic

Jim Pedro, Sr., Dr. AnnMaria Rousey De Mars, Gerald Uyeno, Jimmy Pedro, Jr. from Zebra Mats the Official Mats of the USJA and legendary instructor Hayward Nishioka. This clinic is being held in conjunction with the 2007 USJA Winter Nationals.

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.

Dates: Friday November 30, Saturday December 1, make up session Sunday December 2, 2007

Organizer: Mr. Gerald Uyeno, Vice Chair, USJA Coaching Committee

Content: Legal Responsibilities, Building Self Esteem, Goal Setting and Motivational Strategy, Ethical Conduct in Sports, 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).

2007 Summer Special

Your United States Judo Association is focused on the development of judo at the “grass roots” level within our country. As such, we are always searching for new and innovative ways to encourage people to join us and discover the benefits of our great sport and our great organization.

To that end, we are offering people who have never before joined the USJA the opportunity to try us out. **Effective June 15 through September 15, 2007, we are encouraging new members to join the USJA at the discounted rate of twenty-five dollars for their first year of membership.**

Coaches, this is a great way to show your support of the USJA, to ensure that your students have insurance coverage, and to provide your students with nationally recognized promotion certificates.

Please join us as we continue to build one of the greatest judo and jiu-jitsu organizations in the world!

Jim Webb
President
United States Judo Association
21 North Union Boulevard
Colorado Springs, CO 80909

USJA Summer Summit: Judo for the Dojo

WHEN: Friday, August 3rd To 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 improve their teaching methods and programs, as well as any Judo Player who wishes to develop new skills

HOST: Ameri-Kan Judo, 1400 Manor Hill Road, Findlay, Ohio 45840
Phone: 419-722-3476 Email: AmeriKanJC@aol.com

MORE INFORMATION: WWW.AMERIKANJUDO.ORG

TOPICS WILL INCLUDE:

- * Marketing Judo for Everyone
- * Judo for Ages 4 to 7 Years Old
- * Coaching Judo to Everyone
- * Dojo Management
- * Class Structure
- * Judo in the Community
- * Running a Dojo
- * Round Table
- * Certifications
- * Teaching Methods
- * Much More



The summit will include practical sessions on the mat, as well as time for classroom instruction and discussion.

CERTIFICATIONS WILL TAKE PLACE BEFORE THE SUMMIT STARTS.



USJA - SATURDAY MORNING **grassroots clinic series**

Saturday August 11, 2007

9:00AM to 11:00AM



Featuring from the
Hayastan Dojo in North Hollywood

Roman Mitichyan

81 kg Champion 2006 USJA Winter Nationals & 2007 CJI State Championships

GOLTZ JUDO CLUB
Alexander Hughes Community Center
1700 Danbury Road
Claremont, CA 91711
909-399-5490

Fee: \$5 USJA members, \$10 non USJA members

Sanctioned by the USJA

For More Information Contact:

Gary Goltz
909-985-0486
gary@goltzjudo.com
www.goltzjudo.com

Proceeds will go towards the USJA Grassroots Funding efforts

Koka Kids Summer Issue is now available at the USJA office

To order your copy, call **(877) 411-3409**. Copies are \$5 each and include stories on judo clubs in the U.S. and around the world, new techniques, games, posters.

USJA CLUBS placing orders of copies for 10 or more issues can receive the discounted price of \$4 per issue.

A limited number of copies of the Spring issue are still available. For those coaches who worry about keeping up interest and attention in the summer, these magazines are a great reinforcer for kids. For those parents whose children like judo maybe a little more than they like reading, the magazines are greatly appreciated as summer reading material.

RISING STARS TOUR – CONGRATULATIONS

The 25-member American delegation, from seven states, co-sponsored by the USJA and USJF for training in Wales includes the following

ATHLETES

Ben Branson - Age 13 --- Indiana
 Zach Burkhardt - Age 13 ---- Indiana
 Summer Truong - Age 13 --- Colorado
 George Truong - Age 13 (50 kg) --- Colorado
 Gary Zakarian - Age 16 (63kg) --- California
 Jeff Fujimoto - Age 18 (60kg) --- California
 Mike Fujimoto - Age 18 (66kg) --- California
 Dante Vinciarelli - Age 13 (60kg) – Massachusetts
 Riley McIlwain - Age 16 (75kg) – Massachusetts
 Walter Mendez - Age 21 (81 kg)--- California
 Tyrone Mendez - Age 22 (60kg) --- California
 Chris Bernhardt - Age 23
 Mark Hidalgo - Age 26 (86kg) --- California
 Andrea Bonbert - Age 27 Female (+78kg) – Iowa
 JoEllen Friesner - Age 28 Female (+78kg) --- California
 Nathan Silva - Age 16 --- California
 Andre Manuel - Age 15 ---- Indiana
 Max Wessell - Age 14 73kg --- Colorado
 Axel Wessell - Age 12 50kg--- Colorado

Coaches

Jim Pedro – New Hampshire
 John Branson---- Indiana
 Bob Kwmuntis -- Massachusetts
 Chris Snyder --- Michigan
 Paul Truong --- Colorado