

GROWING JUDO



JULY, 2007

***Monthly publication of the Development Committee of the
United States Judo Association***

21 North Union Blvd, Suite 200
Colorado Springs, CO 80909-5742

www.usja-judo.org

(877) 411-3409

Cover photo credits:

Mayo Quanchi camp where former French phenom Saveur Sorano of Westchester Judo Club works out with campers. Photo courtesy of Serge Boussyou.

Teens at Greatest Camp on Earth. Photo courtesy of Dr. Ronald Charles

Table of Contents:

Moving Forward On All Fronts or How I Spent My Summer Vacation	3
Question and Answer	4
Questions on the USJA Coaching Program	7
Why Does Training Make You a Better Person?	9
Greatest Camp on Earth - 2007	12
2007 Northeast Region Referee Seminar	14
Building Your Judo Club: Tip of the Month	14
Judo Game: Push-Up Tunnel Race	15
Fight Like a Girl Camp	16
Ask the Expert: Refereeing	17
USJA Coaches Summit	19
Want to Grow Judo In You're Area? Form a Judo League!	20
National Office Update	24
Women's Judo Workout	25

Moving Forward On All Fronts or How I spent my summer vacation: An editorial

by Dr. AnnMaria DeMars

First of all, thank you to everyone who sent articles and contributions to Growing Judo. As we are at 27 pages, including this editorial, some material has been moved to next month. That is the first area in which we are moving forward. This month we have introduced a couple of semi-regular features called “Ask the Experts”. We have Jim Pedro, Sr. answering questions on coaching and Dr. Martin Bregman answering questions on refereeing. We will have more in each area next month.



Please submit your questions to me at DrAnnMaria@fractaldomains.com

Congratulations to Amador Judo Club, Pedro’s Judo Center and Branson Judo for placing first, second and third at the USJA Nationals in the team rankings. Amador will receive \$1,000 and Pedro’s \$500. The tournament was great, with over 530 competitors, and the camp was really fun with over 50 kids on the mat each day (see photo above). Campers and coaches alike learned everything from improving fundamental skills, with Jim Pedro, Sr. teaching o soto gari, to games like alligator wrestling to getting a chance to randori with Jimmy Pedro, Jr. It was great to see so many players at these USJA events, with teams from Hawaii, Alaska, Mexico, New Hampshire and everywhere in between. We will have many more photos from the junior nationals next issue. Please email your photos to me at the same email above.

The second USJA Coach Summit will be August 5-7 in Findlay, OH. Professor Hayward Nishioka will be the keynote speaker, with a return visit from James Wall, Judo Games columnist. The focus of this year’s summit is “Building a dojo”.

Don’t think we are just active in the Midwest! Cooperation between the USJA and USJF has been growing stronger. Our first Rising Stars tour leaves for Wales on Saturday and planning has already begun for a second event. Winners of the USJA juvenile divisions will be receiving an invitation to apply for the Rising Stars tour to Ireland the first week in November. Like our tour this month, this trip provides an opportunity for coaches and athletes alike to gain experience in judo to bring back to their home club. Minimum requirements are sankyu rank and 13 years of age. If interested, email coach Lanny Clark at newaza@aol.com

In the west – I just came from a meeting with Frank Sanchez (founder of Guerreros Judo Club) who has graciously agreed to allow us to use his facility for a USJA West Coast Training Center for the grand sum of **free**. Head Coaches for the

Youth and Senior Program will be Dr. AnnMaria De Mars and Gary Butts. The Junior Program will be led by Frank Sanchez, Jr and Eric Sanchez. Coaches and teams from southern California and throughout the nation will be invited as special guests to run one practice each month. Practices will begin September 15. Look here for more information next month.

To all the rest of you who spent your summer vacation on judo, too. THANKS!
And wasn't it fun?! Until next month...

Question & Answer

This month, USJA Coach Chair, Jim Pedro, Sr. answers question submitted by coaches around the country

What is the BEST Trait you can have to be a Great Coach?

I would have to say, 'caring'. You have to care about your players. If you really care, you will always try to learn better ways to help them, all of them.

As a Coach/Instructor at YMCA what do I do when the YMCA is against competition and most of the Coaching Program is about competition?

I cannot imagine there is a coach out there who does not want his or her players to get better. Whether you call yourself coach, sensei or instructor, it doesn't matter. We all have this element in common; we all want our players to improve. How can you tell if your student really knows how to do o soto gari or ippon seio nage or the mat move you just taught this week? Do you have them do shadow uchi komi with no partner? Do you have them fit half-way into the throw and then have the other person jump for them? I don't think so. Even when I did kata, I didn't expect the other person to jump for me. Having your students able to do the technique against a resisting partner demonstrates that they have really learned.

This doesn't mean they need to enter the senior nationals. You can have them compete within their own club. Then critique their fighting on what they are doing wrong. This way you can couch it as a learning experience and if you are questioned by the YMCA you can honestly point out that this is one of the ways your students learn.

The point of competition is NOT to beat your opponent into the ground. In fact, when we had the USJA camp recently after the junior nationals, I had a long talk with some of the young players about that. Within your own club or in inter-club workouts or camps, you are supposed to be learning. That's what it's all about.

I am in a community program where they have a lot of rules about what we can and cannot do to discipline students. How should I handle a kid that acts up when my hands are pretty much tied by the center?

You can make him sit out and learn while watching. Tell the student, "Sit over there and when you think you can behave in class, let me know." Punishing kids by making them

sit out of judo is sort of a quiet psychological way of convincing the kid this is a good thing because he is being punished by not being allowed to do it. At the same time, it removes the disruptive influence from your class by having him sit out.

There are a few kids in my class who would be great judo players but their parents are unwilling to support them. Either the parents don't want to bring them to extra practices, they think I am working them too hard or the student is in eleven different activities and cannot make the commitment to judo.

Those are three different cases; in every case, talk to the parents. For those parents who think you are working too hard, explain to them that you will take care of the child. Invite them to do judo if they want to put a gi on and get an idea of the activity that their child is involved in. Having the whole family in judo is also a good way to promote retention for your club.

For the parents who have their child in everything, advise them to pick a couple of activities and enable their child to be excellent in a couple of sports rather than average in a whole bunch of activities. Tell them, "Your child doesn't have to pick judo but let her pick a couple of things she wants to do."

Often the parents don't have the time to make the commitment to judo. This sport places demands on parents that other sports don't. With other sports, they can drop the child off or they are picked up or just attend after school. In judo, the parents need to be more involved and that is hard after they worked all day. Reinforce them about all the good they are doing for their child. Remind the students to thank their parents for taking them to judo, for the effort they are putting out for their child.

How do you handle people/students with short attention span?



[Little judo player photo courtesy of Carl Hayes.]

It depends on their age. Usually it is the little kids who have difficulty paying attention. Call their name and they pay attention for the next ten seconds. Then they are back to playing with their belt. When they are little, they don't have much attention span. They grow out of it eventually. I yell their names to startle them but I never yell at them for real to scare them or get angry. They're just being kids. If you expect little kids to act like adults you're going to be frustrated your whole life as a coach. So, I would say, yell, "Johnny!" when he is not paying attention and Johnny will pay attention for 15 seconds. Show something in that 15 seconds, and don't worry too much. He'll get a longer attention span eventually. They almost always do.

What is the ideal age to let your student compete in tournaments?

The ideal age is when they want to compete. We let them start at five and six years old if they want the experience of competing. At 5 or 6, if they don't want to compete, we don't push them. A lot of kids don't want to compete because they are scared of letting their parents down, that their parents won't have the same opinion of them.

We have a separate competition class and the kids who are in that class are required to compete. However, they can stay in the regular class as long as they want, forever, if they want to, and they are not required to compete.

All of our kids compete in the in-club contests. We don't force them to compete outside of the club. Competition is good for children. Life is competition. You compete for jobs, for grades. If you aren't used to handling setbacks it is harder for you to learn when you are older. When they get older they are going to have to compete and they will have had the experience of losing and not achieving what they wanted to get and trying harder.

What do you do when kids start your judo class and they are really out of shape? Do you ever tell people they need to get in better shape before they can do judo?

If they are out of shape and they start judo, they will get in better shape than when they walk through the door. It depends on how you structure your classes. Our classes start with 20 minutes of calisthenics. You just encourage them to do as much as they can do and don't make a big deal out of it. Tell them if they can't do 10 push-ups correctly to do one, the next week they do two and eventually they do three. Focus on the improvement rather than what they cannot do. If they come to practice regularly, they will improve.

If you see a coach yelling and mistreating their student at a tournament, what should you do?

It would depend on the situation. Normally, I would not get involved because in most cases I wouldn't know the whole story. For example, once when my kids were little they were playing with a ball at a judo tournament after I specifically told them not to do it. The ball went out in the street and Jimmy ran after it. I pulled him back and swatted him on the butt. He was just a little kid and I wanted him to remember not to run out in the street. I don't think having a talk with him about traffic safety would have done it at that age. If someone had walked by and seen me, they might have wrongly assumed that I

spanked him for not doing what I wanted in the tournament, which had nothing to do with it. I just wanted to keep him safe. As far as seeing a coach actually beating or physically abusing a child at a tournament, that's entirely different but I don't think that really occurs that often. In most cases, I would rely on the parents to handle it. It's their child and they know a lot more about what is going on than I would as the coach from another club.

Questions on the USJA Coaching Program

We have received many of these same questions from numerous people, so we decided to post the answers in as many places as possible to reach all of those who were asking.

Does the new coaching program mean that my Level I, II or III coaching certification is no longer valid?

ALL coaching certifications are valid for four years from the initial date of certification.

Has the period of coach certification changed from three years to four?

Yes. We established a reciprocal program with the USJF. This required some accommodations from each side. The USJA agreed to have four-year certification to match theirs and the USJF agreed to begin coach certification at brown belt (sankyu) to match ours.

What do I need to do to renew my coach certification? And at what level will I be certified?

To renew your certification, mail a completed course application to the national office, along with a check for \$25 and documentation that you have been actively coaching since your last certification. This document can be a copy of the brochure from your club, print out of your club web page, a letter from the head instructor or other proof that you have been actively involved in coaching at least 52 hours per year (E level) or 100 hours per year (D level).

What are the levels? What do they mean?

The first level for brown belts is Level E, Assistant Coach. These individuals will usually be teaching in a setting under supervision. The first level for black belts is Level D, Coach.

Can a Level E, Assistant Coach sit in the chair at tournaments as a coach?

Yes.

Does the USJA accept USJF and USJI (USA Judo) coaching credentials?

We accept credentials from other national judo organizations that accept USJA credentials. At the present, this includes both USJF and USJI.

How can I get certified as a USJA coach for the first time?

Go to an approved USJA or USJF coach certification workshop.

Where/ when are approved coach certification workshops?

July – Camp Bushido West, northern California

August – YMCA Camp, New York

August – USJA Summit, Ohio

November – All-Women’s Tournament, Michigan

November – USJA Winter Nationals, Southern California

How can I get my certification increased from E to D or from D to C (National Coach).

To move from E to D you are required to attend two approved continuing education clinics over four years. To move from D to C you are required to attend four approved continuing education clinics over four years.

Do National Coaches have any special privileges?

Not really. It is simply recognizing those coaches who have gone the extra mile of furthering their education.

I received a lifetime coach credential. Do I still need to pay \$25 every four years?

Yes. We could not think of a single argument for requiring some of our members to pay for certification and not others.

I saw the new coach cards at the USJA Nationals. How do I get one and what does it cost?

It is free, sponsored by Zebra Mats. Email a photo, 300 dpi, to the USJA office. Include your name, USJA number and mailing address.

I would like to get approved to teach continuing education clinics. How do I go about that?

Send your request to Bill Montgomery – wmontgomery2@aol.com along with a brief list of your qualifications. Some examples of currently approved clinicians are:

James Wall – judo games, building a dojo

Heiko Rommelman and Jeff Giutani – kata

Hayward Nishioka – coaching

AnnMaria DeMars – coaching, newaza

Jimmy Pedro, Jr. – coaching, competition

Bill Montgomery – judo drills

Please contact Bill to find a clinician in your area or to meet a specific need

I would like to teach the initial coach certification course. How do I do that?

You would need to be approved. This involves attend a coach certification clinic and passing an on-the-mat test. If you have any questions, please contact Jim Pedro, Sr. at USJAcouch1@yahoo.com or (978)335-5216

Why Does Training Make You a Better Person?

by Steve Scott

First of all, I'm making a big assumption as my premise. I am assuming that the training we involve ourselves in does indeed somehow make us better human beings. I assume this because it happened to me personally and I've seen it happen to others as well. My assumption is that the act of physically, mentally and emotionally throwing ourselves into the hard training necessary to find success in the martial arts or combat sports gives us the tools to be better somehow and maybe even make this world a little better for having participated in it.

Okay, for my sake, go along with my premise. I bet you are willing to do that because you most likely agree with it wholeheartedly. It probably happened to you too. So then, the question is "why?" Why does hard physical exertion transform soft, goofy, undisciplined kids into better men and women? I believe it's discipline.

Nobody is born with discipline. We come out crying and looking for physical comfort the second we are born. It's not natural to walk into a room full of sweating men and roll around the mat with them for two hours at a time, often getting your body and pride bruised more than you would like. Getting up early to go run and lift weights aren't natural acts either. But you know if you don't do this type of training, you'll take a beating when you walk on the mat with those sweaty men and engage in judo, wrestling, karate, aikido or any other combat sport.

There are a lot of people, in fact, most people, who think we're absolutely nuts for doing what we do. I look at the people who train with me and marvel at the personal discipline each shows every time he or she comes to practice. Here's a grown man or woman who just worked 8 hours (or more) that day, leaves a perfectly comfortable home and loving family to show up to a community center where there are about 25 other people just like him who want to sweat, stretch his arm, throw him hard on the mat and generally abuse him for 2 hours. Through it all, he or she comes out of the whole experience actually feeling better about themselves. Why it that?



It's discipline. We may not be born with discipline, but what we are born with the desire to attain it. Just like a child seeks his mother's love, he also seeks discipline. Of course, not everybody's the same, but my experience as a coach for more years than I care to admit is that people (of all ages) seek discipline in their lives.

It doesn't matter what culture or in what era a person lives, the concept of discipline transcends culture, language and time.

The training we do embodies the ethics of hard work, giving up comfort to attain goals, both short and long term, working with others to accomplish a common goal or good and the many other things that describe the best of people.

Not all activities openly embody these virtues, but one in particular does. Professor Jigoro Kano established specific virtues for his Kodokan Judo in the late 1800s that have stayed with the activity to this day. Another martial arts master, Morihei Uyeshiba, the founder of modern aikido, also codified the ethical virtues necessary to achieve a real understanding of his martial discipline. But the sports of sambo, boxing, wrestling and many martial arts (and even strength sports such as weightlifting) don't, in and of themselves, offer a moral compass to the people to train in them. So if this is the case, why do these activities actually make someone better for having participated in them? Again, it's the factor (in my opinion) of discipline. The only way to be successful at any of these activities is to train hard, train smart and push yourself so you achieve your goals. No one will do it for you. You either succeed or fail on your own. No safety net, no team to carry you if you have a bad day...it's up to you and you alone.

I learned early on when I was a kid that if I took a beating from another guy on the mat in judo practice, I could either feel sorry for myself or I could suck it up, train harder, train smarter and do something about it. Feeling sorry for myself never made me any better. Maybe that's not politically correct to say these days, but it's part of my experience and that's why I didn't end up being a deadbeat like a lot of the young men who I knew in those days.

I've told many people "judo was my ticket out." It was the activity of judo, and my desire to be good at it that compelled me to achieve the discipline necessary to actually be good at it and, in the process is good at other things as well. I bet each of you reading this can say the same thing and offer the same assessment of yourself.

In my opinion, the short answer to the question; "Why does training make you a better person?" is discipline. The discipline we learn and develop in our training makes us better people in everyday life. You can't disconnect what you do on the mat from your daily life. You're a fool if you do. I remember Chris Heckadon telling me about his job interview for where he now works. Chris was a World Sambo Champion, a national-class judo athlete and a varsity wrestler for Central Missouri State University. After Chris got the job, he asked his boss why he hired him. His boss told him (I paraphrase) "I prefer to hire former wrestlers. I know they have a better work ethic than most people." That says a lot for wrestling and that says a lot for the person smart enough to realize the benefits such an activity can do for a young man.

That story pretty well answers the question that hard training does, indeed, make a person better. The "why" is his motivation to succeed and the only way he can do that is to discipline himself to do the things necessary to achieve success and achieve it in such a

way that he can be proud of having done it. There are a number of ways to win at something and not all of them are good, fair or honest. It takes discipline to know how to achieve victory honestly and strive for success from that point of view.

The first dojo I trained at had a saying right by the mat. I believe it was Confucius who first said it and I'll leave that with you as a last thought.

"There is no learning without discipline."

Books and DVDs For Every Judoka!

"Steve Scott's been there, done that and knows what he is talking about."

AnnMaria Rousey, World Judo Champion

Books by Steve Scott All books are professionally produced and have hundreds of photos.

- ***COACHING ON THE MAT: A Textbook for Teaching Judo and Jujitsu*** **\$15.00 REDUCED PRICE!**
- ***ARMLOCK ENCYCLOPEDIA: 85 Armlocks for Judo, Jujitsu, Sambo and Mixed Martial Arts*** **\$19.00**
- ***CHAMPIONSHIP SAMBO: Submission Holds and Groundfighting*** **\$15.00**
- ***THE GRAPPLER'S BOOK OF CHOKES AND STRANGLES: Everybody's Got A Neck!*** **\$19.00**
- ***JUJI GATAME COMPLETE: Secrets of the Cross-body Armlock*** **\$25.00**

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- ***CHAMPIONSHIP SAMBO*** Over 2 hours of serious sambo! Featuring World Sambo Champion Chris Heckadon. **\$30.00**
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Send your check or money order payable to Steve Scott, 8000 Jefferson, Kansas City, MO 64114. SHIPPING/HANDLING: ADD \$3.00 FOR FIRST BOOK/DVD AND \$1.00 FOR EACH BOOK/DVD.

Plan on attending the 2008 judo/ujitsu training camp coached by John Saylor and Steve Scott in Perrysville, Ohio. May 16, 17 and 18, 2008. We specialize in effective ground-fighting skills! For information, contact Steve Scott at stevescottjudo@yahoo.com.

www.WelcomeMatJudoClub.com

Greatest Camp on Earth – 2007

by Michael L. Casper

The recent Greatest Camp on Earth attracted nearly 300 Judoka. Attendees had to choose between action-packed classes for competitors and curriculum-based courses for coaches, referees, and kata practitioners.

Facilities were excellent. The site included a large cafeteria, concession stand, restrooms/showers, main gym floor with six separate simultaneously active areas, a secondary gym, and separate areas for Kata and rank testing.

Food – Though some exhausted and hungry Judoka would have eaten their own obi, the food was delicious, comparing favorably to restaurant fare.

Organization – Judo Slave Debbie Rucker assured that each session began and ended on time. All instructors were accessible and worked as hard as their students.

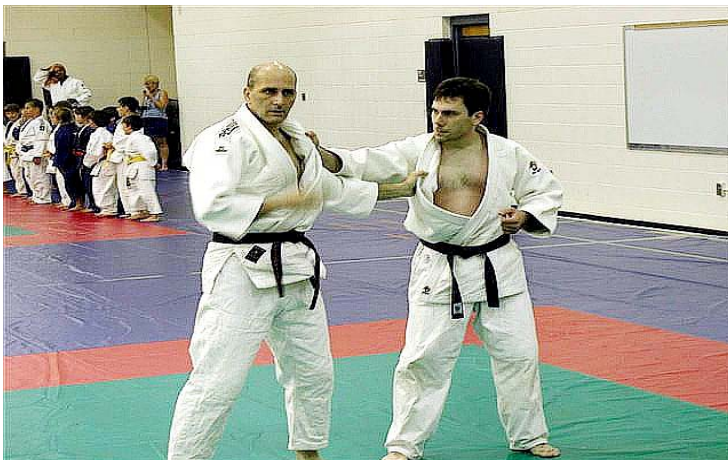
Talent – Unbeatable! Olympian Rhadi Ferguson, Olympic trainer Nick Lowe, Igor Yakimov, Luis Tognio, and others.

Coaching Clinics conducted by Pat Burris, Dr. Ronald Allan Charles, and Stan Wentz allowed instructors to learn from the best!

Daily Snapshots

Thursday:

The fun begins -- six sessions in the main gym, one in the auxiliary gym, and on the kata stage. Kids smile from ear to ear under the direction of Mike Szejter, Jimmy Riggs, Nick Lowe, and others. Coaching classrooms offer two days of instruction on how to teach and coach. Kata sessions begin. Through 12 hours of Judo/Jujitsu enthusiasm is contagious. My favorite class today was Kenka Yotsu by Wentz Sensei. (Kenka yotsu is the situation when only one of the two fighters can get in their preferred position.) Stan Wentz teaches Kenka Yotsu.



Saturday:

Following a double dose of Ibuprofen, we need a little longer to warm up. We wonder if we can handle another full Judo day. Jim Webb demonstrates Kodokan Kombat Kata, leaving seasoned Judoka with appreciation for the origin and execution of Judo movements. The kata buffet continues. Igor and Luis conduct several sessions on ground drills and transitions.



Rhadi and Luis

Sunday:

Ibuprofen no longer has any affect. The term “hurts so good” takes on new meaning. Igor and Nick still are going strong with attacking the turtle and grip fighting.

Each day ends with a two-hour session of ‘Randori the Stars’ to test new skills. What an excellent opportunity to grab Igor, Nick, or any of the world class talent! I discovered that gracefully accepting my throw was the best approach.

ABOUT THE AUTHOR: Mike Casper has been enjoying judo/jujitsu for seven years. He holds ikkyu rank and assists in the Carolinas American Judo Association in North Carolina. He seeks out judo clubs during his international business travels.

2007 Northeast Region Referee Seminar

Sunday - September 9, 2007
9:00 AM - 5:00 PM

Host: New London County Judo Club

Montville Town Hall Gym
Montville, CT

The latest on Dynamic Edge, Video
Score Analysis, On the Mat Drills and
much more...

Clinician: Richard Celotto, IJF-A

Complete Details At: <http://home.earthlink.net/~sensei11/ref090907.htm>

Building your Judo Club: Tip of the Month

This great fund-raising idea comes courtesy of Tohoku Judo Club in Massachusetts. Ever notice how every other sport kids join – soccer, Little League, Pop Warner football – all have team photos and individual photos of the kids?

Well, one of their judo moms who happened to be a professional photographer offered her services for a day to take judo photos at the dojo.

This not only is a good PR move for judo, as families will have those cute photos along with the soccer and other sports, but it also brings funds into your club. My club is looking into fundraisers to get our crew from LA to Boston for next year's USJA junior nationals and we happen to have a mom who is a photographer, so this is one tip I expect to see put into practice around here really soon.



Another tip for growing your dojo: KOKA KIDS MAGAZINE

First of all, while they last, each new junior member of the USJA will receive a free Koka Kids magazine as part of their welcome packet. Second, we have noticed a pattern in that the largest USJA clubs are the ones placing a disproportionate number of orders for Koka Kids. These are a great way to promote judo and reading at the same time. Each issue includes photos of kids from judo clubs around the world, interviews, technique tips and activities. This month features an interview with USJA Life Member Taraje Williams-Murray, a photo of USJA Winter Nationals Champion Roman Mitichiyen winning the California State championships and much more.

These are sold at a discount of \$4 each to USJA clubs, with free shipping for orders of 10 or more. To order, call (877) 411-3409 or email Ruby at membership@usja-judo.org Cost to Non-USJA clubs or individuals is \$5 each.

Judo Game: Push Up Tunnel Race

by James Wall, Wall to Wall Martial Arts – Watson, LA

This month's game is a variation of a previous game, the Tai Otoshi Tunnel Race. The set up is very similar in that you will need to divide your players into different lines with relation to their size. In this game you will then have the players all assume a "high" push up position side by side and close together so that they form a tunnel with their bodies.

Once all players are in position and you signal start the player at the end of each line will drop down onto his stomach and bell crawl through/under the tunnel. Once he reaches the end he will jump up into the "high" push up position again on that end and the next person will crawl through and so on. This will have the effect of making the tunnel "move" down the mat as each player crawls through from one end to the other.

Once the lines reach a certain pre-arranged goal line the players will start going back in the other direction but this time they will crawl through the tunnel on their backs which adds another level of difficulty. The first line to get a person down the mat and back first is the winner.

This is an excellent race oriented game that also fits in well as a warm-up activity. It's great for building upper body strength since the players forming the tunnel are basically holding a push up position. When the players take their turn crawling through the tunnel they get a great total body workout since they are using arms and legs to move as fast as possible. Plus it's a whole lot more fun than doing plain old push-ups or chest crawls!





USJA Sanction # 07-077

Date: Aug. 11 and 12, 2007

Where: Southside Dojo **New Location**

Times: Saturday, August 11, 2007,
12pm to 5pm, Male/female
Saturday, August 11, 2007, 5pm to
Sunday, August 12, 2007, 1pm
Female Only

If you will be joining us for just the Sunday Clinic we will officially start at 9am. All are welcome to join in at 1pm to 3pm for a Joint work out Sunday, August 12th after the Camp

Clinicians:

- Frances Glaze, Kodokan Judo
- Jamie Blake, Koburyu Kobudo (Okinawan weapons)

Pre Registration:

Saturday or Sunday only session \$20.00,
Saturday and Sunday, \$30.00

Campers bring your sleeping bag and any personal item you will want for the stay. Included for the campers, will be Dinner Saturday night, breakfast of cereal, muffins and juice in the morning and a snack lunch Sunday

Contact: Deborah Fergus, <mailto:defrgs6@cs.com> Deborah L. Fergus, 2006 Wickwire Rd. Benton Harbor, Mi. 49022. Pre-registration will be appreciated in order to plan the events and meals for the campers.

Ask the Expert

Questions on refereeing answered by Dr. Martin Bregman.



When a match goes to Golden Score and the judges have to make a decision, how do they decide who won?

If the golden score match ends with no score & no penalties the Referee & Judges decide by each raising a blue or a white flag (distributed to the judges by the referee, from the table just before the decision is called for). The referee walks back to his/her starting position, holds a blue flag in the right hand & a white flag in the left hand. The referee calls "HANTEI" and all three officials each raise one of the two flags in their hands dependent upon who each thought was more aggressive, or scored more KINSA (Advantage) during the golden score match only. The original match is not counted in the decision.

Are there really more penalties during Golden Score matches or does it just seem that way because then the match ends at that decided it, so people remember those penalties more?

Since a golden score match is "sudden death" any score or penalty ends the contest. Often the player who would have won a decision in the original match for doing the most attacks, is so tired from the original match effort that he/she loses the golden score match on a non-combativity penalty due to lack of energy to attack in the golden score match.

My coach tells me to "kiai" when I attack. I just feel stupid doing it. Does it really make a difference on how the referee calls the score?

It shouldn't, but it does. Many "old-time" referees believe that without a kiai, less than 100% effort is output for the throw and therefore a score of less than ippon should be given. I tell all of my students to kiai. We always did it in the old days. I have not lost a match since 1998 (finals of the Master's Nationals) and I always kiai as loud as I can. One of the requirements for Ippon is "force." Many referees judge force in part by the "boom" made when uke hits the ground. A loud kiai produces a louder noise and helps the referee give a bigger score. Karate-ka kiai when striking or kicking to help concentrate their force on the blow delivered. Too many Judoka throw softly. Anything to help concentrate their energy would be worthwhile. A referee once told me that he only gave my son a Waza-ari in a National Junior Olympic Gold Medal match because he didn't kiai when throwing. He lost the match after his throw by getting pinned.

Can you explain what a false attack really means? I have five-year-olds who will do a throw and let go and fall down but that is really the best they can do because they are only five.

In my opinion Juniors should not get false attack penalties. The false attack is a technique which gives the impression of being an attack, but without any real attempt to throw. It is really just a stall for time and is almost always done by the player who is ahead who doesn't want to get a non-combativity penalty just before the end of the match. Juniors don't think so convolutedly. When an attack by a junior fails it is because they are doing poor attacks (losing grips, not turning enough, falling down, etc.) for the most part.

That being said many juniors drop to their knees in front of their opponent to try & get the opponent's legs hoping to knock the opponent down (no, I am not writing about morote-gari or te-gari where a hand reap is involved), but just grabbing on & trying to wrestle their opponents to the ground. This should be penalized, and mostly it is, with the "false attack" penalty. It actually should be penalized with the "going to ground without skill" penalty.

Does it matter if the person sitting in the coach's chair is a 'big name'? Honestly, they seem to get more of the calls their way.

Sadly, many "Big name" coaches have learned to spot weak officials who can be intimidated.

Many coaches feel it is their job to intimidate Referees. However the same "Big Name" coaches then complain because referees don't know the right time to call matte, or when not to stop a choke, etc. The problem is that new young Referees get intimidated and then stop officiating. Young Referees are much like young players. They must be encouraged, not humiliated. Coaches at international events who partake of "Referee-instructing" from the coach's chair are thrown out of the events. One Swiss coach lost his job as the national coach for being evicted from an international event (the World Championship). That was how he made his living.

Additionally many younger coaches see these "Big Name" coaches act that way & then begin to emulate them, further intimidating newer Referees. Senior Referees will either ignore these coaches, both "Little Name and Big-Name" or have them expelled from the venue.

Some senior European Referees in the past have held so much power that neither players nor coaches would ever comment on a call for fear of reprisal in later matches. In Asia, referees, as Jay Kim once said "are treated like holy men." They are given a great deal of respect. It would not be honorable to question the decision of a Referee in that part of the world.

Do I have to be a black belt to be a referee?

We encourage judoka to begin refereeing from the time they make Sankyu on up. Teenagers who are finished competing at a tournament should referee younger children once they have learned at least enough to make Sankyu rank.

In order to be a National Referee Black Belt Rank is required. Depending upon your State's requirements lower rank is required for Local and Regional Referee. In Oklahoma we have a Local & 3 Regional levels. Local referee is really referee in training. The requirements are minimum of 15 years of age & Sankyu, as is Regional 3. Regional 3 is a referee who's procedures are pretty good (uses the correct hand signal for Koka, Yuko, etc., know's what Sogo-Gachi is, etc.). A Regional 2 referee is good enough to be a candidate for National Referee. The requirements are minimum of 16 years of age & Nikyu. A Regional 1 Referee is someone who is good enough to be a National Referee but is too young or doesn't want to make that kind of monetary and temporal commitment. The requirements are minimum 17 years of age and Ikkyu.

About the author: Dr. Martin L. Bregman is an IJF International Referee who has officiated at tournaments throughout the world. He has been involved in judo for over thirty years as a competitor, coach, referee and technical official. Recently, Dr. Bregman was appointed as chair of the Election committee for the USJA.

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Want to Grow Judo in your Area? Form a Judo League!



With the warm weather and schools on vacation, summer can be a slow season for judo programs. Yet it can also be the perfect time to plan new ways to build relationships and involvement in your judo community. In the fall of 2006, Will Williams, an instructor at the Gentle Way Judo Club of Bristol, CT did just that. He contacted several modest-sized clubs in our area to form a “Junior Judo League.” The program was a great success, and something you may want to consider implementing in your area.

What is a League?

Our format was simple: get several clubs to commit to meeting once a month for a team match and workout. Each month, they would pair off differently. The “Home” or hosting club is responsible for organizing the event, including:

- Sending clear driving directions to the visiting club.
- Obtaining any equipment needed to run the matches. Stopwatches and a portable dry-erase board can suffice.
- Getting adult judoka to serve as referees, and parents or senior students to be timers/scorekeepers, etc.
- Planning a workout to follow the team match.
- Arranging for a social event to follow the meet.

Depending on your facility, this could be pizza and soda on site, or a get-together at a local casual restaurant.

The “Away” club is responsible for getting its parents/students to the event, and for helping out as appropriate.

To be considerate of parents, it is important to balance how often each club is “home” and “away.” The following is a sample of how a League Rotation Schedule might work:



The teams bow in

	<i>4 participating clubs</i>	<i>6 participating clubs</i>
<u>Month #1</u>	1 meets 2; 3 meets 4	1 meets 2; 3 meets 4; 5 meets 6
<u>Month #2</u>	1 meets 3; 2 meets 4	1 meets 4; 2 meets 5; 3 meets 6
<u>Month #3</u>	1 meets 4; 2 meets 3	1 meets 6; 2 meets 4; 3 meets 5
<u>Month #4</u>	Final event: all clubs	1 meets 3; 2 meets 6; 4 meets 5
<u>Month #5</u>	N/A	1 meets 5; 2 meets 3; 4 meets 6
<u>Month 6</u>	N/A	Final event: all clubs

Why start a league?

Over the past several years, there have been fewer tournaments in our area, especially for beginners. The League gave our students some shiai experience in a low-key atmosphere. With no entry fee, the only cost is transportation. In just two hours, we were able to hold a team contest between two clubs and have an hour-long workout. For families, the time commitment was reasonable and worthwhile; besides having 1-2 matches, students got the opportunity to randori with different partners, and learn from a different instructor!



Players warm-up before a dual meet

Getting Started

Starting your League is quite simple. There are just two basic requirements:

- One person who is willing to organize the League schedule, communicate with coaches, and oversee the planning of the final event. Most of this work can be accomplished via email.
- A few clubs whose coaches and members are truly committed to making the League work and making the meet dates a priority. In our first season, we had six clubs, but you can start a successful league program with as few as four clubs. Ideally, these clubs should be reasonably close to each other (that is, about an hour's drive), be of similar size and have students of similar ages.

Once you have a League organizer and commitments from clubs, you will need to:

- Set guidelines for the League events, including any contest rules
- Assess the judo participation in your area and define the age range and level of the participants.
- Create your League schedule, making sure it doesn't conflict with major holidays and other judo events in your region or nationally.
- Decide upon how "formal" will your League be. Will you maintain statistics on a monthly basis? Judo League of Connecticut had standings that Will Williams posted on a website (<http://jloc.leaguerepublic.com/Index.do>). This can be a great vehicle for publicity, but "standings" should not be overemphasized. The caveat is that when you line up students from two clubs by size for an informal shiai, there are bound to be some inequities; a player who agrees to play someone a bit older, bigger or more advanced should not feel "penalized."
- Designate one or more parents to take photos at the events. Find and take advantage of free publicity (internet, local newspapers) for the League and for your own club.

Final League Event and Celebration

We strongly recommend holding a final, culminating event to get all of your League clubs together and give closure to the season. While you will need to set the date for this in your schedule, Will Williams points out that you do not need to have all of the details ironed out in order to start your League. The monthly exchanges can be initiated with a zero budget.

For your final event, you will need to find a location that is large enough to accommodate every one. We were fortunate in that Lou Nogueira, who hosts the adult *First Friday* workouts in Connecticut, donated his club, The Dojo Martial Arts Training Center in Wolcott, CT for our event. For the final shiai, you will need to consider expenses. If you will have any awards or other costs, where will the money come from? You might ask for a stipend from the participating clubs, or raise money with some sort of merchandise, such as our league patch. Other alternatives are t-shirts, hats, or bags.



Lou Nogueira, host of the Kohaku Challenge

Lessons Learned

There are some changes we intend to make for next year. For example, we had a couple of three-club or “tri” meets. These did not work as well as dual meets; because the shiai was a team round-robin, there was too much “dead time” for players and parents. There was no time for a workout afterwards, and many hosting clubs did not have enough space to accommodate the number of families and players.

The online standings for the Judo League of Connecticut allowed for 5-person “A” and a “B” teams, but the definitions of “A” and “B” (age? rank?) weren’t determined in advance. Furthermore, when clubs met for their exchanges, the number and sizes of players did not match up perfectly, so clubs needed to be more flexible in order to include all of the players.

For next year, we need to evaluate the format of our final culminating event. This year, Mr. Williams did a Kohaku-style (*winner stays out*) tournament. The children were divided into three groups by age (6-8, 9-12, 13-16), and lined up smallest to largest. This made the event different from a regular tournament and some players had a good experience; however, there were others who only had one very short match during the entire event because they were either defeated quickly, or were the largest person in their division. Another problem was that the final event required a sanction; because of that, girls and boys could not be matched together over age 10. It may be that a more traditional tournament, with double-elimination or round-robin pools is a better choice.



*Some special award winners
League Kohaku challenge*

Final thoughts

In planning a League, you will need to make decisions based upon what will work best for your judo population. One reason why the CT League was successful is that its organizer, Will Williams, communicated regularly with the League coaches, and sought their input to guide the direction of the activities. He advises, “Be flexible, maintain good communication and keep an open ear to all. By constantly assessing the program, we can only make it better.” One participating coach had this to say:

The Judo League was a fantastic opportunity for judoka to test their skills against a variety of students from a variety of clubs outside the normal tournament setting and a great way to get comfortable with visiting other clubs helping to grow judo in Connecticut. I find it particularly inspirational given the declining number of local tournaments over the past couple of years.

--Dan Mallon, Shoreline Judo Club, Guilford, CT



*Will Williams with some
special award winners*

For more information, please contact:

Joan Love - Chair, Regional Coordinators subcommittee
USJA Development Committee Regional Coordinator
for New England Judolady210@aol.com

National Office Update

Dear USJA Club Leaders:

Here at the National Headquarters we have been implementing a new judo database. We are making great progress and hope to have the system ready for all coaches and secretary's to download their club rosters by the beginning of next year. In the meantime, please email rosters@usja-judo.org to request a roster to be emailed to you, or your club secretary, or both.

In an effort to keep our records updated and our lines of communication open, I ask that you please supply the National Office with your club's physical address, your email address, your club's website address and the club's secretary information. When we supply people with your club information we would like to give them the most up to date information about you and your club.

You may email this information to dd.weller@usja-judo.org or you can send the information into the National Headquarters, USJA, 21 N. Union Blvd., Suite 200 Colorado Springs, CO 80909.

Thank you all for your cooperation in this matter and most of all, thank you for all the support you give and have given to the United States Judo Association.

Sincerely,
Katrina R. Davis
USJA Exec. Office Manager
katrina.davis@usja-judo.org



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