



# Growing Judo

## March, 2010

Monthly publication of the  
Club Support Services  
Committee of the  
United States Judo Association  
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<http://shopusa.interactive-sports.com/Default.asp>

CODE : **USJA241**

MARCH  
IS  
NATIONAL VISIT  
ANOTHER  
DOJO MONTH



IN ORDER TO  
PROMOTE  
MORE  
ENTHUSIASM AND  
CAMARADERIE IN  
THE JUDO COMMUNITY



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### **Please contribute your news to Growing Judo! Make sure your submissions are:**

- \* CONCISE, well-written and proofread.
- \* Contain correct details (like dates and contact information) and include hyperlinks to event forms.
- \* In WORD format (not PDF!) or in the body of the email. Photos can also be sent as separate attachments.
- \* Is your original work, or includes the expressed permission of the creator.
- \* If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors.
- \* Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
USJA BoD  
Chair, Club Support Services/Regional Coordinators  
[judolady210@aol.com](mailto:judolady210@aol.com)

## Attention Coaches! The Deadline is drawing near . . . .

### USJA Awards nominations are due March 31st!

State awards include outstanding male/female junior, senior and Masters shiai competitors and kata teams. For information and application forms, see <http://www.usja-judo.org/Awards/RecommendationForm.pdf>

In addition to certificates of national recognition, honorees for 2009 will receive:

- \* Scholarship for FREE admission to the Lone Star Judo Camp, Wichita Falls, TX in early June. See [www.texomajudo.com](http://www.texomajudo.com) or contact Roy Hash at (940) 733-7330 or [royhash@juno.com](mailto:royhash@juno.com) for more information.
- \* Scholarship for \$100 off camp tuition (not to be combined with any other discounts) at the Greatest Camp on Earth, June 24 – 26 in Matthews, near Charlotte, North Carolina.
- \* Scholarship for FREE admission to the USJA/USJF Elite Technical Training Camp following the 2010 USJA Junior Nationals in July (lodging not included). Email Paul Nogaki for more information at [pnogaki@verizon.net](mailto:pnogaki@verizon.net).
- \* DISCOUNT of 40% from the retail price on any one full order from Golden Tiger's Martial Arts (exception: this discount only on Golden Tiger judogi; other judogi, 10% discount).

**CHECK OUT last year's national & state honorees:** [http://www.usja-judo.org/Awards/Hall\\_of\\_Fame.htm](http://www.usja-judo.org/Awards/Hall_of_Fame.htm)

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## Important Information on Grassroots Development Funding

One question that comes up often from club leaders and other individuals wanting to host events is . . .  
*Can I get any funding?*

The new USJA Board Of Directors has been considering this question carefully. Ideally, clinics, camps, tournaments, etc. should be self-supporting, but we understand that there are times when assistance is needed to make a worthy event happen. Thus, the USJA Board of Directors has adopted the following policy regarding request for USJA Development Funds:

- \* You must submit the "Request for USJA Development Funds" form (see next page).
- \* IF funds are available, requests will be granted based upon their merit, potential for the greatest positive impact on judo development, etc.
- \* Generally, grants will be limited to \$300 or less, and will require the approval of the USJA Executive Director, the Chair of the USJA Development Committee, and the USJA Treasurer. *Requests for more than \$300 must be approved by a majority vote of the USJA Board of Directors; generally those would be expected to be national in scope.*
- \* Recipients of USJA Development Funds must be current USJA members from USJA chartered clubs.

At this time, we have next to nothing in Development Funds, but we are accepting donations! These are tax-deductible and should be designated for the "USJA Development Fund," (and for a more specific purpose if you wish). You may send your donation to the USJA National Office (*the address is on the next page*). We will be considering applications for funding once donations reach ~\$1,000.

I hope that this information is helpful to many of you. Also, if you have a question that you would like addressed in *Growing Judo*, please contact me.

--Joan Love, Editor, *Growing Judo*



## Request for USJA Development Funds

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Name: \_\_\_\_\_

Club: \_\_\_\_\_

USJA membership number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

*Note: Applicant must be a current USJA member/USJA Chartered Club.*

**PLEASE ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE SHEET AND ATTACH. Be as specific as possible.**

1. Provide a brief description of the activity for which funding is requested, including:
  - Overall goals and objectives: What will the benefit be to the participants and to grassroots judo development?
  - Anticipated number of participants
  - Anticipated expenses
  - Anticipated revenue to offset expenses
  - Rationale for why financial assistance is needed to make the event possible
2. Follow-up plans: How will this activity fit into a long-term plan for judo development?
3. Have you requested and/or received funding before? If yes, please provide details.

*Please submit your completed application to:*

**Katrina Davis, Executive Director**  
**United States Judo Association**  
**21 North Union Blvd. Suite 200**  
**Colorado Springs, CO USA 80909**  
**email: [katrina.davis@usja-judo.org](mailto:katrina.davis@usja-judo.org)**  
**FAX: (719) 633-4041**

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FOR OFFICIAL USE ONLY: **Funding Approved?** yes: \_\_\_\_ no: \_\_\_\_ **Amount:** \_\_\_\_\_ \*

BY:

\_\_\_\_\_  
*USJA Executive Director* *date*

\_\_\_\_\_  
*Chair, USJA Development Committee* *date*

\_\_\_\_\_  
*USJA Treasurer* *date*

\* *NOTE: Requests over \$300 must be approved by the USJA Board of Directors.*

## **Don't Forget: March-is-Visit-Another-Dojo-Month!**

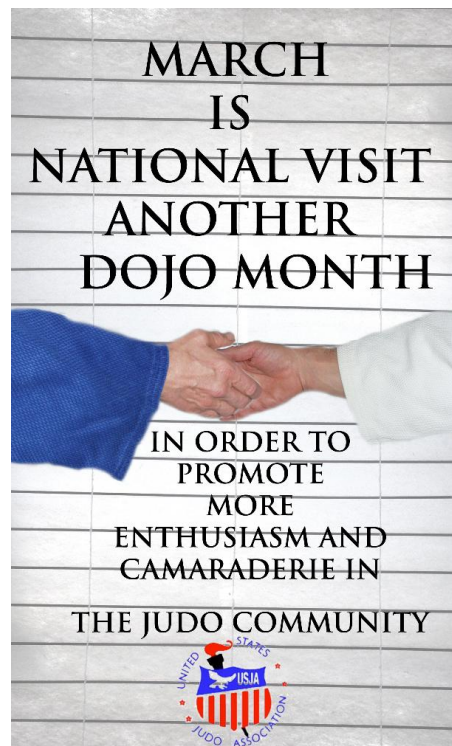
There's still time to participate in **March-Is-Visit-Another-Dojo-Month**. Please join us and make a point of planning an exchange between your club and others in your area:

- \* Publicize and host one or more open workouts at your club.
- \* Arrange an exchange with one or more other clubs for a workout or scrimmage.
- \* Make a "road trip" to another club's open workout.

I am hoping to do a feature on dojo exchanges all around the country. To make this possible, I am asking EVERYONE to send me a couple of photos with a caption/description from any and all of their events.

**Let's make this the best March ever!**

*--Joan Love, USJA BoD & Chair, Club Support Services/Regional Coordinators*



### **Here are a few free, open workouts being offered around the country:**

#### **California:**

- [Encino Judo Club](#) (Oxnard) California: Free training for guests every Friday evening during March.
- Temecula Valley Judo: open workouts every Saturday in March, 9:30 to 11:30 AM.
- [Judo America San Diego](#) is having its monthly Friday Night at the Fights on March 19.

#### **Connecticut:**

- Norwich: Open workouts at [Norwich Judo Dojo](#).
  - Saturday, March 13th: Teens/Adults 9:00-10:30 a.m. & Kids (12 & under) 10:30 a.m.-12:00 noon.
  - Monday, March 22nd: Kids (12 & under) 6:30-8:00 p.m. & Teens/Adults 7:30-9:00 p.m.
- Bristol: Open Workout at [Gentle Way Judo Club](#) for teens/seniors, 7pm - 8:30pm, 03/25/10.

#### **Nevada**

- Las Vegas: Open training at Ozeki Judo Dojo for all other judo clubs throughout March on Mondays and Wednesdays 5:00-7:30 pm. [ozekidojo@hotmail.com](mailto:ozekidojo@hotmail.com)

#### **New Hampshire**

- Manchester: Free training camp at [Granite State Judo Institute](#) for Juniors and Seniors, Saturday, March 27<sup>th</sup>, 10 am – 12:00 pm. Contact Robert Proksa 1-603-568-0054 or [Robert@gsji.org](mailto:Robert@gsji.org)

#### **New York:**

- Bushido Kai Judo Club (Rochester) open practices on March 15th and 27th, 7:15-9:15 p.m. [heikojr@yahoo.com](mailto:heikojr@yahoo.com)
- Syosset PAL (Long Island): open house scrimmage (several clubs), Friday, 3/26. [dpassoff@hotmail.com](mailto:dpassoff@hotmail.com)





## **A WARM WELCOME to Our NEW USJA Clubs!**

*Editor's Note: As a new, regular feature, we will be recognizing and sending our best wishes to newly registered USJA clubs. Special thanks to Dee Dee Weller at the USJA National Office for her assistance with this project.*

*-- J. Love*

### **December, 2009**

Club Name: **Riverside Judo Dojo** (Class C club) Location: **Riverside, CA**  
Head Instructor: **Tadashi Hiraoka** website: **www.riversidejudodojo.com**

### **January, 2010**

Club Name: **Bushido Sports Judo Club** (Class B club) Location: **Pensacola, FL**  
Head Instructor: **Gerome Baldwin** phone: **850-457-1421** email: **baldg5@juno.com**

Club Name: **Kong Martial Arts** (Class C club) Location: **Indialantic, FL**  
Head Instructor: **John Schmidt** email: **jschmidt74@cfl.rr.com**

Club Name: **Stamford Judo** (Class C club) Location: **Redding, CT**  
Head Instructor: **Chris Angle** phone: **203-253-2008** email: **chrisangle@sbcglobal.net**

Club Name: **Colorado Springs Community Aikido** (Class C club) Location: **Colorado Springs, CO**  
Head Instructor: **Hal Render** phone: **719-448-9293** email: **hal\_render@yahoo.com**

Club Name: **Motor City Judo** Location: **Westland, MI**  
Head Instructor: **Michael Dunn** phone: **734-558-3477**  
email: **michael-a-dunn@comcast.net**

Club Name: **Fusion MBS Martial Art, Fitness and Wellness** Location: **League City, TX**  
Head Instructor: **Brad Bain** phone: **281-538-8708** email: **b\_rad@juno.com**

Club Name: **Nguyen Judo Center** Location: **Davie, FL**  
Head Instructor: **John Corley** phone: **305-335-5465** email: **vietnam298@aol.com**

Club Name: **Front Range BJJ** Location: **Denver, CO**  
Head Instructor: **Grace Jividen** phone: **303-763-2546**

Club Name: **Goshin Karate and Judo** Location: **Scottsdale, AZ**  
Head Instructor: **Gene Garcia** phone: **450-556-1463**

Club Name: **NAS North Island** Location: **Imperial Beach, CA**  
Head Instructor: **Eugene Reid** phone: **619-423-0070**

*(New USJA Clubs, continued)*

Club Name: **Coastal Winds Martial Arts**  
Head Instructor: **Dallas Lloyd** phone: **228-234-7587**  
email: **dallas@coastalwindsmartialarts.com**

Location: **Long Beach, MS**

## **February, 2010**

Club Name: **Catskill Martial Arts Academy** (Class C club)  
Head Instructor: **Donald Belsito** phone: **845-423-9497**

Location: **Woodbourne, NY**  
email: **catskillmaa@yahoo.com**

Club Name: **GTHJA**  
Head Instructor: **Roy Carslake** phone: **770-942-1021**

Location: **Hiram, GA**  
email: **jillcars@aol.com**

Club Name: **Modern Bujutsu, Inc.**  
Head Instructor: **D'Arcy Rahming** phone: **242-364-6773**

Location: **Fort Lauderdale, FL**  
email: **daishihan@gmail.com**

## **Judo News From Around the Country**

### **Florida, November 5**

Earl Wright, Head Instructor for Pensacola Judo & Jujitsu, Naval Airstation Pensacola and USJA Regional Coordinator for Alabama, brought two of his best Judo demonstrators--Tim Phillips, Former Naval Academy Judo Captain and Hector Escajeda--to share the sport of Judo with the students of Warrington Elementary School. Their goal was to expose students to the benefits of the sport of Judo. Sensei Wright covered some of the aspects of Judo that foster success, such as never missing practice, always striving to enhance ones mental and physical well being through exercise and learning, and discipline. He emphasized to students that if you are being bullied in school, always take the moral high ground and let a teacher know, so that they can take the appropriate actions.

Sensei Wright believes that anytime we get a chance to expand the spirit of Judo, it is not only good for our children, but for the community as a whole. He would like to extend a special thanks to Principle Peggy Tucker for allowing us to share the spirit of Judo with her students.

The PJJ program is open to all active duty

military. For more information, please email Earl Wright at [wrightearl15@yahoo.com](mailto:wrightearl15@yahoo.com).



## New Mexico, January 30-31

In the shadow of the Sandia Mountains, Wayne Maxwell's Albuquerque Judokai hosted a 2-day clinic featuring Paul Nogaki. There was something for everyone. The two technical sessions on Saturday covering several of more conceptually difficult throws, like O guruma, Yama Arashi, and Hane goshi, newaza with an emphasis on escapes, gripping, Nogaki-sensei's front-pivot Seoi nage, and several ashiwaza.

The Sunday morning session focused on teaching students better, with more fun, and differentiating between coaching and teaching judo. Various games and drills, including a favorite for his junior students, "Don't Touch the Poop," designed to foster various randori skills like controlling/encouraging your partner's movements and control for nage waza were explained and demonstrated.

Thanks to Paul Nogaki, Wayne Maxwell, James Maxwell and all of the others who attended this clinic.

-- Loren Bentley

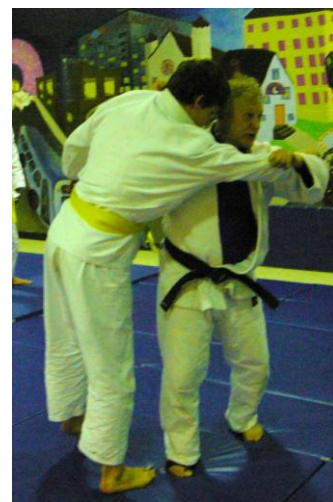
## Wisconsin, February 20

Open only since Sept. 2009, the Judo & Jiu-jitsu Club of Madison is growing quickly under the guidance of Anders Angur (1<sup>st</sup> Dan), recently from Stockholm, Sweden. The club held its first clinic featuring Jim Peterson (6<sup>th</sup> Dan) from Wahadachi Judo, Milwaukee, WI. 18 participants came from several clubs in the Madison area and ranged from beginners to dan grades.



A two-hour groundwork session included Ude Garami, Yoko Sankaku Jime and Shime Waza, including entries from various positions and countering techniques. Nage Waza instruction began with a general discussion of throwing principles, followed by a study of various throws including Uchi Mata, KoUchi Gake, KoUchi Gari, Makikomi, Tai Otoshi, Osoto Gari & Harai Goshi.

Finally, a discussion of the technical points of competition--including new rule changes, what is/is not a hold down and how to best score a full point--was so interesting that participants stayed an extra hour. Mr. Peterson also shared personal stories about past matches that brought insight and some humor to the clinic. It was a very successful clinic, with the promise for more in the future. Thanks to Mr. Peterson, Rick, Andy, Matt, Tim and all others who came for a good judo time.



--Greg Becker (Co-instructor; Judo & Jiu-jitsu Club of Madison)



## Upcoming Events

Below are some upcoming USJA and USJA/USJF events. You can also see a listing of sanctioned events on the USJA website: <http://usjamanagement.com/public/eventlist.asp>

### **MARCH**

**March 20th: Technical Official Certification Clinic**, 2:00-4:00 p.m. at Wall to Wall Martial Arts, 7838 Kingsley Drive Denham Springs LA. 70706. Cost: \$10 to attend; \$25 to certify. Contact: [wallmartialarts@cox.net](mailto:wallmartialarts@cox.net); 225-921-7923 (day); 225-612-0934 (night)

**March 21st: 2010 USA National White and Brown Belt Judo Championships--a USJF/USJA Grassroots Event**  
City College of San Francisco Wellness Center, 50 Phelan Ave., San Francisco, California, 94112

This tournament is open to all male and female contestants at least **fifteen (15) years** of age on the day of the competition. All contestants must be registered members of and in good standing with the United States Judo Association (USJA), United States Judo Federation (USJF) or USA Judo (USJI).

contact: Mitchell Palacio - mtpalacio@msn.com; <http://www.usanationaljudochampionships.com/>

**Saturday March 27, 2010: Capitol City Open Judo and Gi/No Gi Grappling Tournament**

Montana City School, 11 McClellan Creek Rd, MT. City, Montana (just South of Helena)

contact: Gregg Trude 406-439-1576 [gtrude@aol.com](mailto:gtrude@aol.com)

**Saturday March 27, 2010: Introductory Muay Thai Seminar with Master Charlie McShane**

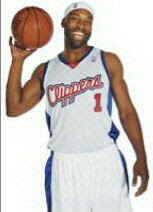
Norwich Judo Dojo, 204 Sturtevant St., Norwich, CT. 1:00-4:00 p.m., Ages 15 & up. \$25 fee at the door.

<http://www.norwichjudodojo.com/upcomingevents/muay-thai-clinic>


### **APRIL**


LOS ANGELES CLIPPERS vs. LOS ANGELES LAKERS

Wednesday, April 14, 2010  
STAPLES CENTER  
7:00 P.M. Judo Demo  
7:30 P.M. Game Time



Baron Davis





Kobe Bryant

Don't miss the chance to see exciting NBA action with the Los Angeles Clippers and the Lakers  
This special discounted offer is **NOT AVAILABLE** to the general public, so don't delay and sign up today  
This event was sold out last year and everyone had a great time. Order tickets early.

**Judo Primetime Event**  
(Hosted by Goltz Judo Club)

**Saturday April 10, 2010**

**Grassroots Clinic at Goltz Judo featuring Nick Lowe**

*Creator of the Eudo Program with over 4,000 members in England*

9:00 – 10:00 a.m. Kids/10:00 to 11:30 a.m. Teens & Adults

contact: Gary Goltz: 909-985-0486, [gary@goltzjudo.com](mailto:gary@goltzjudo.com)



**Saturday, April 24, 2010**

**2010 Shigatsu Open Judo Tournament** at The Dojo Martial Arts Training Center, 16 Town line Road, Wolcott, CT  
Hosted By Gentle Way Judo Club & The Dojo Martial Arts Training Center, including JUNIORS, MASTERS,  
SENIORS and NEWAZA divisions. Information and entry form at: [www.gentlewayjudoclub.com/](http://www.gentlewayjudoclub.com/)  
[www.thedojoonline.com](http://www.thedojoonline.com) \*First place in Senior women's/Senior men's advanced divisions receive \$50 cash prize  
if division contains at least 6 competitors. Limit one cash prize per competitor.

## **MAY**

**May 1-2: Clinic with Nagayasu Ogasawara, 8th Dan** (Author of "Textbook of Judo") at the Ameri-Kan Judo Club  
Dojo in Findlay, Ohio. <http://www.amerikanjudo.org>

## **JUNE**

**June 12: Clinic with Jim Pedro, Sr.** at Derry Judo Club, Derry, NH.  
Contact Roger Lenfest [derryjudo@comcast.net](mailto:derryjudo@comcast.net)

## **JULY**

**July 3 & 4: 1st Annual USJF & USJA Junior National JUDO Championships**, University of California, Irvine  
Nanka Judo Yudanshakai is excited to host the upcoming 2010 United States Jr National Championships & the  
2010 USJF/USJA National NOVICE Tournament open to all competitors holding the rank of White or Yellow Belt.  
Entry and information forms for the Championships and for the Novice Tournament are separate. Download all  
forms and full information at <http://nankajudo.com/2010USJFJrNational.html>  
contact: Ed Shiosaki, President, Nanka Judo Yudanshakai, 310-702-0023, [Eshiosaki@aol.com](mailto:Eshiosaki@aol.com);  
Nanka Office (310) 222-8690, [NankaOffice@aol.com](mailto:NankaOffice@aol.com)

Also featuring:

**July 1: Coaches Certification Clinic**

**July 2: Kata Clinic**

**July 5-6: USJF/USJA Grassroots Judo Training Camp.** contact Paul Nogaki [pnogaki@verizon.net](mailto:pnogaki@verizon.net)



Best wishes to [Rev. Marshall R. Coffman](#), longtime USJA supporter and Regional Coordinator. After losing the use of his facility at Dunkirk Baptist Church in Dunkirk, MD in February, he has found a new home for his judo program.

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## Judo from a Christian Perspective

*By Rev. Marshall R. Coffman – Yodan*

I had no idea as to how far things would go when I was asked by the Baptist Convention of Maryland & Delaware (BCMD) to put together a Judo demonstration that would convey Biblical truth for the summer Vacation Bible School sessions in churches throughout the convention. We gave our first presentation to the BCMD in February 2004. By October 2004, we traveled nearly 3,000 miles to 27 different churches and community centers and had given 50 presentations.

Seeing the success of the Judo ministry, my church agreed to begin Judo classes as a Sports Outreach Ministry to our community. We launched the Judo classes in January 2005, which included a Christian devotional and a time for prayer requests. This really took on with everyone, the children, the teens, the adults and the parents. Our club, Budokan Judo Club quickly grew to a USJA Class A Club. We made it into the top 20 USJA clubs and have consistently remained there.

In late January 2010, however, the church voted to end the Judo Sports Outreach Ministry by the end of February. My goal was then to find a place that would allow us to maintain the Christian perspective with time for a devotional and prayer requests.

Beginning March 29, 2010, Budokan Judo Club will be offering *Judo from a Christian Perspective* classes with a time for devotional and prayer requests:

- **Mondays and Fridays** (6:30-8:30 pm) at the Northeast Community Center, 4075 Gordon Stinnett Avenue, Chesapeake Beach, MD 20732 - Telephone 410-257-2554
- **Tuesdays** (6:30-8:00 pm) at the Mt. Hope Community Center, 104 Pushaw Station Road, Sunderland, MD 20689 - Telephone 410-257-6770 or 410-257-7761.
- Until March 29, we will meet at the same times on Tuesday and Thursday at the Mt. Hope Community Center.

We are excited about our new beginning. If anyone is interested in establishing a Judo Ministry in a church or elsewhere, please feel free to contact me at [mrcoffman1@comcast.net](mailto:mrcoffman1@comcast.net).



## An Overview of the USJA National Coaches Conference in Las Vegas

*The following is a review of the National Coaches Conference in Las Vegas. Sincere thanks to Loren Bentley for submitting his blog, from which this was taken.*

Sunday was a long day! Eight different topics were covered by eight different clinicians. Each clinician spent about 45-55 minutes on their topic and covered it as thoroughly as possible within the allotted time frame. The morning was broken into a more academic side to clubs while the afternoon was dedicated to helping those coaches in attendance learn how to be better coaches.

### **PAUL NOGAKI**



The lead-off clinician was Paul Nogaki of Temecula Valley Judo who started with how to run a judo club as a business. Mostly the early aspects covered keeping the dojo doors open. After all, if the doors aren't staying open month to month, where will you do judo? We then came to discussing ideal business structures for judo clubs. Paul appears to be of the opinion that the average judo club should never be run as a partnership or a sole proprietorship, but as a corporate entity, an LLC, S-Corp, or C-Corp with LLC being the easiest to become. Finally, Paul closed out his session by discussing Risk Management and independent insurance policies, suggesting that a \$3,000,000 should be the minimum a club should have.

### **GARY GOLTZ**

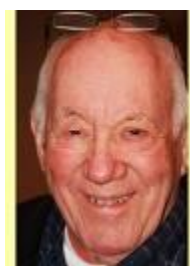
Gary Goltz filled the middle of the morning sessions with a wonderful presentation of marketing. The PowerPoint presentation Gary used was a fine example of how he and Goltz Judo Club have made use of marketing, networking, the internet, and all the aspects of his discussion. Gary appears to be a master of this as he has one of the largest judo clubs in the United States Judo Association! I highly recommend the PowerPoint and going to any kind of seminar or clinic where Gary is presenting!

( Editor's note: see the PowerPoint here:

<http://mysite.verizon.net/resptwx6/Growing%20Your%20Judo%20Club%201-10.ppt> )



### **HAL SHARP**



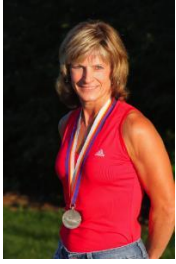
The final morning presenter was Hal Sharp presenting the USJA/USJF's new Modern Kodokan Throwing Technique (21st Century Judo) Certification Program, based on Daigo's *Kodokan Judo Throwing Techniques*. This book, according to Hal, is a book not of how to do this or that technique, but *when* to do this or that technique. Every judo student begins by learning a rote technique in a static fashion. Eventually the student is lead to randori but not taught how to apply techniques in a dynamic or randori fashion. This book, if used by competent instructors and students, overcomes that obstacle.

The USJA and USJF decided that this book could be a foundational book helping students to learn how to apply techniques, and that if you create a carrot, in this case a certification program, then some people will head toward the book and what it has to offer.

The afternoon session was the practical session. This is when we get to throw and hold and learn how to teach better! Lynn Roethke was the lead-off and she was teaching *tachi waza*.



## LYNN ROETHKE



Most of Lynn's segment was about attacking. Keep constant pressure on your opponent. Make them work harder than you, and you'd better be working insanely hard. She taught us counters from popular throws and her own unique style of attack.

For the coaches, she recommends intense, short duration matches, about 10 seconds, with a break between iterations. She did a variety of "get-ups" to develop speed in getting from the ground to your feet from any number of different ground positions.

For the *nage waza*, Lynn demonstrated a beautiful counter to *O soto gari* with *Seoi nage*! I wouldn't have ever thought it would work...except it does and so easily! She also taught her style of "backpack loading" *Seoi nage*. Check it out on [www.youtube.com/watch?v=2hyP2BXvlhY](http://www.youtube.com/watch?v=2hyP2BXvlhY)

Another thing, all you would-be competitors, you need to work your fitness! If you want to run in the competitive arena and you aren't fit enough to last...GET THERE!

## JIM PEDRO, SR.

Probably the gruffest of the clinicians, Jim knows his business and knows it well. Jim's section was on *ne*



*waza*. His first point was that Juniors are Juniors and Seniors are Seniors. This is a great point for all you coaches out there that want to teach 13 year olds armbars or 10 year olds chokes. If they can't use it and aren't near enough to the age to start using it, don't teach it! The second point involves transitioning to mat work. Students need to be going to the mat when they finish their throws. I think he wants them to do it all the time, even when just practicing the throws themselves. Personally, I think it's a great idea that should be done, but I'm not sure about when they're learning how to do a throw.

After that it was all ground work, escapes, drills, transitions, what to teach first, body position, and when to not even bother. First the last, because it caught my eye when I wrote it: If you're in the guard position and you're in a judo match, don't even bother trying to get out, you don't have time. As for what to teach first, well Big Jim suggests, in his inimitable fashion, teach the Half-Nelson turnover first, but teach it right! And finally, when you teach and do *Ude garami*, roll your wrists! I like to think of it like riding an old Harley-Davidson motorcycle, the type where one hand is the throttle and the other adjusts the timing.

## GERALD LAFON

Gerald Lafon advocates many things, some outrageous by conventional US Judo ideologies and some progressive for US Judo.

First off, DRILL! Drills are where skill development occurs! Drill everything. Drill throws, drill counters, drill ground work, drill sequences. Speaking of counters, Gerald suggests that there are four opportunities for countering: Early technique, Late technique, Early movement, and Late movement. Each of these is specifically tied to timing. In both Early and Late technique countering, you need to have body contact for the greatest effectiveness.

Gerald suggested that coaches have their students practice "losing judo." Why should one practice losing judo? Think about this for a minute: if all you ever practice is winning and you never practice those precarious situations where you are in a losing environment, like being held-down or about to be thrown, how will you know when to counter the throw or escape the hold-down?

Another really interesting idea (this is part of the "outrageous" by conventional standards stuff), is that when you teach beginners, you shouldn't strive for them to perform perfectly, strive for close. If they're getting the gross movements, then move to a finer level of detail. This is called "shaping." It makes sense to me; after all, you've got to have some comprehension to dial in the detail.

Oh, anyone who wants to coach: BUY *SUCCESSFUL COACHING* by Rainer Martens.



## ***HAYWARD NISHIOKA***

Hayward has a way about him that suggests kindly sensei. His clinic was the hardest for me to take notes because we were constantly moving! He covered teaching *ashi waza*. Let me tell you, it was much simpler the way he taught it!

We went from standing with one foot atop the other the hanging one foot, from putting our feet close together to their widest, all the while testing our balance. Eventually we started walking first like narrow robots then big robots then walking and steering. It was amazing how easy it was when he showed us. Unfortunately it was like trying to take a drink of water from a fire hose on full blast. It was fun. I learned a lot. I just wish I could see it again and again and again! And one more thing: ALWAYS ENCOURAGE your students!



## ***BILL MONTGOMERY***

Finally, the end! Bill taught *ashi waza* drills. Most importantly, *ashi waza* takes time to learn, so you should start early and practice often! Some major details:



- All *waza* come from the hips
- Your hips move first, then the "sweeping" leg
- Once the attack starts, don't stop attacking until you've achieved SUCCESS!

Finally, the most important thing for a teacher or coach to do before teaching any *waza*: Your body movement must be correct! If you have to, practice in front of a mirror to get things right. Your students, especially kids, will mimic every move you make when learning the throw. So if you aren't doing it right, they will pick up on it and do it just the way you showed them!

## ***FINAL THOUGHTS***

If you ever get the chance to go to a clinic by any of these people, no matter what your particular judo ideology is, GO! Don't let your hang-up on classical or traditional or competitive or whatever hold you back. They are wonderful instructors from whom you can learn something! Vegas was good, but the clinic was GREAT!

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### **Roswell Judo Club Presents: *Tai Otoshi*!** **A Brief Word on the Modern Kodokan Judo Certification Program**

On the 20<sup>th</sup> of February 2010, we held a clinic for all who would attend on the USJA/USJF's new [Modern Kodokan Throwing Techniques Certification Program](#), specifically *tai otoshi*. The turnout was low with only two students and our club instructor in attendance, but we went forward with this bold endeavor.

We began the morning session with a brief introduction of the Certification Program. After our basic warm-up, we moved quickly into the fundamental elements of a static *tai otoshi*. To some static performance is anathema, but our instructor believes that beginning students need to first learn how the throw feels static before they can begin to think about it dynamically.

We progressed through the many elements of *tai otoshi*, including the hands, the feet, the weight balancing, and more. Eventually we came to performing the throw statically. After we "knew" we could throw *tai otoshi*, our instructor told us to *randori* (one-for-one) using only *tai otoshi*; We should be able to, right? Wrong. For fifteen minutes, nary a throw to be seen.

Our frustration palpable, it was time for lunch.

After lunch, we discussed the packets made for us concerning *tai otoshi*, to understand how to perform the throw dynamically. In the reference book, *Kodokan Judo Throwing Techniques*, Daigo details three major variations and briefly discusses a fourth derived from classical *jûjutsu*. Each of these variations depends on a very specific set of conditions and set-ups.

The first variation, *Sono Ichi*, is a standard short linear stepping sequence from a standard grip. For us, this seemed to be an obvious, easy method. Boy, were we wrong! Certainly the simplicity of it threw us for a loop, though after 30 minutes of practicing just the motions of this variation we began to understand. After another 30 minutes we could do this just fine.

The second variation is a cross-grip variation which, when you never train cross-gripping, was a bit more difficult for us to nail. Finally, though after much less time than *Sono Ichi*, we began to understand *Sono Ni*. The trick on this is driving with the cross-gripped arm, think of it as an elbow strike if you're elbow is locked onto the chest of *uke*.

*Sono San*, the oddest variation, is set up from a single arm gripping the lapel of *uke* at the neck, almost *kenka yotsu* grip. The goal is to cross *uke*'s arms and throw *tai otoshi* from this cross-gripped position. This very quick and devastating variation from a very awkward grip position was quite fun!



We also practiced getting the grip we need for each variation. We built from gaining the standard grip, to the cross-grip from that standard grip and finally that awkward grip to hit the *Sono San tai otoshi* variation.

All in all, the improvement in our *tai otoshi* was so drastic that we may as well not have known *tai otoshi* when we began. Just using Daigo's book as a guide, we went from junk *tai otoshi* to effective, clean, and practical *tai otoshi* in four and a half hours. For all the *judo* students, instructors, and *sensei* out there, pick up the book, find a partner, and work your favorite techniques first; you'll find a dramatic improvement.

*Loren Bentley has been involved in judo for 20 years. He started the Roswell Judo Club in 2007 after graduating from NMSU in 2005 having spent 3 years at the NMSU Judo Club. He writes a blog about his path along the judo trail at [elvistorinojudo.blogspot.com](http://elvistorinojudo.blogspot.com).*

*Roswell Judo Club is located in Roswell, NM's Yucca Recreation Center. We have three different (Kids, Youth, and Adults) classes three nights a week. If you're ever in Roswell, NM contact us or just stop by to join us!*

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**Editor's note: You can find out more about the USJA-USJF Modern Kodokan Throwing Techniques Certification Program here:**  
<http://www.usja-judo.org/GrassRoots/GrassrootsJudoKDKCertificationProgram.pdf>

*Editors Note: Charlie Robinson has plans to work with Hal Sharp to produce an instructional video. Below is a sample of his series of "Easy Throws for Success", with photos and instructional captions.*

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## THOUGHTS ON GRASS ROOTS JUDO

It has been my privilege to receive training from some of the best of the KODOKAN sensei. Of them OTAKI Sensei impressed me, and affected my teaching style most. My friend Hal Sharp and I will be making a Video record of my teaching style, and what I teach later this year. Most of us will never Coach and train only Elite Athletes. That is why Grass Roots instructors must be trained to train students in the most effective and efficient learning style. Years ago, Judo was not taught, how to survive Judo was learned. 30-45 minutes of UchiKomi and not throwing, with one or one and half hours of Randori, is not learning Judo. It is survival training. It is through success and muscle learning That Judo is taught and learned. This is often called Practice. We never let anyone off the mat without success. If beginners are doing light Randori, and one person is dominating the other, we stop them, and have the one dominating step in as attacking. we then show the one who was being dominated how to defend, counter, or reverse the attack. They perform it statically one time. Then the dominator attacks dynamically twice, and is countered twice dynamically. Toughest guy in the Club, or Club Champions do not help build Grass Roots Judo. Both leave the mat knowing success, and will return again for more. If a new student comes, and never knows success, they will quit, because they have never experienced some modicum of success.

*JITA KIYOE*

-- Charlie Robinson



**The most effective grip for all of the Judo techniques to follow will remain the same. Grip with your hands at your shoulder height, and no wider than the width of your shoulders. The locking hand on the triceps of the side being drawn forward, and the other arm folded into the opposite arm pit. As your body turns Bi-axial rotation will be induced into the Uke, a force that the body cannot resist.**



**OSOTO OTOSHI: Major outside drop:**



**1. Uke steps to the rear.**



**2. Tori steps across the Uke with the foot from the pulled side.**



**3. Tori steps to the side with the other foot, and follows the fallen Uke to the mat for a pin.**

## OSOTO GURUMA: Outside wheel



1. Uke steps to the side



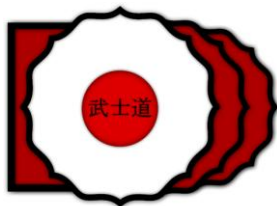
2. Tori steps forward with his outside foot, driving Uke's elbow behind his hip by dropping his weight on Uke's trailing upper arm.



3. Tori drives his near leg and hips across the rear of Uke, accomplishing the technique.



4. Tori follows Uke to the mat for a pin.



CHIVAL JUDO

Chippewa Valley Judo/Jujitsu, LLC  
(715) 723-3321  
Headquarters Located at  
Clear Water Martial Arts

News release: Announcing a local judo tournament that may become a yearly event. Judo is a sport that is practiced around the world and the first most popular world individual sport outside of soccer. We have one club in the area that is trying to introduce this sport and martial arts to the area. Chippewa Valley Judo/Jujitsu LLC. Below are the results of the event on February 27, 2010.

## Northwood's Shiai Sponsored by CVJJ

**Happened on February 27th, 2010**

At Eau Claire Lutheran School on Epiphany Lane, Eau Claire, WI

*The event had around 25 competitors from Minnesota and Wisconsin. The competitors worked hard and showed good sportsmanship all around. There was one kata pair that did 3 out of the 4 listed katas. This started the event off with a strong demonstration of the basics of judo. Due to the larger number of adults, the kids and the adults played at the same time. This made for a faster and more efficient use of time. Everyone was ready when their turn came and no injuries occurred. All players did an outstanding job with good judo play. This is hoped to be an annual event. Participants are welcome to give input.*

### Mens Divisions

#### Senior Light

1st Dakota Ellithorpe  
2nd John Jezierski

#### Senior Middle

1st Maksim Zagoskin  
2nd Nikita Klochan  
3rd Dakota Ellithorpe  
4th Luke Quarante

#### Senior Heavy

1st Daniel Hoffman Jr.  
2nd Tanner Gregory  
3rd Theodore Wahl  
4th Nathan Boston

#### Young Masters

1st Curtis Huff  
2nd Nathan Bostin  
3rd Will Chapin  
4th Ryan Franckowiak

#### Older Masters

1st Paul Czech  
2nd Daniel Hoffman Sr.

### Kata Results

Christina O'Brien and  
Jeff Milo  
1st Juno Kata  
1st Katame No Kata

### Womens Division

1st Christina O'Brien  
2nd Kim Otto

### Kids Divisions

#### Junior Boys Light

1st Tyler Srp  
2nd Adam Warling  
3rd Jeremiah Raddach

#### Junior Boys 8-9

1st Adam Warling  
2nd Jeremiah Raddach  
3rd Deakon Watson

#### Junior Boys Middle

1st Jonathan Douglas  
2nd Deakon Watson

### Judo Club Results

Chippewa Valley Judo/Jujitsu LLC  
6 competitors: 3-1st, 2-2nd, 2-3rd, 1-4th  
East Side Judo: 4 competitors  
2-1st, 2-2nd  
Eastside Tigers: 2 competitors  
1-1st, 2-2nd, 1-1st  
Judo & Jujitsu Club of Madison LLC  
2 competitors: 1-1st, 1-2nd  
North Shore Judo: 1 competitor: 1-2nd  
North Star Martial Arts Academy  
2 competitors: 4-1st  
Stevens Point Judo Club: 3 competitors  
1-3rd, 2-4th  
University of Minnesota: 3 competitors  
1-1st, 1-2nd, 1-3rd

