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**JULY**  
**09**

**The GENTLE**  
**WAY**

The Official Judo Ontario  
NEWSLETTER



**Judo**  
**Ontario**  
Our sport. Our life.

This newsletter is produced  
by volunteers every other  
month for Judo  
Ontario members.

# TRUDEAU'S JUDO

— by Paul Nurse

MEMBERSHIP HAS  
ITS PRIVILEGES

UPCOMING EVENTS

HONOURING  
FRAN McCRODDEN

# Message from the PRESIDENT



*Charlie Formosa*  
President of  
Judo Ontario

It has been another busy year at Judo Ontario and we are finishing off the competitive year with an important constitutional meeting in the weeks ahead.

After many months of discussion, focus

groups and working with the Ministry of Health Promotion, we are moving forward and asking the membership to approve changes to our constitution. One major change is for the board of directors to be reduced from 15 to 9. This will allow for a more productive board with each portfolio being well defined. If the constitutional changes are approved, I'll be calling an election for September 2009. Please ensure you take the time to exercise your right to vote. The board voted to approve these changes and believe we will be a more productive Provincial Sport Organization as we move forward in the years ahead.

Our new executive director, Allan Koyanagi, has now had a few months under his belt and is working diligently to understand all of the areas in Judo Ontario and is doing an excellent job. Allan has taken the time to attend a number of tournaments to get a better understanding of how tournaments are conducted, and took the opportunity to meet and talk to some of our members.

I would like to wish all competitors good luck at this year's Youth Nationals in Calgary. This will be one of Judo Ontario's larger teams with over 100 athletes, coaches and managers attending. I would like to congratulate all athletes

who attended the Senior Nationals in Sherbrooke, Quebec in May. Ontario came away with 15 medals in the Senior, Kata and Master's categories. Judo Ontario would like to extend a special congratulation to Kelita Zupancic, who was named the most outstanding female competitor at the Nationals.

Over the summer months, Judo Ontario will be sending out reminders regarding registration. It is important that all members as well as all clubs are registered Judo Ontario members. We will be starting the registrations process in the weeks ahead.

Added Bonus... once again, our own Sensei Goki Uemura, 8th Dan is sponsoring Sensei Michio Fukushima, the leading Kata instructor in Japan and the Kodokan, will again be visiting Ontario. Keep an eye on the J.O.'s web site for the dates, places and times for the clinics/seminars.

On November 7 and 8, the Ontario Open will be held in Kingston, Ontario. Please mark this date on your calendars. We are excited about moving this tournament to Kingston, since we have had great success with the RMC Kingston tournament being held there. The planning committee has already met and we're working with other provinces and Judo Canada to ensure we continue to have over 600 athletes competing from across North America and other countries.

Now that the nice weather is upon us, I hope all members take time to relax and enjoy time with family and friends. On behalf of the Board and the staff of Judo Ontario, I would like to wish everyone a very enjoyable summer.

If you have any questions or concerns please contact the office @ 1-866-553-JUDO or myself at (905) 259-4813 or e-mail 6877formosa@rogers.com.



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# Pierre Trudeau and JUDO?

by Paul Nurse

It is well known that the longtime Prime Minister of Canada, Pierre Elliot Trudeau, was a famously athletic individual. Standing about 5'10" and weighing around 165 lbs in his prime, throughout his 80-plus years Trudeau both practiced and enjoyed a variety of sporting endeavours. Among these was boxing (weekly lessons as a boy), captain of his high-school lacrosse team, skiing, swimming, water-skiing, canoeing, hiking and scuba-diving.

During a two-year stint as a young bureaucrat with Ottawa's Privy Council in 1950-51, Trudeau even trained in ballet for several months after hearing a friend remark that ballet was the most taxing of athletic activities. (This appears to be the source of his famous pirouette behind Queen Elizabeth's back.)

Almost as famously, Pierre Trudeau was one of the few world leaders who was also an active judoka. Holding black belt rank, during his long political career Trudeau was one of Canada's most celebrated exponents of this Japanese art, sport, and cultural expression. Unlike his judoka counterpart as a national leader, Russian Prime Minister Vladimir Putin (who began judo as a bullied youngster in his native St. Petersburg), Trudeau came to the sport relatively late, in his thirties. Following the end of the Second World War and the relocation of many Japanese-Canadians to Canada's eastern regions, judo likewise emigrated east -- first to Alberta, then Quebec, Ontario, and the maritime provinces. This period saw the establishment of such legendary facilities as Toronto's Kidokwan, Hatashita

and Montreal's Shidokan Seidokwan judo clubs. As well, during the 1950s a number of European judo and jujutsu instructors came to North America; many of these settled in Quebec and aided in a general dissemination of Japanese combative systems in central Canada.

“Trudeau was one of Canada's most celebrated exponents of this Japanese art, sport and cultural expression.”

This postwar situation was made to order for Trudeau, who had returned from his celebrated round-the-world journey of 1948-49 with a marked taste for the exotic and an affinity for eastern ways and modes of thinking. Interested in Buddhism, Trudeau also possessed a familiarity with yoga: a number of file photographs exist of the Prime Minister showing off his prowess at various yoga asanas (poses).

How and when Trudeau began judo precisely is unknown, although it appears that he began practicing the sport actively sometime in the mid-1950s, when he was in his mid-thirties. By the end of the decade and the onset of Quebec's Quiet Revolution, Trudeau had achieved



ikkyu rank grade in what was probably a then-standard once-a-week practice.

It must not be thought that Trudeau possessed an obsessive passion for judo to the exclusion of all else. As a man of enormously heterogeneous interests (as well as having a tendency to indulge another passion — travel — whenever the desire overtook him), he seems to have had a sometimes-off-and-on relationship with the art.

It is significant, however, that from his thirties until his retirement from federal politics at 64, Trudeau never completely abandoned judo but kept returning to it — like an old flame he couldn't get out of his system — while doing what he could, when he could.

It's reasonable to assume that during his younger days, it was judo's combative aspects which attracted Trudeau the most, and at which he became the most proficient. But the art's intrinsic humility took longer to develop. On a visit to Tokyo in the early 1960s, it is said that Trudeau wanted a workout at the Kodokan, but for whatever reason — his sometimes arrogant manner, or the way in which

*continued on next page*

he asked for randori – the judoka of the art's “Mecca” were not appreciative, pummelling him so mercilessly that he was barely able to crawl off the tatami.

Less than a decade later, however, having become Liberal leader and Canadian Prime Minister, Trudeau travelled again to Japan, this time on a state visit. Although his attendance record had confessedly fallen off since he entered federal politics in 1965, during this visit the new PM was awarded his shodan by the Kodokan. To his credit, and considering his sporadic practice of the past several years, Trudeau is said to have been somewhat embarrassed by his promotion.

(Historical note: a photograph of Trudeau being thrown at the Kodokan during this same visit was printed on the back-page – “Parting Shots” -- of the September 25, 1970 issue of Life magazine. This effectively ended his “honeymoon” period as Prime Minister: the following month, the October Crisis erupted in Trudeau's home province of Quebec.)

Various stories exist concerning Trudeau's love of judo. After he achieved some renown as a political figure, Trudeau contributed a short preface about judo to a French-language edition of a Louis Arpin instructional book. Also, in his memoir *The Teeth of Time*, Canadian academic Ramsay Cook remembers Trudeau and his wife Margaret attending an Ottawa dinner party during Cook's sabbatical year of 1974-75. Learning that Cook's son Mark was studying judo, at once Trudeau issued an impromptu challenge match to Mark Cook, which took place on their host's living-room carpet with yellow belt fighting black belt. In keeping with Jigoro Kano's dictum of jita kyoei or “Mutual Welfare and Benefit,” Trudeau ensured that the yellow belt won.

This was not an isolated incident, since Trudeau considered judo a wonderful family activity, as well as something

exceptionally good for children. Once his own children were old enough, the Prime Minister and his sons trained at the famed Takahashi Dojo on Ottawa's Melrose Avenue, sometimes arriving with a carload of other children for practice. Head instructor Masao Takahashi has recalled that Trudeau's RCMP security detail usually waited downstairs in an unmarked car while the Trudeaus practiced in the upstairs dojo. So they wouldn't have to change into judogi in the crowded change-rooms, the Trudeau clan always arrived already dressed for practice.

A quietly spiritual man, for Pierre Trudeau a portion of judo's appeal lay in its spirituality and ascetic aspects. Mas Takahashi remembers the Prime Minister as someone who was “very Asian” in his approach to judo, accepting and appreciating the rituals associated with the art as much as he enjoyed its physical element. On the tatami Trudeau neither asked for, nor expected, any special treatment because of his political status, but acted and behaved like a true judoka, deferential to higher ranks and kindly solicitous to those less experienced.

He was no “zen bug,” however, but someone very capable in his technical knowledge, with an almost ambidextrous ability to execute both right and left-side techniques. So adept was Trudeau, in fact, that before his retirement from the Prime Minister's Office, Judo Canada ratified the Takahashi School's promoted him recommendation to his promotion to nidan. (Another note: if the Prime Minister of Canada, with all his responsibilities, can become yudansha, there's no excuse for the rest of us.)

Trudeau's life in judo played a part in a now-legendary decision. On the evening of February 28, 1984, Trudeau and his sons attended a practice at the Takahashi Dojo. Since it was snowing heavily that night, few trainees were present and the Trudeaus had the instructor mostly to themselves.

The practice went well and later that evening, back at 24 Sussex Avenue, the Prime Minister went for a solitary, reflective walk in the snow.

Feeling contented after the evening's workout and after thinking things over, he decided that the time had come to leave politics and devote more time to his 3 boys.

Pierre Elliott Trudeau announcing his retirement from politics. ....“It seemed like a good day to have a last day....It was a great walk in the snow. I went to Judo, felt very combative, and here I am”

The following day, Pierre Trudeau announced his decision to retire from politics and return to Montreal. Beginning judo in Montreal as a young man following his first stint in Ottawa, it is appropriate that Trudeau's later days in the nation's capital should coincide with his final days on the tatami. Thereafter he occupied himself with law work, travel, the occasional political pronouncement, and seeing his memoirs through print. Pierre Elliott Trudeau, nidan, died in September of 2000, mere weeks away from his 81st birthday.

Paul Nurse is a writer and historian.



# The importance of becoming a member of Judo Ontario

We've all heard the speech before. It's important to be a paid up member of Judo Ontario because you need to be covered by insurance in the unlikely event of a serious injury... and this is very true. But there are many more, little known and equally important reasons to become a member of Judo Ontario.

One of the more important reasons for becoming a member is the ability for Judo Ontario to sustain itself and its membership through government grants. Membership money only takes the organization so far... grants take us the rest of the way. For example, did you know that there are grant "levels", and depending on the total number of paid members Judo Ontario has at the time of our application submission, will determine the amount of money Judo Ontario is eligible to apply for.

Unfortunately, this year we fell short of the much needed 3000 paid member mark. This was a critical benchmark for Judo Ontario and places the organization in a lower funding tier.

Judo Ontario also provides its members with the much needed programs for training officials and coaches to continually improve the quality of event management, instruction and safety including sponsorship for events, coaching clinics and officials clinics.

Membership dues also go toward developing systems to help improve communication between Judo Ontario and its membership. This includes, but is not limited to, the website and mailings to Black Belts. Without Judo Ontario facilitating communication throughout the provinces many Judoka, Dojo's would become isolated and events would decrease in size and complexity. In addition, membership money allows us to provide office resources and tools to assist individuals to create, market and manage their own Judo events.

Judo Ontario is a large and very active sport entity which is continually evolving and striving for better, leaner and more effective solutions to keeping its membership informed, educated, trained and competitive. In order to stay abreast with other competing sports organizations such as karate, baseball and soccer, we need to grow steadily as a unified organization... and we can only do it with your help.

How can you help? If you are a training Judoka it is mandatory to become a member of Judo Ontario. If you are a Dojo Shu (Club Owner), you should be working towards ensuring the members of your club are all registered and paid up with Judo Ontario, for both their protection and yours.

SHIAI  
UPDATE



The Huntsville Invitational & U15/U17/U20 provincial qualifier has record numbers. There was a great showing of judo the weekend of May 2nd and 3rd in Huntsville Ontario as the Provincial qualifier was hosted by the Huntsville Judo Club. They had close to 300 competitors fighting for positions on the National team.

Varga, David Miller, Ron Muirhead, Gord Tapp and of course the shiai host Phil Makela from the Huntsville Judo Club.

The clinic had over 50 judokas participating and all were impressed with the techniques demonstrated over the duration of the clinic. Each sensei had the opportunity to show their favorite techniques as well as passing on their thoughts on the teachings of Judo today.

## Huntsville Invitational

The Shiai was run smoothly with fighters from all over Ontario. A clinic was run by Sensei's Robert



## UPCOMING EVENTS

A complete and up-to-date list of upcoming events is available at [www.judoontario.ca/events/upcoming](http://www.judoontario.ca/events/upcoming)

**July 18th, 2009**  
Technical Grading Seminar

Constitution Meeting

**July 12th - 18th, 2009**  
Camp Olympia

**July 26th - August 2nd, 2009**  
Camp Budokan

**July 31st - August 3rd, 2009**  
Pre-season mini Judo Camp

**August 8th - 9th, 2009**  
Fight Like a Girl Camp

**August 15th, 2009**  
Black Belt Grading Exam

**August 16th - 21st, 2009**  
Camp of Champions

**August 22nd, 2009**  
Tournament of Champions

**September 13th, 2009**  
Annual General Meeting

**September 19th, 2009**  
Kawasaki Rendokan Annual

**September 26th, 2009**  
Asahi Open Judo Championships

**October 3rd - 4th, 2009**  
Central East Region Kata Clinic

**October 11th - 12th, 2009**  
Quebec Open International

**October 18th - 19th, 2009**  
Rendez-Vous Canada

**November, 2009**  
Budokan Annual Tournament

**November 7th - 8th, 2009**  
Ontario Open (Formerly Hatashita International)

**November 13th, 2009**  
7th Pan-Am Masters 2009



# Tora Annual Shiai and Fran McCrodden celebrate 30 years of dedication to Judo

If you have ever attended a Shiai in Ontario you understand the work that is required by those people who run everything from laying the mats to timing the matches.

Tora Shiai had just such a dedicated individual in Fran McCrodden, who has tirelessly been involved with the Tora Shiai since it started 30 years ago.

Fran, through her volunteer work, has caught the eye of the Corporation of the city of Brampton which had the mayor, Susan Fennell, quoted as saying "May I extend to you, our sincere appreciation for your 30 years of volunteer service to the annual Tora Judo Tournament; I commend you for your dedication and commitment to our community and its citizens."

Fran was also the recipient of a special award by the president of

Judo Ontario (Charlie Formosa) who further commended Fran on her tireless work both for the Tora Shiai as well as many of the other Shiai's she has helped run over the past years.

More than a sport, Judo is an art that involves both mental and physical training through this art practitioners develop focus, discipline and self respect along with fitness.

The Tora Shiai is a wonderful opportunity for family, friends and Judo fans to cheer on these talented judoka and to celebrate the many contributions the Tora Judo Club has made to the community of Brampton.

This year the Tora Shiai had almost 300 fighters on Saturday alone. Well done Tora Judo Club and keep up the great work. Fran it's people like you that make judo the sport it is. Congratulations to all.



## 2009 National Championships for Seniors, Veterans & Kata



Sunday June 7th, 2009 Judo Ontario was well represented at the Canadian National Championships 2009 in Sherbrooke, Quebec.

Over sixty athletes took part from Ontario in the

Senior, Veteran & Kata divisions. Ontario came away with 15 medals in total. Gold medals went to Tressa Sheffield, Yousef Yousef, Christopher Sibbald, Kelita Zupancic and Kathy Gordon (veteran). Silver medals were awarded to Steve Murray (veteran) and Tom Hino/Gerry Okimura (goshin jitsu). Bronze

medals were won by Shujon Mazunder, Andrea Madget, Jade Parsons, Nicole Jenicek, Aneta Mozdzen, Yacinta Nguyen-Huu, Nedjo Sarenac and Brent Colclough (veteran).

Judo Ontario would like to congratulate all medal winners and participants at the National Championships. Following the tournament, Judo Canada held a 3-day camp for all athletes. In addition, Judo Ontario would like to thank all coaches and managers for a job well done.

Judo Ontario is pleased to announce that **Kelita Zupancic** was selected as the most outstanding female at the Senior Nationals.

## MatTalk

### British Open bronze medal

Kelita Zupancic of Whitby, ON won a bronze medal at the recent British Open held in London, England. Kelita went an amazing six rounds, gathering a 5-1 won/loss record. This was an excellent accomplishment as the Open is an important step as she moves closer to the 2012 Olympics. Following the Open, Kelita travelled to Tunis, Tunisia to compete in the World Cup, Grand Prix tournament. Kelita also did extremely well placing a very impressive 5th place. She'll now head back to Montreal and tune up for the upcoming Canadian Championships held in Sherbrooke, PQ.

### Summer Camps

Another summer is upon us and once again we look forward to the three summer judo camps. In mid July, **Camp Olympia** takes place in Huntsville. Camp Director, Craig Weldon, always looks forward to camp as this is a multi-sport camp with over 400 athletes participating in a number of sports. Huntsville is a beautiful town for a sports camp. Camp Olympia has been operating for over 30 years. In late July, the annual **Camp Budokan** operates out of Camp Samac in north Oshawa. Camp Director, Karl Doherty continues with the long tradition for helping athletes reach the next level in their competitive career. Every year the camp gets better and the number of attendees only shows that Judo in the summer is alive and well. Finally, in mid August **Camp of Champions** operates out of Selkirk, ON. Camp Director, Nihad Mehmedovic, operators an excellent camp and every year brings in a number of high quality coaches. This year, Sasha Mehmedovic and JP Cantin will be in attendance for the full week. The judo club is an exceptional place to practice and learn from some of the best. Enjoy your summer.

## U15 / U17 / U20 Provincial Team Training Camp

The weekend of June 20 saw the mandatory training camp for the junior nationals being held this year in Calgary Alberta go without a hitch Saturday June 20 2009.

All the competitors were given a chance to train with team Ontario. Sensei's Craig Weldon, Mitch Kawasaki, Stephanie Kawasaki, Aartje Sheffield, Bob Zettl and Dave Burt put everyone through a great training clinic.

The clinic saw close to 100 competitors who had the chance to train with team mates and the opportunity to meet all the managers and coaches who will be attending with the fighters.

Special thanks to the University of Toronto who provided the location as well as the medical staff for the clinic.



## Ontario athletes come up big at Junior Championships

Our well trained and highly motivated Junior Judoka recently travelled to Calgary Alberta for the 2009 U15 U17 U20 Canadian Judo Championships this past July 3rd to July 5th. It was an extremely strong showing with stellar results which Judo Ontario is very proud of.

### Female U15, 36kg

1st Jessica Klimkait

### Female U15, 40kg

1st Mackenzie Burt

### Female U15, 44kg

1st Shawna McCracken

### Female U15, 52kg

1st Monika Burgess

### Female U15, 57kg

1st Alysha Doede

### Female U15, 63kg

2nd Amanda Felker

### Male U15, under 34kg

1st Kaleb Smith

### Male U15, 38kg

1st Ben Dennis

3rd Bradley Langlois

3rd Torin MacFadyen

### Male U15, 42kg

2nd Christian Melendez

### Male U15, 46kg

1st Marcus Chan

### Male U15, 50kg

1st Andrei Ivanov

### Male U15, 60kg

1st Steven Bric

### Male U15, 66kg

3rd Philip Leeman

3rd Michael Proietti

### Male U15, over 66kg

3rd Umberto Rupolo

### Female U17, 44kg

1st Tressa Sheffield

2nd Katherine,

Heffernan

### Female U17, 52kg

1st Briana McCracken

### Female U17, 57kg

1st Kaitie Dennis

### Female 63kg

3rd Megan Nagy

### Female 70kg

4th Genna Burnett

### Female Over 70kg

1st Jaya Creavalle

2nd Priscilla Campos

### Male U17, under 46kg

3rd Maor Badani

### Male U17, 50kg

1st Matthew Ausman

3rd Tyler Kamino

### Male U17, under 55kg

2nd Johnny Nagy

3rd Adam MacFayden

### Male U17, 60kg

3rd Zachary Burt

### Male U17, 66kg

3rd Zachary Jonah

### Male U17, 90kg

1st Andrew Balach

### Female U20, 44kg

1st Tressa Sheffield

### Female U20, 48kg

2nd Andrea Madgett

### Female U20, 52kg

1st Jade Parsons

2nd Briana McCracken

3rd Reanne McAlpine

### Female U20, 57kg

2nd Nicole Jenicek

3rd Viktoria Sokolovska

### Female U20, 70kg

1st Kelita Zupancic

### Female U20, 78kg

1st Jaya Creavale

2nd Yacinta Nguyen-Huu

### Female U20, over 78kg

1st Cynthia Beleno-Stitt

### Male U20, under 55kg

3rd Youssef Youssef

### Male U20, 73kg

2nd David Ancor

### Male U20, 90kg

2nd Dusan Sarenac

3rd Zachary Marshall

### Male U20, 100kg

2nd Anton Zupancic

3rd Ariel Daniel