

# Growing Judo

## August 2012



Monthly publication of the  
Club Support Services Committee of the USJA

United States Judo Association  
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### **In this month's issue:**

- \* **USJA Special Awards & Announcements**
- \* **USJA Travel Policy for Coaches & Athletes**
- \* **Now Available: USJA Instructional DVDs**
- \* **A Sensei And His Student** *by Paul Kahanic & Jake Prindle-Cassidy*
- \* **Gripping and Grip-Fighting** *by Mark Lonsdale*
- \* **Judo News From Around the Country**
- \* **Regular Features:** Upcoming Events, New Clubs, Promotions, & more

(above) Paul Kahanic presents Jake Prindle-Cassidy with his Sankyu certificate

(below left) Robey Reed receives a USJA Lifetime Achievement Award.

(below) the USJA has a new QR code!



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

- \* CONCISE, well-written and proofread.
- \* Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- \* In WORD format (not PDF!) or in the body of the email.
- \* Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- \* Your original work, or submitted with the 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.  
*Try to include ACTION shots!*
- \* Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*  
Vice-President, USJA  
Chair, Club Support Services/Regional Coordinators  
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**EDITOR'S NOTES:** Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. All rights are reserved. Articles and photographs seen here may NOT be reproduced without permission.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

*The next issue of USJA's Growing Judo will be the September 2012 issue.*

*If you have any news and/or any planned events, please submit your information PROMPTLY: by August 24th or earlier if possible.*

*Please understand that it may not be possible to include information submitted after that date.*

## USJA Special Awards at the Board of Directors Meeting in Spokane, WA



On July 6, 2012, **Robey Reed, Sr.** was recognized with a **Lifetime Achievement Award** at the USJA Board of Directors meeting at the USJF/USJA Joint Junior Nationals in Spokane, WA by President Gary Goltz and former President Jesse Jones. Robey was a renowned world-class judo competitor and instructor since the early 1950's, when he was in the U.S. Air Force. At about that time, the Amateur Judo Association (AJA) was formed; in 1955 it became the Judo Black Belt Federation (JBBF) and eventually the USJF. In 1969, one Yudanshakai, the

Armed Forces Judo Association (AFJA), withdrew from the USJF and thus the United States Judo Association (USJA) was born. Robey, along with George Harris, Karl Geis, Jim Bregman, and several others were among its founders. Today Robey is 79 and an 8<sup>th</sup> dan in judo, as well as the head instructor at Seihoku Budokai in Spokane, a Class B USJA Club. To see Robey in action back in his early days go to <http://judoinfo.com/pdf/tsurikomigoshi.pdf>.

(Left) Executive Director **Katrina Davis** was presented with an honorary Shodan rank by the USJA Board of Directors and Promotion Board for her years of dedicated service to our organization. Gary Monto, Promotion Board Secretary, looks on as she breaks the binding on her personalized black belt.

(Right) USJA President Gary Goltz presented **Andrew Connelly**, head coach of the School of Hard Knocks Judo Club (currently the #3 USJA club) with a USJA ring in thanks for his consistent support of the USJA.



## Announcements USJA National Office

The following policies were approved by the USJA Board of Directors at their recent meeting at the USJF/USJA Jr. National Championships in Spokane, WA:

**New USJA Validation Fees:** The following fees for *validation* of USJA rank will be in effect as of **September 1, 2012:**

- 3<sup>rd</sup> - 1<sup>st</sup> kyu: \$70
- Shodan: \$250
- Nidan: \$300
- Sandan: \$350
- Yodan: \$400

Validation of judo rank through the USJA is only available through Yodan (*4th degree black belt*).

**Membership requirement for Promotion:** In order to accrue points for promotion (*for any activities, including Competition, Service and holding Certifications*) through the USJA, an individual's USJA membership must be current at the time the points were earned. If there has been a lapse in membership of more than 6 months, any points earned during that time cannot be counted for promotion. This policy will also go into effect as of **September 1, 2012**.

**USJA TRAVEL POLICY:** Please see pages 7-10 of this issue of *Growing Judo* for the official travel policy recommended by USJA Legal Counsel Michael Goldsmith and approved by the USJA Board of Directors. This policy is **effective immediately**.

### Current USJA Membership Statistics:

Active Annuals:	6,390
Active LM's:	1,207
Total Active USJA Members:	7,597

## **USJA Coaching News**

The first "National Coach" course was initiated at Goltz's Judo Club on July 14th. From all indications, the first class was a great success. Two more sessions, on August 4th and September 8th, will complete this course. Please see page 17 of this issue of *Growing Judo* for details.

The second "National Coach" course will be conducted at the YMCA Judo Camp, Huguenot, NY, on August 13- 17, 2012. Sessions will run through the full week of camp. Those interested in attending should e-mail me, Bill Montgomery, for information and material(s) they should bring.

Hector Morales is the newest approved course instructor for our coaching program. Lt Col. Morales brings a wealth of judo knowledge and academic credentials to the coaching program. He is going to be a great asset.

The Olympics have begun. We have a fine group of young judoka representing our country. I wish them every success...*Kana Razu Katsu!*

Talk to you soon,

Bill Montgomery, Chair

USJA Coaching Education and Certification Committee; [WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)

## Treasurer's Report, May 2012

The overall financial health of the organization after May of 2012 continues to remain good and stable. Current assets as of the end of May 2012 were \$52,658. Current liabilities were \$2,126. The current ratio is approximately a healthy over 25 to 1.

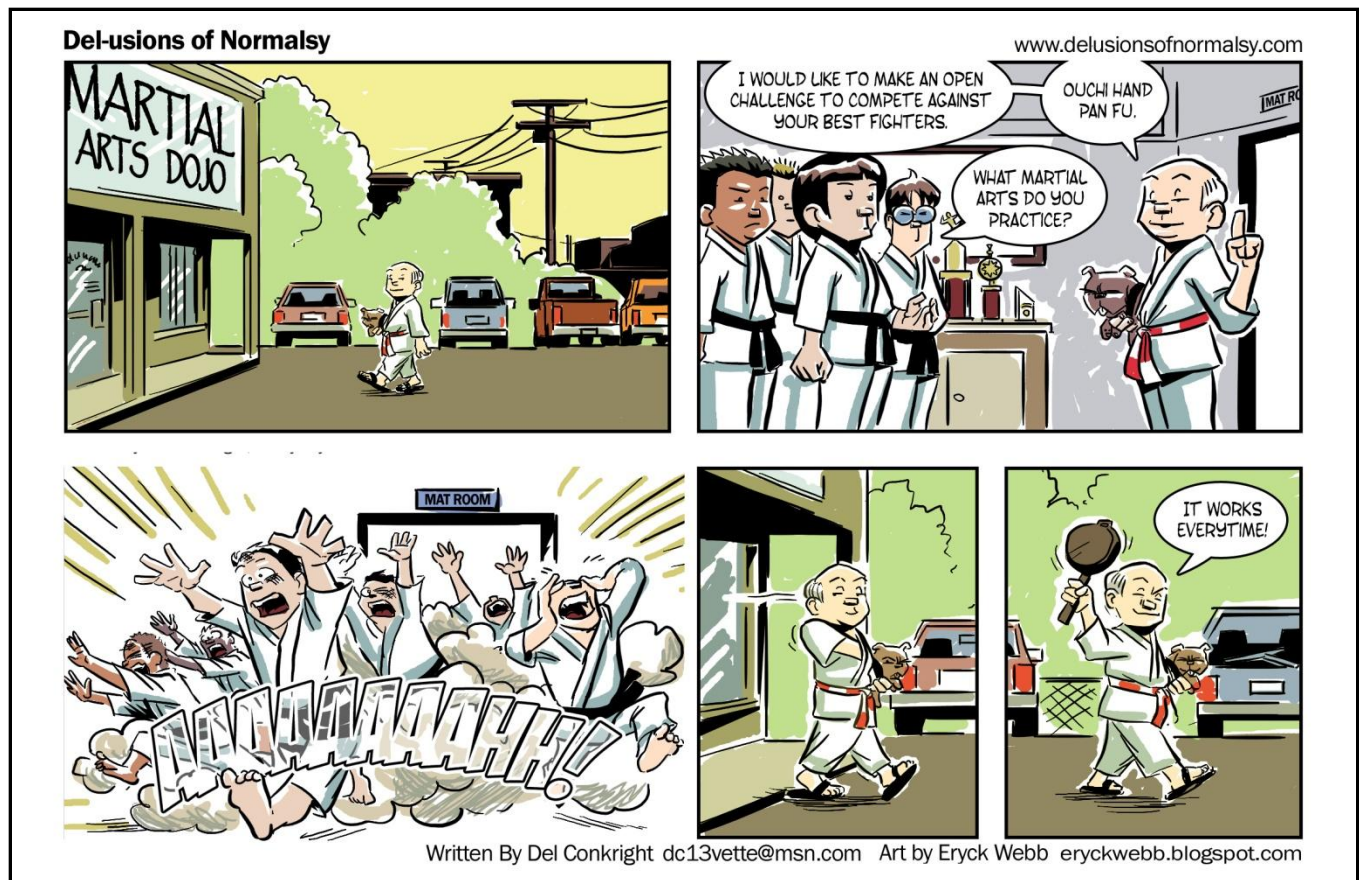
Revenue in May was \$45,452, with, as expected, the largest portion being generated from membership fees. Expenses were \$43,248 including cost of goods. The net profit for May was \$2,203. The year to date net income is \$22,063.

--Paul Nogaki, Treasurer, USJA July 4, 2012

**Looking for an introductory video for prospective young students and their parents? Hal Sharp, 9th dan, has just posted a "Beginners Judo" video on YouTube, which includes history and an overview of judo training and competition:**

[www.youtube.com/watch?v=DVrm2T-8JUU&feature=share](http://www.youtube.com/watch?v=DVrm2T-8JUU&feature=share)

**Enjoy!**



**Editor's Note: Del Conkright is a member of the School of Hard Knocks Judo Club in Spring, TX.**



# USJA DVD LIBRARY

**ORDER TODAY! - JUST \$25 EACH!!**

Classic videos from the USJA collection, now on DVD!

The Kata of Kodokan Judo  
 Judo Nage No Kata w/Ed Szejter (Nov. 1993)  
 12 Pins and 12 Chokes  
 Matwork entries from Legs around Top  
 Matwork attacks from Hands and Knees Bottom  
 How to Develop an Integrated Attack System  
 Basic Turnovers of Judo  
 Defense in Judo  
 The Counters of Judo

Escapes from Kesa Gatame  
 Counter Attacks of Judo, Vol. 1-8  
 Escapes, Kamishi Ho and Misc Holds  
 Escapes, Kesa Gatame and Yokoshiho Gatame  
 Legs around Top and Bottom  
 Hands and Knees Top and Bottom  
 Arm Bars  
 65 Throws, Vol. 1-5  
 Secrets of Ne Waza, Vol. 1-12



**Yes, please accept my order for USJA DVDs:**

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Payment by Check/Money Order payable to USJA, or MasterCard, Visa or Discover accepted

Card No: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_

QTY	ITEM	PRICE	SUB TOTAL
<b>SHIPPING AND HANDLING CHARGES</b> Up to \$6.00            Add \$4.00 \$6.01 to \$15.00      Add \$6.75 \$15.01 to \$30.00     Add \$9.50 \$30.01 to \$75.00     Add \$10.50 Over \$75.01            15% of total		Sub-Total	
		S & H	
		COD 9.50	
		Sub-Total	
		TOTAL	

## USJA Team Travel Policies



### Section 1 - USJA Required Policies

USJA chartered judo clubs travel policies must include these rules for travel to all judo tournaments, camps and events. These items are Code of Conduct mandates by the USJA Board of Directors.

- a) A copy of USJA travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the USJA travel judo teams.
- b) Team managers and chaperones must be members of the USJA and have successfully passed a USJA-administered criminal background check.
- c) Regardless of gender, a coach, chaperone and or team manager shall not share a hotel bed or other sleeping arrangement with an athlete under the age of 18, (unless the coach, chaperone or team manager is the parent, guardian, sibling, or spouse of that particular athlete),
- d) When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach.
- e) During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 and over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 and under, coach, chaperone and/or team managers may stay with athletes. Where coach/chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
- f) The parents of all minor children shall be provided with all contact information, (names, phone numbers, e-mail addresses etc.) for the hotel, Head Coach, support staff, chaperones, and the USJA main office.
- g) If traveling to a foreign country, the Head Coach must maintain photocopies of all travel documents and passports.
- h) USJA coaches should carry a signed Medical Consent or Authorization to Treat Form for each athlete.

## **Section 2 - Recommended Policies**

These policies are recommended; they are not required. They may also be modified to address specific preferences or needs.

- a) During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
- b) Minor athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
- c) When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
- d) To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- e) A copy of the USJA Code of Conduct must be signed by the athlete (if age 13 or older) and his/her parent or legal guardian.
- f) USJA coaches should obtain a signed Liability Release and/or Indemnification Form for each athlete.
- g) Curfews shall be established by the team or USJA coaches and/or staff each day of the trip.
- h) Team members, coaches and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc., unless otherwise excused or instructed by the head coach or his/her designee.
- i) The directions and decisions of coaches/chaperones are final.
- j) USJA junior competitors are expected to remain with the team at all times during the trip. Athletes are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- k) When visiting public places such as shopping malls, movie theaters, etc., USJA athletes will stay in groups of no less than three persons. Students 12 and under will be accompanied by a chaperone.
- l) The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate club (USJA) leadership and the parent or legal guardian of any affected minor athlete.



### **Section 3 - Other Policies to Consider**

The following, organized by topic, is a bullet-point list of additional travel policies to consider. Teams and USJA coaches may want to utilize some of these policies based on their individual preferences and needs.

#### **Safety**

- a) Additional guidelines to be established as needed by the coaches.
- b) Supervised team room provided for relaxation and recreation.
- c) Respect the privacy of each other.
- d) Only use hotel rooms with interior entrances.
- e) Must wear seat belts and remain seated in vehicles.

#### **Behavior**

- f) Be quiet and respect the rights of teammates and others in hotel.
- g) Be prompt and on time.
- h) Develop cell phone usage guidelines.
- i) Develop computer usage guidelines including social media.
- j) Respect travel vehicles.
- k) Establish travel dress code.
- l) Use appropriate behavior in public facilities.
- m) Establish two different curfews - in own rooms, and lights out.
- n) Must stay in assigned hotel room.
- o) Needs and well-being of the team come first.

#### **Financial**

- p) No room service without permission.
- q) Athletes responsible for all incidental charges.
- r) Athletes responsible for any damages or thievery at hotel.
- s) Must participate in contracted group meals.
- t) Communicate travel reimbursement information and policies.

#### **General**

- u) Establish trip eligibility requirements.
- v) Establish age guidelines for travel trips.
- w) Parent(s) responsible for getting student(s) to stated departure point.
- x) Requirements for families to attend "Team Travel Meets".

## **USJA Travel Team Code of Conduct**

The Board of Directors strongly encourages teams and USJA to create a Code of Conduct as a companion document to the team travel policies.

- a) All team members, coaches and team staff, and parents of minors are to be apprised in writing of this Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulation contained herein.
- b) Team members, coaches and staff will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- c) Team members, coaches and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- d) The possession or use of alcohol or tobacco products by any athlete is prohibited.
- e) The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- f) No “deck” changes are permitted. Athletes are expected to use available change facilities.
- g) Team members, coaches and staff are reminded that when competing in competitions, traveling on trips, and attending other competition-related functions, they are representing themselves, their club and the USJA. Their behavior must positively reflect the high standards of the USJA.
- h) Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - i. Dismissal from the trip and immediate return home at the athlete’s expense.
  - ii. Disqualification from one or more events, or all events of competition.
  - iii. Disqualification from future team travel competitions.
  - iv. Financial penalties.
  - v. Dismissal from the team.
  - vi. Proceedings for a USJA Standards & Ethics Committee investigation.
- i) USJA athletes are to refrain from inappropriate physical contact at team activities and events.
- j) Athletes, coaches and staff are to refrain from use of inappropriate language.



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

**July, 2012**

Club Name: **TK Martial Arts Academy LLC (Class C)**  
Head Instructor: **Tim Kuth**  
Email: [tim@tkmartialarts.com](mailto:tim@tkmartialarts.com)  
Website: [www.tkmartialarts.com](http://www.tkmartialarts.com)

Location: **Lowell, AR**  
Phone: **479-365-0783**

Club Name: **Whirlwind Judo Club (Class Regular)**  
Head Instructor: **Daniel Brownfield**  
Email: [deptydog@gmail.com](mailto:deptydog@gmail.com)

Location: **Arapaho, OK**  
Phone: **940-839-5371**

Club Name: **Yucca Valley Judo Ju-Jitsu Academy (Class C)**  
Location: **Morongo Valley, CA**  
Head Instructor: **Aaron Smith**  
Email: [yvjjja@gmail.com](mailto:yvjjja@gmail.com)

Phone: **760-363-6283**

## **Congratulations to our Newly Certified USJA Coaches**

- ★ Christopher Collins, North Raleigh Judo Club, Raleigh, NC
- ★ Charles L. Cutler, III, Middletown Judo Club, Middletown, CT
- ★ Adam Heinz, North Raleigh Judo Club, Raleigh, NC
- ★ Kenji Osugi, Los Angeles, CA
- ★ Gabriel Quiles, BMA Judo Club, Hamden, CT
- ★ Demonn L. Smith, White Dragon Judo, Saint Louis, MO

*We would like to express our sincere appreciation to the following individuals for their generous support of the United States Judo Association:*

- ★ **Andrew Connelly, School of Hard Knocks Judo Club, Spring, TX**
- ★ **Paul Gelineau, Cohoes Judo Club, Rensselaer, NY**
- ★ **Gary Renis, San Bernardino Judo Club, San Bernardino, CA**
- ★ **Dr. Stanley S. Seidner, Brazilian Jiu Jitsu/Judo, Austin, TX**
- ★ **Edward Shirey, Yongsan Garrison Judo Club, Apo, AP**
- ★ **D. Eric Spears, P.G. Judo Club, Bethesda, MD**

Special thanks to these new Life Members for their commitment to the USJA

★ Shem Wold, Helena Judo and Karate Club, Helena, MT

**A Sensei and His Student**

*by Paul Kahanic and Jake Prindle-Cassidy*



GAKA Judo Club: (back) Paul Kahanic, Eric Balon, Nicholas Anzalone, Anthony Patalano, Jake Prindle-Cassidy, Christopher Balon, James Foley, Sean Connor, Dr. Richard Moon; (front) Patrick Bautista, Julie Vincent, Kyla Prindle-Cassidy, Donald Dalrymple

*In the past nine years I have had the pleasure and privilege in our small club to offer Judo instruction to many people; young and old, men women and children. My students have varied in their athletic ability and in their interest to explore all that Judo has to offer them. Some have merely passed through wishing only to satisfy a curiosity. Others found Judo to be something that they truly enjoyed and they became dedicated to their training.*

*I have enjoyed the experience with each of them.*

*I think that the greatest achievement that a teacher or coach can ever hope for is that a student has been influenced by their instruction; that the lessons that you have shared have, even in a small way, helped shape a positive change in that student. My sincere hope is that the knowledge and skill that was gifted to me by my teacher will successfully be passed along to another who will cherish them as I have and, in turn, pass them on to others.*

*I would like to share with you a recent experience with one of my students. Jake Prindle-Cassidy joined my class two years ago. Since that time, he has been proven to be a dedicated student, successful competitor and a delight to have in my class. It was obvious from the beginning that Jake was very intelligent and a very good athlete. As time passed, it also became clear that he truly loves Judo.*

*Two years have passed now since we first met and Jake has just graduated from high school. He did so with high honors and, in fact, he was the class Valedictorian. I was pleased to hear that his farewell speech to the class included references to his Judo. I now find that, in preparing to move into the next phase of his academic life and as he applied to colleges, he wrote an essay to include with his applications. Again, his love of Judo is clear.*

*Jake just shared his "college essay" with me and I wanted to share it with you now. I couldn't be more proud of a student or more gratified that Judo has helped influence at least one person in a positive way.*

*Jake embraced all that Judo has to offer--Shin-Gi-Tai: Heart, Mind, Body.*

*By the way, Jake has been accepted to the University of Rochester where he will, beginning later this Summer, pursue a degree in Engineering.*

*Paul Kahanic - Nidan, USJA  
GAKA Judo Club. Jamestown NY*

## **Personal Development** *by Jake Prindle-Cassidy*

Diversity is the cornerstone of our nation. It is essential to the prosperity of a community; necessary to illuminate different perspectives. I understand its importance, hence I question what unique qualities I could add to the college atmosphere. I am a white, middle class American: stereotypical. I realize I have little physical diversity to contribute. But I also understand that diversity is not simply physical; it is not just a mixture of ethnicities and skin colors. Diversity is much deeper than outward appearance, for it is best embodied through one's mentality and personality. This is where I am unique. Sure, I can be described with trite adjectives like determined, kind, and responsible; but these generic terms apply to many individuals. I am different because of my perspective on life and internal strength—qualities that were enhanced through the practice of Judo.

Mr. Foley, my band teacher and track coach, encouraged me to begin taking Judo classes about two years ago. I was both elated and apprehensive to explore Judo's fundamental throws, chokes, and hold-downs. It did not take me long, however, to discover that I would be learning much more than just a sport. Judo is not only an art, a recreational activity, and a form of combat; it preaches discipline, efficient use of energy, and mutual respect. These are all important lessons in the scheme of life. The martial art stresses timing, technique, and skill rather than raw strength. Acquiescence, in lieu of applying brute force, is employed to overcome the advances of a stronger opponent. Judo's literal translation, 'gentle way', represents the philosophy of the martial art that aims to engender self-control, balance, and fast reflexive action within its practitioners. These principles have benefited me both on and off the mats. Judo has provided me the means for learning leadership skills, internal power, and greater concentration. I have become more respectful of those who possess greater knowledge and wisdom than I, a certain respect that is deserved by both Sensei and adversary alike. I have also learned to become more patient and

disciplined. Above all else, however, Judo has taught me the importance of maximum efficiency and mutual benefit.

In class we often engage in an activity called Randori, which is a free form application of Judo skills. In Randori, two judoka spar using a wide range of techniques as long as they are careful not to injure each other. One learns to expect the unexpected, to fit in effortlessly with the opponent's attacks. The principles of flexibility and adaptability are of greatest importance; winning is secondary.

Throughout my training experience I have absorbed a great deal of advice from the Judo veterans and have discovered much about the martial art. Judo is a way of life for many; it offers a path to follow in search of harmony. The ultimate goal of Judo is to develop oneself as fully as possible, always in the

aspiration of perfection. However, a deeper understanding of Judo comes only when one realizes that the state of perfection is unachievable. We are in a perpetual state of learning and self-improvement. The martial art aims to create a better self-being so that we can make a significant contribution to the world. The lessons I have learned from Judo are unparalleled in their worth. These teachings have carried over into my daily life, enhancing my personality and respect for all things. Judo has not only taught me the art of self-defense; it has shown me the importance of understated confidence and gentleness with knowledge.



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## **GRIPPING & GRIP FIGHTING (KUMI-KATA): "No Grip – No Throw"**

*by Mark Lonsdale*

Watching the 2012 Grand Slam in Paris, it was disappointing to see how many competitors lost their grip while trying to execute an attack or throw. In addition, there were very few wins by clean *Ippon*, so for the spectators it made for scrappy judo that was not at all interesting to watch.

So why are world-class athletes losing their grip on the attack? Haven't they had years to develop grip-strength and more effective judo techniques? Didn't their coaches drum into them, "No grip – No throw!"

Here are a few possible reasons:

1. Players have been trained to attack off one grip, which is a valid tactic, but it still requires a good strong grip to complete the throw.
2. Less experienced players are unable to get their ideal grip so they make half-hearted attacks in an attempt to "get lucky" or avoid *shido* for non-combativity.

3. Weaker players are intimidated by their opponent's grip fighting skills and allow themselves to be dominated, so they never establish their favorite grip.
4. In a rush to "grip & go" players are more concerned with looking aggressive to the referee than being effective.
5. Competitors are making "low risk attacks" with no intention of throwing their opponent, possibly because they are already a *Yuko* up on the board and are just running out the clock.
6. After making an attack, the player knows that it is safer to drop to all fours (flop & drop) than risk being countered. Again, low risk attack tactics but ugly judo.
7. The player simply has a weak grip and needs to spend more time climbing rope.

Unfortunately, at the club level and at junior competitions, young judoka are emulating the tactics they have seen their senior counterparts using on the international stage. And no matter how many penalties the IJF creates for non-combativity or false attacks, the so-called elite judoka continue to engage in negative judo. The overall result is a whole new generation of young competitors doing ugly judo and mostly ineffective attacks.

If an aspiring young judo champion concentrates too much on scrappy grip fighting, and not enough on getting a good grip, followed by a solid attack and clean *Ippon*, then he or she will not develop as a well rounded, successful fighter. This does not mean that the judoka should not be trying to dominate their opponent with an advantageous grip. It just means that once a player gets the grip he or she wants, they need to attack immediately. They also need a toolbox of good techniques to finish the job. Or, if the opponent has superior gripping skills, then they need to have a number of attacks and counters that will work against unorthodox grips.

Dojo *randori* is the best time to work on getting a good grip and making big effective attacks, or trying new techniques. It takes hundreds of genuine attempts, not half-hearted false attacks, to develop the necessary timing and neuro-muscle memory for a successful technique or combination. This begins with *nage-komi*, followed by light *randori*. But the more time a club level player wastes fighting for the ideal grip, the less time he or she will be actually making attacks or doing good judo. (See the May 2012 issue of *Growing Judo* for an article on Good Judo.)

On average, a player will spend 25-30 seconds fighting for a grip before making an attack. Then immediately after the attack, the action stops until the *hajime-matte* cycle begins all over again. Actual attacking judo could account for less than 10 seconds out of each minute. So at the club level, judoka must focus on getting a grip as quickly as possible and make multiple attacks, in multiple directions, to derive any benefit from the training.

A good lesson can be learned from watching championship spring-board divers trying to learn a more difficult, but potentially winning dive. The divers will put on full wetsuits for protection, knowing that they may hit the water badly at least a dozen times. They cannot approach or attempt the new dive timidly or half-heartedly. They must commit 100% to the sequence, without fear of failure, accepting some short term discomfort for the long term gain.

The same is true in judo. Judoka should have no fear of being thrown or countered in dojo *randori*, but instead focus on attempting their full range of favorite techniques (*tokui-waza*). That is the purpose of *randori* -- to take risks, make mistakes, and learn from those mistakes.

In addition to *randori*, most serious competitors will supplement their training sessions with forty or fifty *nage-komi* to hone and perfect their techniques. And if this can be done on the move, it is

that much better for developing timing and direction. Another option is *half-randori* where only one partner attacks to further develop confidence and timing.

It will then be up to the coach to advise the young judoka when it is time to practice good judo, and when it is time to pull all the other high-performance competition tactics and techniques out of the bag. Grip fighting is one of those tactics, but too much grip fighting and not enough good judo will hinder development, resulting in numerous *shidos* and very few wins by *ippon*.

Remember “No grip – No throw.”

Mark Lonsdale can be contacted at [Judo93561@aol.com](mailto:Judo93561@aol.com).



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## What Do We Teach?

Twenty years ago, I was teaching for the Tamura Judo Institute to help pay for my tuition. I worked evenings at the Police Department, so I was working out and teaching the 11 a.m. to 1 p.m. class. Usually we got a lot of businessmen looking for an interesting and challenging workout, but we also got four high ranking Te Kwon Do Masters who were trying to expand their knowledge of Martial Arts. One man ran five dojos for another Master and was a favorite student of mine because he would go to the mat at every opportunity.

He expressed some dissatisfaction with his art so I showed him how to combine Judo and his karate by focusing on balance, kuzushi, and circle attacks instead of linear attacks. He caught on fast and was soon sparring with some other karate folks in the dojo and knocking them down repeatedly. He didn't have to hit hard, just in the right place at the right time. The circling opened up his opponents to even more attacks.

I changed shifts and worked days for a couple of months; when I resumed the noon class, I found my friend still learning Judo. I asked him how his dojos were doing. He told me that they were failing and losing black-belt students fast! When I asked him why this was happening, he told me that they were getting tired of picking themselves up off of the floor. I then asked him if he was teaching them what he had learned at Tamura's. He replied that he wouldn't teach them what he was doing in fear that they would use it on him!

At that time I had been studying Judo for around twenty years and had never met a Sensei who wouldn't teach his students everything he knew! Apparently there are instructors around who hold back favored techniques or moves from students. The only time I did such a thing was when a student couldn't comprehend what was happening. Isn't it a Sensei's job to pass on all that he/she knows to their students? That way Judo benefits and the Sensei lives on every time the favored techniques are used or taught to someone else.

*Ed Carol - Godan  
Kaufman, Tx  
Ichi Ni San Judo and JiuJutsu*





## Judo News From Around the Country



Day 1 of the USJA National Coach Certification clinic, hosted by Goltz Judo, was a resounding success. This was also the roll-out for the proposed program and newly formatted courseware. On hand to audit the program and offer sage advice were “heavy hitters” Hayward Nishioka, Hal Sharp and Gerry Lafon, and USJA President, Gary Goltz. While this course focuses on advanced coaching methodologies, it is value to all USJA club leaders. Participants from as far away as New Mexico included Brad Karmann, Zbigniew Piec, Jerry Hazemoto, Loren Bentley, Mark Herrshaft, Daniel Lee, Joe Sapp, Allen Wrench, Charles Bonelli, Matt Vander Horck, and Mike O'Neill.

The class kicked off at 8 a.m. with an introduction to competition coaching, followed by audio-visual presentations on coaching style & communication skills; competitive athlete assessment (age-appropriate); and just before moving to the tatami, competition training & technique analysis. Participants were then required to demonstrate basic competition techniques (*tachiwaza* & *newaza*) and were assessed on their ability to articulate the finer points of judo bio-mechanics in clear, concise terms.

Day 2 of this program (August 4<sup>th</sup>) will focus on pre-competition routine & mental preparation, competitive player analysis, competition tactics, and grip fighting. Day 3 (September 8<sup>th</sup>) will delve into physical conditioning, nutrition, use of video, the role of the coach at a championship, and mat-side coaching skills. Each of these training modules is supported by interactive classroom presentations and reinforced with practical application on the mat.

With the new, longer format and new course materials, all club leaders and instructors are encouraged to attend or host one of these programs in the near future, even if they are already certified National Coaches.



*Charles Bonelli practicing required demonstrations; here he throws Mark Lonsdale with tomoe-nage*

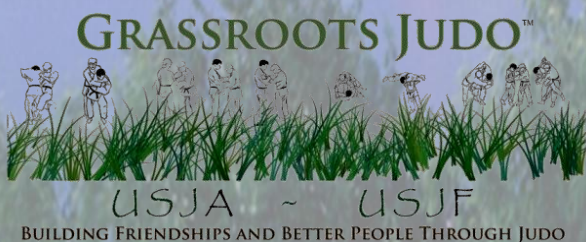
# 2013 USJA/USJF Junior National Judo Championships



**Coming to Pittsburgh, PA -- *the City of Champions***

**Mark Your Calendars!  
July 5th, 6th and 7th  
Robert Morris University**

**Bantam through IJF Junior,  
Novice and Open, Kata Competition**



Free listings in the **Upcoming Events** section of *Growing Judo* are offered for USJA-sanctioned events. Domestic events (tournaments, clinics, etc.) that are open to USJA members but sanctioned by other organizations can be published with a nominal advertising fee:

- \$15 for a text-only listing in "Upcoming Events" (up to 5 lines) formatted as below.
- 1/4, 1/2 or full-page paid ads are also available.

For either of these options, please contact USJA Executive Director Katrina Davis.

## **Upcoming Events**

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your information, in the format below, to Joan Love at: [judolady210@aol.com](mailto:judolady210@aol.com)*

### **Month & date of event**

**Official Title of the Event**, location (building/institution, street address, city, STATE)

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price;

Contact person with phone number & email; url for forms if available.

*Please note that this information needs to be in a WORD document or in the text of an email. Full event flyers and PDF documents cannot be included. You may include a relevant photo if you have one.*

## **AUGUST**

### **August 4**

**Part Two of the 3-day USJA National Coach Certification clinic** at Goltz Judo, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. 8:00 a.m.-2:00 p.m. This program will utilize newly developed training materials, audio-visuals & courseware. These are supported by the latest methods in instructional development. The program requires total participation by the class, but is not physically demanding. Contact Mark Lonsdale at [Judo93561@aol.com](mailto:Judo93561@aol.com) for full details on eligibility and requirements. This program will also meet the requirements for the new Junior Club Coach certification. Part three will be on September 8.

### **August 4-5**

**Fight Like A Girl Camp**, Southside Dojo, 8534 Portage Rd. Portage, MI. Advance registration appreciated. Saturday session begins 1:30 pm (registration at the door 12:30pm); Sunday session begins 9:00 am (registration 8:30 am). Fee: \$25.00/one day, \$40.00/both days. Campers should bring a sleeping bag and all personal items. Cookout Saturday night, breakfast and a snack lunch on Sunday are included. Contact Deborah Fergus [defrgs6@att.net](mailto:defrgs6@att.net) ; [www.southsidedojo.com](http://www.southsidedojo.com).

### **August 12-18**

**INTERNATIONAL JUDO CAMP**, 300 Big Pond Rd., Huguenot, NY. Founded by **George Harris** and **George Pasiuk** and celebrating its 40th year, the camp features a beautiful setting; great instruction in competitive judo, kata, Tai Chi, self-defense, refereeing and coaching; a high-quality mat area of Zebra tatami and Swain flexi-roll mats (over 7,500 sq. ft.); activities for young campers, including water activities, rock wall climbing, and horseback riding; and a "Kool Zone" where teens can socialize and relax after evening randori. Sessions are offered to meet the needs of judo players or all ages and levels. **Clyde Worthen**, 6th dan (*National*



*Champion and Pan American Gold Medalist*) will serve as camp Co-Director for the 2nd year. This year's guest instructor is **Liliko Ogasawara**, 5th dan (*two-time World Medalist, British Open Gold Medalist and 7-time National Champion*). Last year's featured instructor, **Leonardo Victoria**, (*6-time Colombian National Champion and Pan American Medalist*) is also returning.

A **USJA National Coach Certification Course** will be offered this year; contact **Bill Montgomery** ([WMontgomery2@aol.com](mailto:WMontgomery2@aol.com)) for more information. Financial Aid and team discount rates are available. See pages 16-17 of the March issue of *Growing Judo* and visit [www.newyorkymcacamp.org/judo](http://www.newyorkymcacamp.org/judo)  
Contact Co-Founder/Director George Pasiuk at [mr1judo@optonline.net](mailto:mr1judo@optonline.net) or 914-413-9944 if you have questions.

### **August 12**

**North Bay Developmental Shiai**, Petaluma Veterans Memorial Hall, 1094 Petaluma Blvd South, Petaluma, CA.  
Contact Henry Kaku, 707-778-8895; [www.deleonjudoclub.com](http://www.deleonjudoclub.com)

### **August 12**

**Robert Clark Memorial Tournament**, Central Catholic High School, 2550 Cherry St., Toledo OH.; the tournament will have 3 mats featuring Judo, Kata, and Gi/no gi grappling. For further information contact Ted Whittaker, 419-726-8388; [judosnsa@gmail.com](mailto:judosnsa@gmail.com)

### **August 18**

**State Games of Oregon**, North Valley High School, 6741 Monument Dr., Grants Pass, OR. Contact Daniel Dawson, 541-761-8081.

### **August 25**

Dragon's Challenge, Atlantic High School, 2455 West Atlantic Ave., Boynton Beach, FL. Contact Michael Szejter, 561-496-7000.

## **SEPTEMBER**

### **September 8**

**Part Three of the 3-day USJA National Coach Certification clinic** at Goltz Judo, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA. 8:00 a.m.-2:00 p.m. Contact Mark Lonsdale at [Judo93561@aol.com](mailto:Judo93561@aol.com) for full details on eligibility and requirements.

### **September 9**

**2012 Americas Cup Judo Tournament**, Pendleton Heights High School, 1 Arabian Dr., Pendleton, IN.  
Contact John Branson, 765-621-3415.

### **Sept 22**

**2012 Jack Bradford Memorial Tournament**, Highland Lakes School, 19000 N 63rd Ave., Glendale, AZ. Contact Cheri McKeown, 602-430-5361; [cheri.mckeown@gmail.com](mailto:cheri.mckeown@gmail.com).

### **Sept 21-23**

**All Women's Judo Championship**, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. The event is open to female Kata and Shiai competitors and affords many matches. Referee, Kata and Technical Clinics are open to all (male



& female). All referees are welcome to work this event and the Rock and Roll Tournament. Contact: Deborah Fergus 269-208-1068, [defrgs6@att.net](mailto:defrgs6@att.net). Flyers: [www.ohiojudo.org](http://www.ohiojudo.org), [www.southsidedojo.com](http://www.southsidedojo.com) or [www.judocalendar.com](http://www.judocalendar.com).

### Sept. 23, 2012

**17<sup>th</sup> Rock and Roll “Capital of the World” Tournament**, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio. Junior, Senior, Master Shiai and Kata the day after the 8<sup>th</sup> “All Women’s Championship” and Clinics which takes place on Sept. 22<sup>nd</sup> at the same venue and weekend. One trip, two events. Registration and weigh-in on 9/23 starting at 8:00 a.m. Preregistration \$35; flyers at: [www.ohiojudo.org](http://www.ohiojudo.org). Contact Mike Mooney, [judomooney@gmail.com](mailto:judomooney@gmail.com) or Deb Fergus, [defrgs6@att.net](mailto:defrgs6@att.net).

## OCTOBER

### October 6

**2012 Louisiana Open Judo Tournament**, Hebron Baptist Church Gymnasium, 24063 Hwy 16, Denham Spring, LA. Shiai (Juniors, Seniors, Masters) and Kata. Contact James Wall, (225) 573-1664/(225) 612-0934; [wallmartialarts@att.net](mailto:wallmartialarts@att.net)

### October 6

**2nd Annual Gateway Invitational Judo Tournament**, Overland Community Center, 9225 Lackland Ave., Overland, MO. Contact Derick Ulysses Wellman, 314-223-9398; [www.whitedragonjudo.org](http://www.whitedragonjudo.org).

### October 13

**Dr. Z Memorial Club Tournament**, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA 91711. Entry fee: \$15.00 (\$10 for additional family members). Contact Gary Goltz, 909-702-3250, [gary@goltzjudo.com](mailto:gary@goltzjudo.com) or go to [goltzjudo.com](http://goltzjudo.com) for more information.

## NOVEMBER/DECEMBER

Events held in conjunction with the USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals, hosted by Goltz Judo, Alexander Hughes Community Center 1700 Danbury Rd, Claremont, CA. Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).



### November 29- 30

**National Coaches Conference and Coach Certification Clinic**, facilitated by Bill Montgomery, Chair, USJA Coach Education Committee, with additional presenters.

This conference will offer certification, as well as time for discussion of coaching principles and practices. More details to follow in a future issue of *Growing Judo*.

### November 30

**Kata Certification Clinic**, led by Eiko Shepherd, Chair of the USJF Kata Development and Certification Committee. Fee: \$50.00.

### November 30

**Referee Clinic & Regional Certification**, led by Dan Takata, Head Referee for the Winter Nationals and Alain Wilkinson, VP of Referees for Nanka. Fee: \$50.00.

### December 1-2

**USJA/USJF Grassroots Judo™ 7<sup>th</sup> Annual Winter Nationals**, hosted by Goltz Judo at Damien High School’s gymnasium, 2280 Damien Avenue, La Verne, CA. Entry fee: \$50.00 (\$40 if submitted before November 21, 2012). Contact Tony Farah, 951-288-5296, [tony@farahfamily.com](mailto:tony@farahfamily.com), or go to [judowinternationals.com](http://judowinternationals.com).

## USJA Promotions: July, 2012



Congratulations to the following individuals on their achievements:

### *Judo*

#### Shodan

- |                        |                                   |                      |
|------------------------|-----------------------------------|----------------------|
| ★ Eric J. Balon        | ★ Julian A. Levy                  | ★ Kenneth D. Sakuda  |
| ★ Chance Bruce         | ★ Vicki M. McCulloch-<br>Coronado | ★ Levi L. Spriggs    |
| ★ Timothy James Clark  | ★ Eugene McEfee                   | ★ Al (Alys) Trautman |
| ★ Paul W. Dyson        | ★ Steven L. Parks                 | ★ Andrew Wallace     |
| ★ Andrew Joshua Eidson | ★ David Pourdavood                | ★ Joel C. Wasson     |
| ★ Denver R. Enoch      | ★ Bruno Reagan                    |                      |
| ★ Sebastian Hugeanu    |                                   |                      |

#### Nidan

- |                           |                      |                  |
|---------------------------|----------------------|------------------|
| ★ Timothy R. Boucher, Jr. | ★ Mike D. Hiatt      | ★ Nelson Salazar |
| ★ Mark Bruce              | ★ Malcolm R. Medcalf |                  |

#### Sandan

- |                    |                       |                    |
|--------------------|-----------------------|--------------------|
| ★ Ruperto Arteaga  | ★ Gregory C. Dean     | ★ Carl Levy        |
| ★ Michael V. Bova  | ★ Leo Domino          | ★ Mackel C. Reagan |
| ★ Jeffery J. Boyer | ★ Dennis M. Giansante |                    |

#### Yodan

- |                    |                      |
|--------------------|----------------------|
| ★ Michael W. Grosz | ★ Chanda C. Ishisaka |
|--------------------|----------------------|

#### Rokudan

- |                       |                |
|-----------------------|----------------|
| ★ Ralph Gordon Bowman | ★ Billy Martin |
|-----------------------|----------------|

#### Hachidan

- ★ Andrew Connelly

### *Jujitsu*

#### Shodan

- ★ Gregory P. Makuch

#### Sandan

- ★ Leo Domino

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