



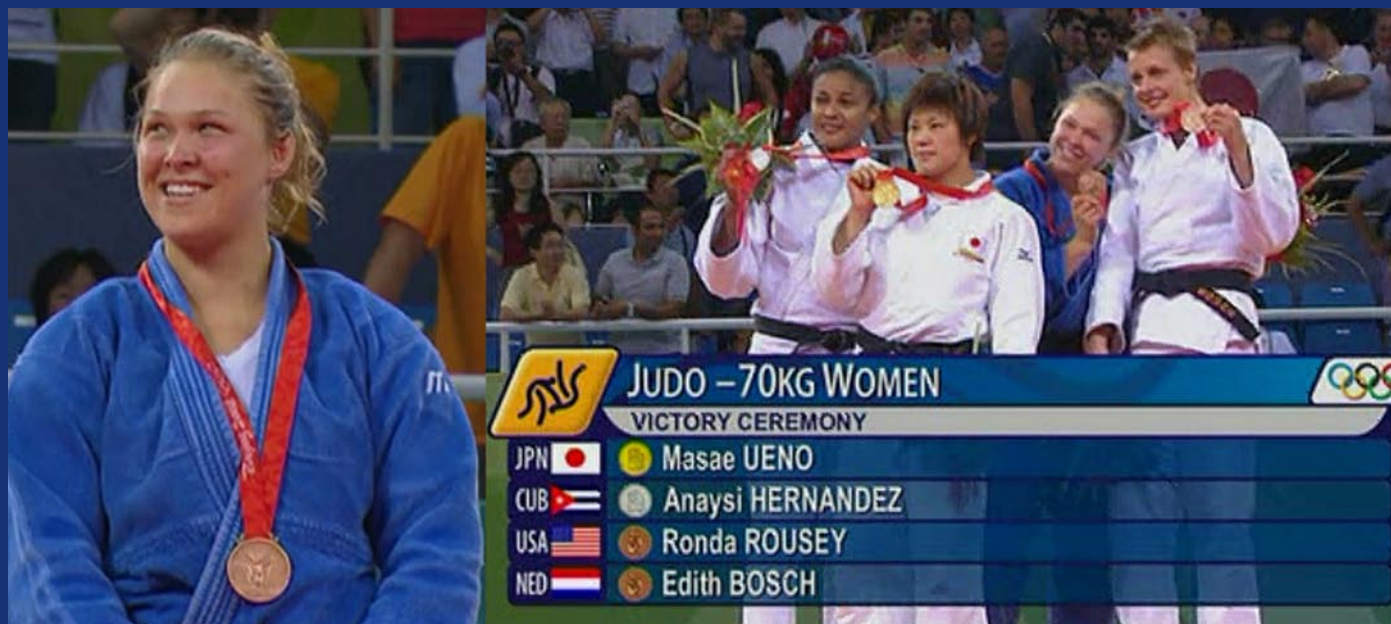
# American Judo

A Journal of the United States Judo Association

Fall 2008

## Ronda Rousey

**USJA Life Member, Junior World Champion,  
Senior World Silver Medalist and  
now an Olympic Bronze Medalist!**



# American Judo

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Fall 2008

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On the cover:

Congratulations to Ronda Rousey on her Olympic Bronze Medal win!



*American Judo* is a technical and informational publication of the United States Judo Association, Inc. (USJA). It is published four times per year in electronic form and is available from the USJA's Web site ([www.usja-judo.org](http://www.usja-judo.org)).

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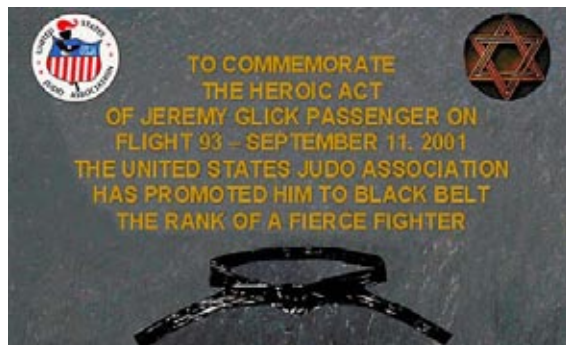
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Very few of us will be able to forget that fateful day seven years ago when the events of September 11, 2001 unfolded before us. The World Trade Center crumbling in flames and the Pentagon being struck by another suicidal plane.

Jeremy Logan Glick was one of five passengers believed to have tackled the hijackers of United Airlines Flight 93 as it was barreling its way toward Washington, D.C. with yet more suicidal extremists at the helm. Glick's last words to his wife were: "We're going to rush the hijackers." Then he put down the phone. He was never heard from again except in brave deed.

On September 11, 2002, Glick was awarded the Medal for Heroism, the highest civilian honor bestowed by the Sons of the American Revolution (SAR). I think that you will agree that was an award that was well deserved.

But did you know that Glick was US National Collegiate Judo champion in 1993 while he was a student at the University of Rochester? We feel that it is very fitting to present a stone monument to Jeremy so visitors to the site will know the USJA has recognized his bravery with a black belt, the rank bestowed upon a pure competitor – a fierce fighter.

The dedication of the memorial will be held on Saturday September 13, 2008 at the Flight 93 National Memorial located in Shanksville, Pennsylvania at 11:00 AM and will be attended by Mr. Glick's immediate family. It is open to the public.

I hope you will agree with me that this is the right thing for the USJA to do – to honor a former judoka who is among some of our country's greatest heroes. If you do, please join me in providing a tax-deductible contribution to help the USJA offset our costs. Should we raise enough to pay for the monument, a portion of the proceeds will be given to Jeremy's Hero's – an organization run by his sister to help teach heroism to children.

Thank you for consideration and your donation. Please send checks payable to the USJA (stating they are for the Glick Memorial) and send them to our central office.

Yours in Judo,

Jim Webb  
President, USJA

United States Judo Association  
21 North Union Blvd., Colorado Springs, CO USA 80909  
Phone: 877- 411- 3409 (toll free) Fax: (719) 633-4041





## Re: Flight 93 Memorial, 9-11-2001 Remembered



I first met Jeremy and his brothers when I started training at Kokushi Dojo in 1982 when I was about 27; at that time the Glick brothers were all school-age kids training and competing quite regularly. Jeremy was probably about 11 or 12 then. All of the boys were very nice friendly kids, fun to have around and very hardworking and determined on the mat; I do seem to recall that Jeremy in particular was the most outgoing of them. Well Jeremy got older and quite bigger and I remember one workout when he had returned from college — he could have wiped me all over the mat but was much too nice (to me, anyway) to do so.

I don't remember seeing Jeremy much at the Dojo after that and apparently that was from an accumulation of Judo related injuries & maladies. This I gather from Jere Longman's book about Flight 93 which I believe is titled. (I bought and read the book a few years ago but it currently resides at my brother's house).

Anyway, when my local newspaper had the lead story on Jeremy and flight 93 two days later on Sept 13, I called Sensei Ogasawara immediately that morning but when I started to tell him I broke down in tears and all I could get out was to tell him to read the morning paper.

I had the honor of visiting the Flight 93 site with my family about 5 years ago. We were vacationing in western Pennsylvania in February 2003. One week and Marcia & the girls & I took a long drive one day from our resort in Dubois PA down to Shanksville. It was at least a 2 hour drive and it happened to be two days after a big snowstorm; fortunately the roads even in rural Pennsylvania were clear by that day. Brianna was about 6 years old and Maria was 3. As we started on the drive down I remember Brianna asking where we were going and my response was that we were going to a holy place. I then explained to her the story of Jeremy and his fellow warriors on the plane; She had already started training at our Dojo and was probably a little familiar with Jeremy's name.

To my surprise (map reading is a useful skill) we found the site more easily than I feared. Of course on that day the field was blanketed in snow and I only realized exactly where we were by seeing the temporary memorial items off in the distance from the road (maybe 20 yards or more). It appears that you can turn off the road there into a parking lot but on that day everything was covered in snow and our only choice was to park the car on the road. We were the only people in sight at the time; It was a cold day with your patented slate grey Pennsylvania winter sky. Marcia stayed in the car with napping Maria while Brianna & I plodded through the snow to the Memorial. This was seriously deep snowshoe-depth snow (of course I had no snowshoes) but was otherwise dressed well enough for the elements and fortunately Brianna had on her parka, snowsuit & boots which she needed to essentially swim her way through the snow.

We had a chance to appreciate all the various tributes and memorial plaques & stones which were already in place (again, early 2003) and took numerous photos. It was such a peaceful, quiet day; we lingered there for a while to soak it all in. Finally we signed the big white marker board, "swam" back to the car, and made the long drive back to Dubois. When we got back to the resort I was exhausted but at the same time felt strengthened by our visit.

It is interesting for me seeing the video to see the same place on a beautiful late summer day. It has always been my intention to visit again; I had thought of waiting until the new permanent memorial is built but, having seen the video of the Judo Association's tribute, I may not wait until then.



I knew Jeremy as a good man before the events of September 11<sup>th</sup>; I am hoping that others can learn more about him and I feel that your tribute is a wonderful and moving gesture.

Your friend,  
Fred Weck, M.D.  
Tuesday, September 16

***Flight 93 Memorial Dedication, Never Forget.***



*Jeremy's wife Lyz Glick (now Lyz Best) and his daughter Emmy at the presentation (center)*

This is a presentation by the United States Judo Association to Mr. Jeremy Glick honoring his heroic actions and those of his fellow flight members. A total of 40 US Citizens died in that crash. The flight was headed to the Congress of the US Building where all Senators and Representatives were gathering for the first day of a new session.

Respectfully,  
James Bregman  
Tuesday, September 16, 2008, 9:48 AM

"The World will Never Forget that day. I came out of the Department of Interior headquarters building and look across the reflecting pond gardens between the Washington Monument and the Lincoln Memorial and saw the sickening black smoke rising from the Pentagon attack. I had just witnessed the attacks on the trade centers in NY on the TV in the department's media room. We were told to evacuate the buildings in DC and were all on the streets in our cars trying to get to our children.

Peace,  
James Bregman





Videos and an article of that day may be found at:

<http://www.wpxi.com/video/17479751/index.html>

[http://capitalnews9.com/Video/video\\_pop.aspx?vids=77405&sid=1&rid=12](http://capitalnews9.com/Video/video_pop.aspx?vids=77405&sid=1&rid=12)

<http://www.leaderherald.com/page/content.detail/id/505585.html>



*Emmy Glick (age 7) receiving  
her father Jeremy Glick's  
honorary black belt*



*Marc Cohen, Dave Passoff, and Gary Goltz (left to right)*



*In the Jewish tradition, stones are left at a grave to let people know you were there*



## Redheaded Stranger by E. E. Carol



I was teaching judo in my two-car garage in Kaufman, Texas. I had two acres of land but no outbuildings yet, anticipating sufficient students to pay for a metal building on my property. I had 10 juniors but only two senior students, my eldest son and Mike Parker, who'd started a week earlier.

Glen Long showed up and asked if he and his wife, Strawberry, could take lessons. Strawberry mostly wanted to learn self-defense. I had 26 tatami, plenty of mat space, though I was apprehensive about Glen on my mats as he was 6' tall and weighed about 220 pounds. He wasn't fat.

He showed up next class sporting a tight fitting judogi with a black obi, explaining that he'd trained under a Judo Master in West Texas. He promised his wife would show up for the next class.

Class presented no surprises. Glen was familiar with terminology and actions involved in training. At the end of class he asked if he could randori with me. Though my back was hurting, I couldn't turn down all that eagerness.

We cleared the mat. Though I'd anticipated a complete thrashing, surprisingly his technique was the worst I'd ever seen! His balance was poor, and he couldn't seem to see me coming. I threw him repeatedly at will. Then we went to the mat, where I pinned, arm-barred, and choked him, all with considerable ease.

I turned Glen over to my son, Jason, who promptly threw him with harai makikomi. Jason weighed about 300 pounds. I was impressed to see Glen get up and try again! I stopped Jason from showing off and paired Glen with new student Mike. They went head to head, even though Mike was giving up close to a hundred pounds in weight.

After class I took Glen aside and asked him if his rank was registered. He said it wasn't and that his sensei issued only dojo promotions. When I asked if he thought he was a real black belt, Glen hung his head and replied that although he could beat everyone at his old dojo, everyone here was so smooth and quick he couldn't even stop their throws.

He asked, "Sensei, can I just wear a white belt here and train? I'm not a black belt in this club."

I told him that he was at least brown-belt level but to wear whatever color belt he wished until I had trained him a bit. Within three months Glen was up to sankyu level and beginning to see the tremendous advantages of kuzushi when applied in the right place at the right time.

Several weeks later I came out to my mat to find a lovely, well-built lady with flaming red hair waiting for me. Strawberry, aptly named, had finally shown up for class. Did she live up to the hair? Oh, yes! But she would focus that temper on training harder and harder! The madder she got, the harder she would attack with more and more concentration.

Judo training impressed her, but she really took to jujitsu. She would roll her eyes and say, "Ah, the sound of joints snapping in the dojo is music to my ears!" She trained and worked as hard as her husband, earning her sankyu after about eight months.

One evening she phoned me, very agitated. "Sensei," she said, "I was at Wal-Mart today and some jerk grabbed my breast! I applied a wristlock and threw him into a rack of clothing!"

Terrell Police Department officers had witnessed the action and arrested the guy, charging him with sexual assault. Relieved that she was all right, I laughed aloud, whereupon she informed me that the incident was not in the slightest bit funny. Personally I think the jerk got what he deserved.

E. E. Carol, former Police Olympics silver medalist, studied for over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds yodan judo and sandan jujitsu ranks.





## Lifetime Of Judo Lessons (Maybe) Learned by Dr. Lawrence A. Beard



I began judo in 1968, earning my black belt five years later. During these more than 40 years of judo I've tried to do it all. I've been a student, competitor, and teacher, and now I'm back to being a student, teaching when needed. There's entirely too much I don't know about martial arts to decide I just want to teach all the time. Besides, teaching can seriously limit learning if you don't teach with an open mind. Here are some lessons I have learned:

1. All martial arts are not the same. Each has value and something to offer. Be open-minded enough to learn. As I tell my students, learn everything you can from other arts, well enough to beat their practitioners at their own game. Dissect, analyze, and learn other arts. The worst that will happen is you will become a better, more well rounded martial artist.
2. Learn the principles of judo and how to move with the flow. Use movement to set up your opponent in the optimal position to throw. Kuzushi needn't be a push-pull contest. Rather it can be a challenge of flow-overflow. Learn to maneuver into a position of power while moving your partner into one of weakness.
3. It's called randori — free PLAY. Have fun, and experiment with techniques you might never attempt in a tournament. How do you know it won't work if you never try? Attack, play, learn. I knew a judoka who would attack only with his favorite techniques. Rather than playing and perhaps expanding his arsenal, he used the same techniques until everyone in the club could stop them. Now that his favorite techniques no longer worked, he perceived no progress, hence changed schools, and a year later dropped out. Try something new every time you hit the mat. Even if it doesn't work, you have learned something useful.
4. Tap early, tap often. Tapping out doesn't mean you give up or tolerate less pain than your partner or are unwilling to risk injury to help your partner learn. It simply means that your partner has learned a technique well enough for it to work. The proper sequence is tap out, congratulate, continue. Make tapping out a method of congratulating your partner for effective work, the proverbial pat on the back, just in another location.
5. Along those same lines it's amazing what you can learn if you are unafraid to tap out. Not only does tapping out allow your partner opportunity to learn, it provides occasion to ask your partner what happened, how he or she applied the technique, and even possibly help you teach your partner another way to apply the move. Mutual welfare and benefit works both ways.
6. NEVER miss an opportunity to work as uke. The best way to learn a technique is to fall for it, often and from as many tori as possible. I am much more proud of the list of judoka for whom I have served as uke than the list of players I have dominated in competition. Each tori performs differently. Experience every technique often, learning from each experience. Rank is irrelevant. Everyone is a teacher; everyone is a student. Teach when required, but always be a student.
7. Demonstrate every technique, even those you don't do well. Guess what? Not every one will be worth ippon, so why should every demonstration technique be of equal quality? I know instructors who won't even demonstrate certain techniques because they aren't their best. My advice? Demonstrate ALL, not just your best. I once was uke for a 9<sup>th</sup> dan who basically blew the technique. His comment: Not my best technique." He knew going in that it wasn't his best but didn't hesitate to teach it. I don't either.



*Judo is not just a sport, nor is it "a" way. Judo is "the" way, and the way is the trip, not the destination*

Judo is not just a sport, nor is it "a" way. Judo is "the" way, and the way is the trip, not the destination. There are so many different paths to explore. Learn, teach, enjoy and, above all, have fun. Enjoy the trip, and avoid the destination. You don't know where it's going to end anyway. Face it: Sixteen Olympians earn judo gold medals every four years. I have come to grips with the probability that I won't be one of those 16, but that's no reason to end the journey. Judo offers so much more than medals.

Dr. Lawrence A. Beard holds rokudan rank in judo. He is an Associate Professor of Special Education at Alabama's Jacksonville State University, where he teaches the JSU Judo-Jujitsu Club.



## Burning Dogs And Skinning Cats by Ronald Allan Charles



"Never pet a burning dog," a friend once counseled. Eager to learn from others' experience, I heeded that advice. Many wise sayings apply to judo.

Just as there's more than one way to skin a cat, there are multiple ways to perform the same judo technique. As one judo leader described, if a throw ends with your opponent on his or her back on the mat and nobody hurt, even if it doesn't resemble the throw in the book and on the DVD, it's still ippon. It may be ugly judo, but it works.

Because of differences in body types, not everyone executes the same technique the same way. At the Kodokan Judo Institute in Tokyo a sensei corrected my performance of a throw. He polished me until I got it right. A moment after he wandered away to help someone else, another sensei approached with a "No, No, No, that's not the way to do it." And he proceeded to correct me until I had it right, his way. Different ways to skin the same cat.

"You, me, shining together" is another precept worth considering. The first time I heard this expression it brought memories of spit-shining shoes together with my Citadel roommate for the morning inspection. Four years of inspections, him and me, shining together. But there's a different meaning here, that we needn't butt heads. That generally sends one party walking. Working together produces better results, whether in business, judo, politics, or social life.

The founder of Cuong Nhu told me, when we finally met late in life, that eventually we all meet at the top of the mountain. That makes sense. If you climb long and hard enough, outliving the competition along the way, you meet others who have done the same thing.

"Anything that eats is a bad investment." My father shared this tidbit at the dinner table as I shoveled into my mouth a second helping of dessert. I was 30 years old. His advice applies to pets as well as children.

"Never give a sucker an even break" is a tenet not applicable to judo. We are a respectful lot, even the good guys and gals.

"All good things must come to an end," goes one precept, even this article. But should you ever encounter a burning dog in your dojo, now you know what NOT to do.

Ronald Allan Charles loves judo and animals, though not judoka who behave like animals. They fortunately are a rare breed. Despite its title, no animals were injured in the writing of this article. Charles Sensei holds 8th dan judo rank and teaches his Samurai Judo Association club in Charleston, SC. And, guided by his father's philosophy, he has no living pets or children.



## Special Armed Services Judo & Jujitsu Academy News Release

Naval Air Station's Armed Services Judo and Jujitsu Academy (ASJJA) launches the 2008 competition season with the 3rd Annual Southeastern Martial Arts Hall of Fame; the Spring – Summer Junior and Senior Rank Promotions; preparation training for the Louisiana State Open Judo Tournament; and the Mississippi State Judo Coach Certification Clinic.

### ***3rd Annual Southeastern Martial Arts Hall of Fame***

On August 2, 2008, the Board of Governors of the Southeastern Brotherhood of Martial Arts inducted the following ASJJA staff members into the prestigious 3rd Annual Southeastern Hall of Fame.

- Founder, Senior Coach and Technical Advisor for the ASJJA Dr. H. G. Robby Robinson, 8<sup>th</sup> Degree Black Belt received the Four Diamond Lifetime Achievement Award for 50+ years in training.
- ASJJA Executive Secretary, Mrs. Renee Robinson, 3<sup>rd</sup> Degree Black Belt, Kodokan Judo, received the association's Martial Arts Spirit and Continuing Excellence Award for 20 years of international service to the development and support of martial arts.

The presentation ceremony and dinner was held at the Hilton Resort, Orlando, Florida. Over 150 guests and well-known national and international martial arts dignitaries participated in this gala event including the renown karate competitor, Bill "Big Foot" Wallace, and Sifu John Rivera, Grand Master of the school of Shaolin Kung Fu. .



*Dr. & Mrs. Robinson*



*Photo: Dr. H. G. Robinson  
Sonia & John Rivera and (center) Jasmine Robinson*





## ASJJA May – August 2008 Junior & Senior Promotions

The following ASJJA students were promoted in May – August 2008 at the NAS Youth Center.

### Seniors:

Minh T. Bui-Martine - Shodan, 1<sup>st</sup> Degree Black Belt  
 Chandler Myers - Yonkyu, 4<sup>th</sup> Degree Green Belt  
 Jeffrey Hoffman - Gokkyu, 5<sup>th</sup> Degree Orange Belt  
 James Kelly - Gokkyu, 5<sup>th</sup> Degree Orange Belt  
 Andrew Saunders - Gokkyu, 5<sup>th</sup> Degree Orange Belt  
 Nicole Powell-Dunford - Rokkyu, 6<sup>th</sup> Degree Yellow Belt

### Juniors:

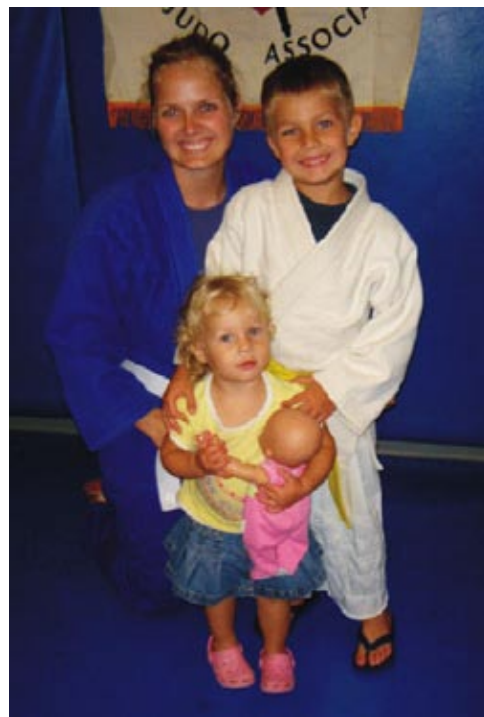
The following students were promoted to their 1<sup>st</sup> Degree Yellow Belt:

Wyatt Ballard	Joshua Dunford
Dylan Garner	Jamie McFadden
Jasmine Robinson	Aaron Scott
Isaiah Scott	Collin Withee

Azaria Juarez - 2<sup>nd</sup> Degree Yellow Belt  
 Sarah Horacek - 3<sup>rd</sup> Degree Orange Belt  
 Louis Henrick - 4<sup>th</sup> Degree Orange Belt  
 Gavin Kelly - 3<sup>rd</sup> Degree Orange Belt  
 Erik Williams - 5<sup>th</sup> Degree Green Belt  
 Andria Juarez - 7<sup>th</sup> Degree Blue Belt

## 2008 National Level Coach Certification Clinic

Select senior players, coaches and program volunteers holding current membership in either of the three US National Judo Organizations, USJA, USJF or USA Judo, have been invited to participate in the 2008 National Level Coach Certification Clinic being held in Bartlett, Tennessee October 11, 2008. Classroom clinic topics leading to national certification coaching credentials include risk management, goal setting and motivation, overtraining, lesson planning and aspects of coaching and refereeing. Mat or hands-on activities include Ashi Waza (foot techniques), Counter Attacks, Basic Kansetsu Waza (joint disabling techniques), and Intermediate Shime Waza (choking or submission techniques).



(left to right): Amanda - Rokkyu, 6<sup>th</sup> Degree Yellow Belt (Mom), Dylan, age 6 and (center) Kayla Garner



Photo (left to right)

Top: Andria Juarez, Louis Henrick, Erik Williams, Jamie McFadden and Sarah Horacek.  
 Middle: Andrew Saunders, Sensei H. G. Robinson, Sensei Gerome Baldwin, Earl Wright, and Jeffrey Hoffman.

Front row: Jasmine Robinson, Azaria Juarez and Wyatt Ballard.

Photo courtesy of Renee Robinson.

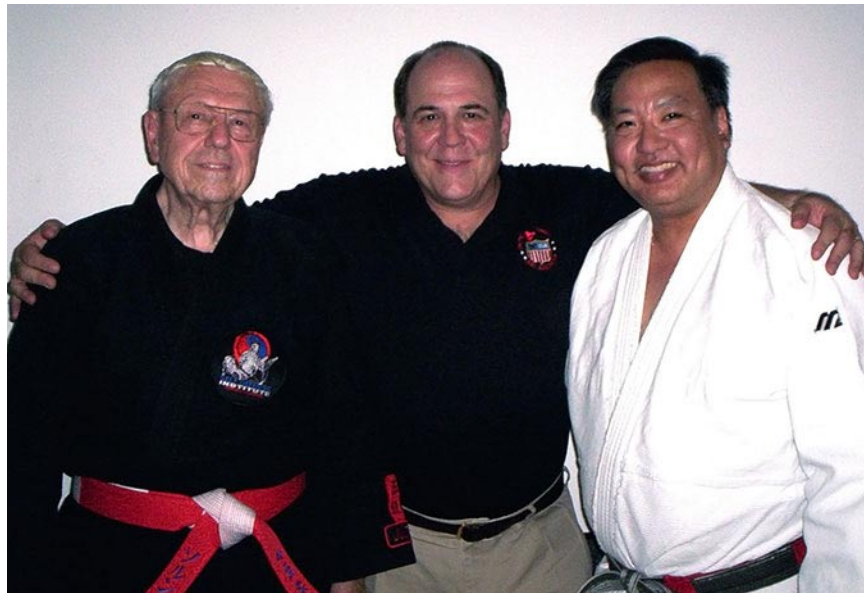


## Self Defense Institute Hosts Gary Goltz

"On June 19, 2008, the Self Defense Institute (SDI) of Fremont, CA was honored to host a visit from USJA COO Gary Goltz. Gary presented promotion certificates of Rokudan to Bill Thorndike and Godan to Cary Takagawa. Bill's promotion to Rokudan marks his 55<sup>th</sup> year in judo. He was also honored in May 2008 by the Masters Hall of Fame and has been with SDI for the past 15 years.

Cary started judo in 1968. A member of the USJA National Judo Hall of Fame, Cary is the head judo instructor for SDI.

In addition to judo, SDI <http://www.sdi-fremont.com/> also offers full programs in jujitsu, krav maga, tae kwon do, and also offers a cage for mma advocates. SDI has long been a strong supporter of the USJA. The following week, on June 26, former USJA president Jesse Jones also stopped by to offer his congratulations to Bill and Cary."





## GOLTZ JUDO CLUB



### BERNIE SEMEL REFEREE CLINIC

**Saturday October 25, 2008**

Alexander Hughes Community Center  
1700 Danbury Road  
Claremont, CA 91711

**9:00AM to 4:00PM**

ENTRY FEE: \$20.00 (includes lunch)

**Key topics to be covered:**

- The application of *dynamic* judo.
- Understanding newaza and kaeshi waza.
- When is it too late to apply kaeshi waza?
- The importance of teamwork.
- Rules updates from the 2008 Olympic Games & US Open.

**There will be both classroom time and time on the mat so bring your gi.**

If you are thinking about getting started as a referee, or if you have recently become a national referee, this clinic is designed for you, as well as the competitor or coach wanting to gain a better understanding of how to use the rules to their advantage in shiai.



Host: Gary Goltz  
909-985-0486 Fax: 909-985-3786  
[gary@goltzjudo.com](mailto:gary@goltzjudo.com)  
[www.goltzjudo.com](http://www.goltzjudo.com)

**Sanctioned by the USJA**





## Four Members Of Bushido Kai Judo Club Go To The IJF World Kata Cup — IN PARIS, FRANCE!



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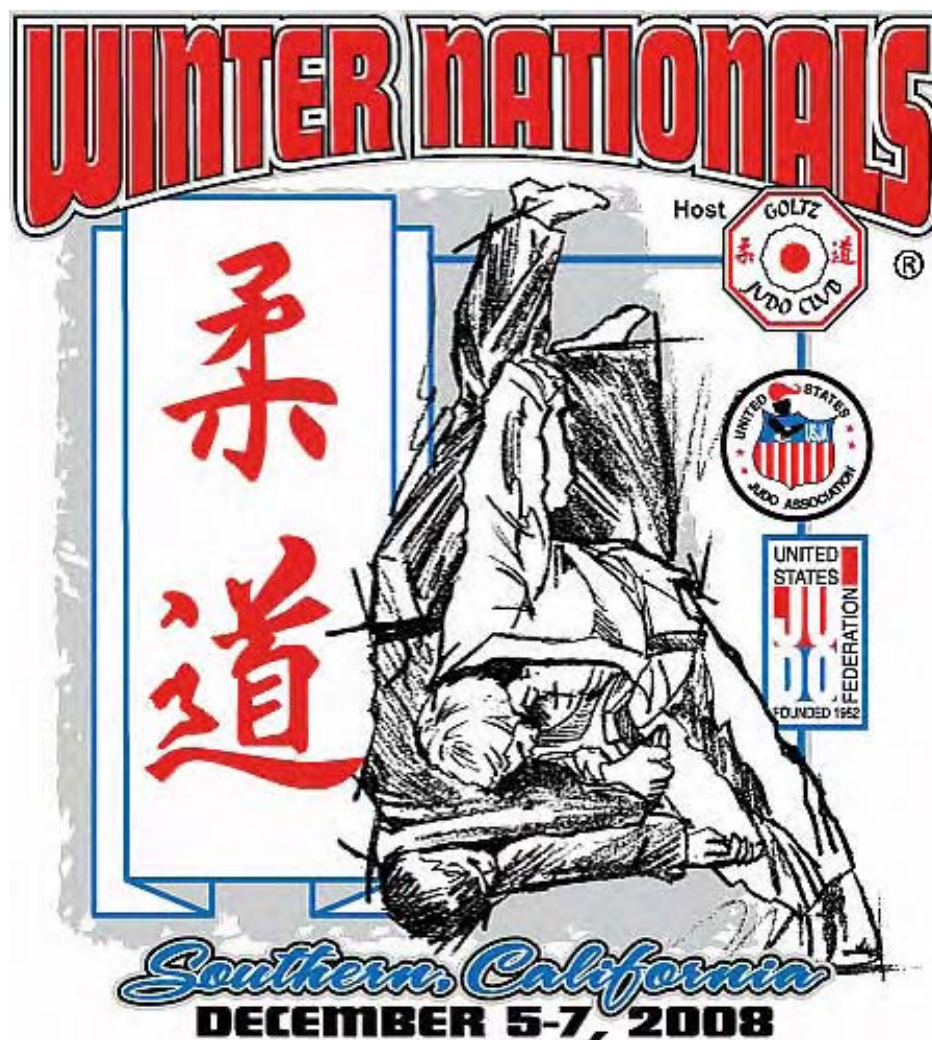
Heiko Rommelmann, Jr., Jeff Giunta, Kerry Forster and Kirsten Weisbeck, all of Bushido Kai Judo Club, in Rochester, New York, have been selected to represent the United States (USA Judo) and Pan American Judo Union at the International Judo Federation Kata World Cup in Paris, France on November 22<sup>nd</sup> and 23<sup>rd</sup>, 2008. These teams were selected based on their Gold Medal performances at the 2008 Pan American Judo Union Championships.

The 2008 Pan American Championships were held in Miami, Florida, this past May. Kata teams were selected based on the 2007 U.S. Nationals results and yielded three teams from Bushido Kai. Along with the teams of Rommelmann and Giunta, and Forster and Weisbeck, were club team members Kevin Osz and Chris Arena. All members of Bushido Kai medaled in every kata in which they competed. Their results were outstanding: Osz and Arena took a Bronze in Ju no Kata, Forster and Weisbeck took Gold in Katame no Kata and Silver in Nage no Kata and Rommelmann and Giunta swept the Pan American Championships for the second year in a row winning three Gold Medals in Nage no Kata, Katame no Kata, and Ju no Kata!

These results were a huge consideration in the selection process to represent the United States and the Pan American Judo Union at this inaugural event in Paris, France. This selection represents one of the highest honors that Pan American Judo can bestow upon a kata competitor.

Their hard work and dedication have carried them to this point, but they are in need of your help. This event is **NOT FULLY FUNDED**. USA Judo only budgeted \$500 for each competitor which will not be received until after January, 2009. You may help these two teams, along with Michelle Holtze and Kathy Buys (who will be competing in Ju no Kata), by sending donations to the USJA office, designated for the Kata World Cup Tournament. No donation is too small...these athletes will greatly appreciate any help that you may offer. All three of these teams are longtime members of the USJA.

SENIORS MASTERS JUNIORS KATA

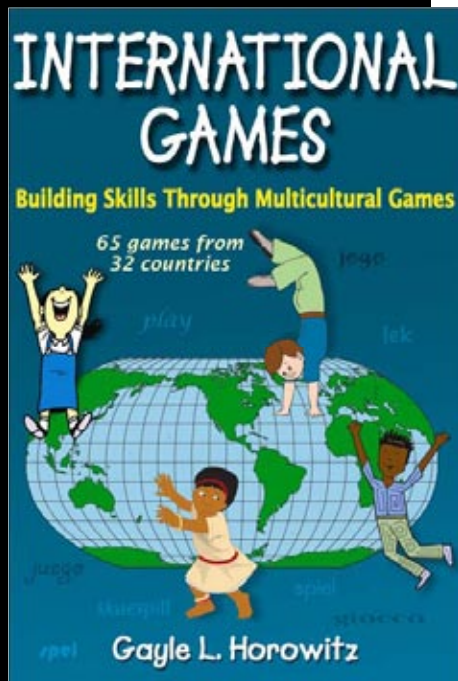


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## About the Author

**Gayle Horowitz, MS**, is a health and physical education teacher of students in grades 6 to 12 in Flushing, New York. A teacher for 14 years, she has worked with a program called Students with Interrupted Formal Education. This program helps at-risk immigrant students, many of whom become excited about education when they see

a game from their native land.

In her spare time, Ms. Horowitz enjoys going on long walks and playing with her twin boys and partner. She also holds a black belt in judo and was the New York State women's heavyweight judo champion in 2004.

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## Takahiko Ishikawa

I just received an email from Sensei Ishikawa's daughter Atsuko that he passed away in Yokohama, Japan at the age of 91. Sensei was the highest ranking black belt in the United States for so many years. He was a two time All Japan Champion. He passed away as a ninth degree. He is survived by his wife Aiko and two daughters Atsuko and Fumiko.

As one of his students there is so much to say about him but most of all he will be missed by the Judo World.

Lou Moyerman

## Memories of My Sensei, Takahiko Ishikawa, 9<sup>th</sup> Dan by Harold ( Hal ) E. Sharp

I would like to share some of my experiences with you about my Sensei and dear friend, Takahiko Ishikawa, 9<sup>th</sup> Dan who passed away at the age of 91 in June 2008. I first met Ishikawa in 1953 in Japan after I became a Shodan (1<sup>st</sup> degree black belt) and thus was allowed to workout at the Keishicho (Tokyo Police Dojo). At that time Ishikawa had a favorite student, an Englishman by the name of Malcolm Gregory, who helped me improve my judo skills and introduced me to Ishikawa.

### Background:

Ishikawa was the All-Japan Champion in 1949 and 1950. The 1949 championship final was against Kimura. The head referee was Mifune, 10<sup>th</sup> Dan. The match was a draw (hikiwake) thus an extension was granted. Usually in such an important contest two (2) extensions may be granted before a final decision. However, in this case the first extension ended in a draw and a second extension was not granted. Mifune declared both Ishikawa and Kimura as Champions of Japan. After that match Kimura left judo to enter professional judo and wrestling. Ishikawa won the championship in 1950, lost in 1951 and retired from competition. He was the youngest person to be awarded the title of Shihan (Professor) at the Keishicho.



### 1953:

This was a big year for the Sensei and me. I was awarded Shodan rank (1<sup>st</sup> degree black belt) and the book, "The Sport of Judo", which I coauthored with Kobayashi was published. Also, Ishikawa became part of a team of outstanding instructors which toured the United States under sponsorship of the U.S. Air Force. The team included S. Kotani, T. Otaki, C. Sato, T. Ishikawa and Kobayashi for Judo and K. Hosokawa, K. Tomiki, for Aikido and Self-Defense, and I. Obata, T. Kamata, H. Nishiyama for Karate.

### 1955:

This year I was promoted to Sandan rank (3<sup>rd</sup> degree black belt). By now I had a reputation as a writer of judo books, therefore, Senseis Takagaki, Ishikawa and Mifune asked for my assistance with their books. Takagaki and I wrote "The Techniques of Judo". Ishikawa asked me to write the technical descriptions for photographs used in his book. Mifune wanted me to edit his English version of the "Canon of Judo".

Working on the book with Ishikawa led to many hours of discussions where Sensei told me his life story and his thoughts on competitive judo and how to be a champion which will be discussed later in this article. Ishikawa's book was never published because he left Japan for Cuba. Many years later Mrs. Helen Foos published a series of Ishikawa Journals which contained parts of his unpublished book.



*Takahiko Ishikawa, Hal Sharp, and Maurice Gruel at the Keishicho, Tokyo Police Dojo*



### ***The War Years:***

Japan was at war from 1937 to 1945. Military training was mandatory in Japanese schools and the student's military records followed from school to military service. Ishikawa was his high school judo champion and he had to represent his school in an important tournament. Unfortunately the tournament and a school examination were scheduled for the same time. Ishikawa requested that he be excused from the examination so he could compete in the judo tournament. The school military officer refused his request. Ishikawa disobeyed the officer and competed. As a result a black mark was entered into his military record. Normally Ishikawa would have qualified to be an officer as other members of his family were. Instead Ishikawa became an enlisted man and drove a truck in Manchuria.

During the war the United States fire bombed Tokyo which resulted in the destruction of his records. Ishikawa told me it was ironic because if he had become an officer he might have died in the Pacific Battles like his relatives. Since his military records were destroyed he was able to get a great job with the Tokyo Police as a judo instructor.

### ***How To Become A Judo Champion:***

After discussing specific techniques illustrated in his book, Ishikawa would speak his thoughts on becoming a champion. In this writing I will only address some of the key points. Ishikawa spoke of the importance of the mind, posture, control and training. All of these subjects are interrelated. We often receive constructive suggestions from judo teachers. However, we normally do not follow these suggestions. Most of players tend to practice their favorite techniques (Tokui Waza) and train the same way. Ishikawa's influence caused me to change my approach to judo. By following his suggestions my power, mentally and physically, seemed to double. I rarely was thrown. I became very positive and aggressive and stopped defensive actions. I learned to take advantage of my opponent's movements. I stopped trying to force my favorite techniques on my opponent. Instead I attacked based on the opportunity my opponent gave me.

### ***The Use of The Mind:***

Ishikawa considered this to be the most important factor in becoming a champion. When Ishikawa was a young judoka he would prepare himself before a contest by repeating over and over "I am going to win", "I am going to win". Then he would mentally plan the techniques he would use, like Osoto Gari and Uchi Gari, then repeat this over and over in his mind. Later in his career he fought more by taking advantage of his opponent's actions rather than force his favorite techniques.

He related the ultimate power of his mind when during the 1949 All-Japan Championship he was seriously injured and became unconscious. His opponent, Daigo, attempted a powerful inner thigh sweep (Uchimata) which crushed one of his testicles. When Ishikawa was revived he continued to fight and beat Daigo. In spite of the intense pain he went on to fight Kimura, the toughest competitor in Japan. As previously described the main bout and first extension ended in a draw. The head referee, Mifune 10<sup>th</sup> Dan, decided not to have a second extension and thus declared both players as champions. Ishikawa told me he was disappointed in not having a second extension because he was certain that he could defeat Kimura. After they bowed out Ishikawa collapsed and was taken to the hospital.

During our discussions I asked Ishikawa if he ever practiced hand stands to escape from throws. He said, "I use to practice hand stands but then I thought this is training to lose. I will not lose. Of course if someone tries to throw me I can avoid being thrown". His lesson was do not train to lose, only think of winning.

Ishikawa's Sensei, Sone, was an ardent believer in the power of the mind. One day Sone introduced Ishikawa to a Living Kamisama (God) on the outskirts of Tokyo. The Kamisama had displayed unique powers over his disciples. Ishikawa described the strange behaviors of the disciples and invited Nishiyama, a Karate Instructor, and me to join him in a visit to the Kamisama. When we arrived at the Kamisama's house, we were ushered into the main room. The Kamisama was wearing a black Hakama and sat on a raised dais. His disciples sat in a row before him in a zare position with their hands pressed together and held up as if meditating or praying. The three of us assumed the same position along side the disciples. Although I was to meditate I couldn't help but peek at the disciples. Disciple One started to vibrate and twisted on the mat like a pretzel. Disciple Two would swing his arms to and fro and with every other swing would pound his tummy. Disciple Three shook and cried. He later told us he saw a gold image of Buddha. One by one, the Kamisama had each of us sit in front of him. The Kamisama blew air across our forehead. He then dismissed us. We bowed and departed. We had tea with the disciples and each one explained their experiences and how this helped them. When we walked away from the house Ishikawa asked Nishiyama if something happened to him. Nishiyama said no. Ishikawa then asked me and I shrugged and said no. Then I asked him if he experienced anything and he responded no. But Sensei I replied, "you did a beautiful Tanko Bushi (coal miner's dance)". Ishikawa was stunned and asked Nishiyama, "honto, (truly)".





I winked at Nishiyama and he replied, "honto". Nishiyama could not keep a straight face and cracked up and tried to punch out a telephone poll.

### ***Posture and Form:***

Ishikawa suggested that you stand straight bending slightly forward like a boxer, arms in front of you at a ninety degree angle. Your hands and wrists should be turned outward so that the heel of your hand is forward and your elbows are near your side. Although you grip the opponent's judo gi with your hands you should keep your mind in your elbows so that you push, pull or lift with your elbows. This makes your actions more of a body movement not just a hand action. This method makes you stronger and avoids telegraphing your actions. Pushing or driving is done with the heel of your hands versus the knuckles. Move on the balls of your feet, gripping the mat with your toes when you throw.

### ***Balance and Control:***

Ishikawa believed that if you become part of the opponent's body, as one, it is easier to anticipate his actions and to respond automatically with a block or throw. Also, lean slightly against your opponent creating a downward vector or line of power from your elbows to his center of gravity which is a point behind his navel. To develop your confidence, try this while blindfolded and have your opponent really try to throw you.

Ishikawa theorized that when an opponent attempts a forward throw, the opponent will have the advantage if he can turn his back into your chest. Therefore, if you strongly pull his opposite side it will stop his rotation. This action will press the opponent's side into your chest. For example, if both men are in a right side position and your right hand has a lapel or pocket grip on his left side, then as he rotates pull hard with your right hand crushing his right side into your chest. At this point you can throw using a turnover throw or other throws like Ushiro Goshi and Utsuri Goshi. Ishikawa was credited with developing this turnover move where as you snap the opponent into your chest you squat and hook his right leg from behind with your left arm, lifting with your legs and pulling his left shoulder down in a circle, and throwing the opponent on his back. Ishikawa said there was no name for this throw, although some incorrectly called it Teguruma. Since we were writing a book I made up a Japanese name for the throw. Ishikawa was shocked and said do not say that because it is a bad word in Japanese. Since then The Kodokan has recognized the throw and classified it as a Sukuinage.

### ***Training:***

Ishikawa suggested that for every hour you train at the dojo with others you should train two hours by yourself. Because of my work schedule and judo practice I was only able to devote one hour each night to self training. I used a bungee cord to practice throws and did shadow throwing, newaza drills, squats, push-ups and sit-ups. The effect of this routine seemed to doubled my power and improved my reflexes. In Japan most of the time in the dojo was dedicated to randori with little or no training routines.

### ***Ishikawa In Cuba:***

In late 1953 the Cuban Judo Association requested an instructor from the Kodokan to train their judoka in competition skills. Ishikawa was selected because he was a two time All -Japan Judo Champion. When he arrived in Cuba he worked softly with the Black Belt Students and he let them throw him. The President of the Cuban Judo Association wrote a letter to the Kodokan stating that he was disappointed in Ishikawa and that students were throwing him with ease. The Kodokan sent a copy of this letter to Ishikawa for his information. Ishikawa became angry and had his good friend and student, Malcolm Gregory , fly to Cuba. When Gregory arrived Ishikawa showed him the letter, gave him a judo gi and took him to the dojo. Ishikawa had all the Cuban Black Belts lined up for a slaughter line. He told Gregory to start at one end while he would start at the other end. Gregory told me that he was out of condition, so when he saw how fast Ishikawa was throwing the Cubans he slowed down and let Ishikawa do most of the work. After that session the Cuban Judo Association President became embarrassed, apologized and asked Gregory what he could do? Gregory replied, "write another letter".

As a side light I would like to share a funny story that happened when Gregory lived and trained with the Sensei. Because of the hard training Gregory cherished every moment of his sleep. However, early every morning Grandma would clean house using a duster to slap the Shoji Doors. Gregory complained to Sensei that the noise woke him up and he needed his sleep. He pleaded with Sensei to ask Grandma not to clean with the duster so early in the morning. Apparently Sensei did not get the word to Grandma for she kept banging away each morning. Gregory loved to sing grand opera and owned a record player. One morning after Grandma awakened Gregory, he cranked up his player and as loud as he could he sang along with the record. Everyone in



the house and nearby houses jumped up and complained about Gregory's noise. Ishikawa shouted, "Gregory, are you crazy"? Gregory responded, "When I cannot sleep I must sing". Grandma got the message and stopped early morning cleaning. In the photo below Grandma is standing in front of me.

### ***Ishikawa In The U.S.A.:***

I lost all contact with Ishikawa after he left Japan for Cuba. From Cuba he moved to the United States under the sponsorship of Mrs. Helen Foos of Philadelphia. Sometime in the 1970s I was given a box of over three hundred photographs from the book we had worked on. It was like a giant jig saw puzzle, but I was able to put them in order by technique. I returned them to Mrs. Foos who used them in the Ishikawa Journal that she published. Later I visited Sensei in Philadelphia in an attempt to finish the book. We took a few fill in photos with me as the uke. Then I asked Sensei to show some escapes from chokes. He shouted at me that when he chokes no one escapes. I explained that this was just for the book, so he agreed to show some basic escapes. Then I asked him to show some escapes from arm locks. He shouted again at me that when he does arm locks no one escapes. Again I pleaded that this was only for the book and so he showed some basic escapes.

Many years later, in the 1980s, I visited Ishikawa and Mrs. Foos at Virginia Beach, Virginia where she had built him a beautiful dojo. This is where I learned of his great passion for GO, a Chinese chess game played with black and white stones. Apparently Ishikawa was the second highest rated person in GO in the United States. On Sundays he played the number one player by telephone.

During my visit we could not stop talking about the old days in Japan and our judo friends. He was concerned about the judo political problems in the United States. Ishikawa felt the biggest problem was the awarding of high black belt ranks. He recommended that rank should be limited to Godan (5<sup>th</sup> degree black belt) and that certificates be awarded for different levels of teachers.

When Ishikawa drove me to the airport he confided that the death of his son Hajime, tore his heart. He longed to return to Japan and be buried near his son. Hajime had died a tragic death when he was a teenager. I tried to console him by saying that he did so much to help his students. He said he understood but that the death of a son is especially difficult for a Japanese father. I told him how he affected my life and judo. My heart and mind doubled in power. There was silence and then he said, "I understand, but if you use that power for evil you will lose it". With that our discussion ended. I thought this was like a Star Wars movie script.

I did not see him again until May 2007 when I visited him in Japan with his second wife Aiko. Ishikawa apparently had a stroke. He could not speak or feed himself. I showed him a video on my laptop computer of him doing judo in 1953 in Japan. He perked up and intently watched the film. This brought his wife to tears. She thanked me. This was the last time I saw him.

I plan to finish a DVD film of Ishikawa, Daigo and other champions from the 1950s in the near future. Please forgive any ramblings and errors in this article since I am 81 years old and tend to have senior moments.



*Hal Sharp, Ishikawa Family, Mr. Kudo (Judo News),  
Wishing Ishikawa Farewell for his trip to Cuba*



## Over 200 Years in Judo by Jerry Hays



(left to right) Jerry Hays, Ernie Smith, Sergeant Major Mayfield, Clark Edson

From 1969 to 1972, the four of us were all black belts and we would meet each other in the Black Belt Division. Although there was a much as forty pounds difference in weight, there were no weight divisions. However, when we competed in military championships and the Pacific Southwest AAU championships, we had six weight divisions. I think I speak for all of us, as to the question, “why are you still in judo?” If our senseis stopped judo after their competition days were over, then we would have never started judo.—Jerry Hays

Between the four of us (in the picture), we have over 200 years in judo.

### ***What year did you start judo?***

I started Judo in 1955 while stationed in Japan.—Ernie Smith

I started in 1959 and have never taken a break either including during the war in Vietnam.—Sgt. Maj. Mayfield

I started in 1954. —Jerry Hays

Jerry – 1954 – 54 years

Ernie – 1955 – 53 years

Sergeant Major Mayfield – 1959 – 49 years

Clark – 1963 – 45 years

**Total 201 years**

### ***Info***

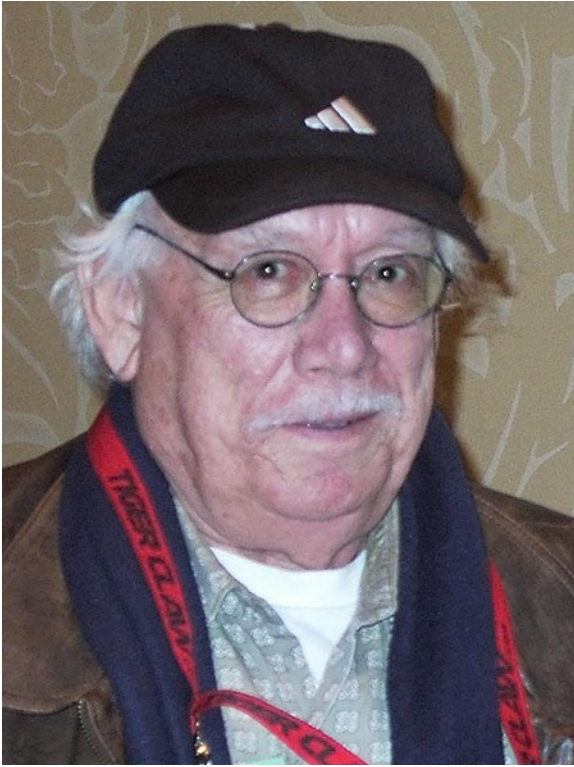
From 1969 to 1972, while I was stationed in San Diego with the US Navy, the four of us competed against each other. Ernie Smith was stationed in Barstow with the US Marine Corps. Clark Edson was a PhD student at University of California at San Diego. Over the past thirty-nine years, Jerry H. has been stationed in Southern California with the US Navy. Ernie Smith has lived in Barstow for those years and has had a very successful judo club, Barstow Judo Club. He has produced many national champions. His most notable student is Chuck Jefferson. Sergeant Major Mayfield spent thirty plus years in the US Marine Corps. He was stationed in Yokosuka, Japan for a number of years, where he continued his study of judo. Sergeant Major Mayfield currently resides in North Carolina and operates the Mayfield’s Martial Arts Center (I believe that is the correct title). Clark, after receiving his PhD in Biology (I believe) did post graduate work at Kyoto University in Japan and continued his judo studies. He then moved to the Boston, MA area where he continues to reside and operates the Tohoku Judo Club. Jerry Hays is associated with Heisei Dojo in Chula Vista, CA and is the archivist for USJF.

Although we don’t see others as often as we desire, we have maintained our friendships on and off the mat.





## The Passing of Grandmaster John Donora



It is with profound sadness that I share with you the passing of another Great Martial Arts Leader, Grandmaster John Donora.

Donora Sensei passed quietly in his sleep on Thursday August 28, 2008 at 7:30 pm in hospice in La Mesa, California from complications of his battle with bone cancer at the age of 78.

Grand Master Denora was survived by his daughter Mary Denora, his long time companion Toshiko Muto, his students, and thousands of martial artists world wide.

Denora Sensei was a life long martial artist. He started training as a youth and continued training throughout his life. As an officer in the United States Marine Corps, Denora Sensei trained with many leading martial artists throughout Japan and Korea. Denora Sensei was truly committed to the Warrior Way. For more information on Grandmaster Denora you can see his Bio on USADOJO.com at [www.usadojo.com/biographies/john-denora.htm](http://www.usadojo.com/biographies/john-denora.htm)

Denora Sensei was not only a leader in the martial arts community, he also was an accomplished academic scholar. He received his Juris Doctorate from University of San Diego in 1968 and was one of a few attorneys that practiced law before the U.S. Supreme Court in Washington D.C.

Denora Sensei's leadership did not stop with his Dojo or his law practice. He continued to contribute to the community as a Professor of Japanese Martial Arts at University of San Diego. John was one of today's true leaders.

As a martial artist, Grandmaster John Denora was a personal trusted friend, as well as an Ambassador to the Masters Hall of Fame. I was able to share just a few moments with him at the Masters two weeks ago. We spoke briefly and I told him I would call him soon to get his opinion on something I was working on. Grandmaster Denora smiled and said "anything you need." That was the last time I talked with one of my heroes.

Yours in the Arts,

Dan  
Daniel Hect  
CEO  
Masters Hall of Fame  
[www.MastersHallofFame.com](http://www.MastersHallofFame.com)



## An Ippon by Any Other Name...or: The Magic Gi by Tom Crone

Ah... for the infamous good 'ol' days, back when a throw was a throw. That was when a judo contest could inspire a person to take up the sport. It was before patty-cake grip fighting, never-ending out-of-bounds rule changes, Golden Scores, and petty penalties to punish people who wanted to win by using the game rather than playing it.

It was when judoka trained to throw for *ippon*. They did not train to see how many lesser scores they could attain. They did not seek to win by causing the other player to be penalized.

The intent here is to focus on the *ippon* throw. Way back, it required four elements. Pre-dominantly on the back, force, speed and control. If one of those was conspicuously absent, the call was *waza-ari*. Neither *yuko* nor *koka* existed. All else was *kinsa*. The problem was, not all *kinsas* were equal. Some were really close to *waza-ari*. Some were close to nothing. Plus, referees had to keep a *kinsa* count on their fingers. Agreement on the quality and number was rare. The solution was *Yuko* and *Koka*. Besides, the refs argued, now the spectator could more easily keep score. Seemed like a good plan. Arguing the logic and the result is for another time. Except for the result which watered down the criteria for *ippon* and *waza-ari*.

Watch a video of the final matches for the 1964 Los Angeles Olympic Games. Then, watch anything from the last few years. Often, *yukos* have become *ippons*. Even some *kokas*, pushed to the back, are upped two levels, sometimes three.

We first need to dispense with a referee argument that is commonly heard. "It speeds up the contest." If they mean each match will be over more quickly, what value is that? If they mean the entire event will be over more quickly, what value is that?

### The "Almost Good" Concept

If a golf ball gets within three feet of the hole, let's call it in. If the basketball hits the rim, it's half a point. If the football comes to within one yard of the goal line, hits the ground, and the player then pushes it across, let's give 'em the touchdown. Fielder catches the baseball on one bounce, and you're out. It will make the games faster and more fun for the fans. Let's let the judoka knock the other player onto the butt, then if they push them back from there, let's call it *ippon*, just so long as it's continuous motion.

### What Really Should Count As Ippon -Or: "The Magic Gi"

Would it be really cool if we could wire the *judogi* so it gave a score?

The part that hit first, and to the extent a forceful impact was achieved, would determine the score. No more refs making that determination, and no rule of three arguments. I'd bet almost everybody who plays the game would wire the suit very nearly the same. Here's how I'd wire them. See what you think.

**First, I'd remove *koka* completely.** If a player can knock someone to their butt, then the next move on the ground has to be considered just matwork. No score. In taking out the *koka*, I would not turn *yuko* into *waza-ari*, nor would I then turn *waza-ari* into *ippon*. I'd keep the *yuko* only because it would be a way of counting *kin-sas*.

The magic gi is still a ways into the future. To accomplish this scoring, referees would have to be counted on to be able to discriminate. There's no way to expect this would make the calls more accurate or less biased. It's just a better scoring criteria.



*Watch a video of the final matches for the 1964 Los Angeles Olympic Games. Then, watch anything from the last few years. Often, yukos have become ippons. Even some kokas, pushed to the back, are upped two levels, sometimes three.*



### It Goes To Quality

If, in contest, one of my judoka brought someone to the point seen here, and then did not accomplish a powerful, forceful, center of the back conclusion, several considerations need to be made.

If the landing was not of *ippon* quality, then this thrower would need to work on completing throws. Even if the other player somehow managed to twist out of the throw, our task would be to learn to prevent that.

### The Simple Criteria

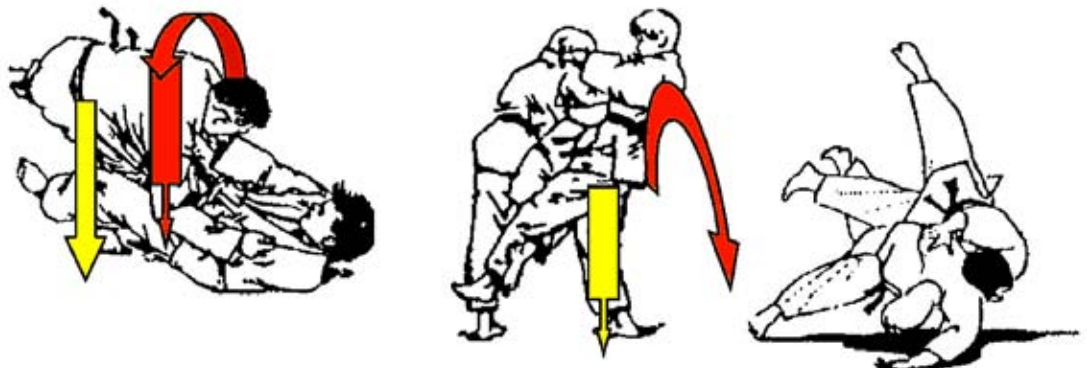
Without the magic gi to assist us, we need to make the scoring criteria simpler and more demanding, not more complex and vague. Keeping gi wiring in mind...

1. Only the part of the body that **hits first** counts for the score. (If the butt hits first, no score. Period.)
2. Continued pushing or rolling of the faller's body does not add to the score.
3. All four criteria for *ippon* must happen. They are:
  - 1) Fully on the back.
  - 2) Force
  - 3) Speed
  - 4) Control
4. Fully on the back must be interpreted as "center of the back outward", not "side of the back inward". Ask, then, did the player land on the center of the back and roll outward, or did the player land on the outer edge and roll inward?
5. The absence of any one of these four diminish the score to *waza-ari*.
6. The absence of two of them would diminish the score to *yuko*.
7. The absence of three would create no score. (Sorry, *koka* fans.)

Consider the illustrations to the right. Ask yourself what needs to be done to absolutely assure and *ippon*. (Red Arrow)

What could go wrong? How might a lesser score happen? (Yellow Arrow)

What could your intended victim do to mess up the score, and how could it be prevented?







### **One Little Problem (Or Two)**

What about those pesky sacrifice techniques and counters, done such that the thrower's back has to hit first? The bad news is more than a magic gi is needed. The good news is, determining momentum control could be something the referees do, aside from determining out of bounds and non-combativity, and this returns them to the game. For those who don't believe this is a significant concern, You Tube has the infamous Shinohara vs. Dioullet call as example. Using video replay to settle contentions might work.

### **Let The Refs Do Their Job**

We could simply let the refs do their jobs, with the magic gi and video as backup. The main objective is to bring back truly dynamic judo, and stop giving inflated scores for "almost" results.

### **What's The Point?**

Koka judo is not exciting to watch. Judo that has throwing for *ippon* as its goal is going to create better quality and more exciting judo. If what now qualifies for *koka* only provided entry into matwork, and if the matwork was allowed to continue, so long as it was clearly moving toward a judo scoring objective, the complaint about the lack of quality *ne-waza* would likely become less prevalent, too. The *koka* knock down would not be for nothing, unless nothing could be made of it. If somebody says, "I knocked my opponent down, right on the butt. Don't I get *something* for that?" The answer might be, "Sure. You get a chance to do mat work."

If scoring *ippon* is challenging and dynamic, then *waza-ari* is a reward for almost achieving that. *Yuko* is a way of keeping track of something pretty darn good, and for counting *kinsas*.

### **What Is "Dynamic"?**

If someone is thrown fully on the back, with force, speed and control, you'd bet they arrived there in a dynamic manner. Speed, force, and power are not in themselves criteria for dynamic as it relates to judo. They simply define the amount of energy being expended. The physical dynamics alone do not create ultimate scores in any sport, except perhaps those related to power lifting. It is more dynamic to allow players to play rather than continually call *matte*. To a large extent, defensive and non-combative judo isn't good to watch and needs regulation to assure more dynamics.

### **What Else?**

If the goal is dynamic judo, and the first question asked regarding a rule is, "Is this contributing to dynamic judo?", then plenty of other areas of contest can be better evaluated.

The arguments for lesser quality of skill being rewarded with higher quality scores, is ludicrous at best. Out of bounds rules, grip fighting, leg grabbing, defensive posture, non-combativity... all of it, could be subjected to the rule of dynamic judo, and evaluated on the basis of "Better is better."

If referees believe for some odd reason that the overall popularity of judo is at stake, let's understand that the reason judo is not popular in the United States is that we never marketed it successfully. It's on us. Judo popularity isn't about changing judo contest rules so that people who aren't there in the first place will come back to see more. To the contrary, the few folks who might venture into a judo tournament who aren't coaches, relatives, or other judoka will be less inclined to return to what we are showing now as compared to the non-koka days of yesteryear.

Let's put on the Magic Judogi and upgrade the quality of shiai.



## **Victory**

**When your energy's spent ere the day is half through  
but you must press on as you're won't to do  
when you're hungry and tired and your muscles burn  
and there doesn't seem to be a right turn  
lift up your face and look to the sky  
take one deep breath and another try**

**Some give up and say it can't be done  
they'll never see a victory won  
go to the fore battle and fight  
struggle on through the day and the night  
quit or retreat in your thinking not  
only through effort is victory bought**

**Onward you go with your struggle and pain  
looking for the victory you will gain  
one step is how the journey starts  
when o'er it ends with joy filled hearts  
press for the finish with fervor and heat  
with all that is in you there's never defeat**

**Keep on the journey through the good and the bad  
when you are a victor your heart will be glad  
with heart filled with joy and satisfaction  
you kept on the way and engaged in the action  
to the top of the stand to receive the gold cup  
the end of the journey if you never give up**

Charles R. Robinson



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August 22, 2008

RE: Soft Judo DVD Agreement:

I am pleased to announce the producer of Jin Iizumi's Soft Judo DVD series has agreed to give all USJA members 10% off any of their products. They will also be donating 10% of all purchases by our members to our operating funds.



The Soft Judo series is among the best overview of the syllabus of judo with demos and explanations by the renowned Sensei Jin Iizumi who was uke for Kyuzo Mifune considered and to be the greatest of the Kodokan 10<sup>th</sup> dans. You can get more information and place orders at [Soft Judo DVDs](#).

The USJA is committed to helping our club leaders grow American Judo!

Thanks for your support,

Gary S. Goltz





## Two Maxims by Marc Cohen

Green belt test: What are the two philosophical principles of Jigoro Kano's Kodokan Judo?

Answer: Mutual benefit and welfare — Jita kyoei — and Maximum efficiency — Seiryoku zenyo. Who has really taken time or effort to understand these fundamental principles? Why would Kano Sensei include what appear paradoxical maxims to the rough physical aspects of the art? One major clue lies in the name: It is Ju-Do, not Ju-Jitsu. The latter designates study of battlefield or combat tactics, whereas Do means a path or living the way. Ju, usually translated in English as "gentle," is also a clue to cracking the code. In the context of judo, Ju is more properly translated as flexible, pliable, or soft. In essence, the more correct translation of judo might be the way of living one's life flexibly instead of as in Jujitsu, or the art of being flexible in battle.

Consider Seiryoku zenyo: "Maximum efficiency, minimum effort." Is that really what Dr. Kano meant? What does it mean to maximize efficiency? To be the most efficient is one perspective, though it raises more questions than answers. How can one be most efficient? Kano sharp and capable, but his translators were not up to the task. I suggest that Kano had another concept in mind for Seiryoku zenyo, namely, best use of energy.

Suppose player A desires to throw heavier player B. Because of the weight difference, player A has to use Seiryoku zenyo, since point-to-point combat favors the stronger combatant. So instead of throwing himself into combat and chancing defeat, player A reverts to Seiryoku zenyo by using a technique or series of techniques that will defeat player B by utilizing B's weight, size, and lack of speed against him. Thus player A has defeated B by best using player A's energy. Player A has been able to out-move and –out-think his or her opponent, a good use of energy. Kano felt that people needed to focus energy on the good they could contribute to society when he said, "The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world." Can that best use of energy be Kano's ultimate definition and translation of Seiryoku zenyo?

*Insults, lawsuits, taunting, and infighting that we have inflicted upon one another have tarnished the image of judo.*

What of his second axiom, Jita kyoei? This one triggers greater puzzlement. To what could the master be referring? Clearly judo is best practiced with a partner in a group setting so that a person can receive the greatest training by applying techniques, attacks, and defenses with people of varying skill levels, body types, strengths, and weaknesses.

Did Kano mean by Mutual Benefit that the group would benefit from the training? I think not. The Kodokan New Japanese-English Dictionary of Judo defines Jita kyoei as "Mutual prosperity for self and others; harmonization of the self with others toward mutual prosperity." In other words the purpose of practice is not to win medals or gain rank, rather to create a paradigm wherein dojo partners work with each other in order to think and act together for the purpose of increasing their collective mental and physical well being. Stating it another way, I believe that Kano Sensei wanted to create better citizens, not better winners.

Spending over six decades spanning two millennia on this planet has allowed me ample opportunity to reflect on my judo career and wonder if I truly understood judo's doctrines. From my earliest training, it seemed that we were battling one another instead of practicing judo. Insults, lawsuits, taunting, and infighting that we have inflicted upon one another have tarnished the image of judo.

Judo has evolved from a relatively small Japanese-based martial art to a worldwide sport and continues to change as components of sambo, Brazilian jujitsu and wrestling have become integral components of modern judo. It is natural for judo to progress. Change should be embraced; however I strongly feel that we have missed an essential element of Kodokan Judo. It is similar in nearly every way to Kano's Kodokan Judo, however somewhere along the way we missed our compass point. It seems as if we turned one hundred and eighty degrees so that the study of judo has become synonymous with the sport of judo.

Does room remain for judo's two pillars? Are the principles and tenets of judo gone? The political landscape of judo seems bereft of most of Kano's teachings. Conversations today are riddled with negativity and insults. Those who study Kodokan Judo also should learn Kodokan Judo's tenets.

Some will debate that judo can be learned without its philosophies, just as there are various levels of religious adherence. There is a fundamental difference in the knowledge of learned clergy and acolytes. I believe that the philosophy of judo is an integral part of art and should be taught along with the physical part of Kodokan Judo.



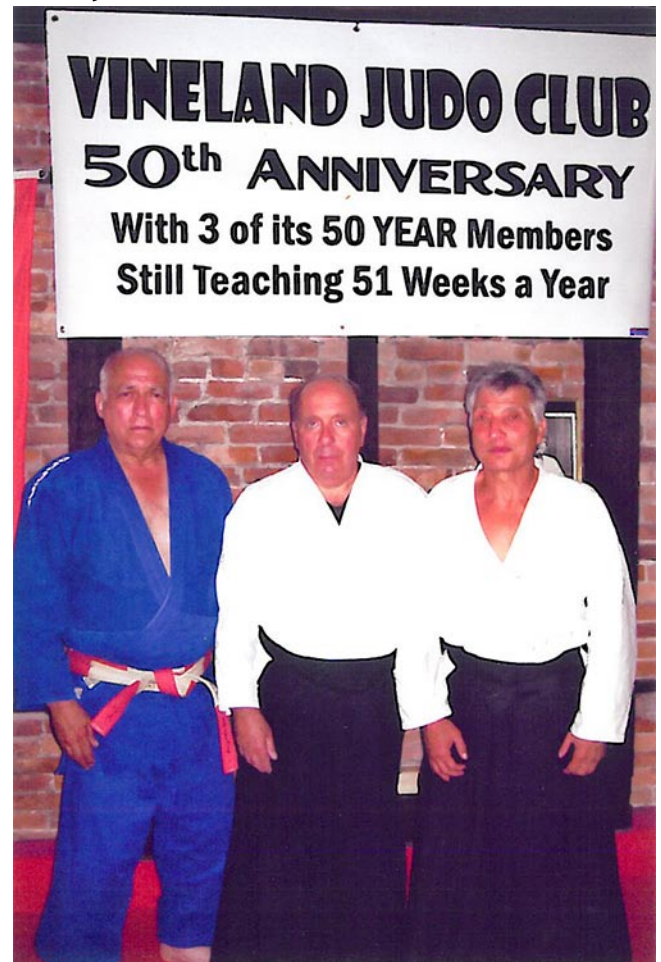
## Vineland Judo Club Celebrates 50<sup>th</sup> Anniversary

A short history of the three members still living from the Vineland Judo Club, now celebrating its 50<sup>th</sup> anniversary.

Eddy Williams, master barber, on the left, age 63. He was left blind 7 or 8 years ago but still teaches 4 days a week.

Pete Tamagni, center, is a retired police Lt. from the Vineland police department, age 62. He teaches English now at the prep school. He still teaches at the club 4 days a week.

Raimundo (Ray) Marquez, age 70. He competed until age 58 in the Senior Nationals Masters. He holds 7 or 8 1<sup>st</sup> places in the Heavy Weight Division and many 2<sup>nd</sup> and 3<sup>rd</sup> places.



## Memorial Park Demo, July 4, 2008

Here's the guy that can really take me out!

Gary goltz

