



# American Judo

A Journal of the United States Judo Association

Summer 2005

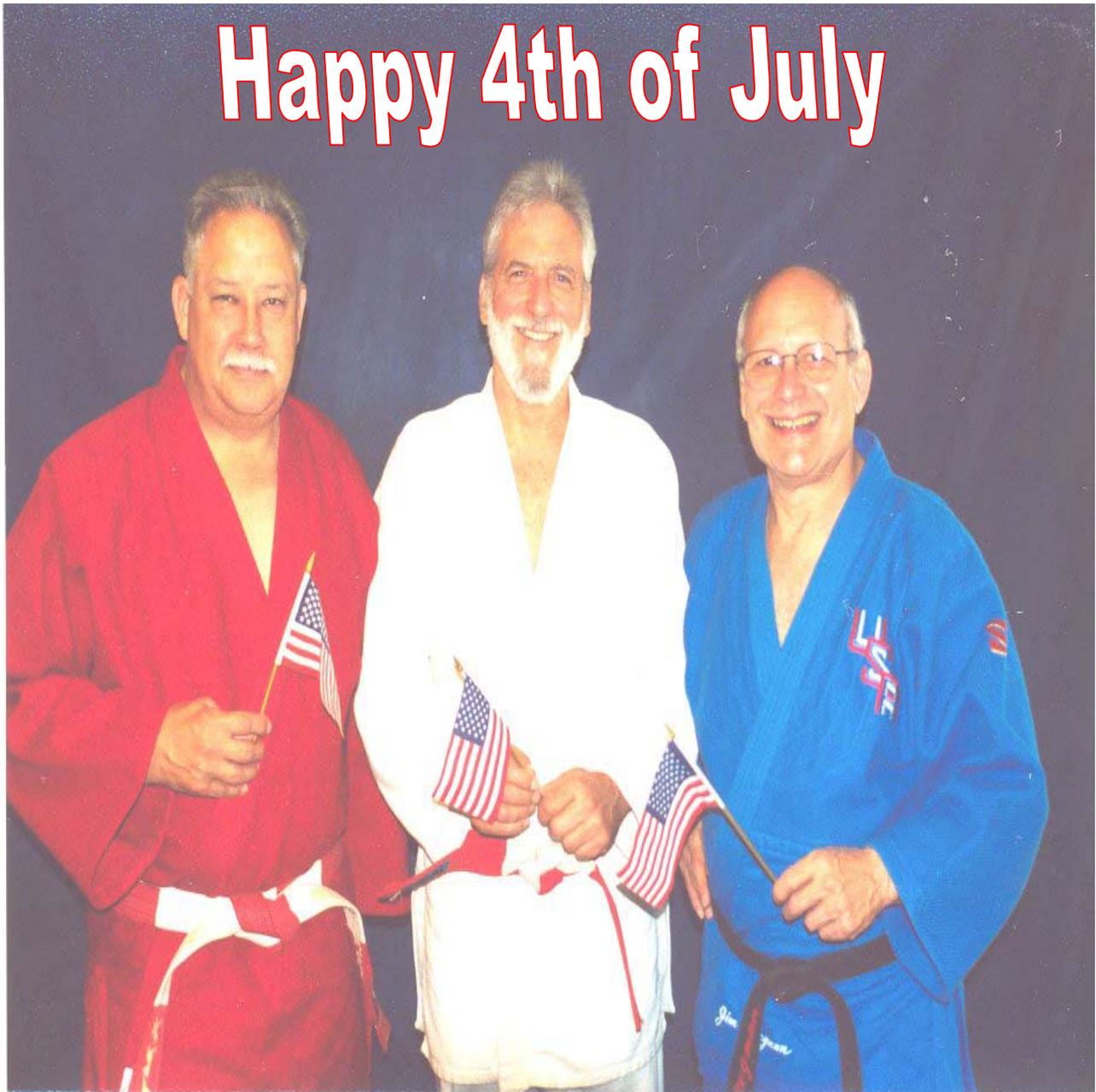


Photo courtesy of Dr. Ronald Allan Charles

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A Journal of the United States Judo Association

Summer 2005

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**On the cover:** USJA leaders pose for a patriotic photograph. Left to right, Patrick Szejter, 6<sup>th</sup> dan, Carolinas America Judo Assoc., North Carolina; Dr. Ronald Allan Charles, 7<sup>th</sup> dan, Samurai Judo Assoc., South Carolina; USJA President, James Bregman, 7<sup>th</sup> dan.

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All submissions to *American Judo* are carefully reviewed by the Editor. If you wish to submit material to *American Judo* please send those articles, photos, regional, national or international tournaments/camps, or such items to the Editor. However in regard to the submission of articles, it is strongly recommended that you contact the Editor before beginning work on your manuscript. If you are submitting a photo, please send it in digital format to the Editor with a relevant caption; and please be sure that the photo is of high-quality (e.g., good contrast, some action is preferred but line-up photos are welcomed, without shadowy faces that are unrecognizable, totally black backgrounds, etc.).

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**USJA is now accepting bids for the 2008 USJA  
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Interested parties can contact  
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## Thinking Outside the Circle

by James S. Bregman, USJA President

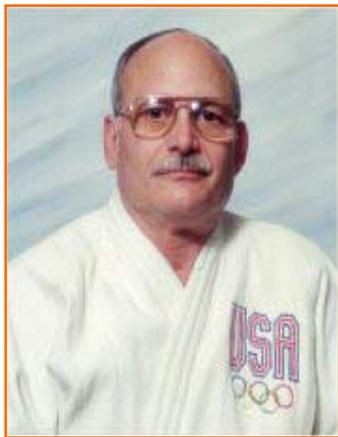


photo courtesy of James Bregman

I would like to introduce you to the new PDF version of the “American Judo Magazine.”

I am pleased that Dr. Rob Reilly accepted the responsibility to reinvigorate the magazine and give our members a quarterly PDF publication, which will be available on the USJA’s Website at no charge.

These are dynamic times for the United States Judo Association. Each day brings us new challenges to face and opportunities to expand the awareness of Judo throughout the United States.

Let me tell you about my friend and close associate, Mr. Sid Kelly. Sid is among those in American Judo who I consider “Judo scholars.” Now that Sid has retired from his very active engineer career, he is going to teach Judo and provide personal training consulting services.

In addition to winning the World Masters Gold Medal (again) in Tokyo thus demonstrating that he can “dance” and “walk his talk” on the mat (all matches with full Ippon), Sid is a creative Judo coach and thoughtful Judo proponent. He is extremely well read and well published. I value his insights and listen to what Mr. Kelly has to say so I can learn from his vast experience...all of which is success oriented.

In an article he wrote some time ago for the USJA COACH, Mr. Kelly asked the key

question, “So what is the reason for the universal lack of interest?” He is referring to the universal lack of interest in Judo in America. He points out that it must be related to the fact that WE, the American Judo Community, are targeting ourselves (estimated generously at a maximum of 50,000 lonely souls) and not the great American market of 240,000,000 potential members less the small children and very older members of our nation! We talk to ourselves and expect Judo to prosper. To compound our own problems we argue with ourselves about “mostly unimportant issues” and are intolerant of each other, rather than focusing our efforts on developing American Judo.

To quote Mr. Kelly, “To graphically compare these two groups, the reader is asked to imagine that the (untargeted) group of 240,000,000 people is represented by a 2 inch square, and the group that is being targeted (the Judo group), the 50,000 people mentioned earlier, equates to a circle with a diameter of .0325 inches. Please take a minute from your very busy schedule and draw this picture. I know, you can do the two-inch part but the .0325 inch diameter circle is a real problem and, you are right, it is the **real** problem.

Life rewards action! We must take action and change our collective behavior. I challenge you all to “think out of the circle”!

In the USJA Judo Development Group we have a motto: “**THINK OUT OF THE CIRCLE.**” The USJA Judo Development Group is engaged in a wide range of activities, which follow this motto and members of the various Development Groups are working very hard to bring much greater success for the sport of Judo and attract many more people with diverse backgrounds to the sport of Judo.

How can you help? Register all new members. Why can't the USJA have all of its top twenty clubs at 500 members or more? Well, we can, if we target and 'market' to the right group. That group is **not** the little dot in that two-inch square!

Please "think out of the circle" and get booster members from outside of the "circle" to join as American Judo Supporters. The USJA target for active annual membership is 100,000. Yes, that is double the amount estimated for the entire American Judo Community! Is it a big number? Well, it might be in your mind but when you take it as a percentage of 240,000,000 potential members in our 'new target' market, it is very small and very reachable.

**"IF YOU THINK YOU CAN OR IF YOU THINK YOU CAN'T, YOU ARE RIGHT!"**

What do you think? Can **we** collectively reach that number? With hard membership enrolling effort, and with diligence, perseverance and persistence, we can indeed do just that and more. So my challenge to you and everyone involved in American Judo is "Think out of the circle!"

American Judo can grow and provide real benefits to our society by "**THINKING OUT OF THE CIRCLE**". Thank you, Mr. Sid Kelly, for your contributions to American Judo and enjoy your retirement. Thank you to ALL of our leaders in American Judo, who are working on your behalf to help Judo grow one program, one club and one member at a time.

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## **BOOK REVIEW**

### **COACHING ON THE MAT**

**written by Steve Scott**

*"If you want to be a better coach and develop well-grounded Judo players, this is a must read."* Jim Bregman, USJA President World and Olympic Medalist

Here is a book for club coaches as well as others who want some common-sense advice. Whether you are new to coaching or have lots of experience, you will enjoy this book. Written by a coach in down-to-earth language, this book will stimulate thought and make you want to get on the mat and teach a class!

Contents include (plus much more)... Realistic information on how to start and run a successful club. Lesson Plans, Setting Goals as a Coach, Your Style of Coaching Coaching effective newaza, Coaching grip-fighting, The Core Skills and how to teach them Matside Coaching

Steve Scott has been a successful club coach, coach of U.S. national Judo and Sambo teams at the international level as well as coach, educator, and junior development director for U.S. Judo in the 1980s and 1990s. He has traveled to Europe, North and South America and Japan with Judo and Sambo teams and has a pragmatic "bread and butter" approach to coaching.

\$24.95 (plus shipping)  
available now from the USJA and Golden Tiger Martial Arts. To order your copy, contact Jennie Lee at Golden Tiger Martial Arts at [jennie@goldentiger.com](mailto:jennie@goldentiger.com)



## From The Editor

by Dr. Rob Reilly, Editor



It seems as though it has only been a few months ago since I was Editor of *American Judo* magazine. But it wasn't just a mere few months ago, it was *way back* in 1976. Or was it 1977! My tenure as Editor ran for about 7 years. Let me further introduce myself by briefly noting how I served the USJA. From approximately 1975 through the mid 1980's, I was the founding Editor of the *USJA Coach* publication and I was the Secretary of the Promotion Board. I also served on the USJA's first Coaching Certification Committee. I have been a club coach at the Fort Bragg Judo Club and at the Ohio State University Judo Club; both of which were 100+ member USJA clubs.

So what have I done lately? Well frankly, not much!

### Next Issue of American Judo

*American Judo* (AJ) will be published quarterly and will be available on-line at the USJA's Web site.

In addition to the topics that are contained in this issue, I want to have a section dedicated to local club news and, I also expect, to have club photos in that section.

The next issue of AJ will have an article by IJF Referee Rick Celotto. Rick will talk about how to become a referee when you are starting at *Square One*. Steve Scott and Gerald Lafon may also contribute. And I

am expecting technical material from Jim Bregman, George Harris, and Jim Pedro

I want to have technical articles and news items from as many USJA leaders as possible. But I am not going to be able to have a top quality Judo publication with YOUR HELP. I'd like you to read the next section and send me some material for AJ.

### Call For Submissions to AJ

I would like to have technical articles from USJA coaches. If you are a coach or have a coach who has an opinion, a method of coaching, a training regime that would benefit the USJA community, please contact me and we can talk about creating an article for AJ.

If you have a digital camera and can take a top quality picture of your Judo club, your sensei, or other players, take a few pictures and send them to me with an appropriate caption.

I am also considering a Letters to the Editor section. So if you have something you want to say, send it to me. BUT make it short and *to the point*.

### Really Cool Web Sites

*Neil Ohlenkamp, JudoInfo.com*

<http://www.Judoinfo.com/menu.htm>  
<http://www.Judoinfo.com/techJudo.htm>

*BJA SN Judo Great Britain*

<http://www.royJudo.4t.com/index.html>

*Judo for the Disabled*

<http://www.Judo-for-the-disabled.freeservers.com/>

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## IOC Releases Olympic Program Report

(USOC) On June 16, 2005 the International Olympic Committee (IOC) released the report prepared by its Olympic Program Commission, containing the evaluation of the 28 sports currently on the program of the Olympic Games. This report also included the five applicant sports. The full report is now available on the IOC Website (Judo report is located on pp. 129-134 of the Olympic Committee's document; the URL is: [http://multimedia.olympic.org/pdf/en\\_report\\_953.pdf](http://multimedia.olympic.org/pdf/en_report_953.pdf))

The report is the outcome of a two-year process that began at the IOC Session in Mexico City in 2002. At this extraordinary Session, the IOC decided to systematically review the composition of the sports program after each edition of the Olympic Games to ensure that its composition continues to be relevant and meet the expectations of future sporting generations. After that, the Olympic Program Commission, in collaboration with the International Federations, defined 33 criteria to be used as the basis of the evaluation questionnaire.

The questionnaire was then submitted to the 28 Summer Olympic International Federations. In order to widen the analysis to other sports that could potentially add to the quality and popularity of the program, the IOC decided to further study the five Recognized Federations, namely the International Roller Sports Federation, the World Squash Federation, the International Golf Federation, the World Karate Federation, and the International Rugby Board. These five Recognized Federations were also requested to complete the evaluation questionnaire before 15 November 2004.

The Olympic Program Commission reviewed the questionnaires, and a first draft of the report was prepared. Each federation received the analysis of its sport and was able to comment, amend or provide additional information. The final report does not contain recommendations concerning the admission or non-admission of any of the sports

currently on the Olympic program, but simply outlines the facts.

The report is being sent to the IOC members for study ahead of the vote, which will take place during the 117th IOC Session in Singapore.

### **BACKGROUND INFORMATION AND KEY PRINCIPLES**

Any decision regarding Olympic sports is the responsibility of the IOC Session; any decision regarding disciplines and events is the responsibility of the Executive Board. In order to be considered for the Olympic program, a sport must be recognized as an Olympic sport. The list of Olympic sports contains actually 28 sports. According to Rule 48.1 of the Olympic Charter, the minimum number of Olympic sports included in the Olympic program is 15 and the maximum is 28. It is not obligatory that there be 28 sports on the Olympic program.

In Athens, all 28 Olympic sports were part of the Olympic program. In order for an Olympic sport to be in the Olympic program, a simple majority of votes is needed.

In order to become an Olympic sport, a 2/3rds majority is needed, as this constitutes a modification of a rule of the Olympic Charter. Rule 46 clearly defines which are the Olympic sports and includes the list of these sports.

A sport that is not chosen to be part in the Olympic program remains an Olympic sport (i.e. on the Rule 46 list) and is eligible for possible future inclusion in the Olympic program upon a simple majority.

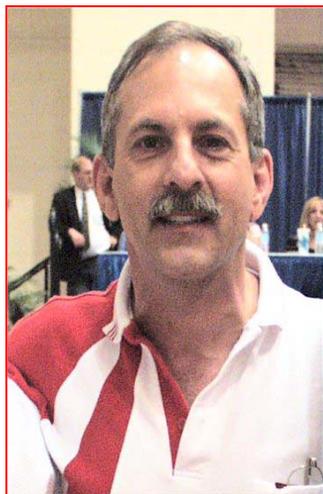
On 8 July 2005, the Executive Board will not make any recommendations on the admission or non-admission of any of the 28 sports.

The IOC members will vote by secret ballot on each of the 28 sports that were part of the Olympic program in Athens. The results of the vote will only be announced at the end of the proceedings.



## Want To Be A Judo Champion--*You Can Be!*

by Gerald Lafon



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Those words can be *music to my ears* or they can be the prelude to another disappointment.

Claiming to want to be a champion is the easy part. It's understanding what is actually required to be a champion that requires more work. Finally, the will to do what is

necessary to become a champion is the greatest stumbling block.

Wanting to be a champion, wanting to excel at anything, whether it is in the arts, in education, in business or in sports requires the same basic ingredients; an aptitude for the subject, a love for the subject, a strong work ethic, and a willingness to sacrifice in order to achieve excellence.

**“Excellence can be attained if you care more than others think is wise, risk more than others think is safe, dream more than others think is practical, and expect more than others think is possible.”**

It is rare when a participant in a sport knows, from the onset, that he/she wants to be a champion. Usually, he/she stumbles upon the notion of being a champion after years of playing a sport or has it thrust upon him/her by parents, coaches and sports directors who recognize his/her potential. In the end, it doesn't matter how the decision came about because the requirements of being a champion will remain the same.

Although athletes at the highest level of competition are remaining in their sport of choice until an older age, the window of opportunity in sports is still small compared to other endeavors we may undertake in life. To make the most of that small window of opportunity, especially in a Judo poor country like the United States, adherence to the basic elements listed below will go a long way toward helping you reach the goal of being a champion.

### Sacrifices

What you are willing to sacrifice may ultimately be the deciding factor in achieving your competitive goal. Are you willing to change clubs or move out-of-state to provide yourself with a better training environment? Are you willing to be home schooled while still in your teens or to delay your college education for a few years? Will you train while your friends are partying, celebrating or going on vacation? Will you give up friends or perhaps jeopardize a steady relationship to pursue your passion? These are just a few of the sacrifices you may have to make if you want to reach your goal.

**“If you're going to be a champion, you must be willing to pay a greater price than your opponent.”** *Bud Wilkinson, University of Oklahoma Football Coach*

Once you understand the sacrifices necessary to become a champion, you are then ready to plan for your success.

### Goal Setting and Planning

The first order-of-business is knowing where you want to go, when you want to get there, and how you plan on getting there.

While goal setting and planning in vague and general terms can certainly be implemented for athletes as young as 6-10 years old, the type of goal setting and planning we will address is more appropriate for the player with a substantial background in competition and a level of maturity

that makes it possible to achieve his/her goal within 4-8 years.

To make more sense of the planning involved, let's assume we have a 14-year old competitor who has repeatedly placed at the junior national level but doesn't dominate the division. This player wants to be an Olympian.

**“The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.”** *Denis Waitley, author of The Psychology of Winning*

The Olympic cycle is a four-year cycle, with two world championships and four national championships contained within. This cycle, the Olympic quadrennium, should form the basis for your plan. The first decision is whether one's goal is to make the 2008 or 2012 Olympic team.

Frankly, when you take into consideration the qualifying standards for the Olympic Games, which involve a quota system based on points earned in international competition, making the 2012 team is more reasonable than making the 2008 team. So now we have to create a 7-year plan that will culminate with an Olympic berth in 2012.

The levels of performance might look something like this:

- 2005 Top 3 at junior nationals
- 2006 Participates in first senior nationals, junior national champion, participates in some junior international events

- 2007 Top 5 at senior nationals, junior national champion, places in some junior international events
- 2008 Top 3 at senior nationals, participates in some senior international events and U.S. Olympic Trials
- 2009 Top 3 at senior nationals, junior world championships participant, places in some senior international events
- 2010 Senior national champion, #1 ranked U.S. athlete in the division
- 2011 World championships participant
- 2012 Olympic team berth winner

Of course, the above scenario is just one of many. For some precocious 14-year-old Phnom, 2008 might be a reasonable long shot. For others, 2012 might be too soon. At any rate, once you have established a timeframe for your performance objectives, create a plan for achieving them. Set up short-term goals that will lead to your long-term goal. Set goals for camps and tournaments to attend, training volume and intensity, physical fitness, technical acquisition, mental skill training, rest and recuperation modalities, cross training, etc.

Warning! Be careful when emulating the training of champions. The way in which a seasoned, 25-year-old world champion trains should not entirely form the basis for how you train as a 13-year-old junior player or as an 18-year-old national level player. All athletic training should be progressive and should be governed by the principles of individuality and overload, which can be summed up by different strokes for different folks. For example, don't fall into the trap of going to Europe or Japan to train before you are ready to benefit from such an exposure. Exhaust your domestic resources before you spend a fortune going overseas. When you do go



overseas, make sure that it is somewhere that is appropriate for your level of skill, training and fitness. Along the same lines, don't get caught up in the notion that if something is good, more of it

is better. If one and one-half hour of randori is good for you, two hours may not be better. In fact, it may be detrimental to your progress. You will understand these issues better when you become a student of the game.

### **Student of the Game**

While you will undoubtedly receive guidance and advice, and learn from many sources, it is important that you become a student of the game (Judo) and of the field (athletic performance) in your own right. Read as much as you can on all the subjects that will affect your competitive career. Among many topics, this would include literature on athletic training methods, nutrition, sports medicine, and sports psychology. Biographies of champions or coaches should also be part of your research. Find out what other champions have had to do in order to accomplish their goals, or what made them continue after setbacks. Learn about the function and roles of top-level coaches. Understand what drives them to drive you to achieve your goals. There is no need to reinvent the wheel, so learn from their mistakes and profit from their successes.

Supplement your readings with audio-visual materials. Watch the very best model of Judo. That's competition at the Olympics and World Championships. Watch yourself on videotape. Compare yourself with the players at the world level. What performance traits do they have that you lack? Do you look like them or perform like them? Are they doing a whole range of techniques that you are not even familiar with?

There is a great deal of technical and training information in other sports that is also very pertinent to Judo. Watch drill training for wrestlers. Find out how Olympic weightlifters perform their lifts since weightlifting should form a large part of your physical preparation. Learn more about plyometric, flexibility and agility training. To help control monotony, find different exercises, drills, and ways to accomplish the same goals. And, if you won't or can't cross-train in other combative sports such as wrestling or Brazilian jujitsu, at least watch and analyze their bodies of techniques so it won't come as a complete shock when you get slammed with a technique you have not seen in traditional Judo.

### **Becoming an Athlete**

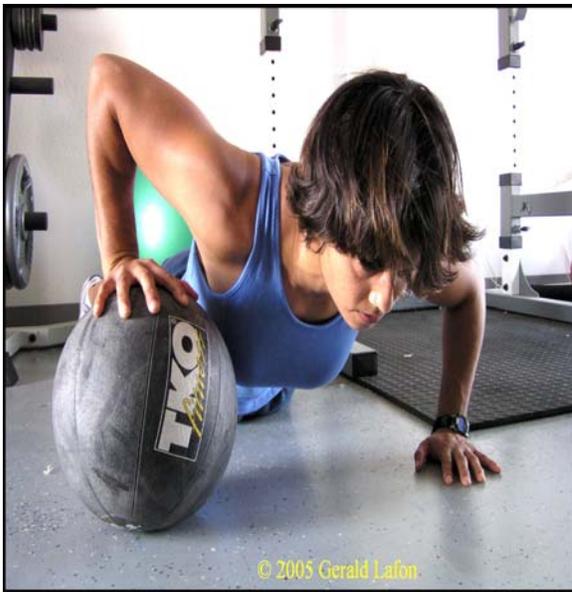
Once you make the decision to become an Olympian, you must transform yourself from mere Judo player to Judo athlete. Being a Judo athlete is no longer a hobby; it is a job. I can't tell you how many American Judo players believe they can do well internationally merely by doing Judo two to three times a week, hopping from one club to another, with little coaching, and minimal supplementary training other than perhaps a little running on the side to maintain weight. I call these players Judo tourists. They talk a good story and go through some of the motions, but clearly they don't train, and don't think or act as successful athletes do. They simply haven't become students of the game or the field.

All athletic performance, regardless of the sport, will be ruled by the technical, psychological and physiological demands of the sport. However, the athletic background you bring with you to the sport of Judo might also affect your potential in Judo. It's the old dispute pitting proponents of early specialization vs. proponents of late specialization. I must admit that, considering the athletic demands of the sport and the conditions of the sport within the United States, I favor a more general athletic development with late specialization. If everything else is equal, I believe that the player with the more varied athletic background will beat a player who has only played Judo. Having said that, let's now focus on the technical, psychological and physiological demands of the sport.

### ***Technical development***

Because of our small numbers of players and our lack of depth all across the board, our national technical development, as a general rule, has suffered. The bottom line is that in the United States you can win national junior championship titles with one throw, which is usually a dropping shoulder throw. Our over-reliance on a tiny number of techniques, and our desire at the local club level for the 'short-term immediate-gratification' development program at the expense of a more fruitful 'long-term delayed-gratification' development program set us up for failure in the senior international arena. Thus, here are my recommendations for long-term success, which is the only success that really matters:

1. Develop as large an inventory of skills in several directions as possible before specializing in a smaller number of effective tournament skills. Since there is but a limited amount of training time on the mat, supplement your learning by watching videotapes to discover techniques that are not being taught to you in your club.
2. Defer your study of what I call 'flop and drop' throws until you have a good command of the tachi waza (standing) throws. The early study and use of 'flop and drop' throws like dropping shoulder throw, kata guruma and most sutemi (sacrifice) throws make it more difficult to develop decent tachi waza skills.



3. Force yourself to vary the skills in practice and competition, or to handicap your tournament performance by putting limits on what you can or can't use, even if it means the risk of losing a match here and there. Remember that most tournaments should be treated as nothing more than another workout to gauge your progress. It is far better to miss out on an inconsequential trophy than to have your technical development stagnate due to technical over-reliance.
4. Judo performance includes nage waza and ne waza. Don't neglect either one in training or in competition. Why players go into battle armed with fewer weapons than the opponent baffles me.
5. Don't wait until you are thirteen to learn chokes and seventeen to learn armbars.

Other countries don't have those arbitrary limitations.

6. Train the way you are expected to compete. This is almost always not the case in your average Judo club, and requires a serious change of attitude to overcome.
7. Don't put up with training that makes little sense. Time spent on static uchi komis and mat bashing (ukemi) should instead be spent on dynamic drills involving entire skills or sequences of skills, and learning to not fall on your back.
8. Cross-train in similar combative arts such as wrestling or Brazilian jujitsu if you can. If you can't, try to involve wrestlers and jujitsukas in your program. Learn to recognize and be ready for unusual grappling skills. If you can't do either one, study videotapes of wrestling and jujitsu competitions
9. Emphasize quality over quantity in your training. Ten well done, complete throws are better than fifty, sloppy, static uchi komis. Remember, more is not always better.
10. Practice what you don't know. Baseball super-star Pete Rose said it best,

**“Practice what you don't know more than what you do know. It's easy to practice something you're already good at, and that's what most people do. What's tough is to go out and to work hard on the things that you don't do very well.”**

### *Psychological development*

This is one aspect of training that unfortunately few pay attention to. It is either neglected on purpose - I call this the macho or bushido syndrome - or often it is not even thought of. After all, what does psychology have to do with how the body performs physically? The answer, of course, is that it has everything to do with how the body performs. Psychological training is just as important, if not more important, as your physical preparation. Through this type of training you will learn:

1. How to think and act like a champion

2. Coping skills to minimize anxiety and fear
3. Pre-competition strategies
4. Positive mental imagery to enhance performance
5. Positive self-talk to keep you focused and on task
6. Goal setting to help you achieve your performance goals
7. How to increase the positive aspects of a sporting experience
8. How to debrief a performance

### ***Physiological development***

Physiological development deals with the basic components of sports fitness:

1. Cardio-respiratory endurance
2. Muscular endurance
3. Muscular strength
4. Muscular speed, which when coupled with strength becomes muscular power
5. Flexibility

The physiological demands of Judo are enormous and at times on opposite ends of the spectrum. Judo requires both anaerobic and aerobic endurance. It requires short outbursts of explosive speed with longer periods of lower intensity grunt work. While Judo practice by itself develops many of these components to a great degree, supplementary training in strength and conditioning is required to reach the highest levels of athletic performance. Powerlifting, Olympic Weightlifting, strong man competition type lifts and an array of aerobic exercises and circuits will make up the bulk of this training.

As far as flexibility training is concerned, the practice of Judo will improve general flexibility. However, for many players, a more extensive dose of flexibility training may be required. This might more appropriately be addressed by participating in yoga or ballet classes, or merely by undertaking additional sessions of flexibility training consisting of slow, dynamic or PNF (proprioceptive neuromuscular facilitation) stretching outside of regular Judo practice.

### **Your Support Staff**

You will not become a champion by yourself. It is going to take an entire team of specialists, supporters and training partners to help you reach your goal. It will be prudent to understand very

early that the national governing body will do very little for you. You will have to fend for yourself, especially at the beginning of your competitive career. Here are some of the experts and supporters you will need.

#### Judo coach

Your choice of Judo coach might be the most important decision you make. Choose a knowledgeable coach, capable of getting you to the level you desire, and willing to work with outside experts.

#### Training environment/partners

Contrary to common opinion, you don't need to rush out to one of the big training centers (i.e. Olympic Training Center or San Jose State) nor do you necessarily need lots of partners. Quality programs exist in all sizes in many areas of the United States. Success can be achieved with just a handful of good home-based training partners provided the training environment and the coaching are of high quality. It's also a common misconception that you only need people who can beat-you-up in order to improve. While it's important to have a few people who can push you and get the best of you, it is more important that you have good drill and randori partners to enable you to successfully ply your skills. Remember, skill improvement occurs when your skills can be performed repeatedly, correctly, in their entirety, under the conditions in which they will ultimately be performed. This won't happen very often with superior players but it will with equal or inferior partners. Training camps, both domestic and foreign, will also be a big part of your training. This is where you will find and take advantage of better players than yourself.

#### Sports psychologist

This is a job for a specialist. Don't choose a psychology generalist who masquerades as a sports psychologist. Find one who has worked successfully with other athletes. Ask other athletes or coaches for recommendations.

#### Strength and conditioning coach

This is more than likely a job for another specialist, or two, since your Judo coach may not have the time or the knowledge to address this very important component of your training. Find someone who works with athletes rather than the general population. Too many certified personal trainers have no idea how to train athletes. Get a good Olympic weightlifting coach to teach you

the correct mechanics of the Olympic lifts. A general strength and conditioning coach, such as one certified by the National Strength and Conditioning Association (NSCA,) should be able to handle your needs. You can gain a lot of knowledge from track and field coaches as well, although many of them will be too busy to work directly with you.

#### Medical staff

It's always good to have someone who can put your body back together and make it feel better after all the beatings you take in practice. A good physical therapist, chiropractor or massage therapist can do wonders. Find someone who understands your needs as an athlete.

#### Nutritionist

Many athletes are clueless about diet and weight control. Spare yourself a lot of grief, hard work and starvation by learning more about your nutritional needs and how they affect your weight.

#### Fundraisers

Without money to train, travel and live, it won't matter how gifted you are. Be prepared to need to raise from \$5,000 to \$10,000 per year once you are at the national level of competition.

#### Public relations

Nobody said you have to toil in anonymity. It helps fundraising efforts if the Judo community and the general public recognize your name and are familiar with your accomplishments. Find a person willing to help you with this aspect of your competitive career. Create a portfolio of professionally-done photos that can be used for a Web site, fan club, press releases, articles, and requests for funding.

### **Conclusion**

Although I have covered a lot of information in this article, it was never meant to be all-inclusive, nor was it meant to give you all the answers on how to be a champion. Hopefully, what it has provided you is a reality check, a push in the right direction, and perhaps a sense that, armed with a plan, you too can become a champion.

**“On the road to success, you can be sure of one thing. There is never a crowd on the extra mile.”**

Become a student of the game and pursue your dreams!

**Visit the USJA Mall  
for all your Judo  
needs**

<http://usja-Judo.org/supermall.htm>



**Mark Hunter's Ameri-kan Judo club Findlay, Ohio. Photo courtesy of Mark Hunter**



## Mike Swain and SJSU Judo Team Announce Scholarship

Photo courtesy of SJSU Judo Team



The SJSU Judo Team and Mike Swain are proud to announce the establishment of the Swain Scholarship at San Jose State University. The scholarship is the only major State University scholarship in the country and was specifically created to give financial assistance to Judokas who want to pursue their

education while furthering their Judo training in an elite Judo program.

The Swain Scholarship is the largest of its kind in the American Judo community and will reduce college costs more any other Judo scholarship offered. It is dedicated to Judokas who want to attend SJSU while realizing their potential as a student-athlete at a major university with over sixty (60) years of developing some of America's greatest Judoka. We encourage parents and young Judokas from across the United States to inquire about the educational opportunities available to them at San Jose State University.

When asked about the scholarship Swain answered, "I am extremely excited that we can now offer a true Judo scholarship at a major university in the United States—this is a chance to give young kids and parents something they've never seen in Judo before. I know that without the education and Judo experiences I received at San Jose State I would not be where I am today. One of the largest obstacles faced by US Judo is losing our valuable High School athletes to other sports or to colleges that don't have dedicated Judo programs. I believe that education and quality instruction are the keys to building the type of long-term success we have at SJSU. Thanks to the

educational philosophy of Yosh Uchida, the founder of SJSU Judo, and our strong alumni support, we have a 95% graduation rate—with many of our alumni going on to become CEO's of major corporations, Congressmen and even a Senator. "

The initial funding of \$50,000 for The Swain Scholarship was a joint venture between the SJSU Judo Team Executive Committee and Orange County Kodokan Judo Dojo (OCK), located in Cypress, California. It began as a conversation between Mike Swain and Ted Okada in February. Less than three months later, the scholarship program was created with matching donations from SJSU alumni and OCK.

Ted Okada, spokesperson for Orange County Kodokan, said, "The OCK Dojo welcomes the opportunity to work with a world champion and Olympic medalist like Mike Swain. He has not only proven himself to be a winner on the mat, but his devotion to the higher ideals of Judo off the mat make him a role model for all the youth in our sport. OCK is proud to be presented with the Swain Scholarship's Inaugural Commitment to Education Certificate and OCK has committed itself to raising an additional \$5000 for the Swain Scholarship over the next five years."

Donations to The Swain Scholarship are tax-deductible and 100% of all donations go to funding the education of America's Judo youth. To show your Commitment to Education by making a donation or to inquire about how you can assist the scholarship, please call SJSU Judo at (408)924-3013 or by e-mail at [scholarship@sjsuJudo.org](mailto:scholarship@sjsuJudo.org).

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SJSU Judo Team's Web site is located at: [www.sjsuJudo.org](http://www.sjsuJudo.org). Photo of Mike Swain by SJSU Judo Team



## Judo: More Important Now than Ever

by Steve Scott

Photo courtesy of Steve Scott



With the declining level of physical fitness among children in the United States, Judo is more important now than ever before. You can name just about any research study or simply talk to virtually any physical education teacher or recreation professional and understand the extent of the poor levels of fitness

and health among our nation's youth. In many respects, the training we provide in Judo is about the only form of physical education many children will receive on a regular basis!

I've been a coach for a quite a few years and have worked in the public recreation sector for just as long. A trend we see in our business is that fewer children are getting involved in physical activities and the ones who are involved tend to be involved in numerous activities. We see a goodly number of parents who have their children in multiple sports. You may even be one of those harried parents running from a soccer game to a martial arts class to a school function, then on to something else. It seems as though the children who are physically fit and willing to participate in sports are spreading themselves pretty thin. I've found that eventually these parents and children tend to settle in on a specific activity as the children approach their teen years; and the sports they do tend to gravitate to are the ones where they will get more recognition from peer groups in high

school such as football, volleyball, soccer and baseball.

However, the reality of the situation is that there are fewer children who are attracted to physical activities, especially activities such as Judo, in which there is a great deal of physical contact.

A typical study that I recently read, it indicates the average third-grader in the United States spends an average of 900 hours a year in a classroom and 1,770 hours a year watching television. Another study showed that 25% of our nation's children under the age of 14 are obese. It is also noteworthy that juvenile onset diabetes is becoming more common among children. These statistics clearly reflect a sedentary lifestyle has taken root among our nation's children.

### Less Physical Education in School

Many school districts are cutting back their physical education programs and in some cases, eliminating them entirely. What remains in physical education class has become geared more toward 'game playing' and 'socialization through movement' and other similar curricula. Children today are getting less exposure to the *big three* in physical education; psychomotor, cognitive and affective domains. In other words, our children are getting less real physical education in school and more game playing activities. Even with that, there are fewer children even those playing games. Too many children, even if they are exposed to physical education classes, still don't physically play the way previous generations did.

While playing games can, and does, teach the skills of physical education in ideal settings, not every child is included in the games. It's also much easier for a school district to not have to hire a physical education teacher and

have recess in place of an actual physical education class.

Fewer schools are requiring physical education tests such as the *President's Physical Fitness Test* or the tests sponsored by the Amateur Athletic Union and other groups interested in our nation's health.

### **Getting Physical Education in the Dojo**

With a larger and growing percentage of our children not receiving adequate physical education in schools, parents are finding alternatives in places such as community centers, sports leagues, dance studios, gymnastics clubs, and yes, in martial arts clubs.

Judo, as well as the other martial arts, can serve as an almost perfect tool for kids who need good physical education.

Prof. Jigoro Kano devised Kodokan Judo as, among other things, a workable method of teaching physical education. Prof. Kano correctly reasoned that the throws, holds and all the physical skills required in his Kodokan Judo provided an excellent means of delivering physical education to school children, high school and university students.

As you probably already know, Prof. Kano was primarily responsible for the development of physical education in Japanese public education. He was also the first president of Japan's Olympic Committee.

Judo's roots are deeply embedded in education. Judo is one of the most complete forms of physical education ever invented. All the martial arts have similar things to offer in terms of physical education. Children are learning in many dojos today what they once learned in public schools. Every coach, whether it be Judo, jujitsu, karate or any other martial discipline, can tell stories of how the martial arts have helped children (and adults) develop into more mature, physically fit people.

### **Not Everybody is a Fighter**

We coaches need to make sure we also have programs available that emphasize Judo as a method of physical education. In many Judo clubs, if a child isn't interested in competing in tournaments, he/she soon finds that Judo is not for them. Let's include the children who might not want to compete and aim the initial emphasis of a beginning Judo class toward teaching solid fundamentals, discipline and sportsmanship.

But then, when I've talked to many coaches, what actually takes place is that due to a lack of space or time (a volunteer coach can only get so much time in the local community center or YMCA) and the coach's desire to develop champions as the primary motivation for teaching, the slow learner or backward kid may not fit in and become a Judo drop-out.

Not everyone who does Judo has to compete. How many people swim for recreation and health and comparatively few ever strive to become competitive swimmers?

If at all possible...and I know we all have limited time, facilities and resources, but if possible...try to offer more classes than just sessions geared for the competitors. Yes, by all means, keep coaching competitors. I love the sport of Judo just as most of you do. It's probably the most exciting sport ever invented. But, when we offer a children's basic Judo class, let's make sure that we teach solid fundamentals and leave the tricks and techniques that work only in a tournament for the more advanced kids who've made a commitment to compete in Judo. Don't weed out the kids who might not be championship material. Teach Judo as the great physical education it is from the start and you'll see that you'll retain more students and they'll be better at Judo in the long haul. Try to have at least a 50% retention rate with a goal of keeping 75% of the kids to stay in Judo at least a full year.



## Background Screening!

by Thom Layon, USJA General Counsel

Photo courtesy of Thom Layon



The USJA Board of Directors is now required to consider the issue of background screening of certain USJA members and leaders for any history of sexual offenses, drug or alcohol use, etc.

Current events dictate that we consider this issue in a timely fashion.

The scandals that have arisen involving the Catholic Church, the Boy Scouts and Michael Jackson are just a few of the reasons for increased public sensitivity about such conduct. In addition, the USJI has advised that if the USJA does not have a policy in place for our organization within 60 days, our status as a Class A member of the USJI will be terminated.

From a legal standpoint, not to act at this time could very well be seen in the future as breach of duty which might in turn expose the USJA to civil liability for injuries suffered by a sexual abuse victim, for example, due to the actions of an individual who might not have had access to such a victim if we had an effective screening policy in place.

The concept of civil liability in our justice system starts with the understanding that in certain situations a duty is owed by one party to another. A civil jury must necessarily look backward through the filter of historical events in determining whether a defendant has acted reasonably in meeting his/her duty. The questions normally considered at trial would include:

- (1) Was there a duty owed by the defendant?
- (2) Was there a breach of duty by the defendant?
- (3) Did the breach of duty, if any, directly cause injury to the Plaintiff?
- (4) What damages, if any, resulted from the injury/breach of duty?

USA Judo, that is the USJI, as our governing body has itself adopted a formal policy that requires certain individuals to undergo background checks for the type of conduct we are talking about. In doing so they have established that a duty is owed by itself and its member organizations to protect our most vulnerable members from certain wrongful conduct. It would be very difficult for us to justify not requiring background checks when the governing body for Judo in America has adopted one.

It is not too difficult to imagine a courtroom scene several years from now where a hypothetical abuse victim who was a USJA member at the time of his/her attack has sued the USJA for failure to have a policy in place that would have identified (and thus prevented access by) his/her attacker as having a previous conviction for sexual assault, rape, or molestation; and where the attacker was a USJA member involved in coaching at the time of the incident.

In such a case it could certainly be argued to good effect that the USJA owed a duty to members to take reasonable steps to protect them from such wrongful conduct. It could further be argued that the USJA breached its duty by not having a background screening policy in place, AND FURTHER that as a direct result of that breach of duty a Plaintiff suffered certain injuries and thus is entitled to \$\$\$\$\$.

In such circumstances it might also be successfully argued that failure to adopt an appropriate screening policy constituted conscious disregard for the protection and safety of our vulnerable members thus justifying an award of punitive damages.

As USJA's Legal Counsel I must recommend that we adopt a policy providing for background screening. The time has come for us to adopt a responsible policy and an appropriate procedure to accomplish background checks on all officers, directors, and coaches in the USJA. At this time

in the history of our country and our organization, it is simply the right thing to do.

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*This article is from excerpts from a Presentation and Comments by Thom Layon, USJA National Legal Counsel, to the USJA Board of Directors at their Meeting held in Virginia Beach, Virginia on April 20, 2005. This presentation was regarding issues involving background checks and screening for certain USJA members.*

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USJA Release form for background check is located at: <http://www.usja-judo.org/forms/BackrndLAYON.pdf>



## USA WORLD TEAM PICKED - JASON MORRIS NAMED AS HEAD COACH



Photo courtesy of USJI

*Colorado Springs, CO (June 6, 2005) - Jason Morris has been named by USA Judo as the head coach of the team that will compete in the 2005 World Judo Championships in Cairo, Egypt, from September 8-11, 2005.*

Morris is fresh off his head coach duties for the US team at the Pan American Judo Union Championships in Puerto Rico last month, where the squad won 10 medals including 4 gold. Jason is a four-time Olympian ('88, '92, '96, '00) and won a silver medal in Barcelona in 1992. He is currently owner/operator of the Jason Morris Judo Club (JMJC) based in Glenville, NY.

Four members of the 14-member US team already train full time with Morris at his club: Carrie Chandler (52kg), Aaron Cohen (81kg), Katie Mocco (70kg) and Ronda Rousey (63kg). These four athletes also represent the New York Athletic Club (NYAC) as does Morris. "It's just going to be great to have our hometown coach with us at the worlds" said Carrie Chandler, one of only two women in the USA ranked at the highest classification -- A-level. Morris has competed in

five World Championships himself, winning a bronze medal in 1993 and never finishing lower than ninth, which came in 1991. Morris will look to draw on his World and Olympic experience to help the US team improve on its poor showing (1win in 18 matches) at the last World Championships in 2003. "I am honored to have this opportunity," said Morris. "Except for two players (women 48kg, and men 81kg), this is an entirely new World team, so I expect this Worlds to be a great building block on the road to Beijing in 2008."

The 2005 USA Judo World Team was selected at the World Team Trials in Virginia Beach.

### **Men:**

60 kg: Taraje Williams-Murray, Bronx, NY  
66 kg: Justin Flores, Menlo Park, CA  
73 kg: Ryan Reser, Colorado Springs, CO  
81 kg: Aaron Cohen, Glenville, NY  
90 kg: Dariusz Mikolajczak, Brooklyn, NY  
100kg: Rhadi Ferguson, Boca Raton, FL  
+100 kg: Kirk Hoffmann, Colorado Springs, CO

### **Women:**

48 kg: Sayaka Matsumoto, Richmond, CA  
52 kg: Carrie Chandler, Glenville, NY  
57 kg: Valerie Gotay Temecula, CA  
63 kg: Ronda Rousey, Glenville, NY  
70 kg: Katie Mocco, Glenville, NY  
78 kg: Molly O'Rourke, El Cerrito, CA  
+78 kg: Garlyne Celestin, Brooklyn, NY

**Photo:** Jason Morris, USA Judo head coach



## AMERICANS ON JUDO STAMPS

by Dr. Ronald Allan Charles, Master Collector



On April 1st the U.S. Postal Service issued a 33¢ stamp honoring Dr. Ronald Allan Charles, featuring his head and shoulders against a blue background, attired in a white Judogi. The caption on the large perforated stamp reads “Ronald Allan Charles” vertically on its right side, under which is

written “Judo Stamp Collector.” This is the first American stamp to commemorate the Olympic sport of Judo, an art that Dr. Charles has promoted for 44 years and in which he, as a 7<sup>th</sup> degree black belt Master Rank Examiner and Coach, has distinguished himself as one of America’s most respected and credentialed leaders.

Dr. Charles has a large Judo stamp collection. He shares data, research results, and particulars through the Internet on the *Judo Stamp List*, the world’s most comprehensive compilation of Judo stamps, which contains over 1,500 images of Judo philatelic material. The web site features the new stamp with descriptive information in the Miscellaneous U.S. section.

Judo enthusiasts everywhere share the joy of having one of their foremost proponents grace the new issue. The stamp is not self-adhesive. Dr. Charles happily invited all who have wanted to lick his backside to take the opportunity on April 1st.

Now, after that April Fool’s Day bit of humor, here is the true story:

Judo colleague Tom Reiff had found a photo of me and chopped and cropped it, transforming it with computer wizardry into a stamp that he

placed, in an act of Tomfoolery, on the Judo Stamp web site. Before attending a stamp show in Atlanta, I printed the *Stamp List* to assist me in my search for new issues.

I approached one bourse dealer’s table. “Hi!” I began. “I collect Judo stamps. Perhaps you have them arranged topically under sports or Olympics. Or do you list by country?”

“I deal solely in U.S. issues,” he said without expression. He correctly reasoned that the U.S., where Judo is a minor sport, had never issued a Judo stamp.

“How about this one?” I pointed to the color stamp of myself at the top of the first of over 100



pages of small print descriptions of Judo stamps. He studied it.

“It’s a U.S. stamp all right, but I don’t recall it. Since the denomination is 33¢, that makes it at least a year old, but I don’t recall ever seeing this one.”

“Recognize the guy on it?” I asked, leading him on.

He stared harder at it, squinted, and then glanced at me and returned his attention to the stamp. “It can’t be you,” he said unenthusiastically without looking up.

“Why not?” I bit back a grin.

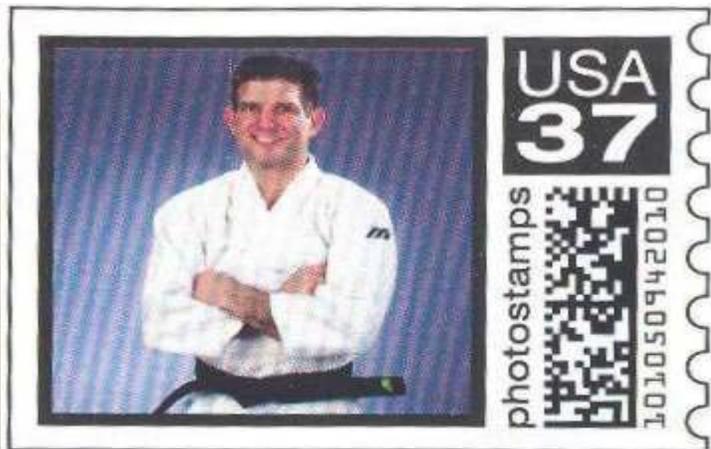
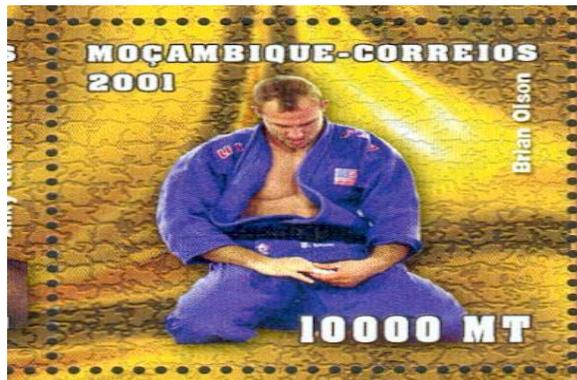
“You have to be dead to be on a U.S. stamp,” he declared. That alone confirms something about Santa, Jesus, and Elvis.

“Whoopee!” I exclaimed, raising my hands in a victory gesture. “It worked! I’m back!” Passersby familiar with Arnold Schwarzenegger’s promise to return may have thought they were in the company of a Terminator. The deadpan dealer who had seen too many stamps in his lifetime stared unsmilingly, so I meandered about to bother others.

(View this very stamp in LIVING color along with 1,500 others at <http://usja-judo.org/~Judo.stamps>.)

Greg Gomez, another Judo colleague computer wizard, recently decided to reduce my worth (is that equivalent to a rank demotion?) to 32¢ on three Cinderellas (impostor stamp items) that he designed.

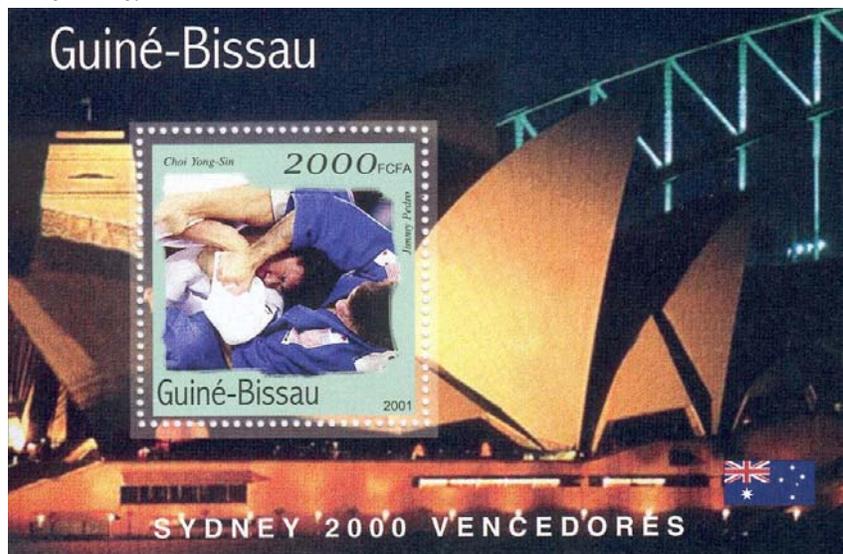
Two Americans, Jimmy Pedro and Brian Olson, have achieved fame by appearing on



real postage stamps, not Cinderella’s like mine. Each adorns stamps from Africa celebrating the 2000 Sydney Olympics.

A 2000-franc issue from Guinea-Bissau shows Jimmy Pedro fighting Sin -- Choy Yong Sin, that is, wrapping him up in groundwork. To overcome Sin is virtuous indeed.

A 10000 MT stamp from Mozambique shows Brian Olson in a more relaxed pose, alone, conserving energy as he kneels, apparently concentrating on his finger.



Because these Judoka are alive, they are not qualified to appear on American stamps. The United States Postal System recently experimented with personalized stamps, and two with Jimmy Pedro were issued in limited edition.

Each was put on a special autographed envelope. (A link to these is on the Stamp List.)

But pranksters wrecked this opportunity for everyone by personalizing stamps with images of their favorite serial killers, prostitutes, and others unsuitable for such an honor. Consequently the window of opportunity slammed shut, though the plan is being reconsidered. Presently it is possible though not easy to put your pet – maybe even your Sensei or yourself – on a stamp.

Perhaps one day the American Postal System will issue a genuine rather than vanity Judo stamp. Unless postal regulations change, let us hope it will be a long while before we see any Americans on such issues. Dying to be on a stamp is not a clever goal!

All graphics are courtesy of Dr. Ronald Allan Charles.



## All Summer Olympic sports to be put to vote



**(IJF-Berlin)** The International Olympic Committee is set to decide whether or not to make changes to the

Summer Olympic program for the 2012 Games.

The IOC will vote on all 28 Summer Olympic sports on July 8 at a general assembly meeting in Singapore. The IOC is considering whether to drop any of the existing sports and add any of the five sports hoping to be added to the Olympic program: golf, rugby, karate, squash and roller sports.

The last sport to be cut from the Summer Olympics was polo in 1936.

"We can have no more than 28 sports, but there is no obligation to have 28," IOC president Jacques Rogge said Wednesday. "We could end up with 26 or 27."

IOC members will vote by secret ballot on the 28 sports that were part of last summer's Athens Games. The IOC has 117 eligible voting delegates. A sport must receive a simple majority of 51 per cent to remain on the program. Any sport that does not get a majority will be dropped for the 2012 Games.

If one or more sports don't receive a majority, the IOC executive board will meet later that day to decide which of the five sports on the waiting list should be put to a vote. The next day, the IOC assembly will vote by secret ballot on whether to accept the new sport.

A new sport must receive a two-thirds majority to be admitted to the Olympic program. That would be followed by a simple majority vote for official inclusion in the 2012 Games.

Many Olympic officials believe the current 28 sports will remain, as a recent IOC program report evaluating all the sports provided no overwhelming evidence for any sport to be eliminated or added.

July's vote does not affect the 2008 Beijing Olympics, as those Games will feature the same 28 sports that were part of last year's Athens Olympics.

The IOC will announce the location of the 2012 Summer Olympics on July 6. London, Madrid, New York City, Paris and Moscow are vying against each other for the right to host the Games.



### Procedures for the vote on Olympic program for the 2012 Games

Since 1936, sports have been regularly added to the Olympic program. At its extraordinary Session in Mexico in 2002, the IOC decided to: cap the numbers for the Games of the Olympiad to 28 sports, 301 events and 10,500 athletes and to systematically review the composition of the sports program after each edition of the Olympic Games to ensure that its composition continues to be relevant and meet new expectations.

#### 33 criteria

As requested by the IOC Session in 2002, the Olympic Program Commission worked on defining 33 criteria to be used as the basis of the evaluation questionnaire. These criteria were at the time sent to the International Federations and relevant stakeholders for review and comments. In August 2004, the IOC Session accepted the final list of evaluation criteria during its meeting in Athens;

#### Questionnaire

This questionnaire was submitted to the 28 Summer Olympic International Federations. In order to widen the analysis to other sports that potentially could add to the quality and popularity of the program, the IOC decided to study further five Recognized Federations i.e. the International Golf Federation, the International Roller Sports Federation, the International Rugby Board, the

World Karate Federation, and the World Squash Federation. These five Recognized Federations were also requested to complete the evaluation questionnaire. The deadline for submission of the answers to the questionnaire was 15 November 2004

### **Olympic Program commission**

All questionnaires were reviewed by the Olympic Program Commission, which drafted a first report. As part of this fair and transparent process, each federation received the analysis of its sport and was able to comment, amend or provide additional or new information;

### **Report distributed ahead of the Singapore session**

The report is being finalized and will be distributed ahead of the 117th IOC Session in Singapore to IOC members for study and decision, to the International Federations and will be made public;

### **No recommendation from Program Commission**

In accordance with the previous decisions of the Executive Board, the Olympic Program Commission report does not contain recommendations concerning the admission or non-admission of one of the sports currently on the Olympic program. The report is rather an evaluation of the 28 sports currently on the program and the five applicant sports, and may be compared to the report by the candidate cities Evaluation Commission

### **KEY PRINCIPLES**

Any decision regarding Olympic sports is the responsibility of the IOC Session; any decision regarding disciplines and events is the responsibility of the Executive Board. In order to be considered for the Olympic program, a sport must be recognized as an Olympic sport. The list of Olympic sports contains actually 28 sports;

According to Rule 48.1 of the Olympic Charter, the minimum number of Olympic sports included in the Olympic program is 15 and the maximum is 28. It is not obligatory that there be 28 sports on the Olympic program.

In Athens, all 28 Olympic sports were part of the Olympic program. In order for an Olympic sport

to be in the Olympic program, a simple majority is needed.

In order to become an Olympic sport, a 2/3 majority is needed, as this constitutes a modification of a rule of the Olympic Charter. Rule 46 clearly defines what are the Olympic sports and includes the list of these sports;

A sport that is not chosen to be part in the Olympic program, remains an Olympic sport (i.e. on the Rule 46 list) and is eligible for possible future inclusion into the Olympic program upon a simple majority.

### **PROCEDURE FOR IOC 117TH SESSION**

On 8 July 2005, the Executive Board will not make any recommendations on the admission or non-admission of one or more of the 28 sports;

The IOC members will vote by secret ballot on each of the 28 sports that were part of the Olympic program in Athens. The results of the vote will only be announced at the end of the proceedings;

If one or more sports is not admitted to be part of the Olympic program because they do not obtain a majority (more than 50% of the votes), this sport will remain an Olympic sport: it will remain on the Rule 46 list but will not be on the program for the 2012 Games;

If one or more sports are not admitted to the program of the 2012 Games and therefore the total limit of the 28 sports on the program has not been reached, there is a possibility of another sport being put on the program. In this instance, the Executive Board will meet and determine which applicant sport (s) may be proposed to the Session for admission;

The IOC members will then vote by secret ballot on the proposal of the Executive Board. As previously stated, in order to become an Olympic sport, a 2/3 majority is needed; in order for an Olympic sport to be included in the sports program, a simple majority is needed.



## An Interview with Yasuhiro Yamashita



(IJF, Tokyo) - There are few people in the world that would disagree with the statement that Yasuhiro Yamashita is perhaps the best known Judoka in the world. There are even fewer people around that at the simple mentioning of the

name Yamashita, would not conjure memories of the great victories of Yamashita in the World Championships or his eternally memorable victory at the 1984 Los Angeles Olympics. During the 2002 Salt Lake City Winter Olympics, even the IOC saluted Yamashita's Gold Medal performance in 1984 in their widely shown public relations advertising campaign entitled, "Celebrate Humanity." In Japan, Yamashita is a celebrity and widely respected sportsman.

Recently, Yamashita was elected to the post of IJF Education Director on the IJF Executive Committee at the elections during the 2003 IJF Ordinary Congress in Osaka, Japan. That position was previously held by Ryozo Nakamura of Japan who had announced that he would not seek reelection as IJF Education Director.

The IJF had a rare opportunity to speak with Yasuhiro Yamashita during the recent Kano Cup in Tokyo, Japan held from the 11th - 12th January 2003, of which the excerpts are here exclusively on the IJF internet web site.

### **IJF: What was your rationale behind the decision to stand for IJF Education Director?**

**Yamashita :** First of all, Mr. Ryozo Nakamura had announced that he would not be seeking reelection at the upcoming Ordinary Congress in September and the All Japan Judo Federation (AJFF) had nominated me as a candidate to succeed Mr. Nakamura as the Education Director.

I did not object to the nomination of the AJFF.

I had always thought to myself that whenever the opportunity would arise for me to serve the development of world Judo, I would do my best in whatever capacity or function I was to serve in.

Japan, as the founding country of Judo, has always placed great importance on the worldwide development, diffusion and education of Judo. I am currently in the process of creating a strategy for the future, if I am elected to the post of Education Director.

Another great individual who has had a profound effect on my life as a person and Judoka is former IJF President, Dr. Shigeyoshi Matsumae. Although my days as a competitive Judoka are now in the past, I will never forget the words that he spoke to me when I was a Judoka.

"As an athlete, the goal of becoming champion is not everything in life. There are more important aspects of sports such as the diffusion of the educational aspects of Judo, making many friends through Judo and making a contribution to world peace through sport and Judo."

I was extremely fortunate to have such an outstanding individual as Dr. Matsumae as not only a great mentor and leader, but also as a grandfather-figure in my life.

### **IJF : What is your priority or policies you will pursue if you are elected as the Education Director?**

**Yamashita :** Basically, I will use the work and progress made in the field of education by Mr. Ryozo Nakamura as a basis for expanding the educational efforts of Judo throughout the world. For example, I believe that the "recycled Judogi program" in which Judogi are distributed to disadvantaged countries through the world and the production and distribution of the Judo video tapes are important policies that must be continued. However, I am interested in making a concerted effort in further developing our relations with and involvement in the Olympic Solidarity program.

Although I have not completed finalizing my proposed program for the Education Commission, I would like to involve the input of Judo coaches from throughout the world. Currently, most National Coaches are former world class Judokas who after finishing their competitive careers have embarked on careers as Judo leaders in coaching and teaching our sport and I strongly believe that more than anybody else they are excellent, but untapped resources of Judo knowledge and developments in the trends of our sport. I have personally known most of the national coaches since our early days as competitive Judokas, afterwards as college classmates and then even as fellow national team coaches of our respective countries. I still maintain excellent relationships with many of the national team coaches and would like to hold regular discussions with their input to create an effective educational program for the future.

**IJF : What is the main problem in Judo these days?**

**Yamashita :** Today there is too much of a focus on creating "champions". There is more to learn in Judo than just being champion only. I would like to teach the real meaning and spirit of Judo. Japan, like many of the other Judo countries in the world, faces these same problems.

About a year and a half ago, the AJJF also started a "Judo Renaissance" program to address these issues. From the start I have taken an active role in its development and towards spreading the true meaning of Judo throughout the world.

---

Yasuhiro Yamashita, a former multiple-time Judo world champion, is currently the Manager of the Men's Team Development Committee and is the IJF Education Director

*Reprinted with permission of the International Judo Federation (IJF)*



## **Pan America Judo Union supports Yong Sung Park for the IJF Presidency**



(IJF-Caguas, Puerto Rico) The Pan American Judo Union (PJU) announced its decision on May 25, 2005 to unanimously support the candidacy of Yong Sung Park for re-election to the presidency of the International Judo Federation.

A formal ceremony took place at Guido's Restaurant in the center of Caguas, Puerto Rico, the city which hosted the 2005 Pan American Judo Championships, with the participation of the delegates, referees, coaches and presidents of the National Federation Members of the Pan American Judo Union. The Executive Committee members of the PJU submitted the symbolic resolution to Yong Sung Park in order to testify their full support to Mr. Park's re-election as IJF President.

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In Photo: Mr. Jaime Casanova (left), the President of the PJU delivering the resolution to Mr. Yong Sung Park, IJF President



## Interview with Mr. Yong Sung Park, IJF President



(IJF Cairo, Egypt - Interview by **Yaser Ayoub**)

Thank you for your kind invitation to take part in this interview for the upcoming World Judo Championships in Cairo, Egypt. Please find below my response to your questions.

There is a book that I would like to refer you written by our IJF Official Researchers, Michel Brousse and David Matsumoto that may be of interest to you. You can also find excerpts of this book in our IJF web site located at [www.ijf.org](http://www.ijf.org). If you need any clarification, please do not hesitate to contact me at your convenience.

### ***Popularity of Judo in the world***

I believe that the popularity of Judo is most visible by the number of countries throughout the world that participate in our sport and have organized member National Federations. The International Olympic Committee has also confirmed that Judo is one of the most important sports in the Olympic Program by virtue of granting us a spot during the first week of the Olympic Program. But even on a grassroots level, it is clear that Judo is among the most practiced individual sports in many countries throughout the world including Brazil, France, and Japan.

### ***Educational aspects of Judo***

The example of Zambia stands out as a prime example of the educational and socially beneficial characteristics of Judo, however other programs around the world deserve like attention such as in Bolivia where Judo is taught to inmates in prison as a way to develop self-confidence and

spirituality, in Morocco where Judo programs are used in the fight against illicit drugs, in France and the USA where Judo is taught to underprivileged children and my personal favorite in Brazil where there is a beautiful social program of teaching Judo in Rio Favelas under the leadership of Brazilian champion Flavio Canto. Judo has proven to have outstanding educational and social aspects as evidenced by a correlating decrease in violence and improved school results in many cases.

Judo is an intelligent method of physical, intellectual and moral education aligning the body and mind. Judo aims at improve courage, self-confidence and character building. It leads to self-improvement and respect for the opponent and it is because of its humanistic values that Judo is so appealing to people who devote themselves to mankind and society. Many political leaders have publicly stated their interest in and passion for Judo because Judo is a way of life.

### ***Aggressive***

Judo originated from the teachings of a man of peace, Professor Jigoro Kano an educator and a humanist. Quite simply, Judo is a cultural form of wrestling with a jacket, belt and trousers. There are a lot of similarities between Judo and wrestling as it is widely practiced and praised in Arab countries. The advantages of wrestling are well known. Muhammad, the Prophet, advised his followers to engage in many forms of sports, which even today are considered to be the best forms of exercise. He himself engaged in wrestling, racing, archery and riding. As you know, the Prophet once wrestled with a man called Rukanah who was well known for his strength. The fight was hard, but the Prophet proved the superiority of mind over strength and threw Rukanah down three times.

There is no room for raw aggressiveness neither in wrestling nor in Judo.

### *Universal values of Judo*

Judo is a universal principle of education. As such its values reject any kind of differences between race, sex, religion or politics. This aspect was what I found to be so appealing about the sport of Judo as a way of educating the mind and body. There is a certain pleasure of an intense but respectful rivalry, healthy and friendly combat to the benefit of the fighters and their group.

I feel very fortunate for having had the opportunity of leading the International Judo Federation since my election to the presidency in 1995. I strongly believe that we have made many strong efforts to develop our sport into one of the top class sports in the Olympic Program and have done much to promote the education and physical aspects of our sport to fans throughout the world.

In January of 2005, I was elected as the Chairman of the International Chamber of Commerce (ICC), the world's voice for business and commerce. I am very blessed to have the opportunity of leading two influential international organizations and am always doing my best for the development and diffusion of each organization. There are a lot of synergies between the two organizations such as the opportunity of improving visibility and marketability for the International Judo Federation through business relationships and partnerships from the International Chamber of Commerce. Whether it is sports or business, relationships are a key facet of building consensus and achieving goals.

I also serve as a member of the International Olympic Committee and as a member of the IOC's Marketing Committee. Marketing has truly become an important aspect of the Olympic Games and sports in general. In fact, I would go so far as to say that they often come hand-in-hand. Without Marketing, sports would not survive and each passing day proves that it has become an even more important partner for the development of sports. In Judo, at present, the major sponsors of our sport all originate from Japan. This is perfectly logical as Judo is a sport that originated from Japan and the last few years have demonstrated to us that Japan is still a dominant country in this sport. We are however, trying to move our focus to the United States because statistics continue to prove that the U.S. is the biggest sporting market in the world today. We will continue to make strong efforts to improve

the popularity and acceptance of Judo in the U.S. and in other parts of the world in order to increase the marketability of our sport and the Judokas (athletes) who provide so much excitement and drama in our events.

## USJA National Symposium

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## Olympic Solidarity: Quadrennial Plan 2005-2008



**(IJF - Tokyo)** Message from Mr. YAMASHITA, Yasuhiro, IJF Education & Coaching Director dated April 14, 2005.

The two programs offered by Olympic Solidarity are structured in such a way as to offer the NOCs the chance to train their national coaches in different ways and at different levels, to meet today's athlete training requirements.

The programs are not substantially different from those of the previous 2001-2004 quadrennial plan. For this reason, Olympic Solidarity is now looking to encourage the NOCs to create links between the different options and thereby increase the general level of training for coaches around the world.

### *What is "Olympic Solidarity"*

The aim of Olympic Solidarity is to organize assistance to NOCs (National Olympic Committees), in particular those that have the greatest need of it. This assistance takes the form of programs elaborated jointly by the IOC and the NOCs, with the technical assistance of the IFs, if necessary.

The objectives of the programs adopted by Olympic Solidarity are to contribute:

1. to promote the Fundamental Principles of Olympism ;
2. to assist the NOCs in the preparation of their athletes and teams for their participation in the Olympic Games ;

3. to develop the technical sports knowledge of athletes and coaches ;

4. to improve the technical level of athletes and coaches in cooperation within NOCs and IFs, including through scholarships ;

5. to train sports administrators ;

6. to collaborate with organization and entities pursuing such objectives. Particularly through Olympic education and the propagation of sport ;

7. to create, where needed, simple, functional and economical sports facilities in cooperation with national or international bodies ;

8. to support the organization of competitions at national, regional and continental level under the authority or patronage of the NOCs and to assist the NOCs in the organization, preparation and participation of their delegations in regional and continental Games ;

9. to encourage joint bilateral or multilateral cooperation program among NOCs ;

10. to urge governments and international organizations to include sport in official development assistance.

The Olympic Solidarity Commission administers such programs.

From. IOC Charters - Chapter 1. 5 Olympic Solidarity

Visit the New York City  
2012 Olympic bid Website  
at <http://www.nyc2012.org>



## IJF Fight Against Doping



LONDON (IJF) - The IJF condemns competitors' use of prohibited substances and/or prohibited methods for reasons of fairness and health. The fact is that use of such prohibited substances and prohibited methods create risks to health, some of them immediate and others for the longer term.

These regulations apply to all competitors; all competitors are subject to doping controls (urine analyses, blood tests and other authorized techniques for detecting prohibited substances or methods). Any competitor must disclose at registration with the IJF any positive test result for which he/she has been sanctioned by any National, Regional, Continental/Union or International Sports Organization, the IOC or any Governments or Governments Agencies.

The use of performance enhancing drugs ("dope") is strictly forbidden. A competitor who does not observe the regulations of the International Judo Federation (IJF) with respect to dope tests, or who is found to have been guilty of using such drugs, is sanctioned, disqualified from a competition and forbidden to participate for 24 months in the world championships, in the Olympic Games, in continental championships and in all international tournaments (6 months in case ephedrine, 3 months in case of antibodies....) see article 17 and 19.

The IJF recognizes the Olympic Movement Anti-Doping Code. The Code reflected the agreement of the Olympic Movement reached on November 27, 1998 and the conclusions of the World Conference on Doping in Sport as contained in the Lausanne Declaration of February 4, 1999, the latter accepting the Code as the basis for the fight against doping in sport. Furthermore in accordance with the Lausanne Declaration, the

**World Anti Doping Agency (WADA)** has been established as of November 10, 1999.

The International Olympic Committee, WADA and other constituents of Movement, related to preventing and fighting against doping in sport, the Federations and National Olympic Committees agree for the following:

- to unify the anti-doping rules, and procedures regarding drug tests,
- to adopt, each year as a basic document, the list of banned classes of methods of doping established by the IOC Medical Commission,
- to unify the sanctions provided in case of infraction of the anti-drug rules,
- to recognize the sanctions inflicted by another international federation,
- to use exclusively the laboratories accredited by the IOC/WADA for checks in connection with international competitions
- to participate in the international struggle against the traffic in performance-enhancing drugs in the sports field
- to apply the provisions fixed and determined by the Olympic Movement Anti-Doping Code.
- to accelerate unification of the minimum sanctions provided for by the IOC Medical Commission and the Olympic Movement Anti-Doping Code for violations of the anti-doping regulations and to ensure their application at both international and national level.

The IJF organizes or delegates the organization of the testing of competitors during the IJF Events (world championships and all competitions organized by or under the authority of the IJF). The IJF in collaboration with the WADA and also with the officially recognized national anti-doping organizations (if available) organizes &

coordinates 'out' of competition testing. The IJF will recognize and uphold any sanction imposed upon a competitor by any National, Regional, Continental or International Sports Organization, the IOC or any Governments or Governments Agencies, provided that the IJF is satisfied that the testing was properly carried out and that the rules of the body conducting the test afford sufficient protection to the competitors.

The IJF is entitled to revise any sanction for dope on any of its players made by its member federation. The IJF is recognizing tests made during or out of a competition (test having been done by WADA, by the National Federations or by any National, Regional, Continental or International Sports Organization, the IOC or any

Governments or Governments Agencies). The specific regulations regarding out-of-competition tests (OOCT) are placed under point 15. Moreover the IJF has the right to investigate and impose a sanction as a result of relevant information received of a positive result of doping of a member competitor even if the testing is organized by the officers of another activity in another sport providing the testing is carried out under the regulations of the Olympic Movement (Olympic Movement Anti-doping Code) and either during a championship or out of competition

**World Anti-Doping Agency**  
<http://www.wada-ama.org>



## Candidate List for 2005 Cairo IJF Congress



LONDON (IJF) - The IJF has announced candidates for a number of offices and tournament sites.

There are two **candidates for IJF president**: Mr. Yong Sung Park who is a candidate for re-election as he is the current President of International Judo Federation. The other candidate for the IJF presidency is Mr. Marius Vizer who is the current President of European Judo Union. There was one candidate nominated for the office of Sports **Director**. That candidate is Mr. Francois Besson who is the current IJF Sport Director. There was also one candidate for the office of **IJF Refereeing Director** and that is Mr. Juan Carlos Barcos who is the current IJF Referee Director.

There are three bid for the **2008 Junior World Championships** - Puerto Rico, Istanbul, Turkey and Doha, Qatar.

Four bids were received for the **2009 World Championships**. Bids were received from: the Netherlands, Paris, France, Istanbul, Turkey, Belgrade, Serbia and Montenegro.

One bid for the **2010 World Championships by Teams of Nations** was made. That bid was from Istanbul, Turkey

The IJF web site is  
located at:  
<http://www.ijf.org>



# Judo Research: Relations between Gripping Methods and Favorite Techniques in Judoists

**Yoshiyuki Seta, Ichiro Kawasaki, Mamoru Takahashi** of Daito College of Medical Technology, Japan

**Noboru Hashimoto, Tetsuo Kudo and Hiroyuki Mitsuhashi** of Tokyo Metropolitan Judo Sekotsushikai Incorporated

## I. Purpose

In Judo, gripping techniques offer the set the preconditions by which a player can apply throwing techniques or the 'grip' may allow a player to defend himself against the opponent's techniques. Largely the outcome of a Judo match depends on whether one combatant beats his opponent in securing a favorable gripping position. Without exception, every player has his own most favorite gripping pattern and is confident of beating an opponent or leading the match if he can successfully gain this 'grip' on his opponent.

Thus, it is essential for a Judoist to master the gripping techniques that are very important in playing Judo.

## II. Methods

A survey was undertaken on a total of 82 Judo players consisting of 35 university and 47 high school Judo club members to ascertain their most favorite gripping positions in both hanging and pulling actions whether they are a right- or left-handed, as well as their best or strongest techniques.

Regarding the grip positions in hanging and pulling actions, players who grip the back or back collar of the opponent's suit in their hanging action were classified into Group A (hang), those who grip the side collar into Group B (hang) and those who grip the front collar into Group C (hang), while those who hold the opponent by the collar or armpit area in the pulling action were

classified into Group A (pull), those who hold the opponent by the area near the elbow joint into Group B (pull), and those who hold the opponent by the area near the sleeve into Group C (pull). The response to the question about most favorite or strongest techniques was limited to three choices per player.

## III. Result and Discussion

1. On grip positions in hanging or pulling action, the survey revealed that of the 82 players surveyed 31 belong to Group A (hang), 30 to Group B (hang) and 21 to Group C (hang), or 12 belonging to Group A (pull), 41 to Group B (pull) and 29 to Group C (pull).

2. Relations between grip positions in hanging or pulling action and favorite techniques: Among those belonging to Group A (hang), the 3 most popular kinds of favorite techniques were found to be Osotogari, Uchimata and Haraigoshi that are applicable by holding down the opponent from above and closing in upon him. Those belonging to Group B (hang) mainly use Osotogari, Uchimata, Ipponseoi, Seoinage and Taiotoshi with an about equal frequency as their favorite techniques though Osotogari is used a little more often than the others. This is because the gripping position used by Group B (hang) is most effective of all the hanging grips in breaking the opponent's stance and can lead to every kind of subsequent trick. In Group C (hang), players used Seoinage, Ipponseoi, Taiotoshi and Kouchigari relatively frequently. This grip is considered more effective than any others in breaking the opponent's stance by holding him by the front collar and actively using hanging actions to facilitate throwing down the opponent after creeping under him.

In Group A (pull), Osotogari, Uchimata and Haraigoshi techniques were used relatively more frequently than others, but no large difference in the frequency was observed between the two. This is because gripping the collar or the area around the armpit in a pulling action will most likely facilitate the application of Makikomiwaza or Katsugiwasa technique including the Ipponseoi technique, which is achieved by gripping one-side of the collar. In Group B (pull), Osotogari, Uchimata and Haraigoshi are most often used,

followed by Seoinage, Taiotoshi and Ipponseoi as the next most often used technique. This is because this grip position has a pulling action that allows a player to most effectively use his power and also plays an important role in protecting himself from the opponent's techniques. Further this grip position offers a stable basis to easily apply all subsequent techniques to the opponent.

In Group C (pull), players most often used Seoinage, Ipponseoi and Taiotoshi, and the total application frequency of Ouchigari, Kouchigari

and Tomoenage was higher than in other Groups. This is because this grip position allows more frequent use of Katsugiwaza and Ashiwasa techniques than others (as gripping the opponent's sleeve in the pulling action will restrict his free and active use of hanging actions and make his armpit area defenseless).

Key words: Judoists, hanging/pulling actions, and favorite techniques



## **Judo Research: An Elucidation on What led Jigoro Kano to the Principle of 'Maximum Efficiency' as the basic Judo Philosophy**

**Professor Naoki Murata**, Kodokan Judo Institute, Tokyo, Japan

### **Purpose**

The purpose of this elucidation is to try to make it clear why and how Jigoro Kano, the founder of Kodokan Judo, fostered such a novel philosophy of Judo as the basic principle of maximum efficiency through his Jujutsu training.

### **Methods**

To analyze articles that he wrote in the official magazines such as 'Judo' and 'Sakuko' issued by the Kodokan while he was alive.

### **Results and Discussion**

The idea of the Principle of Maximum Efficiency came to him, because of what the old master of Tenjin-Syinyo-Ryu Jujutsu, Hachinosuke Fukuda did not explain him at all, for all his questions regarding the principles of techniques, what were the basic principles of Jujutsu.

The idea of the Principle of Maximum Efficiency was to come to him because what he

found was very poor science in the teaching methods of Kito-Ryu Jujutsu.

The idea of the Principle of Maximum Efficiency grew in his mind because what he found in 'Ju no Ri' =Principle of Ju (which worked during the Jujutsu period in Tokugawa era) was not good enough to explain logically all aspects of attack and defense in a scientific manner.

Various principles written and advocated in each Jujutsu textbook left him at a loss how to determine which were the correct and efficient principles to incorporate as genuine technical methodology.

Jigoro Kano noticed remarkable changes in both his body, which became physically fitter, and his mind, which became more patient eliminating his bad habit to give in easily to his temper.

Discussion: There must have been a lot of students of Jujutsu besides Jigoro Kano. But why was he the only one to produce Kodokan Judo fostering the idea of the Principle of Maximum Efficiency? I hypothesize because of his brilliant intelligence and obstinate character with memories of being chagrined at his losing in playground fights and at the violence in his dormitory life in his childhood days were the basic ingredients that led to worldwide Kodokan Judo.

**Key words:** Maximum Efficiency, Obstinacy, Violence, and Loser



## Comparison Of Physiological Variables During Judo Matches And Five-Minute Maximum Runs

**Josue Morisson de Moraes** and **Attila Jozsef Flegner**, Instituto de Pesquisa da Capacitacao Fisica do Exercicio (Brazilian Army Research Institute of Physical Capacitacion-jmmoraes@hotmail.com)

The general aim of this work was to study and compare the level of the effort exerted in a set of three Judo matches with a set of three five-minute maximum runs, through variables of blood lactate, heart rate, arterial systolic pressure, arterial diastolic pressure, double product, pulse pressure, mean blood pressure and perceived exertion, and to verify if there is a significant relationship between the efforts, in order to plan complementary and alternative methods of physical training outside of the dojo. The sample was of the convenient and intentional type, composed of eighteen elite male Judo players, aged 21,02 + - 2,28, from the Brazilian Army and/or Rio de Janeiro teams, weighing 76,36 kg + - 15,35. The athletes took part in one set of three

five-minute Judo matches with ten-minute intervals between them. After at least forty-eight hours of rest, the athletes ran one set of three five-minute runs, in order to verify the relationship between these runs and the set of Judo matches. Blood samples were collected from the left earlobe for lactate analysis one minute before every Judo match or run, and at the second, fifth and ninth minute after the efforts. Heart rate was measured one minute before every Judo match or run, at the end of them and at the first, third, fifth and ninth minute after the efforts. Blood pressure was measured on the right arm, in a standing position, one minute before every Judo match or run, at the first, fifth and ninth minute after the efforts. Based on the results of this study, we concluded that:

a) the set of Judo matches presented more hemodynamic, metabolic and psychophysiological demands than the set of three five-minute runs, as we can observe in superior significantly absolute mean values of the of blood lactate, heart rate, double product and perceived exertion; b) except for arterial pressure, the *p* values were not significant, evidencing the existence of a significant relationship between the set of three Judo matches and the set of three five-minute maximum runs.

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## Notice of Election of USJA Directors

In accordance with the by-laws of the United States Judo Assoc, elections shall be held for eleven (11) available seats on the Board of Directors. The election is scheduled for October 15, 2005. The deadline for submitting ballots is September 30, 2005. The deadline for submitting nominating petitions is July 31, 2005.

To be eligible to serve as a Director and individual must:

1. Be a current Annual or Life Member in good standing of the Corporation.
2. Have been an Annual or Life Member of the Corporation or its predecessor organization for not less than five (5) consecutive years.
3. Be at least twenty-one (21) years of age.
4. Be a citizen of the United States

If having served as a previous Director, not have had been removed from the Board of Directors for cause.

The requirements to run for the Board of Directors are as follows:

1. Individuals must submit a petition signed by at least one hundred (100) current Senior Annual or Life Members of the Corporation, who are over eighteen (18) years of age.
2. The petitions must be received by the USJA Election Oversight Committee on or before July 31, 2005.
3. All petitions are subject to review pursuant to the USJA bylaws and the USJA Election Oversight Committee.
4. A sample petition is available on the USJA website.

**The requirements for the election are as follows:**

1 Ballots containing the names of all the duly nominated candidates shall be distributed to all

senior members of the USJA no later than August 31, 2005. The ballots will contain the names of the individuals nominated to serve on the Board of

Directors beginning with the next meeting held after the election.

2. The USJA will distribute the ballots through direct mail to individual members at their last known addresses. The USJA may also distribute the ballots through electronic mail to USJA clubs and individual members, direct mailing to USJA club coaches, and through the official website.

3. All completed ballots not postmarked to the USJA Election Oversight Committee by September 30, 2005, shall not be counted in such election.

4. The final count for each election will be made on October 15, 2005

5. The final results will be verified by the Election Oversight Committee by October 30, 2005, when the official results will be communicated by the Committee to the current Board of Directors and the USJA Office Manager.

The mailing address for the **USJA Election Oversight Committee is 265 Sunrise Highway, Suite 1, PMB.209, Rockville Centre, NY 11570.** The Oversight Committee (and/or a duly designated sub-committee) will test audit not fewer than ten (10%) percent of the nomination form signatures and not fewer than ten (10%) percent of the actual mail ballot signatures prior to verifying the election.

All comments should be addressed to the Chairman of the Oversight Committee, **Marc Cohen**, who can be reached by telephone at 516-546-2155 or through electronic mail at [mcohen@optonline.net](mailto:mcohen@optonline.net).



## IJF Amends Judogi Rule

by **Yasuhiro Yamashita**, IJF Education & Coaching Director



(IJF) I would like to inform you of an IJF Judogi rule amendment. The IJF's Executive Committee has amended Article 3 Judo Uniform (Judogi) of IJF Referee Rule from January 2005. (Note: see Article 3 below)

Unfortunately, in recent years, some Judogis have been intentionally thickened or tailored to prevent a player from gripping an opponent. We believe that all players must fight under equal circumstance, and they should be able to hold each other's Judogi. Every Judoka is aware that those altered Judogis will destroy not only Judo techniques but also Judo itself.

In order to remedy this situation, we have amended a small part of the Judogi Rule, which is highlighted in yellow below. This amendment is not a major change if you have been using the proper Judogi.

In addition, I would also like to remind you that only official IJF-supplier logos can be advertised on the Judogi during the IJF events. This means that when you use other manufacturer's Judogis, you must remove that company's logo during IJF events (world championships, junior world championships, and team championships).

I would appreciate your understanding and collaboration. I hope that this amendment will help world Judo's bright future.

---

### Article 3. Judo Uniform (Judogi)

The contestants shall wear a Judogi complying with the following conditions:

- a) Strongly made of cotton or similar material (see [guideline](#)), in good condition (without rent or tear). The material must not be so thick or hard

or slippery as to prevent the opponent from taking a grip.

- b) Blue for the first contestant and white or off-white for the second contestant. (See Appendix).
- c) Acceptable markings:
  - 1) National Olympic abbreviation (on back of jacket). Size of the letters is 11 cm.
  - 2) National Emblem (on left breast of jacket). Maximum size 100cm<sup>2</sup>.
  - 3) Manufacturer's trademark (on bottom-front of jacket, on bottom front of left leg of the trousers and on one end of the belt). Maximum size 20 cm<sup>2</sup>. It is permitted to place the manufacturer's trademark on one of the sleeves but inside the 25cm x 5cm area instead of at the bottom front of the jacket. The IJF Official suppliers are allowed to place the IJF Logo above their trademark (in direct contact).
  - 4) Shoulder markings (from collar - across shoulder down the arm - both sides of jacket). Maximum length 25cm and maximum width 5cm. (The same advertising or national colors on both sides)
  - 5) Advertising on the sleeves, 10 cm x 10 cm on each sleeve (different advertising allowed). These 100 cm<sup>2</sup> have to be fixed just below and in contact with the stripes of 25 cm x 5 cm.
  - 6) Indication of the placing (1st, 2nd, 3rd) at the Olympic Games or World Championships, in an area of 6cm x 10cm at the bottom front left side of the jacket.
  - 7) The contestant's name may be worn on the belt, lower front of the jacket and upper front of the trousers up to a maximum of 3 cm x 10 cm. Also the contestant's name or abbreviation may be placed (printed or embroidered), on the back of the jacket above the National Olympic abbreviation, but in no case in a position to prevent an opponent from grasping the back of the jacket. The letters can be up to a maximum of 7cm high and the length of the name can be up to a maximum of 30cm long. This 7cm x 30cm rectangular area must be located 3cm below the collar of the jacket and the back identification must be fixed at 4cm below this area.

Note: For IJF Events and the Olympic

Games, the names are indicated on the 30 cm x 40 cm Bibs.

**8) The contestants must bring Judogi without any back identification at the sewing desk.**

d) The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20cm at the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint at the maximum and 5cm above the wrist joint at the minimum. A space of 10 to 15cm shall exist between the sleeve and the arm (bandages included), along the entire length of the sleeve. The lapel and collar must be a maximum of 1cm in thickness and 5cm in width. **Stitches on the lapel must be parallel and are recommended to have around 5 lines of stitches, which are equally spaced.**

e) The trousers, free of any markings except for c3 and c7, shall be long enough to cover the legs and shall at the maximum reach the ankle joint and at the minimum 5cm above the ankle joint. A space of 10 to 15cm shall exist between the trouser leg and the leg (bandages included) along the entire length of the trouser leg.

f) A strong belt, 4 to 5cm wide, whose color corresponds to the grade, shall be worn over the jacket going twice around it at waist, and tied with a square knot with the first loops inside the knot, tight enough to prevent the jacket from being too loose and long enough to leave 20 to 30cm protruding from each side of the knot when tied.

g) Female contestants shall wear under the jacket either:

- i) a plain white or off-white T-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or:
- ii) a plain white or off-white leotard with short sleeves.

If the Judogi of a contestant does not comply with this article, the Referee must order the contestant to change in the shortest possible time, into a Judogi which does comply with the article.

The contestant's spare Judogi should be brought by the coach to his chair at the edge of the competition area.

To ensure that the sleeves of the contestant's jacket are the required length, the Referee shall direct the contestant to raise both arms, fully extended forward at shoulder level, when making the control.

h) The official color standards for Judogi blue are between pantone numbers n°18-4051 and n°18-4039 on the TP pantone scale and between n°285 or n° 286 on the print pantone scale.

**Judogi is controlled twice: the first is at sewing the back identification, and the second is before each contest.**

**Organizers of the tournament must prepare reserve Judogis at Olympics, WC, JRWC, and Team WC.**

#### 4. Hygiene

(a) The Judogi shall be clean, generally dry and without unpleasant odor.

(b) The nails of the feet and hands shall be cut short.

(c) The personal hygiene of the contestant shall be of a high standard.

(d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.

Any contestant who will not comply with the requirements of Articles 3 and 4 shall be refused the right to compete and the opponent shall win the contest by Fusen-gachi, if the contest has not yet started, or by Kiken-gachi, if the contest has already started, according to the "majority of three" rule (see Article 28).

#### Guideline for Judogi manufactures

**a) Materials of jacket are recommended using more than 70% cotton, and weight of the materials are recommended to be less than 1 kg/m<sup>2</sup>.**

**b) A cuff on a sleeve must be no more than 3 cm wide without protuberances.**

**c) Width of seam on the back must be no more than 3 cm.**

**d) A cuff on a trouser leg must be no more than 3 cm wide without protuberances.**

**e) Chest, shoulder, and armpit pad must be of the same material as Judogi, and only one layer allowed for those parts as reinforcement.**